

# Partners Newsletter

Gundersen Moundview  
Hospital and Clinics  
Friendship, WI

March 2018

## UPCOMING EVENTS

### March

- 3rd Memorial Healthcare Foundation, Annual Dinner and Auction, Connell's Cedar Shack
- 9th Executive Committee, Board Room 12:30 pm  
Partners Monthly Meeting, Oak Room 1 pm
- 20th First day of SPRING!
- 21st Advocacy Day, Monona Terrace, Madison
- 28th Easter Bake Sale, Hospital Concourse

### April

- 1st Easter Sunday
- 13th Executive Committee, Board Room 12:30 pm  
Partners Monthly Meeting, Oak Room 1 pm.
- 15th - 21st National Volunteers Week
- 23rd Blood Drive, Friendship Village Hall  
10:30 am to 3:30 pm  
Spring Western District Meeting
- 28th Kids Day, Adams Friendship High School

### May

- 1st Western District Meeting  
Richland Center, WI
- 6th - 12th National Hospital Week
- 11th Executive Committee, Board Room 12:30 pm  
Partners Monthly Meeting, Oak Room 1 pm

### June

- 8th Executive Committee, Board Room 12:30 pm  
Partners Monthly Meeting, Oak Room 1 pm
- 19th Blood Drive, Friendship Village Hall  
10:30 am to 3:30 pm

### July

- 13th Partners Annual Meeting and Luncheon &  
Election of Officers 12:00 NOON

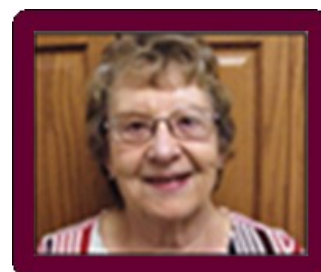
### Partners Officers

President – Judy Bieri 608.339.7045  
Vice President – Carol Camp 608.339.7391  
Secretary – Barbara Schultz 608.339.8171  
Treasurer – Donna Kirslenohr 608.339.9636

## Message from the President

As we look outside we see it's still winter. Spring doesn't start until March 20<sup>th</sup>. I do hope everyone will be healthy by then. It's been a bad year for flu and sickness.

We will be having many fund-raising projects this Spring and will need everyone's help. We did so well on them last year so let's see if we can top that this year.



We start off with our Easter Bake Sale, Brat Fry, Salad Luncheon and then our Rummage Sale (which will be in August this year) and we may sneak in some more along the way.

Advocacy Day is March 21<sup>st</sup> and we will have a bus going down which the hospital has been so kind to pay for. Contact Donna Turcany if you wish to join us and have a stress-less ride.

Kid's Day is April 28<sup>th</sup> and Bobbie will need help with the hand washing.

Spring District Meeting is May 1<sup>st</sup> at Richland Center, let me know if you wish to go to see another part of the state and meet some new people.

Easter is early this year April 1<sup>st</sup> and I wish everyone a Happy and Blessed Easter.

Judy Bieri Partners President





**Report of the  
Community Health Information  
Presentation made by Diane Roekle  
Partners Meeting on February 9, 2018**

About 75 million Americans (32%) have high blood pressure. This translates into 1 in every 3 adults. Only about half of people with high blood pressure have their condition under control. Another 30% are not aware that they have high blood pressure.

High blood pressure (*Hypertension*) is often called the “silent killer” as there are usually no symptoms until organ damage develops or your pressure is dangerously high. It is a serious condition that increases your risk of stroke, heart attack and kidney disease.

Common symptoms of high blood pressure include: headaches, shortness of breath, chest pains, nose bleeds, visual problems and dizziness.

Low blood pressure is a less common problem. It can occur at any age. Some people naturally have low blood pressure and experience no symptoms while others may have dizziness, fainting or lightheadedness.

Typically, low blood pressure is caused by another problem such as dehydration, sudden blood loss or a side effect of a medication. Treatment of low blood pressure is dependent on its cause.

Medical experts define low blood pressure as readings lower than 90 mm Hg systolic or 60 mm Hg diastolic.

Blood pressure is measured in millimeters of mercury (mm Hg) and recorded with the systolic number first, followed by the diastolic number. For example, a normal blood pressure would be recorded as around 120/80 mm Hg.

The systolic number is peak pressure while the heart is pumping blood into the body while the diastolic number is the pressure of the heart at rest. The higher the blood pressure rises, the harder the heart needs to work.

There are four categories of blood pressure. It is important to know the category that applies to you in order to maintain your health.

### WHAT CAN YOU DO?

First, monitor your blood pressure.

If your pressure is normal or prehypertension, maintain your healthy lifestyle, control your weight and exercise.

For stage 1 and 2 hypertensions, seek a physician's recommendations. You may need to adjust your diet, establish an exercise program and/or use medications to lower your blood pressure.

<b>Systolic In mm/Hg</b>	<b>Diastolic In mm/Hg</b>	<b>Category</b>
Below 120	Below 80	Normal
Between 120-139	Between 80-89	Pre- Hypertension
Between 140-159	Between 90-99	Stage 1 Hypertension
160 or Higher	100 or Higher	Stage 2 Hypertension

*Submitted by Marija Jakopce*

## *Easter Bake Sale*

**Wednesday, March 28<sup>th</sup>**

**Cookies - Cakes - Pastries - Easter Specialties**

**We would like some Sugar Free bakery!**

**Bring in your baked goods by 8:00 am**

For more information or to volunteer contact:

Penny Ross 608.564.2231  
or Carol Camp 608.339.7391

## **Memorial Healthcare Foundation**

**25<sup>th</sup> Annual Dinner & Auction**

**Saturday, March 3, 2018**

**Connell's Cedar Shack, Adams**

For information on sponsorship opportunities, making a donation or to purchase

dinner or admission tickets, please contact:

Tammy Lowrey at 608.339.8328  
or email [tlowrey@moundview.org](mailto:tlowrey@moundview.org)

Partners has made a \$200 donation to  
The Memorial Healthcare  
Annual Dinner & Auction

# Kids Day 2018

It's that time of year to be thinking about Kids Day! This year's event will be on Saturday, April 28th at Adams Friendship High School from 10:00 am to 2:00 pm.

I will have the schedule at our meetings in March and April for you to volunteer your time, which is much appreciated.

If you cannot attend either meeting and want to participate, please call me at 608.564.7512.

We will be doing the hand washing by the petting zoo again this year.

Thank You  
Bobbie Thierfelder



## The Gift Shop - 2018

We have given our thanks to Joyce Pavelec for the many years of managing and buying for our Gift Shop and to her right-hand assistant, Karen Ramsey who arranged professional quality displays of our sales items. I have undertaken the task of buying and managing the Gift Shop as of the first of this year. Karen Ramsey has graciously agreed to continue setting up the merchandise displays for each season.

We are pleased to have Lynn Carter preparing the work schedule; Julie Goodhue managing the gift cards; Colette Saliger will continue stocking the snacks and goodies and Lois House will continue to maintain the used novel collection.

And....those beautiful flower arrangements we sell? Joyce Roberts will continue to make them for us. Jackie Weber will also continue to fashion those charming Scrub Pads. Thank You Jackie! Partners is thankful for the many volunteers that pitch-in and help us out at the Gift Shop. We could not run it without you.

Currently, our biggest need is for volunteers to staff the sales desk. Can you give us a hand? Ask a friend, neighbor or member of your church to join in making our gift shop a great success. Call me at 608.564.2231.

Spring is coming! Keep an eye out for new events and merchandise.

*Submitted by Penny Ross*

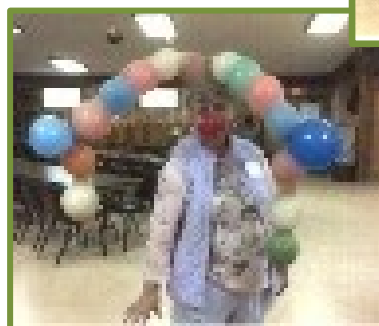
## Angel Tree Project December

2017 \$103 was collected at our Annual Christmas Luncheon and Meeting. Chris Brown and Diane Roekle purchased items for one boy and one girl.

**Christmas Bake Sale and Gift Shop Open House,** December 1<sup>st</sup>, 2017 Bake Sale income was \$1000.30 and the Gift Shop brought in \$872.24.

**Annual Christmas Luncheon and Meeting,** December 8<sup>th</sup> 2017 at Connell's Cedar Shack.

A check for \$5117.60 was presented to Diane Broniec, Director of Nursing and Specialty Clinic Manager Lori Wittig for the purchase of a procedure light.



~~Rudolph~~ Diane Roekle disguised as one of Santa's Reindeer.

**Parade of Trees, November 18 thru December 15, 2017** Income of \$1925.85! Thanks to Carol Camp, Donna Kirslenlohr, Donna Turcany and advisor Diane Roekle.



**UPCOMING  
Blood Drives  
April 23  
June 19  
August 14**

## December 19, 2017 Blood Drive

Although it's a busy time of year, we had thirty-nine people take time out of their busy holiday season to donate blood. The winner of the gift certificate was Jo Lynn Bakovka.

## February 20, 2017 Blood Drive

It was a very cold, wet and dangerously icy day for a Blood Drive. Even so, we had thirty volunteers donate blood! Carol Camp and Penny Ross made the cookie treats, and the gift certificate was won by Linda Minigh of Adams.

*Submitted by Judy Bieri*



# conventions and meetings

## **Advocacy Day March 21, 2018 Monona Terrace in Madison, WI**

Advocacy Day is an annual legislative event sponsored by the Wisconsin Hospital Association for health care employees, trustees and health care volunteers. It is intended to educate the participants on issues related to health care; to motivate them to take action and present grassroots advocacy opportunities. By being aware of current health care issues and legislative proposals we can better influence the course of health care in our State.

The Gundersen Moundview Board will underwrite the cost of a bus to transport anyone who is interested in attending Advocacy Day. Please consider joining the delegation going to Madison from our hospital.

If you would like to attend, please call Donna Turcany at 608.339.3825 to register for Advocacy Day and the bus.

## **Western District Meeting Tuesday May 1, 2018 Richland Center, WI**

The Western District Meeting will be sponsored by the Partners of Richland Hospital and will be held in Richland Center, WI.

Contact Judy Bieri at 608.339.7045 for details.

## **Partners Volunteer Hours**



The members of Partners have been very busy this past year. President Judy Bieri reports a total of 3000 volunteer hours contributed to our hospital and to our community in 2017.

**Thanks a million to you all and  
REMEMBER TO KEEP A LOG OF YOUR HOURS**

## **Christmas Open House And Bake Sale Friday, December 1, 2017 Another Great Success!**

The Bake Sale was a fantastic Success netting \$1,000.30 Many thanks to all who brought the wonderful



variety of baked goods; to the group that made the beautiful assorted cookie plates; to all who helped in any way at the sale and of

course to all who purchased our delicious baked goods.

**Another great job by everyone!**  
Submitted by co-chairs: Colette Saliger,  
Joyce Roberts and Barb Cook

Joyce Pavalec and Karen Ramsey had the best-ever Gift Shop Open House Sale. Income from the one-day event totaled \$872.24. Great job Joyce and Karen!



## *7<sup>th</sup> Annual Parade of Trees*



The 2017 Parade of Trees was an outstanding success! There was a total of thirty-two Christmas Trees with an income of \$1925.85!

The winner of the Community Choice Award was Liberty Village.

Big thanks go out to Carol Camp, Donna Kirslenlohr, Sharon Mattox, Fran Coon, Chris Brown, Donna Turcany and advisor, Diane Roekle.

# PPE Report

## Public Policy Education

### Partners to send delegation to Advocacy Day

Partners will send a delegation to Advocacy Day in Madison on March 21, 2018. This event is sponsored by Wisconsin Hospital Association.

The day begins with a free continental breakfast, welcome from WHA President and CEO Eric Borgerding, continues with the featured speaker, legislative updates, and includes lunch.

The featured speaker this year is Mara Liasson, national political correspondent for National Public Radio.

Governor Walker has been invited to be the lunch speaker.

This is a great opportunity to learn more about issues facing rural, sole community hospitals, like Gundersen Moundview. The more we understand the issues, the more we can advocate in our communities and to our legislative representatives for the "health" of our hospital.

There is no charge to attend this event but advanced registration is required.

The Hospital is sponsoring a bus that will provide door to door transportation from Gundersen Moundview to Monona Terrace in Madison. We invite interested Partner members, hospital staff and Board members to join us. If you would like to attend, please call Donna Turcany 608.339.3825 or Lee Ann Roseberry 608.339.7933 to register for Advocacy Day and for the bus.

*Submitted by Donna Turcany*

### Get To Know Your State Legislators! Talk – Call - Write

**Senator Luther S Olsen**

Senate District 14

608.266.0751

sen.olson@legis.wisconsin.gov

**Representative Joan Ballweg**

Assembly District 41

608.266.8077

rep.ballweg@legis.wisconsin.gov



**August 10<sup>th</sup> and 11<sup>th</sup> 2018**

LeeAnn Roseberry has volunteered to continue chairing the annual Rummage Sale held at the Hospital Garage during the County Fair.

Remember to start setting aside items to donate to this very successful Partners project.

Thanks, LeeAnn for taking on the Challenge.

Have questions? Get Answers!

Call LeeAnn at 608.339.7933

## PARTNERS DISPLAY CASE

Are you a collector? You may be able to help out Joleen Cozza and Bobbie Thierfelder with the Partners Display Case. Every month, Joleen and Bobbie assemble "theme" items in an attractive display for hospital visitors to view. Coming up are April with a theme of BASEBALL and May will be everything about TEA and TEAPOTS. If you would like to loan them any of your unique items for either of these displays, give them a call:

Joleen 414.764.3151

Bobbie 608.403.1091



**January 2018 – Snow Snow Snowmen!**

Presentation by Joleen Cozza and Bobbie Thierfelder



**February 2018 - Valentine's Day**

Presentation by Joleen Cozza and Bobbie Thierfelder and Diane Roekle



### March

- 1<sup>st</sup> Joan Albert  
 1<sup>st</sup> Joleen Cozza  
 4<sup>th</sup> Lila Oakes  
 7<sup>th</sup> Christine Wollyung  
 11<sup>th</sup> Elaine Babcock  
 22<sup>nd</sup> Fran Coon  
 24<sup>th</sup> LaVonne Scott  
 25<sup>th</sup> Jo Ann Daily  
 26<sup>th</sup> Karen Romell

### April

- 4<sup>th</sup> Joyce Roberts  
 9<sup>th</sup> Evelyn Baerbock  
 10<sup>th</sup> Diane Roekle  
 29<sup>th</sup> Teri Casper

### May

- 3<sup>rd</sup> Tamara Rooker  
 7<sup>th</sup> Nancy Burdick-Seelenbinder  
 10<sup>th</sup> Lynn Carter

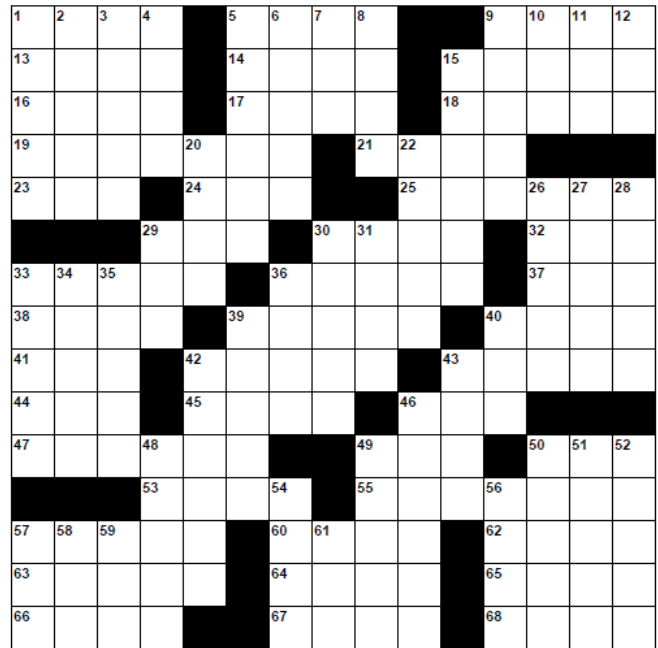
### June

- 1<sup>st</sup> Florence Koehler  
 2<sup>nd</sup> Karen Ramsey  
 3<sup>rd</sup> Alice Parr  
 18<sup>th</sup> Nancy Wical  
 20<sup>th</sup> Nancy Linda  
 28<sup>th</sup> Marilyn Coleman

### Next Newsletter June 2018

Please send items for the next  
 Newsletter by May 20<sup>th</sup> to  
 Marija Jakopec  
 slovenca@maqs.net  
 1146 Dover Dr.  
 Adams, WI 53910  
 608.339.0170  
 or cell 608.339.8134

just for fun



By Evelyn Johnson - www.qets.com

#### Across

- 1 Strip  
 5 What children learn  
 9 Hook  
 13 Pontiff  
 14 Disgust with excess  
 15 Pay to keep quiet  
 16 Land unit  
 17 Neither warm nor very cold  
 18 Eagle's nest  
 19 Arc in the sky containing the colors of the visible spectrum  
 21 Island  
 23 Wing  
 24 Ship initials  
 25 "\_\_\_\_ and World Report"  
 29 Tiny mark  
 30 Zeuss' wife  
 32 Sun's name  
 33 Awry  
 36 Area  
 37 Foot extension  
 38 Become larger by the process of natural development to be flown in the air  
 39 Bitter herb  
 40 Remove unwanted plants  
 41 Tap  
 42 Upper body clothing  
 43 Visionaries  
 44 Compass point  
 45 Italian boy's name  
 46 Water in a frozen state  
 47 School writings  
 49 Cell Stuff  
 50 Dined  
 53 Beers  
 55 Bus  
 57 Sword  
 60 Ruler  
 62 Change from a solid to liquid state  
 63 Sandwich cookies brand  
 64 Alleviate  
 65 Otherwise  
 66 Was  
 67 Removes the water  
 68 Come close to

#### Down

- 1 Save  
 2 Topical  
 3 4<sup>th</sup> month of the Gregorian calendar year  
 4 Adolescent  
 5 Address  
 6 Puffs  
 7 Cry softly  
 8 Monetary unit  
 9 Color lying between yellow and blue on the spectrum  
 10 Atmosphere  
 11 Federal Bureau of Investigation  
 12 Toll  
 15 Salve  
 20 Raise one's spirits  
 22 Cross  
 26 Sugar-free brand  
 27 Admirer  
 28 Children's sliding toys  
 29 Water droplets that collect at night on cool surfaces  
 30 Shakespeare's King  
 31 Asia  
 33 Go together  
 34 Green plant with narrow flat leaves  
 35 Gallops  
 36 Water vapor that condenses and falls from the sky  
 39 Not these  
 40 Bitty  
 42 Fashions  
 43 Beat it!  
 46 Makes used to  
 48 Baseball player Hank \_\_\_\_  
 49 Spring flower  
 50 White poplar  
 51 Oklahoma city  
 52 Organic compound  
 54 Part of plant capable of growing into a new plant  
 56 Bode  
 57 Bawl  
 58 Be  
 59 Hive dweller  
 61 Mutilate