

Partners Newsletter

**Gundersen Moundview
Hospital and Clinics**
Friendship, WI

March 2020

Published in March, June, September, December

UPCOMING EVENTS

March

- 7th Memorial Healthcare Foundation
Annual Dinner and Auction
Connell's Cedar Shack
- 13th Partners Monthly Meeting, Oak Room 1 pm
- 18th Advocacy Day - Monona Terrace, Madison
- 19th First day of SPRING!
- 26th Spring Western District Meeting
Cottonwood Supper Club in Fennimore

April

- 8th Easter Bake Sale
- 12th Easter Sunday
- RE-SCHEDULED MEETING**
- 17th Partners Monthly Meeting, Oak Room 1 pm.
- 19th – 25th National Volunteers Week
- 20th Blood Drive, Friendship Municipal Building
10:30 am to 3:30 pm
- 25th Kids Day, Adams Friendship High School

May

- 5th – 6th The Nut Man fundraiser, main concourse
10:00 am to 2:00 pm
- 8th Partners Monthly Meeting, Oak Room 1 pm
- 10TH – 16TH National Hospital Week

June

- 12th Partners Monthly Meeting, Oak Room 1 pm
- 15th Blood Drive, Friendship Village Hall
10:30 pm to 3:30 pm



Partners Officers

President – Carol Camp 608.339.7391
Vice President – Kathie Dye 608.339.7572
Secretary – Barbara Schultz 608.339.8171
Treasurer – Donna Kirslenlohr 608.339.9636

Message From The President

Hello Everyone!

Hope you are all rested after the busy holidays. Thanks again to Joyce and Karen for organizing a fun and festive Christmas Luncheon.



Now, onto Spring!

March 18th, please consider attending Advocacy Day in Madison. Contact Donna Turcany so that transportation can be arranged.

March 26th is our Spring District Meeting. It is being hosted by Partners of Gundersen Boscobel Area Hospital and Clinics at the Cottonwood Supper Club.

Other events scheduled this Spring include the Easter Bake Sale on Wednesday, April 8th and Kids Day on Saturday, April 25th.

There are plenty of opportunities to volunteer!

Just a “heads up!” Our April meeting has been re-scheduled for the third Friday, April 17th as the regular date, the second Friday, falls on *Good Friday*.

In January, I turn in our Annual Partners Report to the District Chairperson. I thought you may be interested in some of the data that is collected:

- Partners of Gundersen Moundview currently has Sixty-four members.
- In 2019, our members volunteered 2,425 hours to our hospital and community projects
- We contributed \$13,172.00 to our hospital.
- The Snack Pack Project received a donation of \$1,030.
- Partners provided \$1,000 in Scholarship funds.

We also contributed approximately \$1,000 in various smaller funds to community activities and events.

All I can say is.... **WOW!** and **THANK YOU!**

Best Wishes for a Beautiful Spring
Carol Camp, Partners President



December 17, 2019 Blood Draw

December was a quiet month for our blood drive. There were twenty-two donors with three giving "double reds," twice the standard amount for one blood draw, giving a total of twenty-five pints.

Penny Ross, Diane Roekle and Sue Grant provided a great assortment of Christmas cookies.

Steve Myers was the winner of the Partners Gift Shop Drawing.

February 20, 2020 Blood Draw

Twenty-one people donated blood on one of our coldest days. Judy Bieri made the delicious cookies and Amanda Barnes won the door prize. All-in-all, not too poor for a very chilly winter day.

WALK-INS ARE ALWAYS WELCOME

Next blood drive will be April 20th
at the Friendship Village Hall 10:30 am to 3:30 pm

submitted by Barb Cook and Judy Bieri



9th Annual Parade of Trees

The 2019 Parade of Trees was a huge success! Our Christmas Tree forest included forty-one beautiful trees.



We received many compliments from our guests.

Partners income for the event was \$1,714.

This year the Adams County Sheriff's Department and City of Adams Police Department had a friendly competition to see who would receive the most votes for their respective trees. The Sheriff's Department won the competition. Congratulations to our Adams County Sheriff's for a job well done.

**Thanks to all who helped
our Parade of Trees in any way.**

Donna Kirslenlohr, Carol Camp and Donna Turcany

In Memoriam

With great sadness, we said goodbye to a great woman who will leave a void in many lives. LeeAnn Roseberry, a wife, mother, co-worker and friend passed away on Saturday, December 21, 2019.

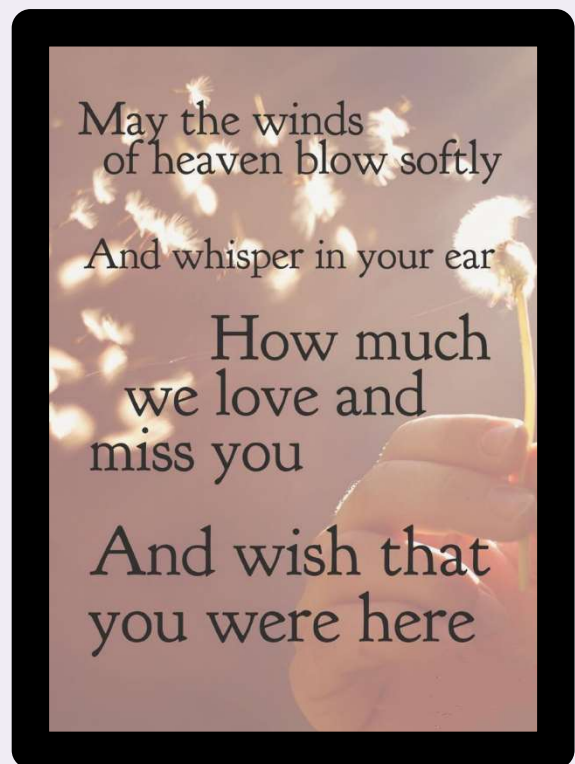
LeeAnn was employed for many years by the Adams County Memorial Hospital as a surgical technician. She volunteered her time and services to Hospice as a caregiver for the elderly.



She was an involved and cherished member and former President of our local Partners organization and with the Wisconsin Hospital Association, Partners.

LeeAnn was always ready to lend a hand or chair an event. She will be sorely missed by our organization.

Rest in Peace LeeAnn





Christmas Bake Sale, December 6th, 2019:

Partners realized \$1030 from the sale. A Check for the full amount was presented to Pattie Henson for the Snack Pack Project.



Gift Shop Open House, December 6th Penny reported a profit of \$1001.00 from the Gift Shop Open House sale.

Partners Christmas Luncheon, Friday, December 13th:



Thirty-five Partners and guests attended the party. Carol Camp presented Tammy with a \$4,000 check to be used towards the purchase of new chairs for the hospital lobby.

Blood Drive, December 17th:

Twenty-Five pints of blood were donated by Twenty-two donors!

Parade of Trees

November 18th thru

December 19th: Another outstanding year with forty-one trees on display. Congratulations to Donna Kirsenlohr, Carol Camp and Donna Turcany for all of their effort.

Blood Drive, February 20th

Twenty-one volunteers donated blood.



Gift Shop of Gundersen Moundview Hospital and Clinics

Smiles from the Gift Shop Great News for 2020

The Gift Shop had a GREAT Sales month this January. In 2019, the January sales were \$337.00. Sales in 2020 were \$943.00. We made additional income of \$652 thru the Physical Therapy Department for items they sold during December and January. Our hugely successful month brought in an income of \$1,595.20. Thank You Ladies!

A big Thank You goes out to Karen Ramsey for re-merchandising our shop from Christmas into January, our season of snow and cute Valentine items. Karen lent a cheerful look to our gift shop.

In February, the Gift Shop participated in the counties annual Chocolate Affair. Our goal in attending this and other events is to continue getting our name out into our community. We chatted with many of our repeat customers and introduced ourselves to those who had not been aware of our shop. We displayed a sampling of merchandise from our shop and made some sales!

We also tried our hand at making sweet Chocolate treats especially ones that may entice children such as Puppy Chow, Rice Krispies chocolate dipped bars, Tootsie Posies, Hershey Bars with Valentine wrappers, chocolate cookies, Peanut Butter Balls, Mother Lode Rods and other homemade candies. Many thanks to all who made this event a success!

A great big "Welcome Back" to Jackie May and Chris Brown who have recovered from their medical procedures and who's smiling faces are back in the gift shop. I know you have made Lynn's job a lot easier. And, a HUGE Thank You to all of you who have taken extra shifts in their absence.

We are looking forward to setting up our St. Patrick's Day, Easter and Spring merchandise in March and April. Happy thoughts make happy customers.

Respectively
Penny Ross



Kids Day 2020

You can feel it in the air....
if you can get past the snow!

Spring is on its way and so is Kids Day. I am looking forward to both!

This year, Kids Day will be celebrated on Saturday, April 25th at the Adams-Friendship High School from 10:00 am to 2:00 pm.

As in past years, the Partners will be managing the hand washing station. This year, cleanliness is even a more critical issue because of the prevalence of serious strains of influenza.

The children attending Kids Fest have an opportunity to walk thru a petting zoo after which they pass the hand-washing area and receive a lesson on how to effectively wash their hands. A "black light" is passed over the children's hands and illuminates areas that have not been washed well.

Once they have passed the light test, the children can select a toy and receive some sweets.

Can you help us with our project? If you can work one or two-hour shifts, we can use your help and you will have a great time with the kids. I will be passing out a volunteer sign-up sheet at the March 13th meeting or, if you can't attend that day, give me a call and I will sign you up. Many hands working together makes light work!

Thanks a bunch, Bobbie Thierfelder
608.403.1091 or 608.564.7512

Memorial Healthcare Foundation

27th Annual Dinner & Auction

Saturday, March 7, 2020

Connell's Cedar Shack, Adams

If you wish to donate to the foundation
or to purchase dinner or admission tickets,
please contact:

Tamra Lowrey at 608.339.8328
tklowrey@gundersenhealth.org
or: Aaron Bonnett at 339-8391.

The Partners have donated \$200 to the foundation.

PPE Report

Public Policy Education

What's Up in 2020?

❶ The Wisconsin Hospital Association is celebrating its 100th Birthday!

Medical science and healthcare delivery have changed significantly since 1920. WHA advocated for hospitals and patients in Wisconsin during the Great Depression through multiple wars, the civil rights and women's movement and into the 21st century.

Today WHA is known for its effective government relations and advocacy efforts.

Happy Birthday WHA and Thank you!

❷ 2020 is a Census Year!

This year, the Federal Census Bureau will send letters to every household in the country offering options to respond on line, by phone or by mail. The February 13th Valued Voice states "The Medicaid program is by far the largest federal program in which census data is used to allocate matching funds (to the states)". Undercounting people who live in Wisconsin costs the state precious health care and other dollars..." In addition, U.S. Congressional seats are allocated based on state population. So, respond to the Census and encourage your family, friends, and neighbors to respond.

❸ Of course, there will be elections!

April 7: Spring Elections – Non-partisan election for Wis. Supreme Court Justice, School Board, County Board and city and village officials (important positions) and partisan Presidential primary.

August 11: Partisan Primaries for state assembly and senate and federal congressional representatives.

November 03: Fall Elections - Presidential, state and federal partisan representatives. This is the REAL thing. Vote!

❹ And, WHA Advocacy Day is March 18

This is an opportunity to learn more about the issues facing rural hospitals in Wisconsin, listen to great speakers and enjoy complimentary breakfast and lunch with other Partner members. There is no registration fee. Call Donna Turcany at 339-3825 for details or go online to partner-sofwha.org.

Donna Turcany, Public Policy and Advocacy Chair



Our Aging Skin

We are born with it. It grows along with us in age and size. And, it's always changing. Skin, that is!

Our skin is exposed to many severe circumstances throughout our life. Harsh weather; sun; daily barrages of soaps and chemicals; polluted air, just to name a few. The way our skin ages depends of a variety of factors. Heredity, lifestyle, diet, our personal habits such as smoking, anxiety and stress, tanning or even our occupations and hobbies are just a few influences on the health of our skin and determine how our skin will age.

Skin changes that come with age:

- Our skin becomes rougher.
- Skin develops lesions such as benign tumors.
- It becomes slack because of loss of the elastic tissues (elastin and collagen).
- Our skin becomes more transparent and fragile.
- We bruise more easily due to thinner blood vessel walls.
- Photo-aging: The sun's ultraviolet light (UV) damages elastin, a fiber that allows our skin to snap back after stretching.
- Below the skin, in the subcutaneous layer, we begin to lose fat in areas such as the cheeks, temples chin, nose and eye area. As a result, our skin becomes loose, our eyes have a sunken appearance and we may develop a skeletal appearance.
- Bone loss, generally around the mouth and chin areas may cause puckering of the skin around the mouth.
- Loss of cartilage in the nose causes drooping of the nasal tip and accentuating of the bony structures in the nose.
- Dry and itching skin are common in later life especially during the winter months when the indoor air is warm and dry. Our oil and sweat glands do not function as well worsening the problem. The overuse of soaps, antiperspirants, perfumes or hot showers can make a bad situation even worse.

These are the primary skin conditions we face as we age.

We cannot change the natural aging process, the "intrinsic" aging of our skin. We can however, make changes in our lifestyle and environment, or our "extrinsic" aging influences. Some recommendations on keeping our skin from aging prematurely include:

- **Protect your skin from the sun every day.**
- **If you smoke, stop.** Smoking greatly speeds up how quickly skin ages. It causes wrinkles and a dull, shallow complexion.
- **Avoid repetitive facial expressions.** When you make a facial expression, you contract the underlying muscles. If you repeatedly contract the same muscles for many years, these lines become permanent. Wearing sunglasses can help reduce lines caused by squinting.
- **Eat a healthy, well-balanced diet.**
- **Drink less alcohol.** Alcohol is rough on the skin. It dehydrates the skin, and in time, damages the skin. This can make us look older.
- **Exercise.** Moderate exercise can improve circulation and boost the immune system. This, in turn, may give the skin a more-youthful appearance.
- **Cleanse your skin gently.** Gentle washing helps to remove pollution, makeup, and other substances without irritating your skin.
- **Wash your face twice a day and after sweating heavily.** Perspiration, especially when wearing a hat or helmet irritates the skin, so you want to wash your skin as soon as possible after sweating.
- **Stop using skin care products that sting or burn.** When your skin burns or stings it means your skin is irritated. Irritating your skin can make it look older.

And finally, just some fun facts! Did you know that your skin accounts for about 15% of your body weight and that it renews itself every 28 days? Your skin constantly sheds dead cells, about 30,000 to 40,000 cells every minute! That's nearly 9 lbs. per year! Dead skin comprises about a billion tons of dust in the earth's atmosphere. Some sources estimate that more than half of the dust in your home is actually dead skin. The average adult has approximately 21 square feet of skin, which weighs 9 lbs. and contains more than 11 miles of blood vessels. Your skin is its thickest on your feet (1.4 mm) and thinnest on your eyelids (0.2 mm).

Notes from papers presented by Diane Roekle at the February 14th Partners Meeting.

HAPPY BIRTHDAY

March

1st Joan Albert
1st Joleen Cozza
4th Lila Oakes
11th Elaine Babcock
22nd Fran Coon
24th LaVonne Scott
25th Jo Ann Daily
26th Karen Romell

April

4th Joyce Roberts
9th Evelyn Baerbock
10th Diane Roekle

May

10th Lynn Carter

June

1st Florence Koehler
2nd Karen Ramsey
4th Sue Grant
18th Nancy Wical
28th Marilyn Coleman



Next Newsletter June 2020

Please submit items
for the next newsletter
by May 15th to
Marija Jakopiec
1146 Dover Dr.
Adams, WI 53910

608.339.0170
or cell 608.963.8134
slovenca@maqs.net

Thank You Partners!

Partners are a vital part of Gundersen
Moundview Hospital and Clinics.

In 2019, **YOU** provided

2,425 Volunteer Hours

to the Hospital and your community!

Gift Shop Open House
And Christmas Bake Sale



Wish List
FULFILLED



Sheriff's Department receiving
their Parade of Trees Award



Snowmen, Snowmen Everywhere!
Arranged by Joleen Cozza and Bobbie Thierfelder