

PARTNERS OF WHA is committed to advocating for the health of our communities and advancing the success of local health care volunteer organizations, through the coordination and provision of volunteer education, development resources, and leadership opportunities for health care volunteers and their organizations.

A Message From Partners of WHA President

Recap of News Since January



Diane Westbrook

Sitting here today composing this article for *Reaching Out*, my first instinct was to wish you all a happy spring. However, looking out the window at the snow, the sleet, and the brisk wind, I have a thought that perhaps I should wish you all a happy late winter... Brrrr!

In January, I was invited to Madison to take part in a press conference to launch Safe Care Wisconsin's first statewide health safety

project: "List It, Don't Risk It. Write Down Your Medicines." Safe Care Wisconsin is a statewide group of health professionals and organizations dedicated to patient safety. I am pleased to say that it will be our Health Education project for the year and you will hear more on this program in the coming months from Bonnie Olson, Community Health Education Chair for Partners. Our goal is to have each member of Partners fill out a medication list and complete at least one more for a friend or family member.

The spring board meeting for Partners was held in Madison March 25 - 27. The orientation was expanded this year to include all new members to the board. This portion of our board meeting has been well accepted, and those attending found the information it contained not only informative but valuable. Discussions at the meeting included among others: the district chair reports, bylaws review, and strategic planning's new resource guide. The resource guide should be nearly complete by fall and information on it will be sent out to all local groups.

Ann Bergmann, president-elect; Sue Lynch, public policy education chair; and I attended the American Hospital Association and State Auxiliary Leaders conference in Washington, DC April 5 - 9. Here we had the opportunity to meet and network with the other leaders from 38 states. We took part in round table discussions centered on topics that included:



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A Message From the President-Elect

You Are Leaders!

Whether you have been appointed or elected to positions within your local, district, or the state organization, you are considered a leader.

Leadership is the act of guiding others to accomplish a goal, to achieve success, and to make a difference. Leaders must be open to change...willing to change how they do things for the good of the greater whole. Change comes about as a result of people coming together for a common purpose, led in an organized manner. The outcome of any great effort is due to the skills of great leadership.

Consider these virtues and characteristics of leaders as you lead or as you groom future leaders of our organization, Partners of Wisconsin Hospital Association.

- Lead by personal example. A leader is honest and ethical. An effective leader is accountable to the team. The leader inspires others to do their very best.
- A leader creates vision, sets direction. The leader helps guide others towards the organizations vision.
- A leader is innovative who recognizes and supports creative ideas.
- Remember to say thank you. A leader shows praise for work well done and support when things don't go just right!
- Empower others. A leader provides clear goals for the team. Resources are identified and provided to help complete the tasks required. ...continued on page 2



Ann Bergmann

A Message from the President...continued from page 1

- “Creating the Most Effective Hospital Organization”
- “Volunteer Leadership Development”
- “Collaboration Between State and National Volunteer Committees”
- “Membership, the Backbone of an Organization”
- “Spiffing-up” the Volunteer Organization Through Accepted Business Practices”

I have copies of all the talking points for the discussions on each of the above subjects. If you would like a copy of any of these or all for a future local or district meeting, please contact me. I will make them available in the resource guide, as well.

I was pleased to be invited to present a “Best Practice” program during the SAL conference and used the “List It, Don’t Risk It” as my presentation. It was well received and I had numerous requests for information on this exciting health care initiative.

The highlight of the volunteer/auxiliary breakfast was the presentation of the AHA’s Hospital Award for Volunteer Excellence (HAVE) awards. This award program is in its 23rd year and highlights the extraordinary efforts of volunteer programs and the positive impact they have on patients, hospitals, and the communities they serve. The individuals that received the awards this year represent programs that demonstrate healthcare volunteer excellence and constantly remind us of the value of volunteerism that so fervently assists us in building a society of healthy communities.

Partners of WHA’s WAVE award is based on the HAVE award. I encourage you to apply for the WAVE award and in turn apply for the HAVE award. HAVE application blanks will be available from Jennifer Frank at WHA. If you have any questions, please contact Jennifer at 608-274-1820 or the 2008 WAVE chair, Kathy Arling, at 608-835-7076. The application forms will arrive in the fall. There is criteria that needs to be met to apply for the HAVE award and these two ladies will have that information for you.

We have had two honorable mention winners in Wisconsin, however, isn’t it about time someone from Wisconsin wins a HAVE award? The winners for 2008 were:

Community Service: American Lake Veterans Golf Course; VA Puget Sound Health Care System, Tacoma, Washington

The American Lakes Veterans Golf Course is solely operated by volunteers and is completely self-sustaining. Through their labor, fundraising efforts, and community connections, these dedicated volunteers transformed the VA golf course into a state-of-the-art venue. It provides a variety of therapeutic, adaptive golf programs for veterans and returning soldiers with physical disabilities.

In-Service Hospital Volunteer Program: Auxiliary Heritage Collection; Alaska Native Medical Center, Anchorage, AK

This project created a unique tribal-based approach to volunteerism. Over the last 32 years, Alaska Native Medical Center’s Auxiliary has managed a Smithsonian-quality native arts and crafts collection. This collection represents all regions of the state and is on display throughout the hospital. It is a source of pride to patients and their families and an inspiration to all who visit the facility. The artisans set their own prices and receive 100% return in cash when sold. The Auxiliaries add a 10 -20% handling fee. The proceeds support patient care, equipment, and approximately 10-15 annual student scholarships with awards ranging from \$1,000 to \$5,000.

Fund – Raising Program: “Mercy Magic,” Mercy Medical Center, Daphne, AL

This Fund Raiser is focused primarily on working with the Guardian Angel program and to help provide much needed services to Mercy’s pediatric home care for patients and families. They raise funds by selling pewter Christmas angel ornaments in their gift shop and in local businesses. The sales have generated close to \$50,000 for Mercy’s pediatric home care program.

Community Outreach: Volunteer Dental Project; Intermountain Healthcare, Salt Lake City, UT

The Intermountain Healthcare volunteers organized a community outreach program aimed at Title One elementary schools in Utah. This was in response to information given by the Utah Health Department medical director naming dental hygiene as the number one health program for elementary children. The volunteers assembled dental hygiene kits and provided fluoride varnishing. They followed up by connecting students who needed dental work with dentists who

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A Message from the President-Elect ...continued from page 1

- Communicate. Communication between the leader and the team is essential. Progress reports, challenges, and questions should be a part of the communication process.
- Have fun. Remember to laugh; it’s “good medicine!”

Thank you leaders of Partners of WHA!

*Ann Bergmann, President-Elect
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WHA President's Report

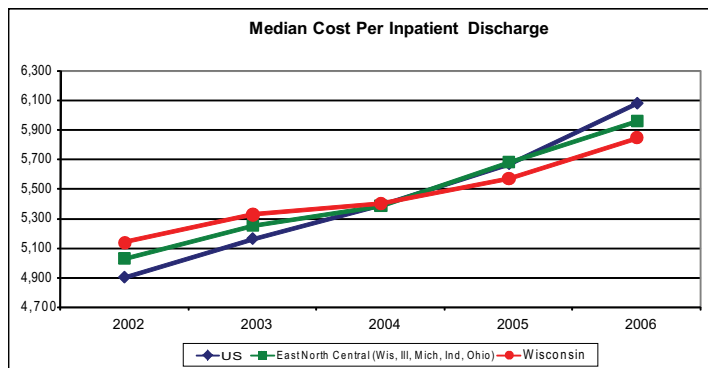
So what about those hospital costs?

Over the past several years, we have seen many news stories — largely negative — about Wisconsin health care costs. Conventional wisdom, at least among some, is that Wisconsin hospitals and physicians are “more expensive” than the national average and that high health care costs are a competitive disadvantage for Wisconsin.

Some of the health care cost “studies” that contributed to this attention were based on less than credible assumptions and lacked “evidence based” fact. The most over hyped and misunderstood analysis was the Government Accounting Office (GAO Report) two years ago that seemed to suggest physician prices in Wisconsin communities (for the Federal Employee Health Plan) are among the “highest in the nation.” A closer examination of the report (undertaken by almost no one other than WHA) actually found that on an episode of care basis (price X units of service), Wisconsin is a bargain for the FEHP.

What's new on the cost front in the context of 2008? Several recent developments confirm that cost-controlling efforts by Wisconsin hospitals are paying off. Consider this:

- A study by Milliman, Inc. for the Greater Milwaukee Business Foundation on Health found that operating costs at Milwaukee area hospitals increased about 10% between 2003 and 2006; that's five percentage points below the national average.
- Data extracted from the Ingenix Almanac of Hospital and Financial Operating Indicators confirms that statewide **hospital operating costs are growing at a pace significantly below the national average**, reversing previous trends.



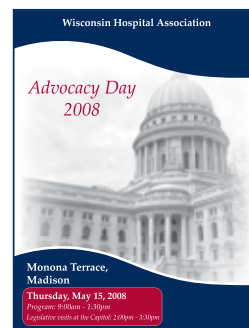
- Medicare data that tracks state specific spending per beneficiary places Wisconsin among the lowest cost states in the nation. In fact, the nation would have no looming Medicare spending crisis if other states replicated Wisconsin experience.

The obvious conclusion is that, in aggregate, Wisconsin hospitals are providing value to payers at a cost at or below national benchmarks.

*Steve Brenton, President
Wisconsin Hospital Association*

WHA's Annual Advocacy Day Quickly Approaching

Register now for this May 15 event!



Advocacy Day 2008 is fast approaching as are the important November 2008 elections. If you're interested at all in these elections, then you want to register today for Advocacy Day on May 15. You'll hear from well-respected journalist

and political insider, Fred Barnes, as he provides his view on Elections 2008. Barnes co-hosts "The Beltway Boys" on Fox News and has covered politics throughout his career.

2008 Advocacy Day events continue with a luncheon keynote from Governor Jim Doyle (invited), a legislative panel discussion, and presentation from WHA government relations staff about important issues pending in the State Legislature.

Attendees will then take what they've learned and head over to the State Capitol in the afternoon to meet with their legislators and staff. Meeting with legislators is the most valuable aspect of this annual grassroots event and WHA strongly encourages all attendees, including volunteers, to make this a priority. Hospitals continue to face a great number of legislative issues and we have a lot of great stories to tell, too (for starters, Wisconsin hospitals were rated #1 in the nation in 2007 in quality!). Tell your legislators and their staff how you feel about your hospital and your community. It's this first-hand interaction by you that has the most impact.

Advocacy Day is a **free** event.

Register today or check with your hospital's director of volunteer services to see what he/she is doing to facilitate attendance at this event. There is a full brochure/registration available online at www.wha.org/education/pdf/2008advocacyday.pdf. You may also contact Lisa Geishirt at lgeishirt@wha.org or 608-274-1820 with registration questions.

Contact WHA's Jenny Boese at 608-268-1816 or jboese@wha.org if you need any other assistance.

WHA Leadership Invites Partners Leadership to Join in Annual Trip to DC



Partners of WHA President-Elect Ann Bergmann, Statewide Public Policy Education Chair Sue Lynch, and Partners of WHA President Diane Westbrook in the Senate Hart Office Building after meeting with Sen. Feingold.

Twenty Wisconsin hospital leaders, including three Partners of WHA leaders, participated in the American Hospital Association's Annual Meeting and Congressional visits in Washington, DC in early April. During their time in DC, Wisconsin hospital leaders met with all members of the Wisconsin Congressional Delegation and their health staff to discuss important issues, including support for a pending BadgerCare Plus waiver.

This year's trip also marked an historic event when Wisconsin's own Bill Petasnick, CEO of Froedtert & Community Health, became just the fourth Wisconsin hospital leader to be sworn in as AHA Chairman of the Board.

In addition to expressing support for a federal waiver so Wisconsin can implement an innovative initiative to provide health care coverage to childless adults, hospital representatives also discussed the Medicare budget, Critical Access Hospital issues, and CMS' Recovery Audit Contractor program with their Members of Congress. Log on to www.wha.org/governmentRelations/federal_issues.asp to review issue papers on any of the above-mentioned subjects.

WHA thanks the Partners of WHA for coming to DC to meet with Wisconsin's Members of Congress. This annual trip is a valuable tool in continuing to build stronger relationships with our Members of Congress and promoting issues of importance to Wisconsin hospitals.

Mother's Day Tribute???

I had the meanest mother in the world. While other kids ate candy for breakfast, I had to have cereal, eggs, and toast. When other kids had cokes and candy for lunch, I had to eat a sandwich. As you can guess, my dinner was different from other kids, too.

My mother insisted on knowing where we were at all times. You'd think we were on a chain gang. She had to know who our friends were and what we were doing. She insisted that if we would be gone for an hour, that we be gone for an hour or less.

I am ashamed to admit it, but she actually had the nerve "to break the child labor law." She made us work. We had us wash all the dishes, make the beds, learn to cook, and all sorts of odd things. I believe she lay awake nights thinking of mean things to do to us. She always insisted on us telling the truth – the whole truth and nothing but the truth.

By the time we were teenagers, she was much wiser and our life became even more unbearable. None of this tooting the car horn for us to come running. She embarrassed us to no end by making our friends and dates come to the door for us.

I forgot to mention that my friends were dating at the mature age of 12 and 13, but my old fashioned mother refused to let me date until I was 15.

My mother was a complete failure. None of us has ever been arrested. And who do we have to thank for this terrible way we turned out? You're right! Our mean mother.

Look at all the things we missed. We never got to take part in a riot and a million and one other things our friends did. She made us grow up into God-fearing, educated, and honest adults.

You see, thank God, he gave us the meanest mother in world – from this I would say the country doesn't need a good 5 cent cigar. It needs more mean mothers and fathers!

Anonymous

(Reprinted from the Medical Center Volunteer newsletter of Calumet Medical Center Auxiliary in Chilton)

Fear less, hope more, eat less, chew more, whine less, breathe more, talk less, say more, hate less, love more, and all good things will be yours.

- Swedish Proverb

Former Governor Thompson Promotes Organ Donor Awareness

Former Governor Tommy Thompson was in La Crosse recently to promote organ donor awareness.

Partners of Gundersen Lutheran joined the Rotary Club of La Crosse and the Organ Procurement Organization of Wisconsin in planning a luncheon meeting to present the Workplace Partnership for Life. More than 200 community leaders and guests attended.

There are 97,000 Americans waiting for an organ transplant, and 19 die each day waiting. Thompson discussed the Workplace Partnership for Life, a program he started when he was U.S. Health and Human Services secretary. The program is designed to bring organ donation awareness to the workplace.

Partners of Gundersen Lutheran sponsors this program at their medical center. On April 22, the second annual daylong Donor Education Fair was held. Highlighted speaker was Dr. Hans Sollinger, chair of the University of Wisconsin Transplant Program and world renowned transplant surgeon.



Former Governor Tommy Thompson is seen here when he spoke to the Partners of Gundersen Lutheran group. Pictured, left to right: Chris Thomsen, RN, organ/tissue liason at Gundersen; Bud Hammes, PhD, director of medical humanities, Gundersen; Marilyn McElligott, president, Partners of Gundersen Lutheran; Christine Stovey, Partners of Gundersen Lutheran assistant; Mary Bubbers, RN, Vernon County Health Department, donor mom; and former Gov. Tommy Thompson.

Strategic Planning Report

The members of the Strategic Planning Committee met prior to convention 2007 and again in late fall 2007. Two regional meetings were held in Green Bay and La Crosse. Just recently, we met prior to the Spring Board meeting.

Our Core Strategies remain the same:

- Resource Directory
- Advocacy
- Leadership training
- Fiscal responsibility
- Convention Planning Manual

We are finalizing our Resource Center request form. The form will be in each 2008 convention packet and mailed to each local president. The form will be available online as well.

Advocacy materials will be included in the Resource Center and they include PPE materials, member input, and WHA materials.

The committee is in a gathering phase at this time. Materials being gathered include: Speakers Bureau, Successful Fundraisers, Gift Shop, WAVE Award Applications, and past WAVE recipients. Parliamentary items such as "Simplified Version of Robert's Rule," by-laws, how to conduct a meeting etc., and a list of speakers will be available on motivation, strategic planning, and health initiatives.

Fiscal responsibility is a core strategy we felt would be beneficial to our members. Fiscal responsibility will also be part of the Resource Center. It will include items such as how to prepare a budget, sample budgets, tax exempt information, and information on auditing.

CHE and PPE will make available to the center successful projects from around the state, other resources of interest to our members, and current state projects.

A Convention Manual will be available with useful information about planning a convention. Also available will be future site locations. In an effort to be fiscally responsible, simplify planning and secure sites that fit our needs, Partners has chosen convention sites through 2013 (see page 8). Contracts have not been signed yet and changes could be forthcoming. We are working closely with Jennifer Frank, our liaison with WHA, because she has the expertise that we need in planning conventions for the future. The choices will be made based on 400 attendees and strategic locations throughout the state.

Two regional strategic planning meetings will be held prior to fall board meeting in October of 2008.

Pat Dagnon, Strategic Planning Chair
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Did you ever notice: When you put 2 words "The" and "IRS" together it spells "THEIRS"?

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were willing to donate their services. This last program reminded me of our Health Education project of two years ago.

One of the speakers at the SAL meeting was Wendy Biro-Pollard. She is an expert volunteer developer and Certified Volunteer Administrator (CVA) with more than thirty years of high profile experience. Her topic for the day, "Finding New Volunteers and Dedicated Leaders" included the changing Paradigm of 50+ volunteerism (a real eye-opener!).

	<u>Old Paradigm</u>	<u>New Paradigm</u>
1. Volunteer's motivation	Civic duty	Improve the world and find personal fulfillment
2. Volunteer's pattern of volunteering	Long-term and regular	More short-term, sporadic volunteering
3. Volunteer's expectation	Low, mostly recognition	Higher, recognition, reimbursement
4. Volunteer's relationship to organization	Strong identification Loyal and conforming	Loose identification, more likely to leave if unsatisfied
5. Volunteer Manager's view of Volunteer	Subordinate	Partner
6. Volunteer Opportunities	Limited choice and flexibility Work mostly alone	Greater choice and flexibility; more opportunities to work as part of a self-managed team

I have more interesting information from Wendy and I will share that in the next issue.

The best changes often start as a single thought—or shared thoughts. Think big and discover the ways to make those thoughts/dreams come alive for your group!

We were in attendance for the investiture of William D. Petasnick to the chairmanship of the Board of Trustees of the American Hospital Association. Mr. Petasnick is President and CEO of Froedert & Community Health in Milwaukee. This was an historic event as he is only the fourth Wisconsin hospital leader to be sworn in as the chair of the board of trustees. It is an exciting time for Wisconsin!

AHA President /CEO Rich Umbdenstock and Chairman Bill Petasnick engaged members in a lively and timely discussion about the steps needed to make sure health reform remains a national priority. Discussion centered on "Health for Life: Better Health." Better Health Care, the AHA-initiated framework for achieving real and meaningful change is a set of goals and elements necessary for creating better, safer, more affordable care—and a healthier America. They are asking all of us to be part of the effort to reshape America's health and health care!

I have requested a copy of the short film on Health for Life from the AHA office in Chicago and hope to have it for the convention in October.

Ann, Sue, and I were part of the WHA contingent that traveled to the Capitol "Hill" to voice our concerns to our legislators. Jenny Boese, WHA's vice president of external relations and member advocacy, has a column in this issue that will go into more details. We have learned of the many tools at our disposal to participate in these meetings and how to respond to the challenge! We face the many and continuing challenges of helping to deliver health care to our communities at reasonable costs and to those whether young or old who do not have adequate health insurance coverage if any at all.

By the time this issue reaches you, the traveling team will have made the rounds of spring tour, traveling first to Osceola and ending up in Black River Falls, completing the western part of the state during the first week. The second week found us winding our way to Marinette and finishing up in Madison. It was a wonderful two weeks—meeting those great and dedicated volunteers who comprise this great organization called Partners of Wisconsin Hospital Association. Do you have any idea just how much you are appreciated or how much we enjoyed spending the day with each group? Thank you to our eight hosts and to all the volunteers who attended.

"A Volunteer is a person who is a light to others... giving witness in a mixed up age, doing well and willingly the tasks at hand, namely being aware of another's needs and doing something about it." (Anonymous)

Congratulations to the new district chairs who were installed in four of the districts:

Jan O'Neill	(Menomonie)	West Central
Pudge Kimbell	(Wausau)	North Central
Dorothy Revnew	(Oconomowoc)	Southeastern
Les Schroeder	(Beloit)	Southern

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Thank you to the outgoing chairs for their years of service to their districts and to the Partners of WHA: Janet Rubenzer-Pike, West Central; Karla Martinsen, North Central; Ralph Spindler, Southeastern, and Marian Kumlein, Southern. Job well done!!

We are coming into our 55th year and it is always amazing to me what the volunteers who comprise Partners of Wisconsin Hospital Association accomplish in any given year...you are fantastic! Our organization is now 13,747 members strong in 77 hospitals and communities throughout the state and this includes our newest member, Agnesian Healthcare volunteers in Fond du Lac. Partners donated \$2,901,000.47 to their respective hospitals and provided over 1.161 million hours of volunteering. (The value of these hours at the given rate of \$18.77 for the 2007 year equates to \$21,797,188.00.) These figures do not include Agnesian or All Saints - Wheaton Franciscan in Racine. When I have the complete totals, I will update all the figures and publish them in a future issue. The Volunteers in the state donated 1,197 hours, as well. We have enlarged our contributions to our hospitals and communities and increased out scholarship dollars....well over 500 scholarships amounting to \$457,929.56. I applaud you for all your efforts and commitment to the hospitals you serve.

Please consider nominating your administrator for the Best of the Best award. The forms have been sent out and if you have not received one, please contact Patsy Pippin, who is the chair of this committee, at 608-375-2474.

We as Partners are here to encourage you, assist you, and help in any way we can in whatever your needs may be. Please do not hesitate to call me or email me!

"Volunteering is the voice of the people put into action. These actions shape and mold the present into a future of which we can be proud." - Helen Dyer.

I am proud of each and every one of you!

Diane Westbrook, Partners of WHA President
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Ever Wonder...

Why the sun lightens our hair, but darkens our skin?
Why women can't put on mascara with their mouth closed?
Why is 'abbreviated' such a long word?
Why is it that doctors call what they do 'practice'?
Why is the man who invests all your money called a 'broker'?
Why is the time of day with the slowest traffic called 'rush hour'?
If flying is so safe, why do they call the airport the 'terminal'?
Why don't sheep shrink when it rains?

Treasurer Reminds All of Dues Deadline

"Spring is when you feel like whistling even with a shoe full of slush."

– Doug Larson

"The day the Lord created hope was probably the same day he created spring."

– Bern Williams

"In the spring, I have counted 136 different kinds of weather within 24 hours."

– Mark Twain

"In the spring, at the end of the day, you should smell like dirt."

– Margaret Atwood

Treasurer's messages are so dry I thought I would share the above quotes about spring. I hope you like them.

Now onto the dry stuff. Dues statements have been sent out to all Partners presidents. Please make sure these are passed on to your treasurer in a timely fashion. These things tend to get lost as we head into summer.

Dues are due by June 31, 2008. Last year all dues were paid on time! Thank you! Let's do that again this year.

If you have any questions please feel free to email or call me at any time.

Sue Plimpton, State Treasurer
906-863-6180
Email: petersue@new.rr.com

Ten Commandments to Overcoming Grief

1. Take time to accept death.
2. Take time to let go.
3. Take time to make decisions.
4. Take time to share.
5. Take time to believe.
6. Take time to forgive.
7. Take time to feel good about yourself.
8. Take time to meet new friends.
9. Take time to laugh.
10. Take time to give.

- Kay Lyndahl

It's a Jungle Out There...." is Theme for October Convention

Greetings from Reedsburg! Plans are well underway for Convention 2008, "It's a Jungle Out There...finding your way through this maze called health care" with the committee meeting weekly to plan and prepare a great time for you at the Wisconsin Dells.

We have secured best-selling Wisconsin author Michael Perry ("Population 485," "Truck, A Love Story") to open the convention. Closing speaker will be UW nutritionist, television personality, and author Donna Weihofen. Breakout sessions will include:

- Gift Shop Panel (small/medium/large)
- Grassroots with WHA
- Pet Therapy Programs - Up Close and Personal with Hefner and Mandy
- Identity Theft/Scams – How to Protect Yourself – Presented by WI Dept. of Ag/Consumer Protection
- Estate Planning for Everyone – Presented by North Central Trust Co. – La Crosse
- Simple Exercise for an Active Lifestyle with Brooke Campbell, Personal Trainer
- Handicrafts in the Gift Shop Setting – A Share and Learn Session
- Housing Options for an Aging Population
- Keeping Your Home and Yourself Safe – Presented by Chief Mark Weihing, RS Fire Dept/RAMC OT/PT Dept.
- Cardio Benefits of a Lifetime of Exercise with Nikki Dempsey, Exercise Physiologist
- Leadership Program
- Healthy Wisconsin Project – Medication Reconciliation

An informal early morning exercise program will be offered free of charge Wednesday and Thursday for those who wish to get a good stretch before beginning the day. This class will be geared for all ages and abilities.

The Ho Chunk will present an educational/cultural program on Wednesday morning.

As always, we will showcase displays from around the state, run a silent auction in addition to the raffle, and a vendor fair is in the works as well. We have some really great items for our raffle and tickets will be distributed to all Partner groups during Spring Tour.

The registration fee for convention will be \$109 per person. The room price at the Kalahari will be \$99 per room (up to 4 in a room) and Wednesday night's banquet will be \$30.

The committee has put many hours into the planning thus far and many more are anticipated as we go forward. We look forward to seeing you all in the Dells!

Chris Weihing, Convention Co-chair
608-524-2806
cweihing@ramchealth.org

2008 Best of the Best Administrative Award

In May, we celebrate National Health Care Week. It is a good time to look at the important work of our local administrators and recognize them for this. So take time to nominate them for the Best of the Best Administrative Award. If you have submitted an application in the past and not been selected, please do so again.

Last year's winner was Gregory Britton, CEO, Beloit Memorial Hospital, Beloit, WI.

Nominating forms were mailed in early April to presidents of all Partners/Auxiliary organizations. Forms were also handed out to all attending the Spring State Board Meeting. They will also be available on the boards Spring Tour. Information and forms can be found on WHA's Web site under the Partners link at www.wha.org.

All entries must be returned to Patsy Pippin, Chair, Best of the Best, postmarked on or before June 27, 2008. Any organization submitting a nomination will be given two (2) points toward their 2008 Honor Points Award.

Committee members are Arnie Lee, Joy Caine, Laura Baalard, and Greg Britton, 2007 recipient.

If I can answer any questions please call me at the number below.

Patsy Pippin, Chair, Best of the Best
4954 County Rd S, Boscobel, WI 53805
606-375-2474
Email: patsy_pippin@yahoo.com

Future Convention Sites Set

One of the areas addressed in the recent strategic planning process was the Partners annual convention. Several key factors were developed to help determine convention site locations. Put these tentative dates and locations on your calendars:

October 7-9, 2009 – Country Springs Hotel, Stevens Point
October 12-14, 2010 – Regency Suites, Green Bay
October 4-6, 2011 – The Plaza, Eau Claire
October 8-10, 2012 – Marriott Madison West, Madison

Community Health Education Report



Bonnie Olson

1. **Know your risks.** You can't keep cholesterol under control if you don't know what your levels are. Refer to the previous newsletter for the limits for LDL, HDL, etc.

2. **Keep stress at bay.** Evidence suggests that a disorder response to life's troubles and cares can throw

one's internal chemistry out of balance, which in turn can contribute to heart woes.

3. **Get moving – for life.** Getting physical helps your heart to pump more efficiently, helps lower both total and LDL cholesterol while raising HDL, and does so while dropping blood pressure.

4. **Remember that calories do count.** One way to increase your lifespan is to cut your calorie intake, because such restriction helps improve the ratio of HDL to LDL. Go easy on portions, and taking a high quality multivitamin every day can help you nutritionally.

5. **Cut the saturated fat.** This means sticking with such unsaturated fats as extra virgin olive oil or olive oil. This also means enjoying the healthy fats found in cold-water fish. These omega-3 fatty acids have been found to cool off artery-harming inflammation, and to help reduce dangerous blood clots and irregular heartbeats.

6. **Color your diet healthy.** Phytonutrients in plants not only give fruits and vegetables their brilliant colors but confer a wealth of health benefits, including a cardiovascular assist.

7. **Supplement wisely.** Green tea and garlic are linked to reduce heart disease risk; vitamin E, a key antioxidant; plant sterols, which may block cholesterol absorption; spirulina linked to lower LDL; and nattokinase, which helps fight harmful blood clots.

8. **Feast on fiber.** Fiber not only keeps your intestinal system operating on all cylinders, but the soluble kind (such as beta glucans found in oats) help drain your bloodstream of excess cholesterol. Eating a fiber rich diet also fills you up, which in turn helps head off obesity that is a threat to cardiovascular health.

LIST IT. DON'T RISK IT! This project of Safe Care Wisconsin was created to inform people of the need to have a medicine list and remind people to carry the list with them (www.safecarewisconsin.org). WRITE DOWN YOUR MEDICATIONS. CARRY THE LIST.

Bonnie R. Olson, CHE Chair
715-834-1320 or 715-379-6797
Email: hatladyb@charter.net

Public Policy Education Report

This year will be a very important year for the Partners of WHA in public policy. Health care reform is one of the top priorities for most candidates running for office at all levels of government.



Sue Lynch

For the past three years I have kept each of you informed on matters of importance to the health care industry. It is time that we support candidates who have supported us in our efforts. I am asking you to make the phone calls, knock on the doors, write letters to the editors, and/or send in your financial contributions to the candidates of your choice.

We will be electing a new President of the United States, members of the United States Senate and House of Representatives. In Wisconsin, we will be electing our legislators to the State Assembly and State Senate. Your role, in each of these elections, should be 100% participation.

For information on all federal elections, please go to www.house.gov; and for the State of Wisconsin election information, it can be found at www.wisgov.state.wi.us.

Partners Initiatives for 2008:

We must continue to support legislation making Wisconsin 100% smoke-free in all workplaces. This legislation would help reduce the exposure to secondhand smoke to all employees and have immediate beneficial effects on the respiratory health of its workers. The vast majority of people in Wisconsin want this passed now!

I will be carrying petitions with me on our Spring Tour in April. Petitions work—and legislators listen when hundreds of signatures are given to them supporting an issue. We can all do this together! Please participate in this 2008 initiative for Partners of WHA and fill out these petitions, passing out copies to others who are willing to fill them out also.

Also, continue to write articles for your newsletters on public policy and make every effort to attend Advocacy Day on May 15. Your dedication is very much appreciated!

So, on to an election year that will set the course for history. God Bless America!

Thank you again Diane for allowing me to serve as your Public Policy Chairman.

Sue Lynch, PPE Chair
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Around the State

Shawano Medical Center Auxiliary, Shawano:

In 2007, the auxiliary decided to pass around a "Penny Jar" at each of their monthly meetings, which was actually any spare change. This was so successful that they bought a tree and trimmings in a nature theme for their new Riverside Clinic. They plan to continue doing this during their 2008 meetings for another special project at the end of the year.

St. Mary's Hospital Auxiliary, Madison:

A new service of this auxiliary is to have a Pediatric Story Hour. What a great way to give time reading to children who may not have someone with them all the time.

West Allis Memorial Hospital Auxiliary, West Allis:

As part of its Planetree initiative, the Healing Arts work team has brought the gift of music to both patients and caregivers by forming a chorus of employees and volunteers. This group would sing during the holidays and other times during the year.

Froedtert Hospital Volunteers, Milwaukee:

Froedtert has launched the five fundamentals of Patient Communication for all staff members and volunteers called AIDET. These five fundamentals are for use in all positions within the hospital. They stand for A – acknowledge, I – introduce, D – duration, E – explanation, and T – thank you. All staff and volunteers are to establish a personalized script which includes all these fundamentals to deal with patients.

I Am Thankful...

For the taxes I pay – because it means I am employed.

For the mess to clean after a party – because it means I have been surrounded by friends.

For the clothes that fit a little too snug – because it means I have enough to eat.

For my shadow that watches me work – because it means I am out in the sunshine.

For a lawn that needs mowing and windows that need cleaning – because it means I have a home.

For all the complaining I hear about the government – because it means we have freedom of speech.

For the parking spot I find at the far end of the parking lot – because it means I am capable of walking and I have been blessed with transportation.

For my huge heating bill – because it means I am warm.

For the lady behind me in church who sings off key – because it means I can hear.

For the pile of laundry and ironing – because it means I have clothes to wear.

For the weariness and aching muscles at the end of day – because it means I can work hard.

For the alarm that goes off in the early morning hours – because it means I am alive!!

LIVE WELL, LAUGH OFTEN, AND LOVE WITH ALL OF YOUR HEART!

(Reprinted from River Falls Area Hospital Auxiliary newsletter, River Falls, WI)

How is it determined on what date Easter will occur in any given year?

It is tied to the lunar cycle. Easter is the first Sunday after the first full moon after the vernal equinox.



Reaching Out Deadlines

Issue	Deadline
August 2008	Mon., July 14, 2008
November 2008	Wed., October 15, 2008
February 2009	Thur., January 15, 2009
May 2009	Wed., April 15, 2009
August 2009	Wed., July 15, 2009
November 2009	Thur., October 15, 2009

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