

Friends of VMH

Vernon Memorial Healthcare, Viroqua

November 2017

News from Your President

Where has the time gone?
Just a few months ago we were selling brats and hotdogs near the hospital entrance and now it's time for Lovelights and our December Craft Show!

A heartfelt thank you to Past President Phyllis Malin for her valuable leadership of The Friends for the past two years and to Diane Brown for keeping us in check financially as our Treasurer. Thank you also to Judy Gilbertson for her service as CHE chair and Veronica Tresner as Membership Chair.



Julie Steiner, Phyllis Malin and Trudy Wallin

Our new leadership team, installed in October, includes Julie Steiner - President; DJ Brown - President Elect; Phyllis Malin - Secretary; Trudy Wallin - Treasurer; Community Health Education (CHE) Chair - Donna Nelson; Public Policy Education (PPE) Chair - Trudy Wallin; and Membership Chair - Alice Sloane.

Since our last newsletter in June we have been a busy bunch! Our Taco Lunch in June brought in \$685.00. Ole! Thanks to all who baked taco shells, took pre-orders, made deliveries, etc. Employees of our Viroqua businesses are great supporters of this event and really appreciate our willingness to deliver to them.



The Brat Sale Crew: Joanne & Dolores Swanson, Donna Nelson, Diane Brown, Trudy Wallin, Pat Oldenburg & Dan Nelson

Our Brat Sale in August raised \$554.00 and the Mum Sale added another \$750.00. The mums from Hardy Vines were beautiful!



Phyllis Malin and Julie Steiner were among the volunteers who helped with the mum sale.

We honored two long time members and welcomed 8 new members to the fold at our September Membership Luncheon. VMH Administration treated us to a delicious meal.



Ruth McClurg, Trudy Wallin, Barb Casper, Sig Lind and Karen Allness enjoying themselves at the luncheon.



Joanne Swanson and Dolores Swanson were honored with Lifetime Memberships for their years of service to the Friends

Thank you Joanne and Dolores Swanson for your years of service.

A special welcome to our new members: Janelle Cisneros; Gloria Fetty; Sig Lind; Robin Mathews; Laura Schmidt; Amy Schulz; Linda Wagner and Kathy Elliot. We look forward to your participation.

Phyllis Malin, Julie Steiner, Diane Brown and Donna Nelson attended the Partners of WHA Convention in Green Bay in October.



The Friends of VMH delegation donned hard hats and construction vests to coincide with the convention theme, "Building the Future".



Nancy Welch and Shelly Dobbe thank Phyllis Malin for the opportunity to attend a buying show in Las Vegas

Gift Shop Mgrs. Nancy and Shelley will be going to Vegas on a buying trip thanks to Phyllis Malin who won the trip at a gift shop workshop at state convention.

Our annual Lovelight Tree Lighting will be November 24th at 5:00 pm in the hospital lobby.

Plan to bring baked goods for the Holiday Craft Fair and Bake Sale December 7th from 8:30 to 2:30 in the Medical Office Building Conference Center.

Join us at our next regular meeting January 8th.

Julie Steiner
President

✂ CLIP IT & SEND IT TO VMH LOVELIGHTS: 507 S. Main St. Viroqua, WI
Donna Nelson, VMH Lovelights

Donor Name: _____

Phone: _____ Email: _____

____ # In Honor + ____ # In Memory X \$5 per light = Total \$ _____

____ Cash _____ Check Enclosed PAYable to: Friends of VMH

Please print names of lovelights as you wish them to appear below.

In Honor of: _____

In Memory of: _____

Lovelights

Set Up Trees - Nov. 21st 10am
 Karen Allness, Julie Steiner
 Marlene Swiggum

Food for Tree Lighting

Karen Mack - cheese & crackers
 Alice Sloance - apple cider
 Christmas cookies - 2 doz. ea.:
 Ramona Abbey, Janna Volten
 DJ Brown

Serve Lunch & Clean-up

Diane Brown



Holiday Bake Sale

Work at Bake Sale Table 8am-?
 Pat Oldenburg, Phyllis Eklov
 Ruth McClurg, Diane Brown

Holiday Craft Show

Set Up
 Sarah Howard, Karen Allness
 Julie Steiner

Greeters

8:30-11 am
 Ramona Abbey, Marlene Swiggum
 Mary Wilkie
 11 am - 2 pm
 Linda Wagner, Karen Allness
 Gloria Fetty

Clean Up

Phyllis Malin



Volunteer Report

Judy Gilbertson
Volunteer Coordinator

Dear Friends of VMH,

A very Happy Thanksgiving to all of you. We are THANKFUL for our many VOLUNTEERS.

Flu shots: If you still need your flu shot please call Jane Gaskell, VMH Employee Health Nurse, at 637-4359 to set up an appointment.

We are in need of volunteers for the following areas.

Administration:

Monday, Nov. 20th 2:30-4:30

Tuesday, Nov. 21st 2:30-4:30

Monday, Nov. 27th 2:30-4:30

Medical Office Building
Information Desk:

Wednesday Nov. 22 from
1:30-4:30

Monday Nov. 27 from
8:00-11:00.

Monday December 11 from
8:00-11:00

Wednesday's December 6, 13,
and 27 from 1:30-4:30.

If you can help with any of these shifts, please contact me as soon as possible.

Community Health Education

Donna Nelson, CHE Chair

The CHE project for the year is *Drugs End Dreams*. The platform is addressing and raising awareness of the Opioid addiction problem in our communities. We had the opportunity at the State Convention to learn about some initiatives that are going on in our state, Project CLEAN, Project HOPE, and Prescription Drug Monitoring Programs.

The US Department of Health and Human Services is focusing its efforts on five major priorities:

1. Improving access to treatment and recovery services.
2. Promoting the use of overdose-reversing drugs (NARCAN).

3. Strengthening understanding of the epidemic through better public health surveillance.
4. Providing support for research on pain addiction.
5. Advancing better practices for pain management.

Opioids are a class of drugs that include the prescription pain relievers, oxycodone, hydrocodone, codeine, morphine, and fentanyl as well as the non-prescription drug heroin. In the late 1990's pharmaceutical companies reassured the medical community that patients would not become addicted to

Public Policy Education

Trudy Wallin, PPE Chair

Wisconsin hospitals and patients will benefit from health care related legislation signed into law in Wisconsin in June.

-Act 25 requires a prescription for certain controlled substances containing codeine, formerly available over-the-counter

-Act 26 adds dollars annually to state graduate medical education

-Act 27 provides \$1-million each year to create 2 to 3 regional comprehensive treatment centers for opioid and methamphetamine treatment

-Act 28 provides \$500,000 each year to create additional medicine consultation and referral support clinicians treating patients with substance abuse.

-Act 34 expands Wisconsin's emergency and involuntary commitment program under Chapter 51 for alcoholics to persons who have drug dependence.

-Heroin Opiate Prevention and Education (HOPE) includes funding and regulatory components to help treat and prevent opioid addiction.



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prescription opioid pain relievers, so health care providers began to prescribe them at greater rates. There was also the movement to assess pain for providers at every routine visit. In 2000 pain control became a patient right.

Currently 4/9% adults aged 18-61 have used prescription drugs for non-medical use in the past year.

1 in 10 teenagers report using opioids to get high in the past year.

1 in 16 teenagers report using opioids to get high in the last 30 days.

In 2015, 22,000 deaths in the US occurred involving prescription opioids-which equals 62 deaths/day. The current statistic is 100 deaths/day. The highest rate is in the 25-54 age group.

Dependence on opioids is a gateway to the use of heroin and methamphetamines.

1 in 15 who use prescription opioids for non-medical reasons will try heroin within the next 10 years.

Excess opioids are a source of diversion.....something we can all do is make sure our medicine cabinets are free of them and use the community depositories for safe removal.

I look forward to sharing more of this issue with you over the next months.



Development Report

Donna Nelson, VMH Development Mgr.

The VMH Foundation and VMH Friends have selected 12 scholarship applicants to receive \$20,000.00 toward healthcare education. The awards will be announced at a kick-off breakfast at the end of December.

The VMH Foundation promoted the National Day of Philanthropy on November 15th. In observance of National Philanthropy Day we say thank you to all who support the work of the Vernon Memorial Healthcare Foundation. Whether you are a donor, a volunteer, or a professional working in the non-profit sector, your empathy and compassion is a testament to the inherent generosity of the love of humankind. Thank you for assisting us in caring for our communities, so much care, so close to our hearts.

VMH celebrated "National Rural Health Day" November 16th with a proclamation from Mayor Larry Fanta and a visit from Representative Lee Nerison. Having high quality healthcare facilities in our area is vital to serving our communities.

The VMH Foundation had a booth at the 1st Annual VMH Employee Benefits Fair on September 13th. The event was a great success. Next year we hope to add a VMH Friends booth.

Credit card sales in the VMH Gift Shop started with our first official sale on Friday September 29th. Phyllis Malin made the first sale to

VMH employee Merna Fremstad, RN. We have heard many positive comments and are seeing increased sales as a result. Training is being provided one-on-one, with assistance available as needed.

The VMH Foundation Hospice Gala was held on November 9th at the Old Towne Inn in Westby.

VMH Spotlight on Health, a publication mailed to the public providing education and updates on services and projects at VMH made a comeback this month. This edition had information



about the VMH Foundation, VMH Friends, and VMH Volunteer Department. We also will be listing the donations received by the VMH Foundation.

VMH Friends Lovelight season will be kicked off with the lighting of the trees on Friday November 24th at 5:00PM. Please join us for a brief program and have your picture taken with Santa!