



Memos from MEMORIAL

Partners of Rusk County Memorial Hospital

Volume 40 ~ Issue 4

November 2017

Edition Highlights

- Love~Light Tree Celebration
- Partners host Tea & Treats at RCMH
- In Memory of Winnie Lee
- Partners WHA Conference & Fall District Meetings
- RCMH Centennial Celebration in 2018

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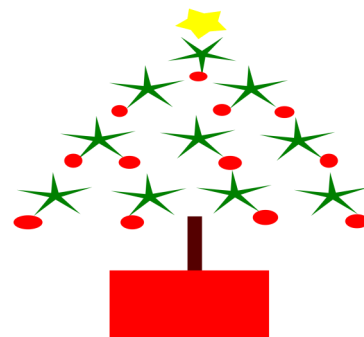
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OFFICERS:

Bev Lazar, President
Mary Jane Nelson, Vice President
Pauline Lundgren, Treasurer
Secretary (OPEN)
~~~~~  
Amanda Thompson, PR  
Paula Carow, Member-at-Large

## 31st Annual Love~Light Tree Celebration

- ♦ WHO: **Everyone** is Invited!
- ♦ WHEN: Sunday, Dec. 3, 2017
- ♦ TIME: 5:30 Chapel Ceremony  
6:00 Tree Lighting, followed by snack & beverage social
- ♦ WHERE: RCMH Chapel and Riverside Clinic lobby/entrance. More details on Page 3.



## Tea-Around-the-Tree

- ♦ WHAT: Dessert Social
- ♦ WHO: **YOU!**
- ♦ WHEN: Tuesday, 12/12/17
- ♦ TIME: 1:00 - 3:00 pm
- ♦ WHERE: RCMH Riverside Room

If you would like to contribute cookies or bars, please contact Bev @ 715-585-7756 and plan to bring them early. Thank you

## CENTENNIAL CELEBRATION

In 2018, Rusk County Memorial Hospital will celebrate its 100th anniversary of the opening of the original St. Mary's Hospital in Ladysmith, Wisconsin! RCMH is looking for volunteers to help plan the celebration for this historical event. Several committees will be created to help facilitate events and engage community members in this exciting celebration. Please join us, and pass our invitation along to anyone you know who may be a good fit in coming alongside us in the planning of this big event! Interested individuals should contact Roberta Copas at 715-532-5561, ext. 1293 or [rcopas@RuskHospital.org](mailto:rcopas@RuskHospital.org). **A committee kick-off event will be held on November 15 at 12:30 pm in the Riverside Room.**

## In Memory of Winnie Lee, President Emeritus



**BANG** went the gavel. "Let's call this meeting to order." For over 24 years, Winnie Lee lead the Partners of RCMH. The many activities and meetings are a credit to this great lady.

Not always in favor of the management and even the public, Winnie did what she thought was best for the Partners, the public and the community.

There are many stories about Winnie and her crusades. We will remember her always through laughter and tears.

Rest in peace. May God bless you. I don't think He will know what hit Him! Every time I hear the song, "*I Did It My Way*", I will think of you, as you certainly did!

*Bev Lazar, Partners President*

Winnie Lee, former RCMH Partners' board member, President of 24 years, and President Emeritus in 2017, passed away on Monday, October 30, 2017. We will remember...

"Winnie was the definition of a public servant. Her life of volunteering was an example to us all. She also was a 'Hostess Extraordinaire'!" *Paula Carow*

"Thanks Winnie for almost 50 years of your friendship." *Pauline Lundgren*

"Winnie took me under her wing when I joined the Partners board" *Linda Denzer*

"Winnie was a great lady in so many ways. She gave so much of herself to others. That will truly be missed" *M.J. Nelson*

"I will remember Winnie for her tenacity and the many lives she impacted." *Carolyn Welsch*

### Building a Better Health Care ~ WHA 2017 Conference

Dressed in our construction outfits, including hardhats, bib overalls, safety vests and great big smiles, Partners of RCMH, represented by Bev Lazar, Pauline Lundgren, MJ Nelson, Linda Denzer and Carolyn Welsch, was held in Green Bay on October 3-5 this year. Our display board showed the hospital in stages: new in 1918, after the first remodel, and after the latest remodel, highlighting the beautiful

sculpture and Healing Garden.

Our days began early at 7:30 with breakfast served in the large dining area, immediately followed by special speakers and meetings.

The keynote speaker, Chris Freytag, is a National Health expert. "What I need most is my health" Chris emphasized, sharing hints on easy tips for a *(Cont'd on page five, top)*

## Love~Light Tree

The Partners of Rusk County Memorial invite the public to participate in the 31st annual Love Light Tree Ceremony. The tree, located near Rusk County Memorial Hospital's Clinic at Riverside, honors the living and memorializes our loved ones who have passed.

Each bulb on the tree represents a special meaning for a loved one. Red and green lights will honor living loved ones, blue lights will honor someone who has served in the military, and white lights are in memory of those who have passed. Suggested donations of \$3 per light will be used by the Partners to support RCMH needs.

Order blanks are available at the Concierge Volunteer desk located in the main hospital lobby or the Clinic at Riverside next to the drop boxes, as well as the Rusk County Shopper. You may also clip & copy the donation coupon on this page and either drop off your donations at RCMH or mail to "Partners of RCMH" @ 900 College Ave. W., Ladysmith, WI 54848. Please make checks out to Partners of RCMH.

The deadline for submitting names is Friday, November 24. The tree lighting ceremony will begin at 5:30 p.m., Sunday, December 3, 2017 in the RCMH Chapel, followed by the lighting of the tree.

Treats and refreshments will be served following the Love~Light Ceremony.

My Donation of \$ \_\_\_\_\_ is for the following: (\$3.00 suggested)

A red or green light in honor of living \_\_\_\_\_

A blue light in honor of one in the Service \_\_\_\_\_

A white light in memory of deceased \_\_\_\_\_

Donor's name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_

Check one: ( ) no card necessary

( ) send a card telling of this donation to:



Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Name of person honored or memorialized to be printed in newspaper listing: Yes \_\_\_\_\_ No \_\_\_\_\_

Mail this form with donation to: LOVE-LIGHT CHRISTMAS TREE,  
PARTNERS OF RUSK COUNTY MEMORIAL,  
900 College Avenue, Ladysmith, WI 54848

30N31S&32N33S



## PARTNERS' FALL DISTRICT MEETING

Hosted by the Partners of Flambeau Hospital, Park Falls, the fall District meeting was held in Fifield at the Northwoods Supper Club on October 11, 2017. Gert Collier, Rosemary Zuck and I, Beverly Lazar, attended the meeting.

There were delegates from all the hospitals

in our district; Spooner, Superior, Ashland, Park Falls, and Ladysmith. The general meeting was discussed and general conversations stating our successes and our worries. Of course, getting more volunteers to help at the hospitals was one of the major concerns. I am glad to say that we at RCMH are NOT in bad shape. Keep joining us. You are great!

### Caregiver Tips: How to Support Your Loved One

Caregivers are focused on their loved one's needs and wellbeing. It's often easy to forget that caregivers have needs too, and striking the balance between their loved ones' needs with their own can be difficult. By seeking support and giving attention to one's own health, he or she can keep well and even be a better caregiver. Below are some helpful tips and suggestions.

- ⇒ When you take care of your own health, it will also help you keep your loved one healthy. Eat healthy, exercise, get enough sleep and rest, and keep up to date on flu and pneumonia vaccinations.
- ⇒ Take advantage of support that others may offer, such as assisting with meals or errands, or even just spending time sitting with your loved one, so you can get a break from caregiving.
- ⇒ Help your loved one stay organized and be their "eyes and ears" during doctors appointments. Take good notes, ask questions, and perhaps schedule a 1X1 discussion with the doctor if needed.
- ⇒ Seek supportive "palliative" care to help your loved one feel the best they can physically and emotionally during treatment. Palliative care can be helpful at the beginning of treatment, as well as the end.
- ⇒ Have important conversations with your loved one about the future so that decisions about their well-being are discussed and made in advance.

⇒ **STAY HEALTHY!**

~ tips taken from the American Lung Association ~

### Don't Be a Sitting Duck

**If you spend too much time sitting, your health could be at risk. You might have:**

- ⇒ Higher risk of some cancers
- ⇒ Increased risk of obesity, type 2 diabetes, cardiovascular disease and stroke
- ⇒ Higher LDL (bad) cholesterol and lower HDL (good) cholesterol
- ⇒ Increased stress, anxiety and depression
- ⇒ Increased blood pressure and reduced heart efficiency
- ⇒ More pain
- ⇒ Reduced ability to learn and retain information
- ⇒ Decreased muscle mass and increased fat mass
- ⇒ Weaker bones and muscles
- ⇒ Elevated blood sugars
- ⇒ Increased risk of falling

♦ **SO... DON'T BE A SITTING DUCK**



### Don't Ignore the Nutrition Labels

Nutrition labels can help you make healthier choices. Take a few minutes to review and do these simple calculations:

1. Identify the serving size and servings per container.
2. Check the calories per serving. If you eat more than one serving, multiply the calories per serving X the # of servings consumed.
3. Limit saturated fats, sugar & sodium, and avoid trans fats. Look for foods with nutrients like dietary fiber, protein, calcium, iron and vitamins. The % Daily Value (DV) tells you the % of each nutrient in a serving, in terms of the daily recommendation amount. 5% or less is low; 20% or more is high.





*(WHA Conference ~ Cont'd from page 2)*

healthier diet, ways to burn calories and improve fitness levels, developing a positive mindset and inspiring yourself and others. Having your health makes you feel better and more productive and live with vitality.

There were several workshops offered during the conference, including \* Prepping the worksite \* Laying a good foundation \* How to build a better gift shop \* Building political power \* Maintaining the future \* Creating and maintaining greatness \* Project Clean \* Reading blueprints \* Mindful meditations for the management of chronic pain conditions \* How exercise can help reduce chronic pain \* Project Managers meeting, and \* Foreman's Meeting

The five of us attended as many of the breakout sessions as possible and gathered together as a group for meals, award presentations, fun activities and all-group gatherings such as the one scheduled on Wednesday morning. A panel of four hospital CEOs, including Charisse Oland, RCMH CEO of five

years, answered questions and shared their expertise about our Wisconsin hospitals.

In all, there was good cross-information and conversations with other Wisconsin Hospital Association Partners. It gives us much to chew on for the next year. We invite you to consider ways you may wish to volunteer as a Partner and join in the fun. Our Partners board meetings are held every third Tuesday at 10:00 to 11:30 in the RCMH Riverside Room.



*(L-R) Pauline Lundgren, Treasurer; Beverly Lazar, President; Charisse Oland, Former CEO; MJ Nelson, Board Member; Linda Denzer, Board Member; and Carolyn Welsch, Volunteer Services Coordinator.*

## Partners Supply Police Vehicles with Emergency Kits



RCMH Partners were proud to donate the funds to purchase and add "Emergency Kits" to the squad cars for the Rusk County Sheriff's Department and also the Ladysmith City Police.

Courtney Meyer, RCMH Emergency Department Nurse (top left) scheduled a training session with the policemen and women. The Emergency Kits are now in the Police cars. The next time City or County police come to your rescue, please remember to thank them. They work for our protection as well as for our safety.

*~ Bev Lazar, President*



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RUSK COUNTY  
Memorial Hospital

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**Please Contact Carolyn at  
(715) 532-5561 ext. 1227 to update your  
address/contact information.**

**WWW.RUSKHOSPITAL.ORG**

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Page & "LIKE" us on Facebook!



# MEMOS from MEMORIAL DUST IF YOU MUST...

Dust if you must, but wouldn't it be better  
To paint a picture or write a letter,  
Bake a cake or plant a seed,  
Ponder the difference between want and need?

Dust if you must, but there's not much time,  
With rivers to swim and mountains to climb,  
Music to hear and books to read,  
Friends to cherish and life to lead.

Dust if you must, but the world's out there,  
With the sun in your eyes, the wind in your hair,  
A flutter of snow, a shower of rain.  
This day will not come around again.

Dust if you must, but bear in mind,  
Old age will come and it's not kind.  
And when you go—and go you must—  
You, yourself, will make more dust!

