



## WAVE Award

Lori Butkus, HELP Coordinator

HELP (Hospital Elder Life Program) volunteers traveled to Appleton, WI and received a WAVE Award in the In-service category at the Partners of WHA (Wisconsin Hospital Association) Annual Convention on October 2, 2019.

Delirium is the most prevalent complication for the hospitalized older adult. The primary goal of the Hospital Elder Life Program (HELP) is to prevent episodes of acute confusion while in the hospital. Volunteers are essential to providing the additional support needed to help patients at risk remain oriented and alert throughout their hospitalization. Volunteers provide companionship, assistance with meals, a variety of social activities, as well as simple conversation which can aid in stimulating the mind. Delirium rates, average length of stay, fall rates and readmission rates have all gone down since the inception of the program.

Dee Ruesch and Nancy Krause accepted the award for Howard Young. Betty Ruesch organized and created an easel presentation for the award ceremony.

**Thank you to all the volunteers!**



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## September Fall Luncheon

Submitted by Cate Weishapple



Dr. Tom Gabert

The guest speaker at the September Fall Luncheon held at Timber Ridge on September 10 was Dr. Tom Gabert, Medical Director of the Hospital Elder Life Program (HELP) at Howard Young Medical Center. Dr. Gabert spoke on the success of the HELP program in reducing the number of cases of delirium among elderly patients at HYMC. Since its inception in 2011, the rate of delirium has dramatically decreased. He went on to say that the low delirium rate also contributes to reducing the number of patients falling in the hospital and a shorter length of stay. He applauded the volunteers who spend time with the patients and urged others to consider being a part of the HELP program.

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## WAVE AWARD

By Laurie Oungst

Congratulations to the Howard Young Medical Center's *Hospital Elder Life Program* (HELP)! Lori Butkus, HELP Coordinator, and several committed HELP volunteers recently traveled to the Partners Wisconsin Hospital Association annual convention to receive this year's **Wisconsin Award of Volunteer Excellence**.

**Impressive team, doing impressive work!**

## WHA Partners North Central District Fall Meeting

Submitted by Cate Weishapple

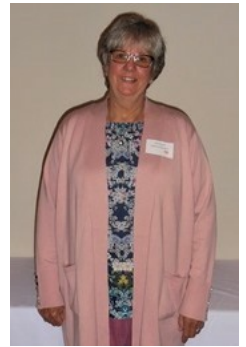
Jessica Schiek, Regional Director of Ascension Koller St. Mary's Behavioral Health, was the guest speaker at the WHA Partners North Central District Fall Meeting on September 17, 2019 at The Waters of Minocqua. Jessica's presentation was Mental Health and My Community. Her presentation engaged all of the attendees and provided information about mental health disorders.

The event was hosted by the Volunteers of Howard Young Medical Center. The program consisted of a Reflection by Laurie Oungst, Chief Administrative Officer, Howard Young, a District Meeting conducted by Lynn Krohn, District Chair Elect, and Jessica Schiek's presentation. The luncheon was wonderful and drawings for raffle prizes concluded the day.



Jessica Schiek

The Strategic Planning committee of Bev Scott, Bev Gieringer, Addie Halfmann, and Cate Weishapple would like to thank those who donated Raffle Ticket Items: Christine Alfry, two watercolors; The Waters, a gift Certificate; and a donated Brocade jacket. Also, the committee purchased two beautiful filled baskets from the Gift Shop. The committee would like to thank Sue Damske and Janet Beitz for their help on the day of the conference with the selling of raffle tickets and assisting at the registration table and, also, Tracy Hand for her assistance during the planning stage.



Lynn Krohn

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## 2019 GREAT TRIVIA QUEST

By Barbara Schjoneman, VHYMC Advisor

The VHYMC held the third annual GREAT TRIVIA QUEST fundraiser on October 19<sup>th</sup> at The Thirsty Whale in Minocqua. The fundraiser committee, composed of Dave Christensen, Addie Halfmann, Katie Grundy, Tracy Hand, Sandy Hilgeman, Debbie Bant and Barbara Schjoneman, would like to thank everyone who participated. This year's event saw a full house with every trivia ticket sold! Participants enjoyed great food, plentiful snacks, a libation or two, and fantastic raffle prizes! The winner of the kayak package was thrilled, as were the winners of the overnights, restaurant package, wines, home décor, and cash raffles. It was a great night for trivia.

Proceeds from the event benefit the VHYMC Scholarship program. Scholarships are awarded to graduating students of Lakeland Union School District and to nontraditional students attending Nicolet College. Also, Dr. Henry Ashe Continuing Education Scholarships are awarded to college students who have completed high school in the LUHS District. All scholarship recipients must be pursuing a degree in a healthcare related field. Every year the volunteers award scholarships to area students who have applied either through LUHS or Nicolet or by contacting the VHYMC Scholarship Committee. For more information on how to apply for a scholarship students can contact HYMC administration.

The 2019 GREAT TRIVIA QUEST winner, Team Praeventores from First Weber, Inc., Minocqua, held strong throughout the competition coming through with the win at the end. Team Pier Boys, 2018 winners, with our own Dave Christensen could not hold on for another victory.

VHYMC would like to thank our corporate sponsors, Dick Lee Construction, STF Construction, and The Thirsty Whale, for their generous support in our fundraising efforts. We also want to thank our area merchants, Lakeland Union High School, HYMC, and McNaughton Correctional Center for their support. Their contributions make our continued success possible.





Chris Flannery, Tom Thompson and Jerry Eliason were recently gathered at the front desk of HYMC – Tom and Jerry wishing Chris a safe, happy and healthy winter as she departs for warmer temperatures.

We wish all of our volunteers wintering in warmer temps a wonderful season. We look forward to your return in the spring.

Submitted by Laurie Oungst



## September Membership Report

Submitted by Kim Gillis

Membership total count – 155

Active – 115

Eucharistic Non Supporter – 1

Life – 8

Life Active – 2

Patron – 28

Became active – 8 Since  
07/2019

Became patron – 1

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## Community Health and Education, Submitted by Joan Hauer, CHE Chair

In keeping with the theme for the year for Community Health Education, "Not all wounds are visible," two related areas will be featured in this newsletter.

**The National Alliance for the Mentally Ill**, founded in 1978 for two women from the Madison, Wisconsin area and currently present in thirty states, has chapters in the area. Members provide education to individuals and families, establish drop-in centers for fellowship and learning, work with law enforcement to educate them for more appropriate interactions with disturbed individuals, and provide peer support training for group activity.

There has been an established group of NAMI in Rhinelander for several years, which has benefited from the drop-in center. The addition of inexpensive transportation in the area has enhanced ease of attendance, providing a place for pleasant interaction and learning. The center is peer run; the association provides peer training. It is open Monday-Thursday 11-3 PM, Fridays 3-7 PM.

There is also a family-to-family series, taught by active family members, available on an ongoing basis. A film has also been made available to the area high schools for education and awareness. Executive director Mick Fiocchi is available by phone; 715 369 4740.

### Hemp oil; CBD; what to think?

A proliferation of CBD products is available just about anywhere; currently unregulated, it can be found in gas stations, health food stores, and specialty shops under a variety of labels. If you chat with friends, you may be surprised at how many people are using it in some form and what they believe about its benefits.

Hemp was legalized in December, 2018, under the Agricultural Improvement Act. The changes removed it from restrictions under the Controlled Substances Act. Products have proliferated and remain unregulated. The Department of Agriculture anticipates providing regulations in 2020, leaving current manufacturers with complete autonomy.

It is currently available as an ointment used for inflammation and redness. Some use it for muscle spasms, joint pain, itching, or neuropathy. It seems to be beneficial for localized relief. Another common use is pill form. It is hard to know if you are getting what the dose indicates and it is important to discuss any additional medication or herbs, etc, with your provider to prevent dangerous interactions.

In its current state and form, the use of any hemp derivative is a risk and one needs to discuss the wisdom of taking any form of unregulated products with one's provider. What may enhance one person's pain relief or night of sleep may become a nightmare for another.



## The Purple Hat Campaign

Last fall, HYMC was contacted by one of our volunteers, Nancy Speich, with the news that a group of handcrafters had forty, handmade, purple hats to donate to the OB department to help raise awareness of shaken baby syndrome.

The **Period of PURPLE Crying** program is an evidence-based shaken baby syndrome/abusive head trauma prevention program. The program has two aims:

1. To support parents and caregivers in their understanding of early increased infant crying
2. To reduce the incidence of SBS/AHT

The letters in **PURPLE** stand for:

- P** Peak of crying is in the second month
- U** Unexpected crying is normal
- R** Resists soothing: the baby may not stop crying no matter what
- P** Pain-like face: the baby might look in pain while crying
- L** Long Lasting: crying can last a long time
- E** Evening crying is common

During the month of November, all newborns at Howard Young Medical Center were given a purple hat with an important message for parents on the Purple Hat Campaign about shaken baby syndrome.



### Sunshine Needed?

Please contact Sharon Casey if you know one of our members who might need a little "Sunshine".

Sharon can be reached by email at:  
scaseyupnorth@frontiernet.net

If for some reason Sharon can't be reached, please contact Tracy at 715-356-8517.



## SAVE THE DATE

**January 11** - End of Year Reports Due to Membership.

Email: [auxiliary.hymc@ascension.org](mailto:auxiliary.hymc@ascension.org)

Heartbeat is published by the  
Volunteers of Howard Young Medical Center  
Woodruff, Wisconsin  
Katie Grundy, Editor  
Email: [heartbeat.ahymc@gmail.com](mailto:heartbeat.ahymc@gmail.com)



### Areas in need of Volunteer Services

If interested, please contact  
Tracy Hand, at 715-356-8517.

**Gift Shop Cashier** – Shifts are 10:00 AM – 2:00 PM. The Gift Shop has had to close on Monday due to lack of volunteer help.

**Greeters** – Monticello and Entrance D openings, please check with Tracy for availability

**Public Policy Education** – Committee Chair, this individual would be a member of the VHYMC Board of Directors and would be an advocate and champion for communication within the volunteer organization to discuss and report on health-related legislation that is pending and how it will affect our hospital. An article for the 'Heartbeat' newsletter is compiled from online sources four times a year.