

PARTNERS

of Wisconsin Hospital Association, Inc.

Northwestern District Newsletter

Winter 2021

NORTHWEST DISTRICT CHAIR REPORT

Greetings everyone. We hope that all of you had a wonderful Thanksgiving and were able to be together with some family on the day. This year we give thanks for our good health and that of our families and friends.

In this newsletter we are sharing a special tribute to our friend and fellow volunteer Linda Fish who left us suddenly and way too early. We have enclosed a page from the Facebook tribute posted by Ashland MMC. Bev, Ginny and I were able to attend the service as well as Patti and Jane from Superior and three of Linda's fellow volunteers on their Advisory Board. Memories were shared, and the pastor talked about meeting Linda for the first time at the church after services where she met him at the door with a plate of cookies and a tip about being on time for the coffee social. At the meal after the service we volunteers shared more memories and laughs talking about her famous lemon bars!! I think she would have loved it.

This really brings us to the issue of replacing Linda as District Treasurer. We will need a committee of three to nominate a slate that can be voted on at the Spring Tour in April. This is in accordance with our amended bylaws from the Fall meeting. If anyone is able to help out with this, let Bev or I know in the new year. I have not heard of any plans for local elections except Park Falls. If there are any changes in officer positions by January, they can be reported in your year-end reports for the state. I know that there will be gaps due to vacancies in some positions but just share what you have. You can download the forms on the Partners web site or notify us and we can send out some paper ones.

Some other upcoming activities are Advocacy Day on March 23rd. I am not sure if it will be in person so stay tuned for an update in January. The Spring Tour is scheduled for April 20th with Ladysmith hosting it. I expect that the state will be deciding whether it will be live or virtual. Such is the world we are living in for now. Bev and I are sending out our best wishes for a very Merry Christmas and hopefully a much happier and healthier 2022.

Respectfully submitted Dec. 2nd. 2021
Beth Burnham and Bev Lazar

Partners of MMC, Ashland

Ashland reports that they are somewhat in limbo, but with a Board meeting scheduled in January to provide ideas on how to move on. Two new board members are needed due to some present members retiring.

The Thrift Shop and coffee shop are carrying along while most Partners aren't allowed to help.



We are heartbroken over the recent passing of long-standing Partners volunteer and past President, Linda Fish. Linda was instrumental in the vitality of Partners of MMC and contributed immensely to the success of the organization, and the recruitment and retention of Partners volunteers.

She was also very active in the district and state level of hospital volunteers, and served in many leadership capacities, including state president.

She will be deeply missed here at MMC and we are so grateful for the time and efforts she put into making Partners of MMC an incredible organization.

Partners of Marshfield Medical Center -Ladysmith

As the year comes to an end, it brings kind of a quiet peace. We are still battling Covid and now the flu season; the weather has turned cold and some days miserable. But there seems to be a light at the end of this tunnel. I am proud to say that all of our board has been vaccinated and have been healthy. I just hope that the vaccinations keep the Covid away.

Sue Farrell, one of our members at large, is also the President of the Rusk County Chamber. The Chamber sponsored a Quilt Walk the first Saturday of November. It was a huge success. There were so many beautifully sewn quilts on display, and a bake sale in the basement. The rest of Ladysmith had shops open with special deals; it was a day for the ladies of the town. Partners had a table at the event. Our goal this year had been to raise money to help with the expenses of becoming an EMT person in Rusk County. I have to say that we were successful also.

Our Love Light tree ceremony will be December 5, 2021. Anyone wishing to purchase a bulb for the tree can do so by sending in their request to Paula Carow at the hospital address. It's a great way to remember someone at Christmas time.

The Nursing Home that has been part of the Rusk County Hospital for many years has been sold. The residents are being moved to a new location in Ladysmith on December 1. We wish them success in their endeavors.

The new hospital is coming along. There was a "Topping Off" of the steel beams on Tuesday November 16, 2021. The cold wind did not keep the anxious people from sitting and watching as the last beam was put in place. Onward we go.

That sums up our activities for this time. We wish you a Merry Christmas and a Happy New Year. Let's all pray we can meet face to face in 2022.

Beverly Lazar,
President of Partners of MMC-Ladysmith

Marshfield Medical Center-Park Falls Auxiliary Report

December 2021

So far in 2021, the MMC-Park Falls Auxiliary Board met twice, on July 20th and October 11th. Elections will be held during our final meeting of the year on Monday, December 20th. The Nominating Committee will present the following nominees: Rhea Lucht and Amy Hulbert for At-Large Board member 3-year term; Jeanne Patenaude for Secretary; Marilee Lealos for Vice President; and Ginny Bosse for President. Officers are elected for a 2-year term. Nominations from the floor will also be accepted, but none are expected.

Currently, the Auxiliary Thrift Store is open four days a week: Tuesdays 10:00-4:00, Wednesdays 10:00-1:00, Thursdays 11:00-3:00, and Saturdays 10:00-1:00. It used to be open six days a week and for longer hours, but a shortage of volunteers is keeping us from getting back in full swing.

As of the end of August, after giving seven \$1,000 scholarships, our checkbook balance was just a bit over \$63,000. At the January Annual Meeting, we hope to present a check to the hospital for something we choose from a Wish List that we hope to receive from the hospital CAO. I emailed the newsletter I wrote and sent it out to members in November to both and didn't get undeliverable messages, so I'm hoping they read them and know what the auxiliary is up to!

In 2020, because of COVID, no Membership Drive was held for 2021, and only 47 people paid their membership dues for 2021 before October 1st. (Anyone who joins after October 1st is considered a member for both the current and next calendar year.) Posters will go up at the Thrift Store and around town, asking people to please join for 2022. On Friday, December 10th, tables at Super One and the Northwoods Community Credit Union will be manned by volunteers taking memberships and donations. At any time, membership dues may be paid (and/or donations given) at the Thrift Store or by mailing a \$5 check to MMC-PF.

Ginny Bosse

Essentia Health St. Mary's Hospital of Superior Auxiliary

2021 has almost come to an end and we are still in the midst of the Covid-19 pandemic and trying to stay positive and be supportive of our hospital as much as possible. Our Lobby Shop reopened mid-October, and everyone was happy to see our door open again. We encountered a few problems adjusting to the new way of doing business here at Essentia Health. We have a new payment system that we take only Credit or Debit Cards or Payroll deduction. No cash or checks. We had a good inventory of items stored so could set the shop up with a good variety of saleable items. Staff, patients and visitors are all happy that we are open and we are looking forward to Christmas shoppers. We are fortunate that some of our experienced volunteer sales clerks returned and we have trained two new volunteers so we can keep the shop open 5 days a week. We do still need at least two more volunteers to come work with us.

Our Koffee Knook reopened the first of November and most of their volunteers were able to return, and they have recruited three new ones to get trained. They too have had to adjust to the new way of doing business with the new procedure of no cash, just credit, debit or payroll deduction. They have a larger selection of snack and lunch items made fresh daily in the hospital cafeteria but are still waiting on their supply of egg patties for their breakfast sandwiches. Hospital and Clinic Staff are very happy that they are back and ready to provide that nice cup of hot coffee on a cold morning.

The Wayfinders are still very busy greeting everyone that walk through the door and are always ready to assist with directions or wheelchair rides to wherever the customer needs to go. I am working on getting more volunteers trained for the job to insure that someone will always be available when needed. They are there from 8 a.m. to 5 p.m. five days a week and share space with the screener by the front door.

Cafeteria Cashiers are available five days a week and ready to assist anyone coming to the cafeteria for lunch for 11 a.m. to 1 p.m. There is always a nice selection of lunch items available. I am also recruiting for that position to make sure we always have a volunteer available.

Covid vaccinations and flu shots are mandatory for all volunteers and are available in the pharmacy located in the clinic.

The blanket ladies are still making the fleece blankets for all patients in the hospital. They are still working at home, but hopefully we will be able to bring them back on site soon.

The hospital Holiday Smorgasbord and basket silent auction are planned for December 10th and volunteers will be helping with that.

Two of us traveled to Ashland for the Memorial Service for our District Treasurer, Linda Fish. She was an amazing person and very involved with the Northwestern District Partners as well as at the State Level. She will be missed.

2021 is almost over and things are slowly coming back together and we are able to provide some support to SMHS. We hope to be more productive in 2022. Happy Holidays to all, stay safe, healthy and warm and we will see you all in the spring.

Jane Cheever
News Letter Editor

COMMUNITY HEALTH REPORT

(Submitted by Beth Burnham, State CHE Chair)

COMMON INFECTIOUS DISEASES -SERIES 2

This article is the second in a series of educational material on specific Infectious Diseases.

Pneumonia: an infection that causes inflammation of the air sacs in one or both lungs, causing fluid or pus to accumulate. Pneumonia can be caused by bacteria, viruses, and fungi. Symptoms include cough, fever, chills, chest pain with a breath or cough, difficulty breathing, fatigue, and mental confusion in individuals over the age of 65 years.

There are two types of pneumonia, Community Acquired and Healthcare Acquired. Community acquired is the most common and occurs from a variety of sources. Healthcare Acquired occurs in healthcare settings such as hospitals, long-term care facilities, outpatient clinics (includes kidney dialysis) where patients are already seriously ill or at high-risk (ventilator patients).

Community Acquired:

A. Bacterial: The two most common types of bacterial pneumonia are streptococcus pneumoniae and mycoplasma pneumoniae (also known as “walking pneumonia”).

B. Viral: The same viruses that cause the common cold and flu as well as COVID-19 can cause pneumonia. It can be mild or severe, and most common in children under age 5 years.

C. Fungal: This causative agent is found in the soil or bird droppings, and varies with geographical location. It is most common in high-risk individuals like those with a weakened immune system or chronic health problems.

Healthcare Acquired: These infections result from bacterial types that differ from those causing a Community Acquired pneumonia.

Risk Factors: Smoking is a serious risk factor for developing pneumonia besides those already mentioned, ie hospitalization, weakened immune system, chronic disease.

Complications: Pneumonia can lead to complications if not treated early. Pleural effusion and lung abscess may require treatment with a chest tube or surgery. Antibiotics are used to treat a lung abscess as well. Bacterial pneumonia can spread to the bloodstream, referred to as sepsis, and may lead to organ failure.

Prevention: There are several steps to take in reducing your risk for developing pneumonia. Take the vaccine when it is made available to you. If you smoke, STOP! Cover your nose and mouth when sneezing or coughing. Use good hand hygiene often and clean/disinfect surfaces that are frequently touched. Include ways to keep your immune system strong and chronic health issues controlled.

Vaccines: Pneumococcal polysaccharide vaccine (PPSV23): given to individuals age 65 years and older.

Pneumococcal conjugate vaccine (PCV13): for individuals 65 years and older if never received a dose and have and have a condition that weakens the immune system, a cerebrospinal fluid leak, or cochlear implant (ear).

According to the CDC, if your healthcare provider recommends both vaccines for you, the PCV13 should be given first and the PPSV23 vaccine at a later time. If you already received the PPSV23 vaccine, wait at least a year.

COMMUNITY HEALTH REPORT (Continued)

Meningitis: an inflammation of the protective membranes (meninges) covering the brain and spinal cord. The infectious form of meningitis is caused by bacteria, viruses, fungi, parasites, and amoeba. Symptoms include headache, high fever, stiff neck, nausea & vomiting, light sensitivity, sleepiness, low appetite or thirst, seizure, and skin rash (bacterial).

Types of Meningitis:

A. Bacterial: this form of meningitis requires immediate medical attention as it is highly contagious and can be fatal. Some of the same bacteria that causes pneumonia, sinus infections, ear infections, urinary tract infections can cause meningitis. It is most common in teenagers and young adults who house in dormitories, boarding schools, and military bases. Treatment includes antibiotics and steroids.

B. Viral: although serious, it is less severe than bacterial meningitis. The same viruses that cause herpes simplex, HIV, mumps, West Nile, and others can cause meningitis. Viral meningitis often clears on its own with bedrest, fluids, over-the-counter (OTC) medications to relieve pain and fever. For some cases, antiviral medication may be used.

C. Fungal: this is a rare form of meningitis that comes from inhaling fungal spores found in the soil, decaying wood, and bird droppings. It does not spread from person to person. Persons at high risk in contracting fungal meningitis have medical conditions such as diabetes, cancer, and HIV. Treatment includes the use of antifungal medication.

D. Parasitic: another rare form where the parasite infects animals and people acquire the infection by consuming contaminated food. Examples include raw or undercooked snails, freshwater fish or eel, frogs, poultry, and snakes. Raccoon feces containing parasitic eggs contaminates the soil. This form of meningitis is not contagious person to person. There is no specific treatment available other than support measures.

E. Amoebic (PAM): a rare and life-threatening infection caused by a microscopic organism called amoeba. This organism lives in warm water, such as hot springs, and the soil. It enters the body through the nose and goes to the brain. There is no person to person spread. Although there is no specific treatment, an investigational drug called Miltefosine has been used with some success.

Risk Factors: Some of the risk factors in contracting meningitis include age, being unvaccinated, residing in a community setting (like a dorm), having a weakened immune system, and pregnancy.

Complications: Meningitis can bring about serious and long-standing complications: hearing loss, memory difficulty, learning disabilities, brain damage, gait problems, seizures, kidney failure, death.

Prevention: There are several ways in which one can lessen the risk of meningitis.

- Good hand hygiene.
- Cover your mouth and nose when coughing and/or sneezing.
- Avoid sharing straws, eating utensils, food and drink, toothbrushes.
- Eat only pasteurized food if pregnant.
- Avoid water going up the nose from swimming, water hoses, and community showers and tubs.
- Get vaccinated for bacterial meningitis when appropriate. There are two meningococcal vaccines available in the US. The MenACWY vaccine (Menactra and Menveo) is for children 11-12 y/o with a booster at age 16 years. The MenB vaccine (Bexsero and Trumenba) is given to teens and young adults ages 16 through 23 years; other children and adults at high risk.

Resources: cdc.gov, mayoclinic.org

Partners of Spooner Health

The Gift Shop has been open Monday through Friday from 11am to 2pm. It is all decked out for the holidays. It is open to staff and patients and visitors screened into the hospital. It is still not open to the public. Sales overall are good for the limited hours. We will be closing after December 23rd. We have several of our volunteers who work the shop who go away January and February. They were always the two slowest months even before the pandemic. We will re-open mid-February.

Love Light virtual ceremony was December 6th at 4:00 pm. You can access and view it at spoonerhealth.com or on Spooner Health's facebook page through the end of December. This has been a great fundraiser with making more money this year than last year, and last year was the most we had ever collected.

Allison Posso



(This is a photo of the floral arrangement/basket which was sent for the memorial service for Linda Fish.)

Partners of Hayward Area Memorial Hospital/Water's Edge

Here we are at year-end and some things have shown improvement as we try to figure out what the new “normal” will be. Highlights for our organization include:•

- Gift Shop: We have opened five days a week with limited hours. While business has been slower than usual due to ongoing construction, the staff is very excited that we are now open for business. Previous to the actual shop opening, we had good luck with pop-up sales over the last year and may continue hosting them.
- Volunteers: Many of our Partner members also volunteer in the hospital and Water's Edge and we (and the staff!) are excited to say many have resumed their volunteer activities, most notable, at Water's Edge, Station-Stocking, Rehab, and Gift Shop.
- Scholarships: All four of our recipients from this year are in school and using their scholarships to pursue a career in health care.
- Lifeline: We continue to provide this service to our residents and tenants.
- Fundraising: Most of our fundraising has been put on hold with the exception of the annual nut and candy sale thru Terri Lynn's. On-line sales have been successful as well as stocking a limited amount of product in Gift Shop. We also received word that the vendor we used for our annual “Sweets for Scholarships” sales at Valentine's Day and Easter will no longer be providing us product at wholesale prices. So, we will need to look at other ventures for fundraising.
- Board Positions: The positions of President, Vice President, Secretary, Fundraising Chair, and Gift Shop Chair will all be vacant at the end of December so we are faced with some big decisions as to the direction of our organization. We have solicited the members at large for any interest in filling these positions and received no response. We have contacted several former Board members for their thoughts and ideas as to how we should continue, and what they see as the important issues. We are using their responses to help address how we should proceed. It is unfortunate we are not able to hold the dinner meetings but perhaps that is a thing of the past and we must find a new direction and “normal”.

For the work they do thru some sort of recognition event. In the past, all patients in the hospital on Christmas Eve receive a vase of flowers from Partners and we plan to continue this tradition. rest of the year, we hope to have another chance to show our entire staff appreciation for the work they do thru some sort of recognition event. In the past, all patients in the hospital on Christmas Eve receive a vase of flowers from Partners and we plan to continue this tradition.

Respectfully submitted,

Denise Williams

Resilience Self- Assessment Tool

- 4 = The statement is definitely true.
3 = The statement is, for the most part, true.
2 = The statement is only partly true.
1 = The statement is only occasionally true. 0 = The statement is completely false.

Individual scores of 3 or 4 indicate a high degree of resilience in that area. Lower scores signify that attention and skill building would be helpful.

- I have five supportive relationships in my professional life
 I can brainstorm other possible choices when confronted with crises at work.
 At an emotional level, I accept change as a part of life.
 I have goals and dreams for this year.
 I act on decisions.
 I have hobbies or activities that express my creativity.
 I have tried new activities this year.
 I can list five personal strengths.
 I have a strong sense that life is worth living.
 I have self-care strategies for managing strong emotions.
 I have positive self-talk messages.
 I take care of myself regularly.
 I can make meaning of suffering.
 I have relationships of mutual support at work.
 I can choose from several options to solve problems.
 I thrive on change.
 I have well-defined goals.
 I solve problems quickly in my department.
 I find my hobbies relaxing.
 I enjoy trying new things.
 I focus on my strengths.
 Life is good.
 I can express my feelings openly.
 I have a positive view of myself.
 Pain has shaped who I am.
 TOTAL SCORE