

# Friends of VMH

Vernon Memorial Healthcare, Viroqua

January 2017

## News from Your President

Hope you all had a happy and joyful holiday season and had time to spend with your family and friends and renew the spirit of Christmas. We had a great Christmas spent with family. Wishing good health and happiness thru the New Year to all of you.

I'd like to update you on the activities of the Friends since our last newsletter.

September 12 we held our annual membership luncheon, approximately 35 members were present. This year we honored Ruth McClurg as our senior member.

At our October meeting Dr. Tony Macasaet requested funding toward the purchase of a resuscitation/ trauma manikin. This manikin will help keep the emergency staff current with trauma and emergency

procedures. The Friends along with the Foundation made this purchase possible.

At our November 14 meeting plans were finalized for the Friends Annual Craft and Bake Sale. This was a very successful event with nearly \$3,000.00 in profits raised for our Scholarship Fund. Thank you all for your contributions and especially Sarah Howard for managing this event.

The Lovelight Tree Lighting in the lobby of the hospital took place November 25th. The Pleasant Ridge Singers provided Christmas caroling. Pastor Meg Hooverston delivered a Christmas message and prayer. Following the lighting of the trees, refreshments were served.

December 3rd, forty-four ladies participated in our bus trip to Fort Atkinson to enjoy a delicious lunch and Christmas performance. I

received many positive comments about the trip. Plans are being made to make this an annual event. Keep me informed if you are interested in joining us in the future.

The Friends are planning a Stuffed Baked Potato and Cup Cake Luncheon on Thursday January 19 from 11AM to 1 PM in the Community rooms. Hope many of you will be able to attend.

On Monday February 13 the Friends will be hosting the annual hospital and clinics Appreciation Luncheon in the community rooms of the hospital from 11AM to 1PM. Your help and donations will be appreciated.



*Phyllis Malin ,  
Friends of VMH  
President*

### Upcoming 2017 Events

Spud Bowl & Cupcake Lunch  
January 19th

Spring Craft Show & Bake Sale  
April 6th

Geranium Sale  
May 12th

Staff Appreciation Luncheon  
February 13th

Advocacy Day - Madison  
April 19th

Taco Luncheon  
June 22nd

Friends of VMH meetings  
March 13th  
April 10th  
May 8th

Spring District Meeting  
Lancaster  
April 11th

Brat and Mum Sale  
August 24th

## Lovelights 2016



*Julie Steiner, Mason Howard, Veronica Tresner, Marlene Swiggum & Karen Allness assisted with decorating the Lovelight Trees.*



*The Pleasant Ridge Singers provided vocal musical selections at the Tree Lighting.*



*Rita Burckhardt adds the finishing touch!*



*Diane Brown and Julie Steiner serve coffee and cookies at the Lovelight tree lighting*

## Volunteer Report

Thank you to everyone who volunteered in 2016. If you have your log cards at home I need to have you turn those hours in to me ASAP. All hours will be collected monthly starting in January 2017.

We have received several donations from area individuals or groups. A BIG Thank You from VMH to these people:

- Blue Jean Teddy Bears: Two Ridges Homemakers Club
- Soft teddy bears: Viroqua Church of Christ
- Activity Bags and Holiday cards: Seas Branch Smithies 4-H Club
- OMS Teddy Bears
- Baby afghans and caps: Ruth Rosenkvist
- Handmade activity bags: Vernon Area Arts and Crafts Club
- Baby afghans: Anonymous
- Handmade knitted small bears: Ewetopia knitters
- Handmade blankets/quilts: Project Linus

If you know anyone in these groups please say thank you to them too. My apologies if I have forgotten anyone.

E-mail addresses: If you have not given your E-mail address to me please forward it to [jgilbertson@vmh.org](mailto:jgilbertson@vmh.org). We are in need of your address in order to communicate even better with you.

HAPPY NEW YEAR TO ALL OF YOU!  
I want to wish you the very best in 2017.

*Judy Gilbertson  
Volunteer Coordinator*

## School Supply Drive

The school supply cupboards of thirteen schools in the area were replenished by the Friends of VMH in December. Friends member, Karen Allness delivered boxes of notebooks, folders, pencils, markers, glue, etc to schools in Viroqua,

Westby, LaFarge, Genoa, Cashton, Soldiers Grove, DeSoto, and Viola. This project replaces the former Back to School backpack project we had sponsored. The schools appreciate our efforts to assist students in need.



# Development News

**Donna Nelson**  
*Development Coordinator*

A Scholarship breakfast was held on January 4th with all of the 2016-2017 Scholarship winners. The breakfast was held with Kyle Bakkum CEO, Phyllis Malin-VMH Friends president and Phyllis Eklov-VMH Foundation chair. It was a chance to meet the scholarship winners and educate them about where the money they have been awarded comes from. Based on the feedback from all attending it is certain to become an annual event.



*Phyllis Malin, Phyllis Eklov and Kyle Bakkum with Friends of VMH/VMH Foundation Scholarship Recipients*

Our Circle of Caring Campaign is coming to a close. We are experiencing a great response from individuals completing their financial commitment for 2016. The total pledged for the Bland Bekkedal Center for Hospice Care was 1.5 million. Thank you VMH Friends for giving \$50,000.00 to create this wonderful facility.

Along with our Circle of Caring, we are working to have a donor recognition in the Center for Hospice Care for those who assisted financially in creating this facility. We are excited about the possibilities and technology that will allow the story of Vernon Memorial Hospice to be preserved, as well as testament to all of those involved in its creation.

The Foundation/Hospice Gala was held October 27th at the Old Town Inn in Westby. We had 159 guests in attendance. Thank you

VMH Friends for your generous donation of \$3,000.00. We appreciate your ongoing support. The event raised \$21,515.00.

Our 2016 Lovelight campaign is completed, raising \$1,620.00. We sold 324 lights. We were late in putting together the video display, but it is being shown in the hospital lobby and the VMH TV channel through January 2017. There was a suggestion made of bringing the book back for people to look through as well, and discussion of printing donations in a newsletter or newspaper publication. We continue to have this event on the Friday after Thanksgiving to coincide with the Twinklefest parade in downtown Viroqua. Is this something we want to continue for next year? How do we increase the attendance of Friends and VMH Staff at the event? Do we want to increase the cost of the lights?

Suggestions for the tree lighting next year: hot chocolate & cookies, visit with Santa and pictures for little/big ones in the lobby of the hospital, an ice skating rink in the parking lot of the MOB.

Ryan Callan and Deb Mashak-Hundt are leaving the Foundation board after a combined 14 years of service. We appreciate them and thank them for all they have done for the Foundation.

The VMH Friends continue to have a candle given to families after a patient dies in the hospice inpatient facility. It has been suggested to provide this memorial for all patients that expire in hospice. We are working on having an indication of the gift and who it is from on the candle at the time it is gifted. I plan to have this completed by the end of January 2017.

## Holiday Craft Show

Our annual Holiday Craft Show was again a success! The event had 45 vendors and the famous Friends of VMH bake sale. Vendors for our event came from up to 2 hours away to bring their great handcrafted items to sell. Our vendor fees earned were \$1,960.00 and the bake sale made \$940.50.



*Origami gift boxes being sold by one of our vendors*

Thank you to everyone who volunteered for set-up, clean-up, our greeters, working the bake sale table and those who also made goods for our bake sale.

Please put April 6th, 2017 on your calendar for our Spring Craft Show.

If you have any questions regarding the craft show please feel free to email [vmhcraftshow@gmail.com](mailto:vmhcraftshow@gmail.com).

*Sarah Howard  
Craft Show Chair*

## CHE REPORT

A special Thank You to Jane Gaskell, Employee Health Nurse, who provided a flu shot clinic to all the Friends and Volunteers in November.

Special health tips for this winter:

- Drink lots of water
- Exercise
- Eat healthy
- Use healthy substitutes when cooking
- Limit seconds and thirds
- Don't forget to wash your hands
- Get enough sleep
- Enjoy family and company
- Don't skip meals
- Stress less
- Do a nice deed for someone

Remember good hand hygiene. Use hand sanitizer when possible. Respiratory and GI illnesses are occurring now. Cover coughs, use Kleenex, stay home if you're ill.

Stay healthy! Spring will come eventually!

Have a happy, healthy New Year!

*Judy Gilbertson  
CHE Chair*

## PPE REPORT

Our legislators in Madison and Washington, DC are making decisions that impact our patients and community. How will they know the impact of their decisions on our delivery of health care if we don't tell them?

Wisconsin Hospital Association's (WHA) grassroots advocacy efforts, through the Hospitals Education & Advocacy Team (HEAT), are part of the reason that WHA is so well respected by Wisconsin legislators--because Wisconsin hospitals have thousands of individuals across the state who tell their legislators how they feel on important issues. We need each of you to be one of those individuals?

Becoming a member of HEAT is simple. Sign up online by accessing this link <http://www.wha.org/heat-sign-up-now.aspx>

*Trudy Wallin  
PPE Chair*

## Ruth McClurg Recognized



Longtime Friends of VMH member Ruth McClurg was recognized for more than 22 years of service at our Fall Membership Luncheon. She became a member shortly after retiring as the local school nurse. Ruth actually began her nursing career at VMH in 1955. She continues to be a very active member/volunteer. She is shown in the photo at left accepting a gift from President, Phyllis Malin.



# Fall State Convention



*Dan Howard, Julie Steiner, Phyllis Malin, Diane Brown, Donna Nelson and Trudy Wallin attended the 2016 Partners Convention in Appleton October 4-6.*



*Western District Honor Point Award recipients at state convention. Phyl Malin accepted for the Friends of VMH. She is pictured 3rd from left in the back row*

Friends of VMH was among the Western District Partners in charge of various aspects of the 2016 state convention. Dan Howard, VMH Marketing was a workshop speaker. Julie Steiner, with the assistance of Phyl Malin, arranged for all of the convention workshop speakers. Diane Brown, Donna Nelson and Trudy Wallin assisted with speaker introductions and workshop equipment needs.

# Fall Brat and Mum Sale



*Pat Oldenburg and Ruth McClurg serve up brats to hungry customers*



*Trudy Wallin manned the grill*

# Fall District Meeting



*Friends members who attended the Fall District Meeting in LaCrosse included: Julie Steiner, Diane Brown, Marlene Swiggum, Veronica Tresner, Trudy Wallin, Pat Oldenburg and Phyllis Malin*

## Next Event

## Spudbowl and Cupcake Lunch

**Thursday, January 19**

**Serving begins at 11:00 am**

**Alice Sloane, Chair**

**637-7416**

**to ask how you can help**