



RIPON MEDICAL CENTER
A MEMBER OF AGNESIAN HEALTHCARE

HEARTLINE

AUXILIARY NEWSLETTER • JUNE 2016



WHAT'S NEW AT RIPON MEDICAL CENTER

*By Katherine Vergos, Chief Operating
Officer*

Trauma Designation

Ripon Medical Center has earned designation as a Level IV Trauma Care facility by the State of Wisconsin Department of Health Services. As a Level IV Trauma Care facility, Ripon Medical Center has Emergency Department physicians and nurses available 24-hours-a-day, seven-days-a-week with support from comprehensive medical and surgical services at its Parkside Street campus.

Behavioral Health Services Additions

Ripon Medical Center has welcomed two behavioral health specialists, including:

- Lauren Villegas, PsyD, has a doctoral degree in clinical psychology, with a concentration in primary care psychology. She specializes in trauma, and is certified in providing Eye Movement Desensitization and Reprocessing (EMDR) Therapy. Additionally, Dr. Villegas is a certified yoga teacher (CYT-200), and offers yoga therapy, incorporating mindfulness, self-acceptance, gentle movement and body awareness into her therapy treatment.
- Kristi Sook, LCSW, CSAC, a psychotherapist, works with patients 13 years and older on a variety of concerns, including: adjustment disorder, anger management, anxiety/panic disorder, bipolar disorder, communication skills, depression/suicidal ideation, family issues, fears and phobias, grief issues, marital/couple/relationship issues, obsessive compulsive disorders, personality disorders,

self-esteem issues, social phobias, social skills enhancement, stress management/relaxation training, and weight management.

Pathway Journey

A group of Ripon Medical Center nurses attended a conference to officially begin our journey toward a Pathway to Excellence™ designation by the American Nurses Credentialing Center (ANCC). The Pathway to Excellence designation identifies the elements of work environments where nurses can flourish.

Resolve Through Sharing® Bereavement Services

Ripon Medical Center is introducing Resolve Through Sharing® Bereavement Services to various departments on campus to help provide patients with the most up-to-date, evidence-based bereavement care. This program offers a comprehensive approach to caring for families whose babies died during pregnancy or shortly after birth.

Medication Take Back Program

Agnesian HealthCare is piloting a new Medication Take Back Program to help decrease inappropriate medication disposal in the environment and reduce medication diversion to combat the growing issue of inappropriate medication abuse in the community. There are two components of this pilot.

- Medication Take Back Safe: Two 38-gallon safes will be available at St. Agnes Hospital and Waupun Memorial Hospital for individuals to deposit their unused medications.
- Takeaway System: This program is being piloted at Hospice Hope and Home Care where envelopes are being given to families with an explanation/consent form. They will be able to fill and safely send the envelope back using a bar coding system for tracking.

Digital Way Finding

When going anywhere for the first time, it's good to know that there are many ways you can find your way around. That's true at Ripon Medical Center, where information desk volunteers are available to help escort patients and families to their destinations. However, there's a new tool to help with directions. A digital way finding directory is available in the Atrium between the two Registration offices. Volunteers will be showcasing the technology as they escort patients to their destinations. Have you given it a try? If not, stop by and play with the touch screen. Searches can be done by department or provider. The digital way finding also displays messages about upcoming events, new services and new providers, and has Ripon Medical Center specific information.

MESSAGE FROM THE PRESIDENT

Spring seems to be stumbling in, but the lilacs are blooming, the grass is growing and I'm going to hang my flower baskets today. Thanks to Joann Strandell and Diane Smith, and all those who made the hanging flower basket sale a great success, to Bobbie for all the work on taxes, to Judy for getting the brat fry fund-raisers underway and all of you who every day make the Auxiliary an asset to Ripon Medical Center.

I look forward to seeing many of you at the June luncheon where we will honor our scholarship recipients.

Enjoy God's sunshine and bring a bit of your own sunshine to those around you.

Jackie Halverson, President



RMC AUXILIARY JUNE LUNCHEON/MEETING

The Auxiliary luncheon is scheduled in the Ripon Medical Center Green Lake Room at noon on Monday, June 20, 2016. Scholarship recipients and their parents will be our guests. We will also have the installation of officers - Bobbie Pollesch, treasurer, and Diane Smith, secretary. Both have agreed to take another term in office. Cost for the event is \$6.

Call or e-mail Karen Gross by Monday, June 13, 2016 at noon with your reservation at (920) 745-3670 or grossk@agnesian.com. Please indicate if you have any special dietary needs.

MEMBERSHIP NEWS

Spring greetings from your membership chair. I'd like to welcome our newest members Anita Hoffman and Bonnie Klingbeil to the Ripon Medical Center Auxiliary. In this newsletter, I would also like to give thanks to the Auxiliary board members. These are the people that make things happen so we are able to fulfill our purpose of supporting Ripon Medical Center, its staff and the community. I also want to say thank you to the members who willingly give their time and energy to help with our projects. We need more of you to help lighten the load. There are four ways, that I can think of, that we let members know when we need help:

- Newsletter
- Luncheons
- E-mail
- Direct contacts

We recognize the limitations related to family, work, health etc., and very much respect that. If you are able to lend a hand when we send out the "help" message, it will be appreciated more than you can know.

Thank you to all who supported our flower basket fund-raiser, as well as the brat and bake sale.

Reminder: Ripon Medical Center Auxiliary dues are \$7.50 for 2016-2017 which begins on July 1, 2016. Dues can be paid at the June luncheon or mailed to Joann Strandell, 125 Stoney Ridge Road, Ripon WI 54971.

We are doing good things!

Joann Strandell, Chairperson, Membership

VOLUNTEER NEWS AND NOTES

Happy spring and can't wait for summer!

I want to welcome back all of the snowbirds. Please contact me when you are ready to return to volunteering. There are opportunities to volunteer in the gift shop, at the information desk and with Mobile Meals. We could also use someone to sub for the van drivers and hospitality volunteers if you'd like to have a more flexible schedule. The all clear has not been called for the flu season. They still have active influenza B so if you have not had a flu shot you may not return to volunteer unless you get a flu vaccine.

I would like to welcome back the student volunteers that will be volunteering during the summer at Ripon Medical Center. You will see them on second floor greeting and directing patients and visitors, assisting the nurses with patient transport, and more. This is a new opportunity for the students, and will allow them to interact with associates and patients on second floor. We hope this will give them an idea of what a career in healthcare might look like. A student volunteer will also be assisting in the Surgery department and gift shop. Some of the students will be assisting with the Healthy Kids Camp - being held at Barlow Park Elementary School and Murray Park Elementary School - as well as the SPEED camp being held at Ingalls Field.

Thank you to all of you for all that you do for Ripon Medical Center whether volunteering at the hospital, sewing, knitting or helping at the brat fry fund-raisers. We couldn't provide the service we do without your help. God bless each of you.

Karen Gross, Volunteer Coordinator



RMC AUXILIARY SCHOLARSHIP RECIPIENTS

Scholarship recipients for 2016 are MacKenzie Klettke, Ripon High School, and Julia Weber, Markesan High School. Each will receive a \$1,000 scholarship from the Ripon Medical Center Auxiliary.



Klettke has volunteered in the gift shop at Ripon Medical Center for the past two years. She plans to attend the University of Wisconsin - Stevens Point majoring in clinical laboratory science. "I am interested in becoming a medical technologist because

I have an interest in analyzing specimens of human blood and tissue to look for bacteria, parasites and cancerous cells," she explains.



Weber is planning to attend Carroll University for a Bachelor of Science degree in biochemistry and then further her education to acquire a doctorate degree in pharmaceutical sciences. "I picture myself helping others in the future with

my education and training," she says.

BRAT FRY FUND-RAISER

Our first brat fry for summer 2016 was April 23 at Pick n' Save. It was very successful for our first one of the season, plus we were lucky to have beautiful weather, lots of hungry people and great help. Our cook for the day was none other than Mary Schieffer flipping burgers and brats. Maggie Schemerhorn, Mary Ann Waltenberry, Diane Smith and myself were serving our customers and collecting money. There were times when we were really busy with hungry customers getting their lunch and for some their first brat of the season! Our tip jar was also very successful for the day. We are very happy and thankful for that as well.

If you missed our first brat fry our next one will be Saturday, May 28. We would love to see you all there and please tell your friends. Auxiliary members will be holding a Bake Sale along with the Brat Fry with cookies and bars for dessert. It is a great way for the Auxiliary to make money to support the different things we do for the hospital and the "scholarship" fund.

Thank you all for your support and see you in May at our next brat fry.

Judy Robbert, Chairperson, Brat Fry Fund-raiser

FINANCIAL REPORT

Net fund-raising for the period of January 1 to April 30, 2016 was \$1,840.19. The flower basket sale raised \$822.50, a fantastic success for a first-time fund-raiser. Congratulations to Joann Strandell and Diane Smith who co-chaired the sale, and thank you to all who bought and sold baskets.

The other big fund-raiser during this period was the brat fry in April. Net proceeds were \$619.35. Thank you to Judy Robbert and all who helped.

The gift shop continues to have strong sales. Through April, gift shop sales for the fiscal year were 83 percent above sales for the same period last year. Due to the amount of money raised, the gift shop must now charge sales tax.

We had \$26,635 in cash at the end of April. So, we have the funds for the two \$1,000 scholarships that we will award in June, as well as a nice cushion to meet any unplanned needs of Ripon Medical Center.

RMC Auxiliary, Inc. Treasurer's Report • Four Months and 10 Months Ended April 30, 2016

| | Jan-Apr Actual | Year to Date Actual | Annual Budget |
|--|---------------------|---------------------|---------------------|
| INCOME | | | |
| Fund-raising | \$ 3,895.44 | \$ 11,626.21 | \$ 7,775.00 |
| Membership Dues | 30.00 | 585.00 | 622.50 |
| Gift Shop Sales | 9,429.29 | 26,685.62 | 19,346.00 |
| Total Income | \$ 13,354.73 | \$ 38,896.83 | \$ 27,743.50 |
| EXPENSES | | | |
| Fund-raising Expenses | \$ 2,055.25 | \$ 2,341.46 | \$ 250.00 |
| Luncheons | 68.50 | 115.50 | 55.00 |
| State Conventions/District Meetings | - | (14.11) | 325.00 |
| Organization Expenses | 93.75 | 147.75 | 250.25 |
| Gift Shop Expenses | 8,456.64 | 19,504.07 | 15,274.66 |
| Total Expenses | \$ 10,674.14 | \$ 22,094.67 | \$ 16,154.91 |
| NET INCOME BEFORE DISTRIBUTIONS | \$ 2,680.59 | \$ 16,802.16 | \$ 11,588.59 |
| DISTRIBUTIONS | | | |
| Scholarships | - | - | 2,000.00 |
| Donations for RMC | 129.61 | 10,582.50 | 10,100.00 |
| Total Distributions | \$ 129.61 | \$ 10,582.50 | \$ 12,100.00 |
| NET INCOME AFTER DISTRIBUTIONS | \$ 2,550.98 | \$ 6,219.66 | \$ (511.41) |
| CASH BALANCES | | \$ 26,635.08 | |

Bobbie Pollesch, Treasurer

PUBLIC POLICY EDUCATION

On March 30, six Ripon Medical Center Auxiliary members and other hospital representatives attended the Wisconsin Hospital Association's Advocacy Day in Madison. This is an annual event where more than 1,000 people from hospitals across Wisconsin meet with lawmakers and legislators to learn about hospital and community issues. We were so very proud to represent our area.

Highlights of Advocacy Day 2016 can be found at: www.wha.org/pubArchive/valued_voice/WHA-Newsletter-4-1-2016.pdf

Sandy Krueger, Public Policy Education, Chairperson



*(Seated) Jennifer Stephens, Barb Benkoski, Linda Stellmacher
(Standing) Jackie Halverson, Karen Gross, Sandy Krueger*

SEWING COMMITTEE

I personally want to thank all those that so generously donated material for making bags for patients with cancer. One has been made and I have a couple of volunteers to help sew some more! My other goal is to make some "walker" bags to have available for patients going home after surgery that need to use a walker. As of this newsletter I have plenty of material. If anyone is interested in helping us sew, please contact me. You can reach me by calling (920) 299-6121 or by e-mail at lindastellmacher@gmail.com.

Linda M. Stellmacher, Sewing Committee Chairperson

LIGHTS OF LOVE 2016

We will soon begin planning our 31st Lights of Love event. The planning committee includes: Iona Altnau, Barb Behlen, Karen Gross, Jackie Halverson, Barb Miller, Judy Robbert, Marty Schattschneider and Linda Vantaggi. If you have any ideas for the Lights of Love or the raffle, please share them with one of the committee members.

Bobbie Pollesch, Chairperson, Lights of Love 2016

75TH ANNIVERSARY CELEBRATIONS

The Ripon Medical Center Auxiliary began on January 16, 1942, which means we will be 75 years old in 2017. We would like to hold some special events next year to celebrate our 75th anniversary. A planning committee has been formed and would like our members' input. Please let these people know your thoughts and ideas: Barb Behlen, Barb Benkoski, Bobbie Pollesch, Barb Miller, Joann Strandell, Karen Gross and Shelly Haberman. You are welcome to join us as well. The more the merrier!



COMMUNITY HEALTH EDUCATION

Lyme Disease

The ticks that transmit Lyme Disease have multiplied aggressively over the past 20 years, and now thrive in half of all counties in the United States, according to a recent study in the *Journal of Medical Entomology*. So it's no surprise that when Northeastern researchers reported last May how the bacterium that causes the disease evades antibiotics, suggesting new treatments, the media and the general public took notice.

University Distinguished Professor Kim Lewis, who leads the Lyme disease research team, is now expanding that therapeutic reach with the help of a \$1.5 million grant.

The team is pursuing four arms of treatment-related research at Northeastern's Antimicrobial Discovery Center, which Lewis directs.

These researchers are conducting studies, including: a mouse study of a regimen that eradicated the bacterium in the test tube, setting the stage for human trials; antibiotic cocktails using existing drugs; strategies to discover new drugs that selectively target the Lyme bacterium; and ways to alter the composition of the microbiome - the community of microorganisms inhabiting the human body - to stop the autoimmune reactions that characterize the disease. All four show exciting promise. The grant, Lewis says, "will give us the flexibility to test our approaches in parallel, which will save us an enormous amount of time."

Preventing chronic disease

Time is of the essence. According to the Centers for Disease Control and Prevention, about 300,000 people are diagnosed with Lyme Disease in the United States each year. The disease is transmitted by ticks primarily carrying the bacterium *Borrelia burgdorferi*, though a new less prevalent bacterial species, *Borrelia mayonii*, was identified by Mayo Clinic researchers in February. If Lyme is caught early, patients generally recover quickly when treated with antibiotics, primarily doxycycline. However, 10 to 20 percent of patients go on to develop a debilitating chronic condition called Post-Treatment Lyme Disease Syndrome, or PTLDS, with symptoms that include extreme fatigue, arthritis, muscle pain, and cognitive difficulties.

"I find it amazing that when you show up at the doctor's office you are not told that there is a 10 to 20 percent chance that your life as you know it has ended," says Lewis. "Nobody seems to be focusing on the next step: How to prevent the subsequent rise of the chronic condition." Look for the next article on Lyme for more information about medical methods for healing people who suffer from Lyme Disease.

This entry was posted in Society & Culture. More information is available at: <http://www.northeastern.edu/cos/2016/03/researchers-investigate-four-promising-new-treatments-for-lyme-disease/>

Barb Benkoski, Community Health Education, Chairperson



RMC AUXILIARY BOARD MEMBERS

Jackie Halverson, President • (920) 748-3968 • jackiehalverson009@gmail.com
Barb Miller, Vice President • (920) 748-6189 • millerbandj@charter.net
Diane Smith, Secretary • (920) 948-2420 • smithdk1061@yahoo.com
Bobbie Pollesch, Treasurer • (920) 294-3059 • bobbiepollesch@hotmail.com
Barb Benkoski, Community Health Education • (920) 748-6339 • benkoskib@gmail.com
Sandy Krueger, Public Policy Education • (920) 748-2187 • kruegersandraj@yahoo.co
Joann Strandel, Membership • (920) 602-7810 • msttwice@charter.net
Judy Robbert, Programs • (920) 915-3917 • jrobbert@charter.net
Mary Schieffer, Gift Shop • (920) 767-0029 • rms1721@charter.net
Linda Stellmacher, Sewing • (920) 299-6121 • lindastellmacher@ymail.com
Barb Ann Behlen, Newsletter • (920) 294-6229 • barbbe@charter.net
Karen Gross, Volunteer Coordinator • (920) 745-3670 • grossk@agnesian.com
Jackie Halverson, Fund-raising • (920) 748-3968 • jackiehalverson009@gmail.com

*You give but little
when you give of
your possessions.
It is when you give
of yourself that you
truly give.*

- Kahlil Gibran

UPCOMING EVENTS

| | | |
|----------------|--|------------------------|
| June 8 | Auxiliary Board Meeting, Volunteer Room | 9 to 11 a.m. |
| June 10 | Brat Fry, Pick 'n Save | 9 a.m. to 3 p.m. |
| June 20 | Auxiliary Luncheon, RMC Green Lake Room | 12 to 2:30 p.m. |
| July 18 | Uniform Sale, RMC back parking lot | 9:30 a.m. to 3 p.m. |
| August 10 | Auxiliary Board Meeting, Volunteer Room | 9 to 11 a.m. |
| August 10 | Nutman Sale, RMC Lobby | 9:30 a.m. to 2:30 p.m. |
| August 15 | Articles due for next Auxiliary Newsletter | |
| September 3 | Brat Fry, Pick 'n Save | 9 a.m. to 3 p.m. |
| September 6 | Books are Fun, RMC Green Lake Room | 9 a.m. to 2:30 p.m. |
| September 14 | Auxiliary Board Meeting, Volunteer Room | 9 to 11 a.m. |
| September 19 | Auxiliary Luncheon, RMC Green Lake Room | 12 to 2:30 p.m. |
| | Guest Speaker is Dr. Stephanie Mehl presenting on Lyme Disease | |
| September 19 | Debbie Brooks Purse Sale, RMC Lobby | 10 a.m. to 3 p.m. |
| September 26 | Annual Education Day, RMC Green Lake Room | 9 to 11:15 a.m. |
| September 26 | Annual Education Day, RMC Green Lake Room | 12:30 to 2:45 p.m. |
| October 4 to 6 | State Convention, Paper Valley Appleton | |
| October 7 | Annual Education Day, RMC Green Lake Room | 9 to 11:15 a.m. |
| October 8 | Brat Fry, Pick 'n Save | 9 a.m. to 3 p.m. |
| October 12 | Lakes District Fall Meeting, Sheboygan | 9 a.m. to 2:30 p.m. |
| October 15 | Kickoff for Lights of Love | |
| October 19 | Nutman Sale, RMC Lobby | 9:30 a.m. to 2:30 p.m. |
| November 21 | Old Hippie Candle Sale | 10 a.m. to 3 p.m. |
| November 21 | Auxiliary Luncheon | 12 to 2:30 p.m. |



HEARTLINE



Auxiliary
Newsletter
June 2016