

*PARTNERS OF WHA is committed to advocating for the health of our communities and advancing the success of local health care volunteer organizations, through the coordination and provision of volunteer education, development resources, and leadership opportunities for health care volunteers and their organizations.*

## Join Us in the Winners Circle



The Southern District is pleased to host the 2015 Annual Meeting and Convention October 6 - 8 at the Madison Marriott West. We have been busy planning workshops, securing vendors, gathering raffle prizes, obtaining

speakers, planning fun decorations, and all the other things that go along with a great convention.

Our theme, "Join Us in the Winners Circle," is focused around the Kentucky Derby. So, get your hats and gloves and prepare to participate in a hat parade on Tuesday evening. Wednesday, we will wear gold in honor of our CHE project—lung conditions.

Raffle tickets were given to local presidents at district meetings. We look forward to everyone selling the tickets and even asking for more.

We listened to your comments after our first convention at this venue in 2012 and have made some changes to reduce the amount of walking.

Our keynote speaker is Thomas McKee, who along with his son wrote the book "The New Breed, Understand and Equipping the 21st Century Volunteer." In addition to his keynote address, he will provide a workshop focusing on delivering top-notch customer service to hospital patients, and a workshop for directors of volunteer services on how to recruit the new breed of volunteers and use their skills in volunteering.

We are planning on having the registration books, with all materials included mailed to local Partners presidents and directors of volunteer services in early June. The registration materials will also be available on the Partners website.

We look forward to seeing everyone in Madison.

Pat Freeders, Convention Chair  
608-271-9310  
Email: [pat.freeders@gmail.com](mailto:pat.freeders@gmail.com)

## Statistics for 2014

It is my pleasure as president of Partners to give you the following statistics for the year 2014.

Districts Reporting	7
Number of Members in State Organization	10,045
Total Hours Reported	1,454,014.22
Total Fundraising Projects	521
Total Money Given from Fund Raising	\$2,271,275.29
Number of Scholarships Awarded	433
Total Money Given in Scholarships	\$489,940.00
Number of Contacts with Legislators	2,165
Number of Public Policy Projects/Programs	83
Number of Health Education Articles in Newsletters	301
Number of Health Education Projects/Programs	412
Members Who Serve on Hospital Public Policy Committees	4
Lakes District Members	1,685
North Central District Members	1,719
Northwestern District Members	1,133
Southern District Members	1,812
Southeastern District Members	1,176
West Central District Members	1,226
Western District Members	1,294

In 2014, Partners of WHA volunteered 1,454,014 hours at their respective hospitals. Volunteers' hours in the state of Wisconsin has a value of \$22.55 per volunteer hour, which equates to a \$3,278,802 savings to the hospitals in which we volunteer.

Bonnie R. Olson  
Partners of WHA President

## A Message from the Partners of WHA President

### Plans for an Exciting 2015

What a superb job each district did with their spring district meetings hosting the traveling team that consists of Bonnie, Mary, Cindy, and Sherry. The programs were extremely informative. Spring Tour gives us an opportunity to find future leaders for Partners. One of our strategic planning objectives is to involve 25 new leaders in state organization activities by the end of 2016.



Bonnie Olson

*"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader."*

- John Quincy Adams

Communication is another strategic planning goal. Mary Licht, our president-elect, did an informative PowerPoint presentation on how to navigate the Partners of WHA website, [www.partnersofwha.org](http://www.partnersofwha.org). The February 2015 issue of *Reaching Out*, Partners quarterly newsletter, was distributed at the spring district meetings. The Best of the Best and Wisconsin Awards for Volunteer Excellence (WAVE) award applications were also distributed.

The third goal is to increase advocacy activity by 10% by the end of 2016. This can be by increasing legislative contacts by e-mail, phone call, letters, or in-person visits. It is extremely important to report your contacts to whoever keeps the records at your facility.

I am so excited that Partners have signed a contract with Thomas McKee, co-author of the "New Breed of Volunteers" book to be our motivational, educational keynote speaker at the Partners convention in October. Tom and his son are volunteer leadership experts who help non-profit leaders mobilize the power and passion of their volunteers. How can we recruit, equip, and inspire the 21st century volunteer? You won't want to miss this convention!

One of our challenges is that many Wisconsin hospitals will no longer be stand-alone "silos" but will become part of a larger health care system. Many auxiliaries or Partners organizations are experiencing this change. We need to move with the changes. Let us search for the solutions together and build our organizations for a brighter tomorrow. Let us be advocates for Partners of WHA and the facilities we serve.

I appreciate the superb work all of you have done for Partners of WHA.

Bonnie R. Olson, President of Partners of WHA  
E2257 Jaybee Drive, Eau Claire, WI 54701  
715-834-1320 (home) - 715-379-6797 (cell)  
Email: [bonnie.o.ppofwha@gmail.com](mailto:bonnie.o.ppofwha@gmail.com)

## A Message from the President-Elect

### Learning at District Meetings

Happy May to everybody; I believe spring has finally arrived. We are now in the middle of our Spring Tour, which is to visit each district's spring meeting. This is a first for me; I have never been on Spring Tour before—what a whirlwind trip.



Mary Licht

I am enjoying each and every visit, the people, the places, and the education I am getting. I have learned how nutrition and exercise can affect lung disease and how we can help to cope with these terrible ailments. Many times there is no cure, but there are things we can do to improve our quality of life and living with lung disease.

I am also going over the website pages with a PowerPoint on how to browse the Partners website to help you find information on our website and why it is important to make sure all of the local-district-state information is accurate. There is a lot of good information on our website and I think you would find it very helpful if you knew where it was, so that is my mission on our Spring Tour, to help you navigate our website.

If you have any questions for me, or an activity or event you want to share with our members, please let me know about it, complete with pictures if you have them. Send them to my email address and I will do my best to make sure they get on our website. Whatever you send to me I will also share with Peg Larson, because after Spring Tour, April 23, **I will be turning over all control of the website to Peg Larson as she will be your new Webmaster.** Peg is very computer savvy and I am sure she will do a wonderful job; Peg is also our state treasurer and all of her contact information is already on our website in that capacity.

The next big event in our lives will be the state convention in Madison October 6-8, 2015. Please do your best to try to attend—"Join us in the Winner's Circle."

Mary Licht, President-Elect  
729 Morning Star Drive – Unit 1  
Portage, WI 53901  
608-556-1291  
Email: [Marylicht2608@yahoo.com](mailto:Marylicht2608@yahoo.com)

## Best of the Best Accepting Applications until June 21

The nomination forms for the Best of the Best Award were sent out to our Partners/auxiliary organizations the last week in March.

I have received mine and I have not heard from anyone that they hadn't received theirs at this time. Of course these forms are also available on our website at [www.partnersofwha.org](http://www.partnersofwha.org).

As I've said before, I loved being on this committee to see all the things that your CEO or other administrator does with your organization.

Please remember that it is crucial that you read the directions carefully, as the specific criteria, eligibility requirements, and directions need to be followed exactly or they will not qualify.

Groups submitting a candidate will receive two honor points. Forms are due by June 21, 2015. For questions on the nomination process, please contact me.

*Bonnie Timm, BOB Chair*  
1065 Wood Court, Amery, WI 54001  
715-268-2980 or cell: 715-554-3876  
Email: [bonnietimm257@hotmail.com](mailto:bonnietimm257@hotmail.com)

## Strategic Planning Committee Sets Their Goals

The Strategic Planning Committee met March 24-26 to decide on our goals for 2015 and 2016. Prior to our meeting, we had decided to go back to SWOT (Strengths, Weaknesses, Opportunities, and Threats).

We were very fortunate to have Jennifer Frank to guide us through the procedure. Once we had identified these items, we voted on what our key priorities would be for 2015 and 2016.

The three top priorities are communication, advocacy, and leadership development. Our goals for these priorities are:

- **Communication** - Ensure all communication is accurate, prompt, comprehensive, and offered on a regular basis.
- **Advocacy** - Increase advocacy activity by 10% by the end of 2016.
- **Leadership Development** - Involve 25 new members in state organization activities by the end of 2016.

We have also created "action steps" under all of these goals.

The decision was also made this year to have all committee members take ownership for the action steps. I'm very proud of the Strategic Planning Committee. They were very enthusiastic, offered suggestions, and immediately took ownership of an action step to help us complete our goals.

A huge "thank you" to the committee for their commitment. I couldn't be more proud of you. Thank you also to Bonnie Olson, Partners of WHA president, for all of her help.

Thank you to Jennifer Frank who has always been an immense help to Partners.

*Dorothy Revnew, Strategic Planning Chair*

## Time to Consider WAVE Applications

I am happy to be chairing the WAVE Committee, as it is a great showcase for everyone to see the things our organizations do.

The Committee consists of Jennifer Frank, WHA Liaison; Sylvia Emerson, West Central District; Ginny Bosse, Northwestern District; and Joanne Fulcher, Lakes District.

The categories remain the same: Community Service Programs, In-Service Programs, Fundraising Programs, and Community Outreach and/or Collaboration Programs. The definition and the criteria are clearly stated on the application form. Follow the instructions carefully.

Applications have been mailed to each hospital's president. If you not have received your mailing, you may access the 2015 form online and complete electronically. Applications must be returned to WHA, attention Jennifer Frank, by June 12, 2015. As in the past, winners will be notified in late July and presented with their awards at the convention.

We hope we have a great number of applications to review. If you previously submitted an application and did not receive an award, tweak your application and resubmit—this is a different competition and different committee.

If you have questions, please call me or email me. Good luck to all.

*Gloria Sparacino, Chairman*  
8225 West Arthur, West Allis, WI 53219  
414-321-9958;  
Email: [gsparacino@global.net](mailto:gsparacino@global.net)

# Instructions for Placing New Pages in Leadership Manual

For those who are having a problem using the old tabs in the new leadership manual, we now have instructions for placement, courtesy of Pat Freeders.

## How to place pages in the Leadership Handbook

1. Before the first tab, insert cover page and table of contents.
2. Under the PARTNERS OF WHA, Inc. tab, place pages beginning with 1.0 Preface and ending with section 10.0 Past Presidents of Partners of WHA.
3. Under the BOARD OF DIRECTORS tab, begin with 10.1 Bylaws of Partners of Wisconsin Hospital Association and ending with 3.16 Webmaster.
4. Under the DISTRICT tab, begin with 14.0 Introduction to District and end with 14.8 Sample Registration form for District Meeting.
5. Under the BUSINESS MEETINGS tab, start with 15.0 Business Meetings and end with 15.7 Meeting Meditations.
6. Under the RESOURCE CENTER tab, start with 6.0 Resource Center and end with 16.3.1 Using the Resource Center. (Make sure to include page 5 of 6 in that section).
7. Under the Tab LOCAL PRESIDENT/CHAIR/DVS, start with section 17.0 Local President, Committee Chair, DVS information and end with 17.8 HIPPA, what does it do.
8. Under the tab AWARDS, start with 18.0 Partners of Wisconsin Hospital Association Volunteer Awards and end with 18.4 Partners of WHA, Inc.
9. Under tab WEBSITE, there is nothing to put in.
10. Under tab FORMS, place copies of all forms. There is an Application for Membership form at the end of all of the materials. Make sure to put that page under forms.
11. Under the MISCELLANEOUS tab, place all convention materials, the Bylaws template, and the Installation of Officers form.

Although you may have yours in your manual, please double check placement against these instructions. That way we will all be on the same "page" at the same time.

## Mind Over Matter

Think of these things on a daily basis:

- There are at least two people in this world that you would die for.
- At least 15 people in this world love you in some way.
- The only reason anyone would ever hate you is because they want to be just like you.
- A smile from you can bring happiness to anyone, even if they don't like you.
- Every night, someone thinks about you before they go to sleep.
- You mean the world to someone.
- You are special and unique.
- When you make the biggest mistake ever, something good comes of it.
- When you think the world has turned its back on you, take another look.
- Always remember the compliments you receive. Forget about the rude remarks.



## What is HSHS?

The Hospital Sisters Health System (HSHS) is a multi-institutional health care system comprised of 14 hospitals and an integrated physician network across Illinois and Wisconsin.

As the name implies, HSHS is a healing ministry guided by the historic mission of the Hospital sisters of St. Francis and at the same time, firmly grounded in modern best practices.

A significant part of the mission is to reach beyond the walls of the hospital to provide benefits to the local communities, especially to those who are in need, are poor, uninsured, or underinsured. Some 2014 facts include:\*

- Population Served: 3.0 million people in Wisconsin and Illinois
- Inpatient Admissions: 77,349
- Emergency Department Visits: 297,933
- Inpatient Surgeries: 19,258
- Outpatient Surgeries: 42,478
- Physicians on Medical Staff: 2,242
- Total Colleagues: 14,306
- Volunteers: 3,492
- Operating Revenue: \$2.0 billion
- Community Benefits: \$174 million
- Reaching out to Our Communities: A significant part of the mission is to reach beyond the walls of the hospital to provide benefits to the local communities—especially to those who are in need, poor, underinsured, or uninsured.

The Hospital Sisters of St. Francis came to Chippewa Falls to form St. Joseph Hospital, and in 1889, the Sisters were requested and started Sacred Heart Hospital. The following are part of the Hospital Sisters in Illinois and Wisconsin:

Illinois Hospitals are: St. Mary's Hospital, Streator; St. John's Hospital, Springfield; St. Mary's Hospital, Decatur; St. Francis Hospital, Litchfield; St. Anthony's Hospital, Effingham; St. Joseph Hospital, Highland; St. Joseph's Hospital, Breese; St. Elizabeth's Hospital, Belleville; and System Services Center, Springfield.

Wisconsin Hospitals of the Eastern Division includes: St. Nicholas Hospital, Sheboygan; St. Vincent Hospital, Green Bay; St. Mary's Hospital Medical Center, Green Bay; and St. Clare's Hospital, Oconto Falls.

The Wisconsin Western Division of HSHS includes: St. Joseph's Hospital, Chippewa Falls; and Sacred Heart Hospital, Eau Claire.


\*Information from Hospital Sisters Health System can be found at: <https://www.hsh.org/home.aspx>.

*Jaci Fuller, Volunteer Partners  
HSHS Sacred Heart Hospital, Eau Claire, WI*

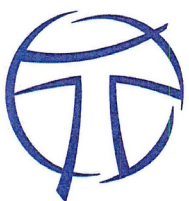
### Our Symbol the Tau

Hospital Sisters Health System's  
New Visual Identity:

- Incorporates the Tau, a highly recognizable but very common symbol of the Franciscan tradition;
- Creates a sense of inclusion – the circle surrounding the Tau symbol has spaces within – signifying an open System;
- Symbolizes the richness of the past and at the same time, a challenge for the future; and,
- Reinforces our spiritual heritage through celebration and tangible symbols.



Hospital Sisters  
HEALTH SYSTEM

Hospital Sisters

HEALTH SYSTEM

## Public Policy Education Report



Cindy Hermel

As the world turns, so turns national and state public policy issues, debate, and discussion. In real estate, location, location, location is critical. In public policy, information, information, information is key. How fortunate are we as Partners of WHA to have access to Advocacy Day and its opportunities to learn, question, and discuss major issues affecting our hospitals and our health care? As this issue of *Reaching Out* goes to press, Partners across Wisconsin are registering and making travel plans to attend the April 28, 2015 Advocacy Day. As always it will be interesting and informative. Mark your calendars. The date for next year's Advocacy Day is March 30, 2016.

The Medicaid DSH (Disproportionate Share Hospital) Program's retention in the state biennial budget has been a major focus. Partners have done an outstanding job of successfully helping to promote this cause by contacting the governor's staff and individual state legislators to express support for DSH's inclusion in the budget. Your help is still needed to propel renewal of DSH to the finish line. Currently the Joint Finance Committee is deliberating the proposed budget. In May, the full State Senate and State Assembly will review and vote on the budget. After the budget is approved it will be returned to Governor Walker for enactment/vetoes. During all phases of this process, budget items can be added or removed from the budget bill. In the event the DSH provision is decreased or removed from the budget bill, HEAT members will receive HEAT emails and alerts. Respond immediately to let your representatives know how strongly you believe in and support continuation of DSH funding.

Spring Tour visits to district meetings have been a positive and enjoyable experience. Each district is doing excellent projects, providing informative speakers, and supporting hospitals and patients by generously sharing time and talents. The district and local PPE chairs have done a very good job keeping members informed about state and national issues impacting Wisconsin hospitals and encouraging advocacy. Partners of WHA had 628 registered HEAT members who initiated over 2,000 legislative contacts in 2014. In addition, over 300 volunteers attended Advocacy Day. Celebrate these successes and accept the "Just One More Challenge." Let's send just one more person from each local to Advocacy Day. Let's recruit just one more person from each local to join HEAT. Finally, let's all initiate just one more legislative contact than last year. Together we can and do make a difference!

Cindy Hermel, PPE Chair  
7705 Walden Blvd., Wausau, WI 54401  
715-848-3322: Email: [clhemel@aol.com](mailto:clhemel@aol.com)

## What it Means to be a Partners Member

As a member of the Partners of Wisconsin Hospital Association, Inc. (Partners), you are also a part of the much larger Wisconsin Hospital Association (WHA)

As described on the website: Partners is a non-profit, volunteer service organization affiliated with WHA. Founded in 1951, it now boasts more than 10,000 members in Wisconsin.

- Partners emphasizes auxiliary participation in health education, health career and wellness programs, and volunteer service to Wisconsin hospitals, focusing on public policy education and advocacy to Wisconsin hospitals.
- Partners promotes leadership development offering resources, meetings, and seminars to local hospital auxiliaries.
- Partners shares information on successful auxiliary programs, fundraising and trends in volunteerism through its quarterly newsletter, *Reaching Out*, and through legislative and health education mailings.

For more information visit the Partners website at [www.partnersofwha.org](http://www.partnersofwha.org).

WHA's mission is advocating for the ability of its members to lead in the provision of high quality, affordable, and accessible health care services, resulting in healthier Wisconsin communities. WHA staff is committed to serving member needs, keeping members informed of important local and national legislative issues, interpreting clinical and quality issues for members, providing up-to-date educational information, and encouraging member participation in Association activities. Their website is [www.wha.org](http://www.wha.org).

These websites contain information on many important things that are going on in our organization. Please take a look if you get a chance.

Lyn Krohn,  
President, *Aspirus Volunteers*

# Community Health Education Report



Sherry Jellic

## IF YOU TAKE CARE OF YOUR LUNGS THEY WILL LAST A LIFETIME

**More than 20 million Americans suffer from asthma.** It is an inflammatory disorder of the airways. Swelling in the lining and increased mucus production narrows the airway and makes it difficult for asthma sufferers to breathe. It can progress slowly or within minutes to a serious life-threatening situation. Five thousand people a year die from these.

Symptoms can range from mild to severe and include shortness of breath, feeling tightness or heaviness in the chest with exertion or at rest, persistent cough or repeated episodes of bronchitis (especially in people who don't smoke), wheezing, and waking during the night feeling short of breath.

Common treatments for asthma are rescue and controller inhalers, as well as identifying and reducing exposure to allergens that trigger asthma symptoms. Common triggers are allergies, viruses, exercise, cold weather, and fumes.

**Chronic Obstructive Pulmonary Disease (COPD)** is a progressive, but treatable disease that causes problems breathing. The two most common forms of COPD are emphysema and chronic bronchitis. For people with emphysema, the air sacs in the lungs get stretched, lose their normal elasticity, and are damaged or destroyed. Symptoms of COPD can include cough, shortness of breath, phlegm production, and wheezing.

The most important point is that COPD is a preventable disease. Breathing in pollutants, dust, or chemicals can cause COPD, but the most common cause is smoking. For smokers, quitting smoking can help prevent the disease or keep it from getting worse. COPD can also be treated with inhalers, medications, oxygen therapy, and pulmonary rehab. In severe cases, surgery may be an option.

COPD is most commonly diagnosed with a pulmonary function test. Pulmonary function tests are special tests that measure how deeply a person can breathe and how quickly they can move air in and out of their lungs. People might also need a chest x-ray or CT scan.

**Lung cancer** is one of the most common cancers in the world and is the leading cause of death from cancer in the United States. Lung cancer is most commonly caused by cigarette smoking, but high levels of air pollution and exposure to radiation or asbestos can also increase the risk.

Lung cancer doesn't usually have symptoms until the disease is advanced. Some of the early symptoms can include cough, chest pain, coughing up blood, pneumonia, or fatigue.

Since there are many cell-types of lung cancer, a biopsy is required to diagnose cancer and determine the most effective treatment. This is most commonly done by bronchoscopy or needle biopsy, but sputum cytology or surgery biopsy is also used.

Treatment depends on the type of cancer, the stage, the location, and whether the cancer has spread. Treatment may include surgery, chemotherapy, and/or radiation.

The risk of dying from lung cancer in those who smoke is more than 22 times higher in men and 12 times higher in women. Despite these statistics, 20-25% of the American population continues to smoke. Quitting smoking is the most important thing they can do to live a longer, healthier life.

The lungs are different from other organs in your body. Their delicate tissues are directly connected to the outside environment. Anything you breathe in can affect your lungs. Germs, tobacco smoke, and other harmful substances can damage your airways and threaten the lungs' ability to work properly. Your body has a natural defense system designed to protect the lungs. But there are some important things you can do to reduce your risk of lung disease. Smoking, second hand smoke, outdoor air pollution, chemicals in the home and workplace, and radon can all cause lung disease.

**"The lungs are very durable if they're not attacked from the outside," says Norman H. Edelman, M.D., chief medical officer of the American Lung Association (ALA).**

Sherry Jellic, CHE Chair  
7574 Suffolk Down,  
Sun Prairie, WI 53590  
608-235-9526;  
Email: sjellic@msn.com

*To the world you may be just one person;  
but to one person you may be the world.*

— Unknown



## Around the State

### **Cumberland Health Care Volunteers, Cumberland:**

This winter, their gift shop had a supply of packaged soups and they will for the cold months. Great idea!

### **River Falls Area Hospital Auxiliary, River Falls:**

Volunteers continue to make "Dignity Quilts." Some are used to cover the body bag of the deceased during removal from the hospital to soften the hard reality upon death for the surviving families.

### **Ministry Good Samaritan Health Center Volunteers, Merrill:**

One thousand dental bags were put together by the volunteers for designated grade levels in the elementary grade schools in Lincoln County along with the Good Sam Foundation partners and other agencies to provide a dental education program.

### **Franciscan Healthcare Auxiliary, LaCrosse:**

This year, Season of Lights, which goes toward paying on needy patient accounts, helped eight anonymous families for a total of \$23,000. All eight accounts were paid off!

### **Aspirus Hospital, Wausau:**

Car Seat blankets have become the newest item being made for parents of young children by the knitters and crocheters, which are only 16" x 22" as babies in car seats cannot be tucked in around them. These blankets are given to those coming in for car seat checks, but are now also given to babies leaving the birthing center. Emergency Center has them for babies that need to be transported quickly without their parents.

*Kay Lyndahl, Editor*

## Notes from the Treasurer

Thank you so much for investing in your volunteers by belonging to Partners of WHA.

This year, your organization will receive a bill shortly for \$1.25 per member, as voted at convention. This minimal investment makes it possible for the travel team (President, President-Elect, Community Health Education Chair, and Public Policy Education Chair) to come to your district meeting and share information with your district.

It funds training for your district leadership and the year-round operations for the organization. Each year, the Partners of WHA treasurer sends a bill to the president (chair) of the member organizations for dues per member listed on the annual report sent to the district chair. Those bills went into the mail April 15. To be eligible for the Honor Point award, the dues payment must be made by June 30. If any of the information on the bill is inaccurate, please let me know.

Thank you for prompt payments!

*Peg Larson, Treasurer*

11 Stoney Beach Road, Oshkosh WI 54902  
920-231-3005, Email: [pegvoluntr@aol.com](mailto:pegvoluntr@aol.com)

## Reaching Out Deadlines

<u>Issue</u>	<u>Deadline</u>
August 2015	Wed., July 15, 2015
November 2015	Thurs., October 15, 2015
February 2016	Mon., January 15, 2016
May 2016	Fri., April 15, 2016
August 2016	Fri., July 15, 2016

Partners *Reaching Out* is published four times a year by Partners of Wisconsin Hospital Association, Inc. Visit the Partners Web site at [www.partnersofwha.org](http://www.partnersofwha.org). Direct questions or comments to:

*Kay Lyndahl, Newsletter Editor*  
1909 S. Lake Michigan Drive  
Sturgeon Bay, WI 54235  
Phone: 920-746-5122  
Email: [kaylyndahl@aol.com](mailto:kaylyndahl@aol.com)



The Aspirus Wausau Volunteer Cookie Sale was held in March. Helpers were, left to right, Sylvia Erickson, Shirley Peterson, Harold Osland, Marcie Ludkey, and Jeanne Derbick. They were kept busy and had many positive comments!