

HEARTBEAT



September 2019

Volunteers of Howard Young Medical Center
Woodruff, Wisconsin

VOLUME 20, ISSUE 3



The Great Trivia Quest



The **Great Trivia Quest**, a fun-filled fundraising event organized by the Volunteers of Howard Young Medical Center, will be held Saturday, October 19, at the Thirsty Whale in Minocqua. The evening will begin at 5:00 PM with free appetizers and sandwiches for Trivia ticket holders. Then get ready for the laughs and enjoy the third annual **Great Trivia Quest** beginning at 7:00 PM. Tickets must be purchased in advance and are available at the Volunteer Gift Shop located in Howard Young Hospital.

This year's fundraiser will also offer many fabulous raffles including a kayak package, restaurant package, overnight package, handmade Rocking Cycle, many basket raffles and a 50-50 raffle. All raffle items have been generously donated by area merchants and are on display at the Howard Young Medical Center. Tickets for the **Great Trivia Quest** are available from 10:00 AM -2:00 PM Monday through Friday at the Volunteer Gift Shop located in the hospital.

All proceeds from the **Great Trivia Quest** ticket sales and the raffles will benefit the Scholarship Programs sponsored by the Volunteers of Howard Young Medical Center. Scholarships are awarded to area graduating students, local college students (Dr. Henry Ashe Scholarship) and non-traditional students at Nicolet College. All scholarship recipients must be pursuing degrees in a health-care related field.

There is no better way to assure our future medical care than to support the education of our local students.

Please join in the fun at the Great Trivia Quest and be part of this support!

3rd Annual

The Great Trivia Quest

Saturday, October 19, 2019

Doors open at 5:00 PM

The Thirsty Whale, Minocqua

Get a Team together!

Or join an open table!

Come and eat! Win raffles!

Play Trivia with your friends!

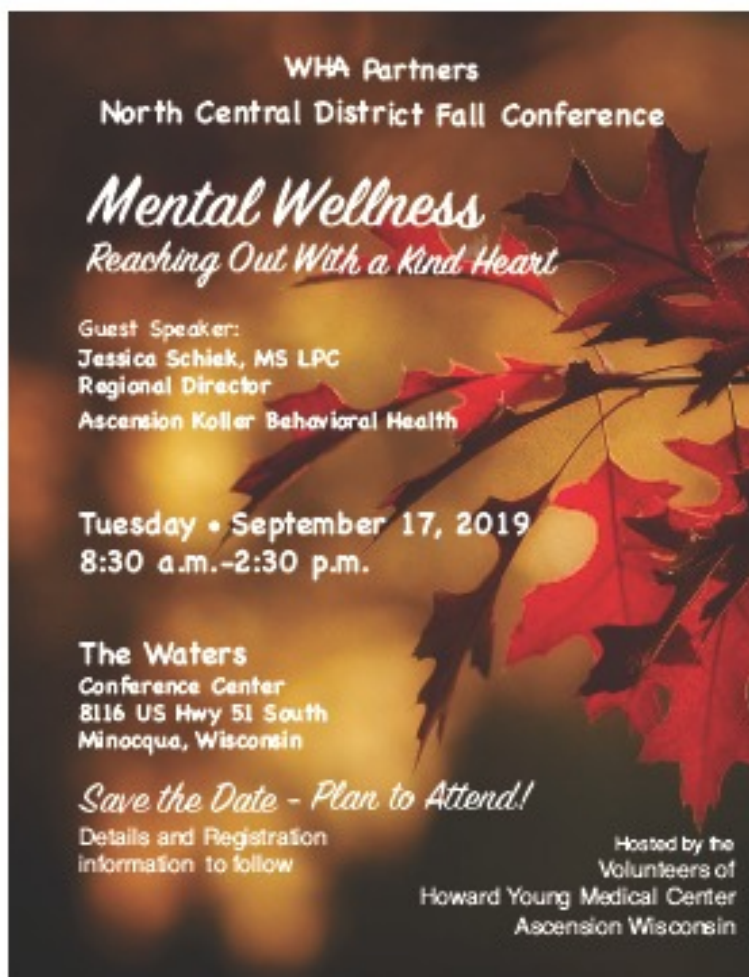
To purchase tickets, please visit
**The Howard Young Medical Center
Gift Shop**

Or call 715-356-8128

For more information

THANK YOU, CORPORATE SPONSORS!
DICK LEE CONSTRUCTION
STF CONSTRUCTION

Volunteers of Howard Young Medical Center
PRESENTS
THE 3rd Annual
THE GREAT TRIVIA QUEST
SATURDAY, OCTOBER 19, 2019
A NIGHT AT THE
THIRSTY WHALE
WITH A TRIVIA COMPETITION, FOOD & GREAT RAFFLES!
DOORS OPEN AT 5:00 P.M. | TRIVIA STARTS AT 7:00 P.M.
TICKETS ARE AVAILABLE AT THE HOWARD YOUNG MEDICAL CENTER GIFT SHOP
FOR INFORMATION CALL 715-356-8517
OPEN TO THE PUBLIC
\$180/TABLE OF 6 OR \$30/INDIVIDUAL
PROCEEDS BENEFIT OUR LOCAL STUDENTS



WHA Partners North Central District Fall Conference

Tuesday September 17, 2019

8:30 AM – 2:30 PM

The Waters Conference Center

8116 US Hwy 51 South

Minocqua, Wisconsin

The fall conference theme is

Mental Wellness - Reaching out with a Kind Heart.

Guest Speaker is Jessica Schiek who is the Regional Director of Ascension Koller St. Mary's Behavioral Health.

The title of her presentation is

"Mental Health and My Community".

She will be including some information about the stigma of mental health disorders and how we can help as a community.

This conference is being hosted by

the Volunteers of

Howard Young Medical Center.

PLEASE SAVE THE DATE!

Volunteer Recognition Luncheon

The annual volunteer recognition luncheon, hosted by Ascension Howard Young Medical Center, was held at the Whitetail Inn on June 12. Our Volunteer Hero, Jerry Ellison, was honored and two wonderful ladies, Eilene Dybvad and Elaine Wendt, were recognized for their contributions to the Auxiliary. Although they both have been members for thirty-five years, they had not met before. And we bade a sad goodbye to Kathy Veirgutz, our cherished volunteer coordinator, who kept us running smoothly for so many years.



Laurie Oungst and
Kathy Veirgutz



Eilene Dybvad, Kathy Veirgutz,
Elaine Wendt

**Thank You,
Volunteers!**



Volunteer Hero Award Recipient Jerry Ellison
with Laurie Oungst and Kathy Veirgutz



Nominees for the Volunteer Hero Award
Webb Southwick, Jerry Ellison, Sue Damske,
Bobbie Huntley, Tom Thompson

Welcome: Tracy Hand, Volunteer Liaison



On February 25, 2019, Tracy joined the Howard Young staff as Executive Assistant to Laurie Oungst, Chief Administrative Officer.

Previously, Tracy was the Executive Assistant for the Michigan Department of Corrections and also spent twenty years as an Executive Assistant at the Michigan Public Schools.

In May 2019, Tracy was given the added responsibility of assisting the Volunteers of Howard Young Medical Center as Volunteer Liaison. Tracy said, "Although it seemed a bit daunting initially, I am now enjoying this new opportunity. It is a privilege to meet so many friendly volunteers who are dedicated to serving the people of this community without recognition or accolades."

Tracy and Dean, her husband of thirty-two years, have two daughters and their husbands who have blessed them with five beautiful granddaughters. In addition to pampering and loving their granddaughters, they enjoy camping in the great outdoors and spending time with family and friends.

Welcome, Tracy! We're happy you are here.

Community Health and Education

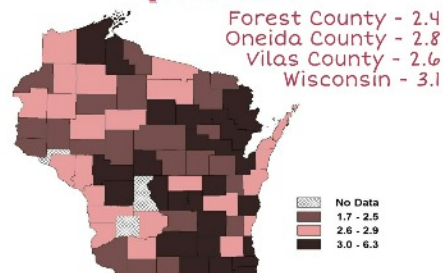
Mental Health

When comparing all diseases, mental illnesses rank first in terms of causing disability in the United States. Mental and physical health are closely connected, mental health disorders are associated with increased rates of chronic health problems and risk factors such as smoking, physical inactivity, obesity, and substance abuse and dependence.

Comparison of Mortality Rates per 100,000 with Suicide Listed as the Primary Cause of Death

2004-2008 - 9.9 2009-2013 - 11.7	2004-2008 - 8.6 2009-2013 - 13.8	2004-2008 - 9.0 2009-2013 - 20.0	2004-2008 - 12.0 2009-2013 - 13.1
Forest County	Oneida County	Vilas County	Wisconsin

2006-2012 Average Number of Mentally Unhealthy Days per Month



9th -12th Grade Suicide Statistics in Wisconsin

Percent of students who seriously considered suicide	13%
Percent of students who made a plan about how they would attempt suicide	12%
Percent of students that attempted suicide at least once	6%

Community Data

Individuals claiming Mental Health interfered with their usual activities in the past 30 days:

Forest		Oneida		Vilas	
M	F	M	F	M	F
7.4%	17.8%	18.2%	18.2%	13.0%	20.0%



Biggest concerns when seeking Mental Health services:

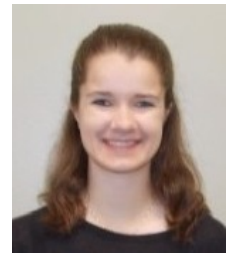
- No concerns
- Lack of doctors, therapists or counselors
- Cost (no insurance or high co-pays/deductibles)

1 WI DHS Healthcare, Wisconsin 2020
2 County Health Rankings
3 Wisconsin Department of Health Services (WHS)
4 U.S. Department of Health and Human Services, CDC

Welcome to Our Newest Volunteers!



Betty Ruesch - HELP



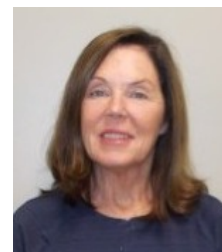
Jenna Seidl - HELP



Osamu Sule - HELP



Morgan Angove - HELP



Jessica Jurgensen
Emergency Department



Sean McCormack
Pet Therapy

Dr. Henry Ashe Continuing Education Scholarships Available

Applications for the Dr. Henry Ashe Continuing Education Scholarships are available until November 1, 2019. Applicants must be graduates of the Lakeland area and enrolled in a program leading to an associate's or bachelor's degree in a healthcare-related major. Students must have completed one semester of college.

Applications can be obtained by writing to the Scholarship Committee, HYMC Volunteer Center, P.O. Box 470, Woodruff, WI 54568-0407. An electronic application form can be requested by contacting Tracy Hand at Tracy.Hand@Ascension.org. Applications must be returned by mail.

Farewell Party To Honor Kathy Viergutz

Volunteers gathered at The Waters on July 17 to honor Volunteer Coordinator, Kathy Viergutz, and to wish her well in the next chapter of her life.

Several volunteers relayed stories about working with Kathy. All who attended agreed that she will be missed.



September Membership Report

Submitted by Kim Gillis

Volunteer 168
Active 123
Life 7
Life Active 3
Patron 28
Eucharistic non supporter 0
Became active 4



Sunshine Needed?

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

Bev can be reached at 715-356-0029 or email her at junebc@frontier.com.



SAVE THE DATE

September 10 VHYMC Luncheon, The Club House at Timber Ridge, 11 AM

September 17 North Central District Fall Meeting, The Waters Convention Center, Minocqua, 8:30 AM. **Hosted by your volunteer organization**

October 19 Third Annual **The Great Trivia Quest**, The Thirsty Whale, Minocqua, Doors open at 5 PM

Heartbeat is published by the
Volunteers of Howard Young Medical Center
Woodruff, Wisconsin
Katie Grundy, Editor
Email: 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

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

HELP – Extremely flexible and rewarding volunteer opportunity, contact Tracy for more information.

Leadership Team & Board of Directors – Please give some thought to taking on a more active role in the leadership and operations side of the volunteer organization. It is a great opportunity to learn more about the organization, meet other members from your organization and other volunteer organizations as well. It is a way for you to be assured that the organization will continue to function and serve the hospital and community. Please contact Tracy if you would like to know more or have an interest.

Nominating Committee – Committee Chair, this individual would be a member of the VHYMC Board of Directors. They would pick their team members and would be responsible to assist with filling vacant positions within the volunteer leadership team and board of directors.

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.

Physical Therapy Department – clean equipment, prep tables, organize equipment, restock, make copies, etc.

Radiology Department – stock linens, greet and assist patients, clean tables, miscellaneous other jobs