



**October 20, 2021**  
**Partners of WHA Southern District**  
**Hosted by Southern District Officers**  
**via Microsoft Teams**

Wednesday, October 20, 2021  
Time: 9:00 AM – 10:00 AM

CHE REPORT We're getting ready for colder days ahead – getting things cleaned up outside, getting everything winterized...but what about ourselves? A balanced diet in general is important for your immune system. Foods that supply vitamins, minerals, antioxidants, proteins, and healthy fats to keep inflammation low and support your immune system are especially important at this time of year. Include colorful fruits and vegetables, healthy fats (those found in olive oil, avocado, and salmon), foods high in fiber - whole grains and legumes, nuts and seeds - especially walnuts and flax seed, and even some herbs and spices, dark chocolate, and green tea.

Try avoiding foods with added sugars, junk food, fast food, artificial trans fats, which are often added to processed and fried foods, refined carbohydrates, which are found in white bread, pasta, pastries, cookies, and cakes, and processed meats, all of which can increase inflammation.

The flu vaccine needs to be updated every year to keep up with different strains of the flu virus. So, it's important to get the new vaccine each year.

Moderate exercise is an excellent way to support your immune system. Try for 30 minutes per day 5 days per week, or 150 minutes per week total, with a mix of cardio and strength training exercises.

Reducing stress can make a big difference in your immune system functioning. Try yoga, meditation, nature hikes, listening to music, massage, or aromatherapy.

AND wash your hands, avoid touching your face, and avoid large crowds.

PPE REPORT If you are a HEAT member, you recently received an email from Kari Hofer of WHA asking you to contact your state lawmakers to support legislation prohibiting insurance-company mandated white bagging policies. “Koreen’s Law” stems from an incidence of a patient’s insurance company refusing payment for medications unless the patient received them from where the company dictated. This new insurance practice – called “white bagging” - requires that certain medications be dispensed by a separate pharmacy, often owned by the insurer. Medication is then mailed to the hospital and staff, on a patient-by-patient basis, even though most of these medications are already on-hand at the hospital pharmacy. These critical medications are needed for patients with cancer, multiple sclerosis, rheumatoid arthritis, Crohn’s disease, and a host of other debilitating conditions. Sherry Jelic – Southern District CHE Chair

Prairie Ridge Health Columbus will hold a volunteers membership in-person meeting Monday, October 25, 2021, but off-site. A continental breakfast will be served. Social distancing at the off-site location will be possible. Fund raisers have continued but virtually.

SSM Health St Mary’s Madison volunteers are holding in-person fundraisers in November.

MercyHealth Association of Volunteers, Janesville, are actively working in the hospital and holding fundraisers.

It has been difficult filling positions for Chair-elect and PPE. A decision was made to wait until the spring meeting on Tuesday, May 3, 2022, at Madison Marriott West when we can hopefully meet in person to find individuals willing to fill the open positions.

The Key Note speaker, Darcy Louma, at the Virtual State Convention was very well received. Microsoft teams was an issue for some participants. Workshops were well done.

A reminder was given to everyone on end of year reports. Forms are located on the partners-of-WHA website. Email or send printed copy of President's report (2 pages), PPE report and CHE report to Barbara Lauersdorf by January 15, 2022.

Barb thanked Terri Donlin and Pat Freeders for their work on the convention.