

ASCENSION GOOD SAMARITAN HOSPITAL VOLUNTEERS

VITAL SIGNS

February and March 2020

Message from a President

This will be a combined February - March newsletter as our editor, Arlys, heads to warmer climates.

We bid one of our longtime members, Cleone Turner, farewell as she moves closer to family. Her new address is: 225 Frank St, Apt 203, St. Paul, MN 55106.

Wow, what a busy year 2019 was for our volunteers . . . new fundraisers, well received, all successful and lots of fun!! And, 2020 offers us a chance to begin afresh. Plans are already underway for another plant sale this May. Book Fair dates are yet to be confirmed so watch for details.

The committee appointed to work on the photo display of the history of Holy Cross Sisters and Holy Cross Hospital, from its beginnings up through the current hospital is well underway. This wall display will begin in the lobby and travel along the halls throughout Ascension Good Samaritan Hospital. The volunteers dedicated monies from yearly projects to fund a large part of this display. We hope phase one will be completed for the 2020 Health Fair!

The gift shop has been dressed with merchandise for spring, so come browse, shop and support our yearly project and educational scholarship.

Two volunteer opportunities for each of us to consider: Ascension Good Samaritan will hold a Community Health Fair in April or May - volunteers have been asked to help. Let Ramona 539-3720 or Linda 722-0312 know if you are willing to help.

The hospital is asking for our assistance in answering phones on Day Surgery (2nd floor) weekdays. Several volunteers have already signed up but we need a few more. Again, contact Ramona or Linda if you would like more information.

While we await the arrival of spring, warmer weather, grass greening, flowers peeking up through the soil, trees budding and the return of our feathered friends, take time to reflect about how you can volunteer and continue to make a difference for our hospital and patients.

Until spring,

Ramona Hornischer, Presidential Team



- Sun, Feb 2 – Groundhog Day
 - Super Bowl LIV – Miami Gardens, FL
- Wed, Feb 5 – Volunteer Board Mtg – 1:00 pm
 - Everyone Welcome
- Fri, Feb 14 – Valentine's Day
- Mon, Feb 17 – Presidents' Day – NO MAIL
- Sat, Feb 22 – Dueling Guitars – Les & Jim's
 - (Ascension Good Samaritan Foundation fundraiser)
- Tues, Feb 25 – Mardi Gras
- Wed, Feb 26 – Ash Wednesday – Lent Begins
- Wed, Mar 4 – Volunteer Board Mtg – 1:00 pm
 - Everyone Welcome
- Sun, Mar 8 – Daylight Savings Time begins
- Tues, Mar 17 – St Patrick's Day – Wear Green
- Wed, Mar 18 – Advocacy Day – Madison
- Thurs, Mar 19 – Spring Equinox

FEBRUARY BIRTHDAYS

- 2 Rachel Geisler
- 8 Joan Kobielus
 - Kathy Sheridan
- 20 Jane Hanson
- 25 Teresa Baker



MARCH BIRTHDAYS

- 2 Betty Clabough
- 5 Lee Ann Lindquist
- 7 Mary Ann VanDerGeest
- 20 Darlene Johnson
- 23 Jennifer Heitz
- 26 Peggy Berndt



Public Policy Education

WI Hospital 2020 Economic Impact Report

High-quality health care is one of Wisconsin's greatest assets. Wisconsin hospitals and health systems provide affordable, accessible, quality care to their neighbors, friends and communities 24 hours a day, seven days a week.

Access to quality care helps patients, of course. It also helps economies, both local and statewide. Hospitals and health care systems rank as one of the state's largest employers and strongest economic drivers. Wisconsin can attract people and businesses to our state because the health care sector provides family-supporting jobs across a wide spectrum of worker educations – from high school to an advanced degree.

Wisconsin leads the nation in health care quality and innovation. Our hospitals and health systems enhance where we live, work and play and are part of the fabric of Wisconsin. Wisconsin's health care sector plays a crucial, vibrant role in our economy.

The report, "*Healthy Hospitals. Healthy Communities,*" provides insight into the effect Wisconsin's health care industry has on our state. An executive summary of that report follows; the full report is available at www.wha.org.

Eric Borgerding, WHA President/CEO

Executive Summary

Hospitals and health systems:

WHA's 2015 economic impact report focused solely on hospitals. This report examines hospitals and additional health care industries. As health care becomes more integrated, so should our analysis to include health care systems, with hospitals at the core. This broader sector includes physician offices, outpatient care centers, nursing and community care facilities and other care providers – which are often components of Wisconsin's local and regional health systems.

The economic impact:

Hospitals and health systems are among the largest economic drivers of the state's economy. Wisconsin hospitals alone contribute more than \$47 billion annually to the state's economy in labor income, total income and industrial sales and revenue. Add in other health care sectors and the total economic impact of health care in Wisconsin equals more than \$119 billion.

Jobs:

Hospitals in the state directly employed more than 108,000 people in 2016, while the overall health care sector supported about 327,000 jobs. Perhaps most important is the quality and wide range of community opportunities these health care jobs bring to any one community. After accounting for the multiplier effect, the health care sector contributes about 571,900 jobs – more than 15% of all Wisconsin employment.

Out-of-state patients:

Patients coming from out of state seeking care in Wisconsin spent \$2.3 billion on hospital services in 2017. Hospital services for these patients supported 29,300 jobs in the state – for every \$1 million in spending from out-of-state patients a total of 13 new jobs (total impact) are created. This "exporting" care segment could be a prime element in any Wisconsin strategy to inject money into the state's economy.

Taxes, revenue to state and local governments:

Hospital-related activity generated \$1.06 billion in total state and local tax revenues, with about \$360 million in property taxes going to local government, supporting public schools. Most of the remainder goes to state government. Health care other than hospitals is responsible for \$1.99 billion in state and local tax revenues, bringing the total for the state's health care sector to more than \$3 billion in taxes.

Community impact:

Hospitals and health systems have a major positive impact on the areas they serve, with nearly \$5 million coming from Wisconsin hospitals every day for community benefits and charity care for patients and communities.



FROM THE TREASURER

Active – \$8 per year, due January
Associate - \$25 per year, due January
Life - \$100 (paid once for life)

Send to:

Vicki Hilfiker 715.551.2620
W8752 Joe Snow Rd, Merrill, WI 54452

NAME _____

ADDRESS _____

Community HEALTH EDUCATION

The Flu is serious

The flu hits hard and fast, and can leave you with debilitating symptoms that last for more than a week. You can miss out on work, hobbies, and time with family and friends. And it's not just you. The CDC estimates that each year, up to 49 million people will be affected by the flu.

If left untreated, the flu virus can lead to serious complications including pneumonia, dehydration, hospitalization and, in some cases, even death. The sooner you talk to your doctor about prescription flu treatment, the better chance you have of fighting it.

Signs and Symptoms	Flu	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

HEART HEALTH MONTH – February



National Wear Red Day® February 7, 2020

Do you know your heart disease risk? High blood pressure, high cholesterol, smoking, diabetes, obesity, and physical inactivity each increase your risk for heart disease. #WearRedDay #HeartMonth

For women, age becomes a risk factor at 55. After menopause, women are more apt to get heart disease, in part because their body's production of estrogen drops. Women who have gone through early menopause are twice as likely to develop heart disease as women of the same age who have not yet gone through menopause.

Family history of early heart disease is another risk factor that can't be changed. If your father or

brother had a heart attack before age 55, or if your mother or sister had one before age 65, you are more likely to get heart disease yourself.

Preeclampsia is another heart disease risk factor that you can't control, and if you had it, you should take extra care to try to control other heart disease risk factors.

Being more physically active and eating a healthy diet are important steps for your heart health. You can make the changes gradually, one at a time. But making them is very important.

You may wonder: If I have just one risk factor for heart disease . . . say, I'm overweight or I have high blood cholesterol . . . aren't I more or less "safe"? Absolutely not! Each risk factor greatly increases a woman's chance of developing heart disease. Having more than one risk factor is especially serious, because risk factors tend to "gang up" and worsen each other's effects. So, the message is clear: Every woman needs to take her heart disease risk seriously—and take action now to reduce that risk.

A Funny Valentine Love Story

He loved her so very much. He wanted this Valentine's Day to be special. So he had ordered a bottle of her favorite drink, imported from France, and it had arrived in time for the occasion.

On his way home, he stopped at the local florist. He had planned to have a bouquet made with her favorite flowers, white anemones. To his dismay, he found that the florist had sold all her flowers and had only a few stems of feathery ferns left for decoration.

In a moment of inspiration, he had the answer. He asked the florist to make a bouquet using the flask of liquor instead of flowers and what she produced was magnificent well beyond his expectations.

He added a card, and proceeded home.

When he arrived, his wife was beautiful in her most elegant gown, and it was apparent that she had spent much of the day preparing a romantic candlelight dinner for them.

He presented her with his gift, and she opened the card to read, "Absinthe makes the heart grow fonder."

With a tear in her eye, she whispered to him lovingly, "Yes, and with fronds like these, who needs anemones." Author unknown

Valentines

A woman walks into a post office and notices a middle-aged, well-dressed man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. As he seals each envelope he sprays it with a puff of perfume.

The woman's curiosity gets the better of her, so she goes up to the man and asks what he is doing. The man replies, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" she asks.

"Because I'm a divorce lawyer," the man replies.

Catholic Dog - Irish Story

Muldoon lived alone in the Irish countryside with only a pet dog for company. One day the dog died, and Muldoon went to the parish priest and asked, Father, me dog is dead. Could ya' be saying' A mass for the poor creature?' Father Patrick replied, 'I'm afraid not; we cannot have services for an animal in the church. But there are some Baptists down the lane, and there's no tellin' what they believe. Maybe they'll do something for the creature.'

Muldoon said, 'I'll go right away Father. Do ya' think \$5,000 is enough to donate to them for the service?' Father Patrick exclaimed, 'Sweet Mary and Joseph. Why didn't ya tell me the dog was Catholic?'

Digging a Hole

A passer-by watched two Irishmen in a park. One was digging holes and the other was immediately filling them in. "Tell me," said the passer-by, "What on earth are you doing"?



"Well," said the digger, "Usually there are three of us. I dig, Fergal plants the tree and Sean fills in the hole.

Today Fergal is away unwell, but that doesn't mean Sean and I have to take the day off, does it"?

The Crafty Housekeeper

Phil, a smart and handsome young man, dressed in the latest fashion, walked into this local pub. He noticed a woman gazing at him without blinking her big eyes. Phil felt flattered so he walked up to the woman and said in his deepest voice, 'I'll do anything you wish, beautiful lady, for just \$20 but on one condition.'

The woman appeared to be trapped in the moment and asked as if in a trance, 'What's your condition?'

Phil answered, 'Tell me your wish in just three words.'

There was a long pause, the woman opened her purse, counted out the money and handed it to the man along with her address. She then looked deeply into his eyes and whispered, 'Clean my house.'



Ascension

Good Samaritan Hospital

601 South Center Avenue, Merrill, Wisconsin 54452-3404



Happy Valentine's Day

Happy St Pats Day