

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.

A Message from the Partners of WHA President

Farewell - But Not Forgotten



Jan Molaska

As my time as president is drawing to a close, I want to thank you for putting your trust in me and for the privilege of allowing me to represent the Partners of WHA. I am profoundly grateful for the opportunity and honor to have served this organization. To the best of my ability, I have sought to grow the Partners of WHA, improve communication within all levels of the organization, increase Advocacy activity, and address leadership concerns and the changing faces of volunteers. I hope I have accomplished some of this to your satisfaction.

This journey we have been on together has been exciting, memorable, frustrating, and challenging. I am the first to admit I am not perfect. I will also admit that there were times when I was ready to throw up my hands and say, "I QUIT; I CAN'T DO THIS!" Thankfully, because of the encouragement, reassurance, guidance, and support I received from so many of you, I was able to refocus and work on the values and principles that have made us a strong and influential voice for health care in Wisconsin.

We faced challenges, but together, we resolved many of the issues. We updated and adopted new bylaw, set budgets, formulated a strategic plan and worked diligently to address the goals set forth in the plan, and designed meaningful and educational programs for our annual conventions. Health care continues to be a topic of great importance to most individuals. We need to stay focused and informed on what is happening in our local, state, and at the federal level and advocate for issues that affect our hospitals and clinics. The greatest challenge presently is the coronavirus which seems to have no end in sight. Physician shortages, behavioral and mental health, and drug issues continue to be major concerns. We have to continue to do all we can to address these and other health care concerns.

The incoming officers have been involved with Partners for many years. They are knowledgeable, dedicated, and forward thinking. I know, with your help, they will continue to advance our mission and build on the already strong organization that is Partners of WHA. I ask that you afford the new officers the same support that you have shown to me.

You, the Volunteers, are the backbone of our organization. You give of your time and effort and expect very little in return. You serve with dedication, grace, and empathy. Thank you for all that you do. Thank you

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A Message from the President-Elect

Amazing Volunteers

Partners of WHA is an amazing group of individuals who are dedicated to the health of their communities. They range from high school students just beginning their journey to retirees looking



Peg Larson

at the sunset of life; from health care professionals to teachers to corporate executives. As volunteers, they offer their varied skills for a variety of reasons. All of them are frustrated in this time.

Volunteers are committed to actively doing things to help. They are not accustomed to helping by staying home, doing nothing. Over the course of the last several months their creativity has shone in finding ways to reach out and support the organizations that they serve while protecting themselves and the health of their community. They have learned new skills including electronic platforms like Microsoft Teams and Zoom to stay connected.

The main reason that our participants like being involved in Partners at the district and state level is the opportunity to meet and work with others from around the state. This year has made that much more complicated, but we have developed new strategies using new technologies to keep in touch. I look forward to participating in some fall district meetings via my trusty laptop

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for your support as I attempted to navigate the unparalleled effects of the Covid-19 pandemic and the changes in health care that continue to take place on a daily basis.

Let me take this moment to acknowledge with deep gratitude the individuals that have demonstrated unwavering support as we walked this journey. First, a very heartfelt thank you to all the dedicated volunteers. Spring tours were always enlightening and visiting with everyone was a highlight of my term.

A special thank you to the WHA staff members: Eric Borgerding, president and CEO; Leigh Ann Larson; Kari Hofer; and John Hoelter. Their support is truly a gift to the Partners organization. My deepest gratitude to Peg Larson, Sharon Scott, Julie Steiner, and Bonnie Olson for your guidance and encouragement. A sincere thank you to the district chairs – John Tully (Jaci Fuller), Jane Henderson (Barb Jamerson), Ginny Bosse, Lois Kreeger (Gail Wright), Lyn Krohn (Cindy Hermel), Judy Jaggard, and Iva Mulhern (Patsy Pippin). A special thank you to Sherry Jelic for continuing on as CHE and for the incredible information she has provided on different health issues (and also being a great roommate while on tour); Bill McCullough for jumping in to the PPE role with both feet and providing extremely timely information; Jaci Fuller for taking charge of Strategic Planning (and all the other roles you have assumed); Robert Schuck (the Roberts Rules of Order guru) for being there when I was lost in a fog; Kay Lyndahl, our fantastic newsletter editor that graciously reminded me of deadlines; Patricia Frank, our amazing webpage editor; and all those that have agreed to take on committee roles. I appreciate your dedication and having had the opportunity to work with all of you.

A very special thank you to my mentor and friend Yo Voigt. Never in my wildest dreams would I ever have thought that this small-town girl from Mosinee, who would gladly help with any work but NEVER wanted to be in front of a group, would be brainwashed into believing she could handle the position as local president and then state president of an influential organization. Yo, thank you for all your support and faith in me. To Aspirus, Inc., you have supported me through this entire process. I am so very proud to be a part of the amazing Aspirus family.

To my husband Ken. You have been there for me for the past 50 years. You have been my shoulder to cry on, my sounding board, and have listened to all my tales of woe. My children and grandchildren have been my “hold on sanity.” Thank you!

I have truly enjoyed and learned so very much during my term. It has been an honor to be a part of this team. Thank you for the friendships, encouragement and support. As Winnie the Pooh said, “How lucky I am to have something that makes saying goodbye so hard.”

My deepest gratitude for putting your trust in me and allowing me the privilege of representing Partners of WHA. My greatest blessings from serving in this role are the friendships and memories that I have made and will treasure forever.

With gratitude and love,

Jan Molaska
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How to Live Our Lives

A village decided to pray for rain. On the day of prayer, all the people gathered but one boy came with an umbrella...
That is FAITH!

When you throw a baby in the air, she laughs because she knows you will catch her...
That is TRUST!

Every night we go to bed, without any assurance of being alive the next morning, but still we set the alarm to wake up...
That is HOPE!

We plan big things for tomorrow in spite of zero knowledge of the future...
That is CONFIDENCE!

We see the world suffering, but still we get married and have children...
That is LOVE!

On an old man's shirt was written a sentence “I am not 66 years old – I am sweet 16 with 50 years experience”...
That is ATTITUDE!

Thanks to Ascension Good Samaritan Hospital Volunteers, Merrill for sharing this article!

*Don't wait
for things to get easier,
simpler, or better.
Life will always be
complicated.
Learn to be happy
now.
Otherwise, you'll run
out of time.*



A Message from the President-Elect...continued from page 1

because I so missed seeing everyone on Spring Tour. As we plan for our spring meetings, we are arranging for physical sites and electronic resources, just in case.

I am honored to be your President for 2021 and 2022 and look forward to working with all of you. I hope that I can measure up to the task.

I am pleased to announce that Sherry Jelic of Columbus, our current Community Health Education Chair, has accepted the position of Strategic Planning Chair. She brings a wealth of experience with Partners and great leadership skills to this position and will build on the great work that Jaci Fuller has done.

I am also very grateful to welcome Sue Schuelke of Menomonee Falls to the position of Community Health Education Chair. Sue has chosen a focus on infectious disease. Besides updated and accurate information on the Coronavirus, other communicable and infectious diseases will be covered, including areas such as vaccines and the science behind them, prevention as well as the latest treatments, socioeconomic and mental health impacts, just to name a few. Look for more information to be published on the Partners website in December!

Bill McCullough of Eau Claire will continue to lead our advocacy efforts as our Public Policy Education Chair. Advocacy for the health of our communities includes advocating with our public policymakers and with our friends and families. I know that Bill will keep us informed. He is also leading our effort to develop our leadership training resources.

Because of the complications of the pandemic, the Partners Board decided in the spring to defer the Best of Best and WAVE Awards to 2021. The applications that have been received will be reviewed with those received for next year. We are grateful to Jeanne Tatro, WAVE chair, and Bev Lazar, Best of the Best chair, and their committees for agreeing to serve in 2021. We look forward to applications that show adaptation of projects to the pandemic conditions. The Board has also added a category to the WAVE Award for advocacy.

Jan Molaska has had the most unusual presidency in the history of Partners. She has been our president since the passing of Mary Licht in 2017. She has led us through some very complicated times as we navigated the logistics of losing a leader midstream and as we put in place the bylaws that Mary helped us develop. She has done it all with style, grace, patience, and compassion. We are so grateful for her leadership and are glad that we have two more years to continue to learn from her. We hope that soon Jan will be able to spend lots of time with her grandchildren and volunteering at Aspirus in Wausau. Next October, we hope to give her the send-off that she deserves, IN PERSON! Thank you very much for your service, Jan.

As we move into the new year, please let me know if you have any concerns, suggestions, or questions. Together we will build the future.

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Best Foods for Arthritis

1. Fish – mackerel, salmon, tuna, herring
2. Beans – red, kidney, pinto
3. Oils – extra virgin oils, safflower
4. Fruits – watermelon, red raspberries, avocado, cherries, strawberries
5. Vegetables – Brussels sprouts, broccoli, spinach, broccoli, dark green leafy lettuce
6. Dairy Products – low fat milk, yogurt, cheese
7. Citrus – oranges, grapefruit, limes
8. Seasonings – garlic, onions, leeks
9. Nuts – peanuts, pistachio, pine nuts, almonds, walnuts
10. Grains – oatmeal, brown rice, whole grain cereals

What to drink:

1. Green tea
2. Coffee
3. Milk
4. Juices
5. Smoothies
6. Water

"COVID 19 Warning"

Do not let them take your temperature going into the grocery store! It's a scam! They're erasing your memory! I went in for bread and eggs and came home with beer, pizza, and ice cream! Now I know you are smiling! Stay safe!

2020 - What a Year!



Leigh Ann Larson

October 2020 should have been when all of us gathered again for the Partners of WHA Annual Convention. Well, that was not meant to be. Despite this change, the Board of Directors were still able to coordinate and execute officer voting, as well as a virtual Annual Member Meeting. I was proud to be part of the group who worked from March-October to make all of this happen. We worked through the logistics and challenges of learning a virtual platform and figured out how to make the experience a positive one. What's the saying? If the world gives you lemons, make lemonade! Well, make lemonade we did!

WHA staff have been working continuously to assist Wisconsin hospitals during this unprecedented time. COVID-19 doesn't fit the normal five-day work week and 8:00-5:00 workday. Our work has centered on all imaginable areas, including advocacy, workforce, and relief fund allocation. Also, despite all in-person education being cancelled this year, we have been providing more education than ever before. This has come in the form of virtual learning. It has been well-received, and we will continue to offer such opportunities into the future. Of course, we hope to, at some point, be able to again offer in-person events.

No one has a crystal ball looking into 2021. If we are fortunate to be able to gather for the convention in 2021, that will be wonderful. However, if we are not able to do that, then I say bring on the lemons!

Take care and be safe!

Leigh Ann S. Larson, WHA Vice President of Education and Marketing, Executive Director of the WHA Foundation, and WHA liaison to Partners of WHA
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Strategic Planning Past Year Report

This will be my last article for the Reaching Out as chair of the Strategic Planning Committee. At the March 2019 organizational meeting, the following goals were established:

1. Continuous improvement of communications within all levels of the Partners of WHA. Review of local, district, and state reporting forms.
2. Evaluate and improve the value of the Partners of WHA annual awards.
3. Enhance leadership development and identification at the at the local level. Development of a "tool kit" to assist local partners organization with identifying and developing local leaders.
4. Evaluate and improve ROI (return on investment) of annual convention.

The Committee consisted of the following: President Jan Molaska, President-Elect Peg Larson, Secretary Sharon Scott, Treasurer Julie Steiner, CHE Chair Sherry Jelic, PPE Chair Bill McCullough, Judy Jaggard, Ginny Bosse, Chair Jaci Fuller, and Leigh Ann Larson, WHA Representative.

Added to the committee for the goal for the development of a "tool kit" were Cindy Hermel and Ron Zahrt. Information will be posted on the Partners of WHA website as development of the "tool kit" progresses and presented to districts and local organizations during the Spring Tour.

Adding a category of advocacy to the WAVE awards was suggested and criteria considered. Criteria for Best of the Best Award were reviewed and recommendations made.

Forms have been reviewed, updated, and on the Partners of WHA website. Communication has been ongoing, and articles from hospital administrators regarding the value of the Partners of WHA have been in *Reaching Out*. Information regarding the Partners of WHA, its history and goals were sent to the local organizations as a reminder of their membership in Partners of WHA and as an education tool.

The Strategic Planning Committee will continue to review and identify the key issues facing the Partners of WHA. Any suggestions will be helpful in setting and achieving the goals to strengthen the Partners organization.

Jaci Fuller, Chair
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It's not about the days in your life but the life in your days, -Abraham Lincoln

Honor Points for 2019

Partners of WHA is pleased to announce that the following organizations have received honor points for their fine work in 2019. Unfortunately, we are not able to have pictures, but we do want to list them.

District	City	Name
Lakes	Chilton	Calumet Medical Center Auxiliary
Lakes	Green Bay	Partners of HSHS St. Vincent/St. Mary's Hospital
Lakes	Marinette	Aurora Medical Center - Bay Area Volunteer Services
Lakes	Oshkosh	Ascension Mercy Hospital Volunteers
Lakes	Ripon	Ripon Medical Center Auxiliary
Lakes	Sheboygan	Partners of HSHS St. Nicholas Hospital
Lakes	Waupaca	Volunteers of ThedaCare Medical Center - Waupaca
North Central	Antigo	Aspirus Langlade Hospital Auxiliary
North Central	Marshfield	Partners with Marshfield Medical Center
North Central	Medford	Aspirus Volunteers - Medford
North Central	Merrill	Ascension Good Samaritan Volunteers
North Central	Wausau	Aspirus Wausau Hospital Volunteers
North Central	Woodruff	Auxiliary of Howard Young Medical Center
Northwestern	Ashland	Partners of Memorial Medical Center
Northwestern	Hayward	Hayward Hospital Auxiliary
Northwestern	Ladysmith	Partners of Marshfield Medical Center - Ladysmith
Northwestern	Park Falls	Flambeau Hospital Auxiliary
Northwestern	Spooner	Partners of Spooner Health
Northwestern	Superior	Essentia Health St. Mary's Hospital - Superior Auxiliary
Southeastern	Brookfield	Ascension SE Wisconsin - Elmbrook Campus Auxiliary
Southeastern	Menomonee Falls	Volunteers in Partnership with Community Memorial Hospital-Froedtert Health System
Southeastern	Oconomowoc	ProHealth Oconomowoc Memorial Hospital Auxiliary
Southeastern	West Allis	Aurora West Allis Medical Center Service Club
Southeastern	West Bend	Froedtert West Bend Hospital Partner Volunteers
Southern	Beaver Dam	Partners of Beaver Dam Community Hospital
Southern	Beloit	Beloit Health System Volunteers in Partnership
Southern	Columbus	Volunteers of Prairie Ridge Health
Southern	Edgerton	Edgerton Hospital Auxiliary
Southern	Fort Atkinson	Fort HealthCare Partners
Southern	Janesville	Mercyhealth System Association of Volunteers
Southern	Madison	SSM Health St. Mary's Madison Volunteers
West Central	Chippewa Falls	Partners of HSHS St. Joseph's Hospital
West Central	Cumberland	Cumberland Healthcare Volunteer Partners
West Central	Eau Claire	Volunteer Partners of HSHS Sacred Heart Hospital
West Central	Osceola	Partners of Osceola Medical Center
West Central	St. Croix Falls	St. Croix Regional Medical Center Volunteer Partners
West Central	Stanley	Partners with Our Lady of Victory Hospital
Western	Adams-Friendship	Partners of Gundersen Moundview Hospital and Clinics
Western	Black River Falls	Partners of Black River Memorial Hospital
Western	Boscobel	Gundersen Boscobel Area Hospital and Clinics Partners
Western	La Crosse	Franciscan Healthcare Auxiliary
Western	La Crosse	Gundersen Partners
Western	Lancaster	Grant Regional Health Center Auxiliary
Western	Prairie du Chien	Partners of Crossing Rivers Health
Western	Viroqua	Friends of Vernon Memorial Healthcare



Please Note:
Because most volunteer work has been suspended for the year and Partners has had to cancel most of the meetings for 2020, the Honor Points awards will not be given for the year 2020. A slightly revised points allocation will be in place for 2021 and will be available around March 1.

Congratulations to all of you and thank you for your dedication!

Public Policy Education Report



Bill McCullough

One important goal was set by the 2019 Partners Strategic Planning Committee: “Enhance leadership development and identification at the local level. Develop a ‘tool kit’ to assist local Partners organizations with identification and development of local leaders.”

In early 2019, the assigned co-chairs, Jaci Fuller & Bill McCullough, met with Partners President Jan Molaska to discuss the importance of this goal and how available resources could be identified to support goal achievement. Because of the breadth of this subject, the committee was expanded to include Cindy Hermel, Ron Zahrt, and President-Elect Peg Larson. It is clear that resources and writings on the subject are unlimited.

In *True North: Discover Your Authentic Leadership*, written by former Medtronic CEO Bill George and Ann Fudge, former CEO of Young & Rubicam, it stated: “All of us have the spark of leadership in us, whether in business or government or as a nonprofit volunteer. The challenge is to understand our selves well enough to discover where we can use our leadership gifts to serve others. If not me, then who? If not now, then when?”

Some initial questions for the committee’s consideration were:

1. How do we identify members interested in pursuing a position of leadership?
2. How could our Mentorship Plan be implemented to build success?
3. How and when would the “tool kit” be introduced to leadership for review and agreement?
4. What resource information would be recommended and made available to both mentor and mentee?
5. How might the Partners website be utilized to provide enhanced resources?
6. How might available resources from WHA be utilized?
7. Could resources be identified within the Wisconsin library consortium?

With leadership assistance from our WHA Liaison Leigh Ann Larson, committee telephone conference calls were conducted and resulted in the following considerations:

1. Importance of including information about the Partners organization in new volunteer orientation
2. Importance of and commitment to the Mentor Program established by Partners
3. Consideration to provide a “standard orientation” for new members in each district
4. Importance of introduction of “tool kit” at district meetings
5. Acknowledge that there is no “on size fits all” approach.

While the advent of the current COVID-19 pandemic has impacted this committee and other initiatives, progress continues to be made. The Leadership Handbook, posted on the Partners website is being revised to include specific reference to the topic of leadership and the Mentor Program. When this task is completed, Section 16.2 of the Handbook will list various readings and references.

It is our plan, when once again able to conduct district meetings in person, to seek your input and to offer guidelines for implementation of this leadership initiative. We all agree that leadership is the key ingredient to the continued success of the Partners organization.

Please stay tuned and feel free to contact this committee with your questions.

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Community Health Education Report

Our Journey for Mental Health



Sherry Jelic

During the past two years our Community Health Education focus has been MENTAL HEALTH. Many organizations strive to create awareness and importance of mental health, but there is still a lack of knowledge and understanding on the subject. Why is learning about mental health important? Because not all wounds are visible.

Mental health is important in every stage of life. Mental health and physical health are connected. Mental illnesses are prevalent in our world and often lead to other conditions. It is estimated that 1 in 5 Americans experience a mental health condition each year. According to the World Health Organization (WHO), approximately 20% of the world's youth have mental health disorders and about half of them develop disorders before the age of 14.

Anyone can have a mental illness. Regardless of a person's age, race, religion, or income, mental illness can be present. It can disrupt a person's thinking, mood, feelings, and daily functioning. People can suffer from mental illness without the illness being visible to themselves or others. Mental health issues need not be severe; some are mild and easily treated. But these may grow into something worse if left untreated. Awareness and knowledge about symptoms and treatments can help us recognize and seek necessary treatment for ourselves or others.

The stigma and discrimination of mental illness has been a stumbling block in recognition and treatment. The belief that a person is making excuses or feigning mental illness for attention, that they can "snap out of it" if they choose, or that mental illness is untreatable, still indicates a misunderstanding of the complexity of mental health. Even if a person struggles with a mental health problem, they still may not seek the help they need, feeling that doing so is a sign of weakness. Mental illness in children has been seen in the past as invalid. Testing for anxiety and other mental health issues in children as young as five has reversed this way of thinking. Getting help is important. This is why education is so important. Mental health knowledge is vital in today's society. With the proper care and treatment, symptoms of mental illnesses can be greatly reduced. With treatment, people can experience a reduction in symptoms and an improved quality of life.

Mental illness causes people to miss work. Mental health conditions are the second-leading cause for employees having to miss work. Nearly 23% of all years lost due to disability are a result of mental health and substance use disorders (WHO).

Mental health disorders and addiction contribute to increased suicides. Worldwide, 800,000 people commit suicide each year and it is the second leading cause of death in 15-29-year-olds (WHO). The key to reducing these numbers is awareness of the signs, and effectively managing the symptoms.

Even if you don't have a mental health diagnosis, practicing good mental health is still very important. When you age, you want to have better mental health and be able to stay sharp. By keeping your mental health up, you can grow as a person and be able to resist depressing days or other challenges that come your way.

The Health Education focus is a decision made between the Partners President and the chair of Community Health Education, and is based on current health emphases of both WHA and AHA. It is considered for the value of education of the subject and for opportunities for advocacy related to the health issue.

I hope that this journey for mental health has presented an understanding of the hurdles of stigma, correct diagnoses, availability of resources, and health coverage limits as it relates to mental health, as well as habits that help us stay mentally healthy. If you agree, then let us stand together in awareness and advocacy for the best understanding, care, and services for mental health!!

Sherry Jelic, CHE Chair
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Thank You!

I want to thank Jan Molaska for allowing me to do what I love best – educating about health issues that affect ourselves, our hospitals, and our communities, so that we can each enjoy the best health that is possible, and therefore live a quality life. I also want to thank the Partners officers, board members, and volunteers for supporting our health topics and focus, and passing the information along to others in their hospitals and communities. Nothing is as powerful as knowledge and nothing is as strong as a volunteer heart.

Around the State

Gundersen Partners, La Crosse:

Eleven teen volunteers received merit awards in 2020 from La Crosse high schools who are all attending college in fall. To add to this, there are 12 others who received scholarship awards for medical programs to several different colleges. Congratulations to this Partners group of 70 years of organization!

Black River Memorial Hospital Volunteers, Black River Falls:

This hospital has a new gift shop just waiting for the ok to open, even if it means with very limited hours for staff as of now. The shop will not be open to the public until visitor restrictions are lifted due to COVID-19.

Hayward Area Memorial Hospital and Water's Edge Partners, Hayward:

These Partners awarded the OB Department funding for sleep sacks through the department's Dreams Program. Many infant deaths in Sawyer County are due to unsafe sleep practices, so parents are instructed on safe sleep practices with the help of sleep sacks. These sacks can now be provided to their patients – thanks to the support of the Partners!

Partners of Marshfield Medical Center, Ladysmith:

Looking for something to do? Several members of these Partners are making masks for the hospital and schools in their area. Also, your neighbors, friends, and family would love to have them. It's a great way to social distance!

Kay Lyndahl, Editor

(If you're seeing just a few hospitals mentioned again in this column it's because I don't hear from many of you!)

THINK

If you think you are beaten, you are.
If you think you dare not, you don't.
If you like to win but think you can't
It's almost certain you won't.

If you think you'll lose, you've lost
For out of the world we find,
Success begins with a person's will —
It's all in the state of mind.

If you think you are outclassed, you are,
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster person,
But sooner or later the person who wins
Is the person WHO THINKS THEY CAN!

- Author unknown

Reaching Out Deadlines

<u>Issue</u>	<u>Deadline</u>
February 2021	Fri. Jan. 15, 2021
May 2021	Wed., April 12, 2021
August 2021	Thurs., July 15, 2021
November 2021	Tues., Oct. 14, 2021

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