

# Memos from MEMORIAL

## Partners of Rusk County Memorial Hospital

Volume 40 ~ Issue 2

May 2017

### *Edition Highlights*

- Upcoming Partners Events: Artisans Eve of Shopping & \$6 FUNdraising Sale
- From the President Emeritus~Winnie's Wanderings
- Health Education: FITNESS Tips
- Change of Partners Officers & Bylaws

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### **OFFICERS:**

- Bev Lazar, President  
 Winnie Lee, President-Emeritus  
 Mary Jane Nelson, Vice President  
 Pauline Lundgren, Treasurer  
 Cheryl Petrus, Secretary  
 ~~~~~  
 Amanda Thompson, PR  
 Paula Carow, Member-at-Large

## Upcoming Events Save~the~Dates:

### **EVENING at ARTISANS BOUTIQUELET**

SHOPPING, Wine Tasting & hors d'Oeuvres! ~ An evening at ARTSANS!

Partners are sponsoring an "evening of shopping" fundraiser at Artisans Boutiquelet from 6:00 to 8:00 p.m. on Tuesday, June 13, 2017 at W4146 2nd St., Glen Flora, WI 54526.

RCMH Partners will receive 10% of all sales proceeds. Please mark your calendars and come join the FUN!!  
Thank you Artisans ~ Glen Flora!



**artisans**  
THE Art OF APPAREL



### **BRAND NEW \$6.00 FUNdraiser!**



On August 8th & 9th, 2017 in the hospital's Riverside Room, our Partners will be hosting the BRAND NEW \$6.00 Sale! This is a great opportunity for you to get a head start on school shopping, Christmas gift shopping, and more. This FUNdraising event includes products for men and boys, and women and girls. Sale items include rings, watches, bracelets, ties, scarves, sunglasses, cufflinks, purses, totes, reading glasses, gadgets, gift items and much more!!! WE HAVE SOMETHING FOR EVERYONE!! Please mark your calendars and come out to support the projects of our Partners of RCMH. Thank you!! (See Page 3 for more details & times).

## President's Corner ~ Winnie's Wanderings



Just when you thought it was safe to pick up a Memos again, you realize, "she's back!" I really thought I was finished writing this column when the Board asked if I would continue it. After thinking it over, with not a lot of arm twisting, I decided to do it. So here goes, a new era of Winnie's Wanderings.

I would first like to thank everyone who came to Sister Lucy's and my retirement party. It was a real surprise (shock?). Thanks to everyone who worked and spent their time to surprise us. I will miss all of you, but I will treasure all the good times we had together. It was fun! I'm hoping to come back to help when possible, but the doctors are not releasing me as of yet. I am still at the hospital every day for IVs. I will be so glad to be done!!

The board has now reorganized and needs your help. Please be there! If you have a special interest, let Carolyn know (532-5561, ext. 1227).

The events that are being planned now are the Artisans Sale and the \$6 Sale (see front page for details). We will also be selling Brats at Gordy's in Ladysmith on August 18th and 19th. Bev is also working to arrange a scrubs-uniforms sale, which is still in the workings. Stay tuned!!

Welcome to our North Cedar Academy volunteers! These young students are working at the Concierge desk on evenings and weekends, as well as wherever else they are needed. It is a treat to have young people working with us and I'm sure the customers enjoy it also. The mixture of cultures is also a wonderful event. What a great way to learn from each other. Thanks to Carolyn for coming up with this and providing a way for it to occur.

Now that the trees are budding and the flowers are blooming, nature is showing us what she really can do. We can look forward to more outdoor activities. I imagine our gardeners will soon be back and we, along with our patients, can enjoy all the flowers again. The fountain is also very soothing as you watch it and listen to the gentle sound.

Thank you for all you do! Keep volunteering and, by all means, recruit others. Bless all of you as you volunteer, and remember, HAVE FUN!

NOTE: I have a brand new title:

**Winnie Lee, President Emeritus**

... Meaning: They are stuck with me!...

*Sincerely, Winnie*

### **WISCONSIN HOSPITAL ASSOCIATION ADVOCACY DAY ~ Linda Denzer, Partner**

On April 19th I attended Advocacy Day at the Manona Terrace in Madison with eight staff from RCMH. It was a VERY informative meeting. Many WI Hospital Partner volunteers were in attendance, representing their hospitals. About 1,100 people attended in all. Milwaukee Children's hospital had over 100 people, as did two other hospitals! We invite you, our Partners to attend next year!

Amy Walters, National Editor for Fox News spoke, as did Gov. Scott Walker. Later in the afternoon over 700 people went to the Capitol to meet with their respective representatives to lobby and express health care concerns in WI. We met with Senator Petrowski and Reps. Edming, Snyder and Spiros. We had a nice group of about 20 people. Charisse Oland, RCMH CEO, spoke on our behalf. Our Representatives stressed their sincere thanks to the many hospital volunteer Partners for being an important part in supporting our hospitals, especially in these matters concerning healthcare.

## Gift Shoppe News

*By Bev Lazar, Gift Shoppe Manager*

Did you know that we have **THREE** Gift Shoppe kiosk locations at the hospital, and each offering different selections of items? Our Gift Shoppes have a great selection of jewelry including necklaces, earrings, bracelets and watches. These are reasonably priced and make great gifts for others. Or, better yet, treat yourself! We encourage you to check out each of our Gift Shoppe Kiosks.

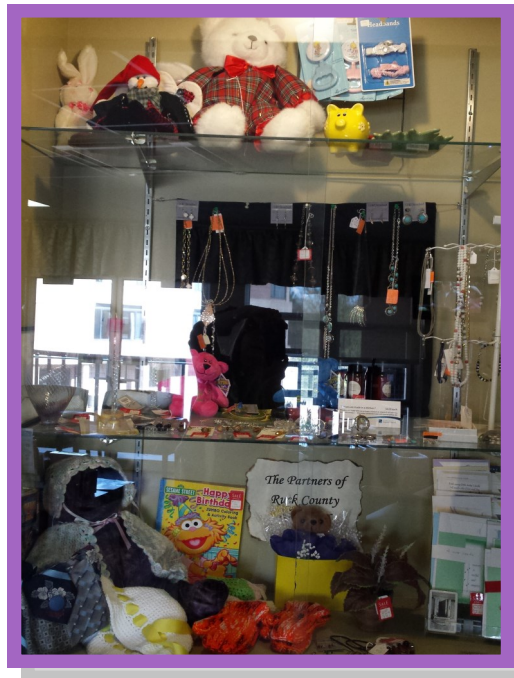
In your tour of our little Gift Shoppes, you will also find stuffed animals, greeting cards, candy, wall hangings, mirrors and lots more to choose from. These often make nice gifts for the one you are visiting in the hospital as well, to brighten their day.



Our Gift Shoppes are in the following locations:

- On the right hand side of our main entrance Registration desk.
- On the left hand side when entering the main entrance of the Riverside Clinic (built-in cabinet).
- Between the Riverside Clinic entrance and Chapel (Standing cabinet).

Don't forget our Gift Shoppes when looking for that special gift!



All profits from gift sales stay within and are used to support our health care community.

Thank you for shopping. Have a great summer!

*Bev*

## **H U G E \$6.00 SALE !! (Riverside Room)**

- **Tuesday, August 8th ~ 7:30 a.m. to 4:30 p.m.**
- **Wednesday, August 9th ~ 8:00 a.m. to 3:00 p.m.**

**SHOP Top quality products @ factory direct prices and values up to 80% below retail!** More than 1,000 unique and carefully selected accessories & gifts from around the world!!



## FITNESS CLUB: How much physical activity should the average adult get?

(Department of Health & Human Services recommended exercise guidelines)

### AEROBIC ACTIVITY

Get at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity per week. You also can do a combination of the two.



or



75 minutes/week      150 minutes/week

Vigorous aerobic exercise includes activities such as running or aerobic dancing.

Moderate aerobic exercise includes activities such as brisk walking, swimming or mowing the lawn.

### STRENGTH TRAINING

Try to do strength training exercises at least twice a week.

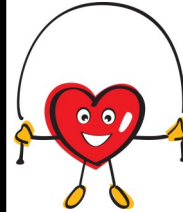


Strength training can include use of weight machines, free weights, push-ups, pull-ups or activities such as rock climbing and even gardening.

### SET GOALS

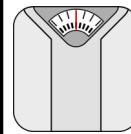
Aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you might need to exercise more.

Even brief bouts of activity offer benefits.



If you want to aim even higher, you can achieve more health benefits, including increased

weight loss, by upping your exercise to 300 minutes per week.



**WEIGHT LOSS:** Work up to 45 minutes of physical activity per day.

## Patient Satisfaction Survey Comments

Here is what our patients at RCMH are saying:

"I loved the friendliness of the staff and the cleanliness of the rooms"

*"This hospital has done wonderful things for me and my family. I sure would go there again if I had to go to the hospital"*

*"The care I got was very outstanding"*

*"The doctor's interest in me getting well was excellent"*

**"Everything was very very good"**

*"Everyone was great and explained things well"*

"The doctors and nurses and everybody involved was excellent"

**"They were very fast and efficient"**

*"Friendliness of staff and cleanliness of room was excellent"*

*"It was all very good. Everything went well"*

*"I thought everything was excellent compared to what I have heard about its bad past"*

"If I pushed the button or needed to go to the bathroom, they were right there. Service was real good"

*"Whenever I needed help, I got it right away"*

Rusk County Memorial Hospital and Riverside Clinic is here to serve you. Thank you for choosing RUSK!

## Tips for a Positive Attitude

1. Make up your mind to be happy. Learn to find pleasure in simple things.
2. Make the best of circumstances. All have problems. The trick is to make laughter outweigh the tears.
3. Don't take yourself too seriously. Don't think you should be protected from misfortunes that befall others
4. You can't please everybody. Don't let criticism worry you.
5. Don't let your neighbor set your standards. Be yourself!
6. Do the things that you enjoy doing but stay out of debt.

*Robert Louis Stevenson*



# RCMH Partners Host Spring N.W. District Partners Meeting

As I write this, it is the end of the day of the Spring Northwestern District Meeting in Ladysmith. It has been a great learning experience for all that attended. With the new reorganization to our Partners, it took a good deal of listening and planning and double checking to get this event together. Thank you to each of the officers of our board for making this a success.

Three officers from the Wisconsin Hospital Association (WHA) State Board, four from the District Board and 34 people, including our Partners, attended the spring meeting. Attendees including Partners from Ashland, Hayward, Spooner, Park Falls, and Superior were in attendance. Shell Lake is also a member of our District but was unable to attend. Each of the Partners' Presidents from the different hospitals gave a report on

the different activities their organization has done for the past six months. Partners of RCMH can be very proud of the events that we sponsor each year. Give yourself a pat on the back. Without the help of our members, this would not have been possible. We are fortunate to have a great team that allows us to have events many times throughout the year. The "idea" sharing among District Partners is priceless. Giving and receiving new ideas is what keeps the Partners organization new and exciting.

The conversation was good, the presentations were good and the food was good... Why, even the weather cooperated!

*Bev Lazar*

*(If you wish to become more involved with RCMH Partners, please see Bev or any board Partner)*

## There HAVE Been CHANGES: Bylaws...Officers...

Shortly after the Partners annual Board meeting and appreciation luncheon in February, President Winnie Lee asked the Board to step up and help out as her health problems were making it difficult for her to continue as Partners Board President (of 24 years!) Since then, the board has done a lot of soul searching, discussing, evaluating and even updating the bylaws. We decided this was an opportunity to expand in many areas, do long range planning, and offer others the opportunity to become active members of the Partners board. As a result of this, what we created is a reorganization of the Board that was put to vote by the membership at a general meeting of the Partners of RCMH on April 18, 2017. The restructure of the Board was passed unanimously. The changes included Winnie Lee as President-Emeritus;

Beverly Lazar as President; Mary Jane Nelson as Vice President, and Paula Carow as member-at-large. These Partners will serve in their positions with their terms ending in January, 2018 when the next annual meeting takes place.

There were some minor updates made to the bylaws as the last time they had been reviewed, analyzed and changed was in 2009. Should any Partners members want a copy, you may contact Carolyn Welsch, Volunteer Services Coordinator at RCMH at (715) 532-5561, ext. 1227.

WE INVITE YOU TO BECOME AN ACTIVE PARTNER. Please contact any board member for further information. We would love your participation, expertise, and for you to join in the fun! Thank you!



**PARTNERS OF**  
**RUSK COUNTY**  
*Memorial Hospital*

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**Please Contact Carolyn at  
(715) 532-5561 ext. 1227 to update your  
address/contact information.**

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## **MEMOS** from **MEMORIAL**

Receive your MEMOS Newsletter via email! In order to more quickly expedite your MEMOS Newsletters, we are asking for your email address. This colorful cost-saving version will be emailed to you in an easy-to-open PDF attachment. We will not share your email address. Please Send an email to [cwelsch@ruskhospital.org](mailto:cwelsch@ruskhospital.org) and type "MEMOS" in the subject line. Thank you Partners!

If you have not yet renewed your Partners membership for 2017, please clip the above Membership Card and mail with renewal fee to "Partners of RCMH" 900 College Ave. W., Ladysmith, WI 54848. Thank you.