



HEARTLINE

AUXILIARY NEWSLETTER • JANUARY 2016



WHAT'S NEW AT RIPON MEDICAL CENTER

*By Katherine Vergos, Chief Operating
Officer*

Moves

During the holidays, you may have noticed a lot of activity as we moved several services to new locations as we work to accommodate additional primary care providers on the second floor at Ripon Medical Center.

As a result of these moves, Dr. Stuart Wertheimer, podiatry (foot and ankle care) is now serving patients at the Agnesian Clinic Ripon, 790 Eastgate Drive. Following that move, Drs. Karl Bertram and Robert Mikkelsen, general surgeons, relocated their practices to the first floor with orthopedics. These two relocations have allowed Dr. Jeanne Lyke, pediatrics, to fill the space where Dr. Bertram has been seeing patients, and Dr. Stephanie Mehl, family medicine, to go where Dr. Lyke has been seeing patients.

New Provider

We are pleased to have welcomed Dr. Mehl as January 4, 2016. She specializes in family medicine and sees patients of all ages. Dr. Mehl offers a full range of general family medicine, including preventive healthcare; annual physicals; well-child checks and immunizations; and care for acute and chronic illness and general medical concerns. She has special interest in women's health, integrative medicine, and the use of natural remedies and hands-on osteopathic techniques.

Estate Gift

We're excited to announce that The Foundation for Ripon Medical Center has received one of its largest gifts from a single donor. Judy DeWar, of Ripon, recently presented an estate gift on behalf of her cousin, Ruth Birge, to the Foundation.

The estate gift was designated for The Foundation for Ripon Medical Center by Ruth who passed away at the age of 94 in January 2015. Ruth was a long-time Ripon resident who utilized healthcare services at Ripon Medical Center. Thanks to Ruth's generosity, The Foundation for Ripon Medical Center will receive a gift of more than \$246,246. The estate gift has been directed to the Foundation's Unrestricted Fund.

Next Know & Go

We encourage Ripon Medical Center Auxiliary members to join us as Agnesian HealthCare offers its monthly Know & Go educational sessions. Join the February 12 Know & Go to learn the myths and mysteries of inpatient and retail pharmacies. Pharmacies are so much more than pills and prescriptions! The series runs at 8 a.m. and noon in the Green Lake Room.

Lab Appointments

Phlebotomy is now taking appointments for lab tests. Patients now have two options, including:

- Walk in. Weekdays from 6:30 a.m. to 6:30 p.m. and Saturday from 8 a.m. to noon.
- By appointment. Offered on weekdays from 8 a.m. to 12 p.m.

Patients can make their appointments up to three months in advance. A 24-hour notice for appointments is appreciated. To schedule an appointment, patients can call 745-3313, weekdays from 7 a.m. to 3 p.m.

RMC AUXILIARY FEBRUARY LUNCHEON/ MEETING

You are invited to attend the Ripon Medical Center (RMC) Auxiliary luncheon/meeting on February 24 in the Green Lake Room. The event will begin at 12 p.m. with a performance by the Ripon High School Jazz Band. Lunch and meeting will follow. Cost for the event is \$6.

RSVP to Karen Gross no later than Wednesday, February 17 at noon by calling 745-3670 or by e-mail at grossk@agnesian.com. Please indicate if you have any special dietary needs. Plan to attend and bring someone with you!

MESSAGE FROM THE PRESIDENT

Happy 2016! I hope you are all off to a great start in the new year. Thanks to the efforts of many Auxiliary members we continue to aid in making RMC an asset to Ripon and the surrounding communities.

The Lights of Love and Basket Raffle were highly successful. Kudos to Bobbie, her committee and those who helped to make this happen. I'd also like to take this opportunity to thank those of you who volunteer in the everyday jobs whether at the hospital or at home. From the many community comments I receive, we are recognized for the many additions the Auxiliary contributes both in helping hands and the money we give for extras at the hospital.

One look at the calendar and you can see we have a number of events scheduled in the coming months. Please take part where you can and ask your friends and neighbors to join you. The February luncheon should provide an entertaining break from winter's endless cold and snow. Hope to see you there. Also mark your calendar and watch for more information for the April 6 Lakes District Regional Meeting in Waupaca.

Jackie Halverson, President

ADVOCACY DAY - MARCH 30

The Wisconsin Hospital Association's Advocacy Day held in Madison is an event that should be of interest to all. It is designed to educate and motivate those involved in healthcare. There are always good speakers, and it's an opportunity to engage with other volunteers, hospital staff, and meet with our legislators while learning about upcoming healthcare legislation. Please consider joining us on March 30 from 8:30 a.m. to 3:30 p.m. There is no charge, but we do need to preregister. There will be car-pooling available. Call Jackie Halverson at 748-3968 for more information.

NEW FUND-RAISER: HANGING FLOWER BASKETS

And now let me tell you about the NEW FUND-RAISER. We are taking orders for spring hanging floral baskets!

There is an order form included in your newsletter. The orders have to be placed with the grower at Bloch's Farm by the third week in February so they can plant and nurture our baskets for pick up on May 14. Last day to submit orders is February 24. Please support this new and exciting fund raiser while looking forward to beautiful spring flowers. Snowbirds...don't worry... you can send the order with payment to: **Diane Smith, 30 Highland Drive, Ripon, WI 54971**

Order forms with payment (check or cash) may be submitted at the gift shop or the information desk at Ripon Medical Center ...wherever the order book hangs out that day.

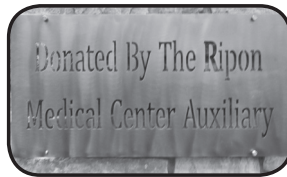
If you have friends or relatives that would like to order, we will make forms available for you... just ask. I know I am looking forward to spring and the baskets growing for me!

*Thank you for
your support.*



VOLUNTEER NEWS AND NOTES

Happy New Year! I want to take this opportunity to wish all of you a very blessed and prosperous New Year. Thank you to all of you for your support of Ripon Medical Center. We couldn't provide the services that we do and have the beautiful facility that we have without your support. The artwork has been added by the water feature in the Journeys Commons area and I hope that you take time to come in to view it. It acknowledges the support of the Auxiliary for this beautiful feature.



If you do not currently volunteer at the hospital, I would like to invite and encourage you to give me a call. We have several opportunities for volunteers at the hospital:

- Gift Shop, assisting our customers on Monday evening and Fridays 9:30 a.m. to 1 p.m., 1 to 4:30 p.m. and 4:30 to 7 p.m. proceeds from the gift shop are used by the Auxiliary to benefit programs of the hospital and scholarships
- Information Desk Tuesday 11:30 a.m. to 4 p.m., Fridays 7 to 11 a.m. and 11:30 a.m. to 4 p.m.
- Subs for our van drivers on an as needed basis

If you or someone you know is interested in any of these opportunities, please contact me at 745-3670 or you can pick up an application at the Ripon Medical Center information desk. Application is also available online at agnesian.com under the careers tab select volunteers.

I'm looking forward to seeing all of you at the luncheon on Wednesday, February 24 at noon. The Ripon High School Jazz Band will be performing for your entertainment so it promises to be a very fun event. Please be aware of the change in date and be sure to make your reservation by Wednesday, February 17. We need to get a final count to food service one week before the event. If you make a reservation and are unable to attend the meeting it is still necessary for you to pay for the meal.

Karen Gross, Volunteer Coordinator, Ripon Medical Center

IN MEMORY OF BOB & GLADYS GRAY

Bob and Gladys touched my heart 19 years ago when I started my position as volunteer coordinator at RMC. I had literally no experience working with volunteers and I can still see them all looking me over to determine if I could fill the shoes of the past coordinator. I was intimidated which was short lived after I started meeting this wonderful and special group.

Gladys came right up to me and said, "I am here for you and will help you in any way I can." My fear subsided. Over the years. I found out all the help Gladys had given to our volunteer program and Auxiliary. I was amazed that any one person could give all that time to volunteer.

Bob was also right there anytime we needed him. He loved his position at the front desk as he knew just about everyone that came in our front door. When he started losing his sight, he asked me if he should step down and I told him of course not. Our patients loved him and he knew the hospital so well that most never even knew. Even before he decided to quit volunteering he still wanted to help out any way he could. So he would come in and stuff envelopes for Lights of Love and he knew he was still a valuable volunteer helping out.

As you can tell, I loved these two amazing people and will miss them both. RMC is so fortunate to have had these two dedicated volunteers for so many years and I was so blessed to have them in my life.

Linda Vantaggi, Former Volunteer Coordinator

MEMBERSHIP NEWS

Welcome to our newest members Carol Prellwitz and Mary Park. We are so glad to have you!

Sadly, we have lost a few members in 2015, and they will be missed. We extend our sympathy to the family of lifetime member Alice Jorgensen. Growing our Auxiliary to support RMC is so important, so thank you to all who are joined in this effort.

Joann Strandell, Chairperson, Membership



GIFT SHOP

2015, due to your patronage, was a very successful year for the gift shop! Thank you; come with your friends this new year of 2016.

Traditionally the first of the year is slow for sales, but not for us who are busy buying all the items we so hope you will like. Stop by - view what's new; give us your feedback. Hopefully you can find "that perfect gift" or "that special something" to spruce up your home/garden décor.

We look forward to another great year and enjoy seeing you all in the shop. Thanks to all our faithful gift shop volunteers!

Mary Schieffer, Chairperson, Gift Shop

BRAT FRY FUND-RAISER

Save the dates! The brat fry fund-raiser dates for 2016 are Saturday, April 23; Saturday, May 28; Friday, June 10; Saturday, September 3 and Saturday, October 8 from 9 a.m. to 3 p.m. Donations and workers are needed. Sign-up sheets for donations and work times will be available at the February 24 Auxiliary meeting. Any questions or to sign up call Judy Robbert at (920) 915-3917 or contact her by e-mail at jrobbert@charter.net.

Judy Robbert, Chairperson, Brat Fry Fund-Raiser

LIGHTS OF LOVE AND RAFFLE 2015

The Lights of Love program was on December 9 in the Journeys Commons at Ripon Medical Center. Although the attendance was small, the program was very nice. The choir from Our Saviour's United Church of Christ performed with flute and cello accompaniment. The music was beautiful and everyone sang Silent Night when the tree was lit.

Lights of Love raised \$3,280 and raffle tickets were sold for \$1,985, for a total of \$5,265 before expenses. We donated \$10,000 to Ripon Medical Center for the pergola and benches in the healing garden.

Thank you to everyone who helped with this project: Iona Altnau, Joan Amend, Barb Behlen, Barb Benkoski, Beverly Cady, Jackie Halverson, Audrey Kelma, Mae Lehman, Shirley Lund, Barb Miller, Carolyn Retzlaff, Judy Robbert, Marty Schattschneider, Diane Shady, Diane Smith, Joann Strandell, Linda and Frank Vantaggi, and Judy Zimmerman.

A special thank you to Karen Gross and Shelly Haberman. They will say a "thank you" is not needed because they are employed by Agnesian HealthCare, but we could not pull off such a big project without their help.

Planning for next year's Lights of Love will start in the spring. If you would like to help in any way, please let me know.

Bobbie Pollesch, Chairperson, Lights of Love 2015

BOOKS ARE FUN

Books are Fun is scheduled for March 7 from 9 a.m. to 2:30 p.m. in the Green Lake Room. Please come and support this Auxiliary fund-raiser. Take the opportunity to pick up some Easter gifts for the family or yourself.



FINANCIAL REPORT

RMC Auxiliary, Inc. Treasurer's Report • Quarter and Six Months Ended December 31, 2015

As you can see, most of our activity for the fiscal year is in the second quarter. Fund-raising and gift shop sales in this quarter are more than half of the whole year's budget. This has enabled us to donate \$10,453 to Ripon Medical Center so far this year.

We had \$21,546 in cash on December 31, 2015. So, we have the funds for the two \$1,000 scholarships that we will award in the spring, as well as a nice cushion to meet any unplanned needs of Ripon Medical Center.

Bobbie Pollesch, Treasurer

	Quarter Actual	Year to Date Actual	Budget
INCOME			
Fundraising	\$ 6,572.75	\$ 7,730.77	\$ 7,775.00
Membership Dues	-	555.00	622.50
Gift Shop Sales	11,650.81	17,256.33	19,346.00
Total Income	\$ 18,223.56	\$ 25,542.10	\$ 27,743.50
EXPENSES			
Fundraising Expenses	\$ 261.21	\$ 286.21	\$ 250.00
Luncheons	(2.00)	47.00	55.00
State Conventions/District Meetings	-	(14.11)	325.00
Organization Expenses	-	54.00	250.25
Gift Shop Expenses	5,551.44	11,047.43	15,274.66
Total Expenses	\$ 5,810.65	\$ 11,420.53	\$ 16,154.91
NET INCOME BEFORE DISTRIBUTIONS	\$ 12,412.91	\$ 14,121.57	\$ 11,588.59
DISTRIBUTIONS			
Scholarships	-	-	2,000.00
Donations for RMC	10,283.09	10,452.89	10,100.00
Total Distributions	\$ 10,283.09	\$ 10,452.89	\$ 12,100.00
NET INCOME AFTER DISTRIBUTIONS	\$ 2,129.82	\$ 3,668.68	\$ (511.41)
CASH BALANCES		\$ 21,545.68	

FUND-RAISING REPORT

2015 was another successful fund-raising year for the Auxiliary. Although we raised 12 percent less than last year, we did purposely eliminate the bake and craft sale and the silent auction from the fund-raising activity this fall. The Lights of Love and Raffle demands a lot of time and several people and the board felt that it was too much to have the bake and craft sale and silent auction at the same time. We are planning a bake sale this spring.

Even without these fund raisers in 2015, we still exceeded our budget expectations by 31 percent. As you can see from the accompanying report, almost every fund raiser exceeded the amount budgeted. Thank you to all who helped make these fund raisers a success, especially Judy Robbert, who chaired both the brat fry fund-raisers and the Younkers Community Days and book sale.

RMC Auxiliary, Inc. Fund-raising

Event	2012	2013	2014	2015	2015
Lights of Love Income	2,985.00	3,470.00	3,473.00	3,280.00	3,000.00
Lights of Love Expenses	(227.50)	(52.95)	(79.20)	(129.55)	(100.00)
Net Lights of Love Proceeds	2,757.50	3,417.05	3,393.80	3,150.45	2,900.00
Raffle Income	510.00	1,925.00	1,681.00	1,985.00	1,500.00
Raffle Expense	(156.95)	(82.62)	(130.68)	(156.66)	(150.00)
Net Raffle Proceeds	353.05	1,842.38	1,550.32	1,828.34	1,350.00
Bake Sale Income	497.50	572.50	639.00	-	-
Bake Sale Expense	-	(10.03)	-	-	-
Net Bake Sale Proceeds	497.50	562.47	639.00	-	-
Craft Sale	182.95	237.75	110.00	-	-
Silent Auction Income	184.00	655.00	690.00	-	-
Silent Auction Expense	-	(4.79)	(27.89)	-	-
Net Silent Auction Proceeds	184.00	650.21	662.11	-	-
Candle Sale	115.00	115.15	100.00	100.00	100.00
Brat Fry Fund-raiser	1,218.86	973.45	1,282.17	1,682.55	1,200.00
Book Fair	208.45	-	-	161.77	-
Nutman	202.91	224.88	404.27	575.13	400.00
Uniform Sales	251.00	125.00	-	-	-
Linen Sale	-	546.80	219.95	-	-
Uniform and Linen Sale				335.00	250.00
Jewelry Sale	165.70	-	-	-	-
Purse Sale	-	87.25	194.50	162.50	250.00
Community Days Book Sales	-	-	805.00	1,096.53	500.00
Bakeware Sales	-	-	987.24	-	-
Totals	6,136.92	8,782.39	10,348.36	9,092.27	6,950.00

COMMUNITY HEALTH EDUCATION

Chronic Obstructive Pulmonary Disease (COPD)

Eating right may help boost your energy when you have COPD. If you're losing a lot of weight, a few "comfort foods" may return to your diet. Breathing burns 10 times more calories when you have COPD. For people who are watching their weight, smaller portions of the nutrient-packed foods in this slide show will keep calories in check and provide the fuel your body needs to help you feel your best. Information on a healthy diet for lung disease can be found at:

<http://www.webmd.com/lung/copd/ss/slideshow-energy-boosting-foods>

Lyme Disease

Before long, spring will be upon us. That means an increase in activity for the black-legged tick - more commonly known as the deer tick. This little creature carries the bacterium (*Borrelia burgdorferi*) that causes Lyme disease. Lyme disease was first recognized in the United States in 1975 at Lyme, Connecticut. Lyme disease mostly occurs in the northeast, midwest and the west coast of the United States. In Wisconsin, the highest number of cases is seen in the western and northern regions, but in recent years, cases have increased in the central region and eastern region. It is the highest reported tick borne disease in Wisconsin, with more than 23,000 cases reported between 1980 and 2010.

Lyme disease symptoms may appear from three days to 30 days after a bite of an infected tick. The illness often, but not always, begins as a roughly circular reddish rash (called erythema migrans or EM rash) around or near the site of the tick bite. The rash is different from an allergic reaction to an insect bite in that it expands in size over a period of days or weeks, and may have a bull's eye appearance. During the EM rash stage, other symptoms such as fever, headache, fatigue, stiff neck, muscle or joint pain and swelling may be present and may last for several weeks. If left untreated, complications such as meningitis, facial palsy, heart abnormalities and arthritis may occur within a few weeks to months after the initial onset of symptoms.

Most early stages of Lyme disease can be treated very effectively with oral antibiotics. In some cases, Lyme disease in its later stages can be difficult to treat and severe cases may require intravenous treatment. Some people may have persistent or recurrent symptoms even after appropriate antibiotic treatment, a condition referred to as post-treatment Lyme disease syndrome (PTLDS).

<https://www.dhs.wisconsin.gov/tickborne/lyme/index.htm>

Barb Benkoski, Chairperson, Community Health Education



RMC AUXILIARY BOARD MEMBERS

Jackie Halverson, President

(920) 748-3968 • jackiehalverson009@gmail.com

Barb Miller, Vice President

(920) 748-6189 • millerbandj@charter.net

Diane Smith, Secretary

(920) 948-2420 • smithdk1061@yahoo.com

Bobbie Pollesch, Treasurer

(920) 294-3059 • bobbiepollesch@hotmail.com

Barb Benkoski, Community Health Education

(920) 748-6339 • benkoskib@gmail.com

Sandy Krueger, Public Policy Education

(920) 748-2187 • kruegersandraj@yahoo.co

Joann Strandel, Membership • (920) 602-7810 • msttwice@charter.net

Judy Robbert, Programs • (920) 915-3917 • jrobbert@charter.net

Mary Schieffer, Gift Shop • (920) 767-0029 • rms1721@charter.net

Linda Stellmacher, Sewing • (920) 299-6121 • lindastellmacher@ymail.com

Barb Ann Behlen, Newsletter • (920) 294-6229 • barbbae@charter.net

Karen Gross, Volunteer Coordinator • (920) 745-3670 • grossk@agnesian.com

Vacant, Fund-Raising



*You give but little when you
give of your possessions.
It is when you give of yourself
that you truly give.*

- Kahlil Gibran

UPCOMING EVENTS

January-February 24	New Fund Raiser - Hanging Floral Planters - see flyer in newsletter	
January 25	Scholarship packets sent out to area schools	
February 3	Nutman Sale, RMC Atrium	9 a.m. to 2:30 p.m.
February 10	Auxiliary Board Meeting, second floor board room	9 to 11 a.m.
February 24	Auxiliary Luncheon, RMC Green Lake Room	12 to 2:30 p.m.
March 7	Books are Fun, RMC Green Lake Room	9 a.m. to 2:30 p.m.
March 9	Auxiliary Board meeting, second floor board room	9 to 11 a.m.
March 30	Advocacy Day, Monona Terrace, Madison	9 a.m. to 3:30 p.m.
April 6	Lakes District Spring Regional Meeting, Waupaca	9 a.m. to 2:30 p.m.
April 13	Auxiliary Board Meeting, second floor board room	9 to 11 a.m.
April 23	Brat Fry, Pick 'n Save	9 a.m. to 3 p.m.
May 3	Nutman Sale, RMC Lobby	9 a.m. to 2:30 p.m.
May 11	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
May 14	Flower pick up at Bloch's Farm	9 a.m. to 3 p.m.
May 16	Articles due for next Auxiliary Newsletter	
May 28	Brat Fry, Pick 'n Save	9 a.m. to 3 p.m.
June 8	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
June 10	Brat Fry, Pick 'n Save	9 a.m. to 3 p.m.
June 20	Auxiliary Luncheon, RMC Green Lake Room-installation of new officers and scholarship presentations	12 to 2:30 p.m.



HEARTLINE

AUXILIARY NEWSLETTER
JANUARY 2016

