

WEST CENTRAL DISTRICT
OF
THE PARTNERS OF WHA

WINTER EDITION
JANUARY 2022

PRESIDENT'S MESSAGE:

Happy New Year to all of our West Central members! Thank you for all your dedication to Partners.

Among all our challenges, past, present and future, I am optimistic because, "We are resilient, we are Partners". So, from all your board members, we wish you a Blessed New Year.

As your President, my main concern is keeping us a productive and viable organization. It is difficult to maneuver within all the guidelines and roadblocks that are being set forth but I know everyone is doing their best within their own group. We are going to try to establish more contact within our organization to optimize our future. Donella, Jaci and I will be reaching out to you in the next few weeks to implement this - weather permitting (after all this is Wisconsin!). We are still in limbo whether we will be virtual or allowed to meet in person for our upcoming meetings. At this time it looks as if our spring meeting will be virtual. If that is the case, I urge everyone to try to attend in order to keep in contact with our members. This is so very important to exchange challenges and ideas so we will come through this a stronger organization.

We also need to start working on Convention 2023. I would ask that any ideas for a theme to be sent to me. That is first on our checklist.

Once we have established that, we can get in the Convention Mode. It really isn't that far away. We are all trying to find our way during this time but let's do it together. Please feel free to reach out to any of the board members with questions or concerns but let's do it together.

I wish for you a safe, healthy and manageable New Year!

"Be kind to everyone, not for what it does for others, but for what it does for you."

Betty Oddo, District Chair
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"The time is always right to
do what is right."
—Martin Luther King, Jr.

Greetings from your 2021/22 West Central district Secretary/Treasurer...

Financially we are "in good shape". There have been no major expenses as of this date for West Central District. Hopefully we will be able to meet in person for the next district meeting and also for the State Convention. These two events could incur some district expenses such as mileage.

I hope you and your families had a Very Blessed and Merry Christmas and that you have a Happy and Healthy New Year! Thank you for all you do for your hospital and for your community and in promoting better health care for all!!

The following I found in the January 1990 HSHS Sacred Heart Hospital Auxiliary newsletter.

TEN WISE PRAYERS FOR THE NEW YEAR
by Walter Reid Hunt, Minister

1. A few friends who understand me and yet remain my friends.
2. Work to do which has real value, and without which the world would feel poorer.
3. An understanding heart.
4. Moments of leisure.
5. A mind unafraid to travel, even though the trail be not blazed.
6. A sight of the eternal hills and the unresting sea, and of something beautiful the hand of man has made.
7. The power to laugh.
8. Nothing at the expense of others.
9. The sense of the presence of God.
10. And the patience to wait for the coming of these things with the wisdom to know when they will come.

HAPPY NEW YEAR!

Another year has passed
With so many changes
And adjustments to make.
Volunteering was on "hold"
No flowers or calls to take.

COVID-19 is the reason
for halls empty and quiet.
Few visitors are allowed.
No volunteers - only staff.-
and masks are required.

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Now a new year - 2022
And a new beginning.
And all volunteers here
Are wished a Happy
And Healthy New Year!

-Jaci Fuller 1/2022

*District Secretary/Treasurer
West Central District of the Partners of WHA*

PPE (Pubic Policy Education) Chair Report:

Medicare

House and Senate pass bill averting Medicare cuts to hospitals, other providers

On December 9, the U.S. Senate voted 59-35 to pass legislation that would stop Medicare cuts to hospitals, physicians and other providers from going into effect early next year. On December 7, the House passed the bill on a mostly party-line 222-212 vote. President Biden is expected to sign it into law soon.

The bill would extend the moratorium on the 2% Medicare sequester cuts until April 1, 2022, and reduce the cuts from 2% to 1% from April 1 through June 30, 2022. The package also would stop the 4% statutory Pay-As-You-Go (PAYGO) sequester from taking effect early next year. Congress has traditionally voted to waive PAYGO and prevent these cuts from taking effect since PAYGO has been enacted.

In addition, the bill would mitigate the 3.75% cuts from the Physician Fee Schedule set to take effect next year by providing a 3% bump, while also delaying until 2023 scheduled cuts to clinical laboratory and radiation oncology reimbursements.

WHA has been relaying concerns over the pending cuts to federal lawmakers as the end of the year has approached, and strongly urged Wisconsin's congressional delegation to support this legislation. WHA noted, in particular, that with recent dire hospital capacity challenges and exponential increases in staffing costs, "these scheduled cuts would be a gut punch to hospitals that are in one of the most challenging stages of this seemingly endless pandemic."

AHA President and CEO Rick Pollack stated, "The AHA appreciates that the Senate, on a bipartisan basis, has joined the House in halting harmful and imminent Medicare cuts to hospitals and physicians."

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[CHE \(Community Health Education\) Chair Report:](#)

COMMON INFECTIOUS DISEASES

Pneumonia: an infection that causes inflammation of the air sacs in one or both lungs, causing fluid or pus to accumulate. Pneumonia can be caused by bacteria, viruses, and fungi. Symptoms include cough, fever, chills, chest pain with a breath or cough, difficulty breathing, fatigue, and mental confusion in individuals over the age of 65 years.

Community Acquired:

- A. **Bacterial:** The two most common types of bacterial pneumonia are streptococcus pneumonia and mycoplasma pneumonia (also known as “walking pneumonia).
- B. **Viral:** The same viruses that cause the common cold and flu as well as COVID-19 can cause pneumonia. It can be mild or severe, and most common in children under age 5 years.
- C. **Fungal:** This causative agent is found in the soil or bird droppings, and varies with geographical location. It is most common in high-risk individuals like those with a weakened immune system or chronic health problems.

Healthcare Acquired: These infections result from bacterial types that differ from those causing a Community Acquired pneumonia.

Risk Factors: Smoking is a serious risk factor for developing pneumonia besides those already mentioned, ie hospitalization, weakened immune system, chronic disease. **Prevention:** There are several steps to take in reducing your risk for developing pneumonia. Take the vaccine when it is made available to you. If you smoke, STOP! Cover your nose and mouth when sneezing or coughing. Use good hand hygiene often and clean/disinfect surfaces that are frequently touched. Include ways to keep your immune system strong and chronic health issues controlled.

Vaccines: Pneumococcal polysaccharide vaccine (PPSV23): given to individuals age 65 years and older.

Pneumococcal conjugate vaccine (PCV13): for individuals 65 years and older if never received a dose and have a condition that weakens the immune system, a cerebrospinal fluid leak, or cochlear implant (ear).

Meningitis: an inflammation of the protective membranes (meninges) covering the brain and spinal cord. The infectious form of meningitis is caused by bacteria, viruses, fungi, parasites, and amoeba. Symptoms include headache, high fever, stiff neck, nausea & vomiting, light sensitivity, sleepiness, low appetite or thirst, seizure, and skin rash (bacterial).

Types of Meningitis:

- A. Bacterial: this form of meningitis requires immediate medical attention as it is highly contagious and can be fatal. Some of the same bacteria that causes pneumonia, sinus infections, ear infections, urinary tract infections can cause meningitis. It is most common in teenagers and young adults who house in dormitories, boarding schools, and military bases. Treatment includes antibiotics and steroids.

- B. Viral: although serious, it is less severe than bacterial meningitis. The same viruses that cause herpes simplex, HIV, mumps, West Nile, and others can cause meningitis. Viral meningitis often clears on its own with bedrest, fluids, over-the-counter (OTC) medications to relieve pain and fever. For some cases, antiviral medication may be used. There are many other types.

Complications: Meningitis can bring about serious and long-standing complications: hearing loss, memory difficulty, learning disabilities, brain damage, gait problems, seizures, kidney failure, death.

Prevention: There are several ways in which one can lessen the risk of all the common infectious diseases:

- Good hand hygiene.
- Cover your mouth and nose when coughing and/or sneezing.
- Avoid sharing straws, eating utensils, food and drink, toothbrushes.

Stay healthy and enjoy all that 2022 has to offer and a very Blessed New Year.

Marge Geissler, District CHE Chair

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DATES TO REMEMBER

Advocacy Day - no fee, Pre-registration required, Open Now.....March 23, 2022

West Central District Spring Meeting.....April 19, 2022

(Hosted by St. Joseph's Hospital, Chippewa Falls)

Partners of WHA State Convention.....Oct. 11-13, 2022
(Chula Vista Resort, Wisconsin Dells)

FOR YOUR INFORMATION

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QUESTIONS - IDEAS - THOUGHTS

If you have any ideas, thoughts or questions regarding the
Partners of WHA or the West Central District, or - - - -

If you would like to get involved and serve in any capacity and help further the goals of the Partners of WHA, call any one of the officers.

WE WOULD LIKE TO HEAR FROM YOU !!

The heart of a volunteer
Is not measured in size
But by the depth of the
Commitment to make a
Difference in the lives of others.
