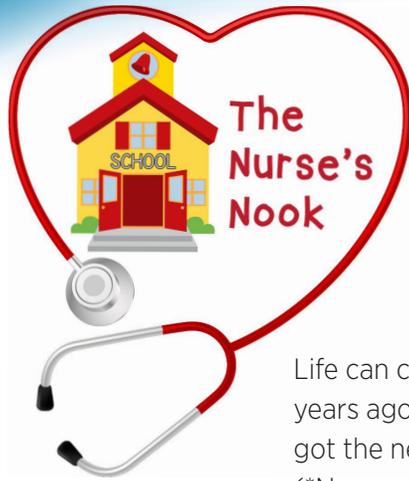


SAINTS

Alive!

Miracles happen because of you



NURSE'S NOOK makes the hard times easier

Your support allowed Jamie to provide for her sister when it mattered the most!

Life can change in the blink of an eye, and for Jamie that is exactly what happened. A few years ago, Jamie was just getting ready to move into her brand-new apartment, when she got the news: Jamie* now had full custody of her little sister, Sarah, who was still in school. (*Names were changed to protect their privacy.)

Jamie and her sister adjusted to their new life. For Jamie, she had to learn how to balance being a sister and take on parental responsibilities, too. "It was a tight situation," said Jamie. Sarah, at the time attended Gillett High School. Someone on staff recognized the challenging situation the sisters were in and reached out to ask how Nurse's Nook could help. "I'm so grateful for the outreach and everything everyone has done," exclaimed Jamie.

"Nurse's Nook helped 'provide padding' when money got tight. It was a huge blessing," said Jamie. The sisters received essential need items like towels, toothbrushes and other general hygiene and cleaning products that they might otherwise not be able to afford on their budget.

The holidays came around and Jamie did everything she could to ensure that Sarah would have a traditional, joy-filled holiday. "Without Nurse's Nook, Christmas would have been way more stressful," said Jamie. The Adopt-a-Family program assisted Jamie with Christmas gifts like winter coats, boots, gloves, and other items to make an Oconto winter more bearable.

Nurse's Nook stepped in again by providing holiday meals for the sisters to ensure they could celebrate with happiness. "With everything we have been through, it was nice to give Sarah the full holiday experience. She did not have to worry about a thing," added Jamie.

Because of **YOUR** support, families like Jamie and Sarah's receive the help they need through Nurse's Nook. Food, medical supplies and equipment, basic need and hygiene products, clothing, Christmas gifts, and so much more are directly delivered to local children and families in need - right here in **YOUR** communities. **YOU** help us bring joy even when it feels hard to grasp.



NURSE'S NOOK

Continues to Help Kids in Need

You keep kids happy, healthy and in school

Did you know that 16% of Oconto County school children are living at or below the federal poverty line and 49% are enrolled in the free and reduced lunch program?

According to the U.S. Centers for Disease Control and Prevention, health and education are closely linked. When a child's basic nutrition and fitness needs are not met, they are less likely to be successful in school. That's where you come in!

Through Nurse's Nook, a program of HSHS St. Clare Memorial Hospital, donors like you are helping fulfill the unmet needs of children and teens in our communities.

You do this in three ways:

- Providing basic need items (hygiene products, clothing, food and winter gear)
- Improving access to medical equipment (blood glucose meters, crutches, inhalers, etc.)
- Addressing mental health challenges (providing coping tools that help reduce anxiety)

Nurse's Nook assists students in eight school districts in our area plus two private schools.



On average, the program is used about 750 times every week. All items are given out free of charge and with confidentiality in mind. There are no income restrictions. Instead, school nurses, guidance counselors, and support staff work as a team to identify students in need. A collaborative effort helps make sure no child slips through the cracks.

With your help, Nurse's Nook also recently expanded mental health support for students in some of our Oconto County schools. In collaboration with the schools and a local mental health agency, Nurse's Nook is providing financial support for students and families to meet with a mental health provider at school. By removing these barriers to care, you are breaking the stigma of mental health and giving these students and families a safe and welcoming environment to ask for help.

Thank you for joining HSHS St. Clare Memorial Hospital in this community collaboration to give our local kids the best possible start. Because of YOU our schools are stocked with essential items that help children focus on staying happy, healthy, and in school.



Expanding Mental Health First Aid

How you are teaching teens to help their friends in crisis

It is no secret that access to services for mental health and substance use disorders is a growing need in our country. In 2020, a community needs assessment confirmed that these were also two of the top health related issues facing the Oconto County community. Since then, HSHS St. Clare Memorial Hospital has been working with a consortium of local mental health and substance use organizations, known as the NEW Hope Coalition, to address these needs.

Through Adult and Youth Mental Health First Aid trainings, the coalition has been training adults to recognize the signs of mental health or substance use disorder in adults and youth (ages 12+). Participants learn how to offer and provide initial help and guide an individual to the appropriate professionals.

This knowledge takes fear and hesitation out of conversations about mental health and substance use. Instead, participants have an action plan that allows them to respond safely and responsibly to someone facing these challenges. To date, these programs have trained more than 1,000 people locally!

With the generous support of donors like you, we were able to expand the program this year to include Teen Mental Health First Aid trainings – a first for our region! These courses prepare teens to respond when a friend is experiencing a mental health or substance use challenge or crisis. Last school year, we added six new certified instructors and trained more than 300 teenagers.

YOU ARE GIVING HOPE to vulnerable teens in Oconto County. YOU ARE TEACHING their friends – for many the only people they trust – how to provide real help in the face of a mental health or substance use challenge or crisis. THIS IS SAVING LIVES!





Become a Monthly Donor Today!

12 months, 12 gifts of healing and hope

Providing renewed health and hope to patients at HSHS St. Nicholas Hospital is now **easier than ever**. By becoming a monthly donor, you can continually comfort and heal the patients in our care. As a monthly donor, you will contribute/ receive:

- Make **automatic** monthly donations paid from your credit card
- Designate your gift to a specific need close to **YOUR** heart or to the area of greatest need
- Receive an annual acknowledgment letter for tax purposes
- Elect to change or suspend your donation at any time

BEGINNING IS EASY!

1. Visit our secure, online donation form at <https://giving.hshs.org/SCO/Donate>
2. Select a monthly gift amount or add your own
3. Check “Make this a monthly gift”
4. Provide your contact info, payment method, and any optional details
5. Click “Donate Now”



If you have any questions or would like to learn more, please contact us at 920-884-5928 or WI-Foundations@hshs.org.