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Giving Hope is a quarterly publication, edited by Shane Starr. If you would like to opt out of receiving future fundraising requests, write the HSHS St. Joseph's Foundation at 2661 County Highway I, Chippewa Falls, WI 54729.

Grateful Beyond Belief

YOUR SUPPORT HELPS PATIENTS AND FAMILIES LIKE JAMES RECEIVE COMPASSIONATE CARE

James Cooley and his wife, Karen, were leaving his routine eye exam in Chippewa Falls. As they were pulling out of the parking lot, James looked at his wife and told her he needed some Benadryl as his tongue felt weird. Karen also noticed his speech beginning to change, so she rushed him to HSHS St. Joseph's Hospital, in Chippewa Falls. They found themselves in a room within moments and began the process of intubating James.

For Jamie Mitchell, James and Karen's daughter, Nov. 18 was just another day until she got a frantic call from her mother. "I picked up the phone and my mom asked me if I should let them put a tube in so my

dad can breathe," said Jamie. "I told her 'Mom you HAVE TO let them put a tube in so he can breathe!'" Her father James was having an allergic reaction to his blood pressure medication - a medication he has taken for years.

Jamie arrived at the hospital and was welcomed with open arms, as she was anxiously trying to get to her family. "When you walk into a trauma like that, and you get greeted by someone calm and reassuring, it sets the tone," she said.

Shortly after James was intubated, he was rushed from Chippewa Falls to be seen at another local hospital as he needed to be

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observed in a critical care unit (CCU). Within an hour of being admitted, he was in stable condition. “You could see how critical my dad really was,” said Jamie. “His tongue looked like an apple sitting out of his mouth.”

What happened next was unexpected to Jamie and her family. They were notified by the nurses that her father’s anesthesiologist from HSHS St. Joseph’s Hospital had followed the ambulance in his own car to make sure James was okay.

“That hit home,” exclaimed Jamie. “This caretaker followed an ambulance in his own car, that really moved my heart.”

Not only did James’s anesthesiologist visit him at the hospital, but he regularly would call to have someone check in and give him an update on the health of James’s. “My dad was a patient that they cared about! It was nice to hear that!” said Jamie.

Jamie and her family credit the incredible team at HSHS St. Joseph’s Hospital as a key reason her father is still with them today. “It was a very scary situation, but everyone reassured us at St. Joseph’s that it will be okay,” added Jamie. “They are why my dad is still here today, they set the tone for the recovery journey we were embarking on.”

Jamie and her family decided to send a gift basket to the staff as a thank you for their exceptional care they received while they were there. The compassionate and highly skilled care that James received at HSHS St. Joseph’s Hospital, is only possible because of **YOUR** generosity. Thank you!



Revive Your Mental and Emotional Health in the New Year

FOUR TIPS TO START THE YEAR OFF FRESH

According to Vikram Patel, Professor of Global Health, Harvard Medical School, “There is no health without mental health. Mental health is too important to be left to the professionals alone, and mental health is everyone’s business.”

New Year’s resolutions typically tend to focus on physical health – losing weight, eating better or exercising more. Challenge yourself to focus on your mental and emotional health this year. Colleagues from our Behavioral Health Unit have presented four helpful tips to start your year off fresh. “These small actions can make a big difference,” said Megan Houle, RN, Behavioral Health.

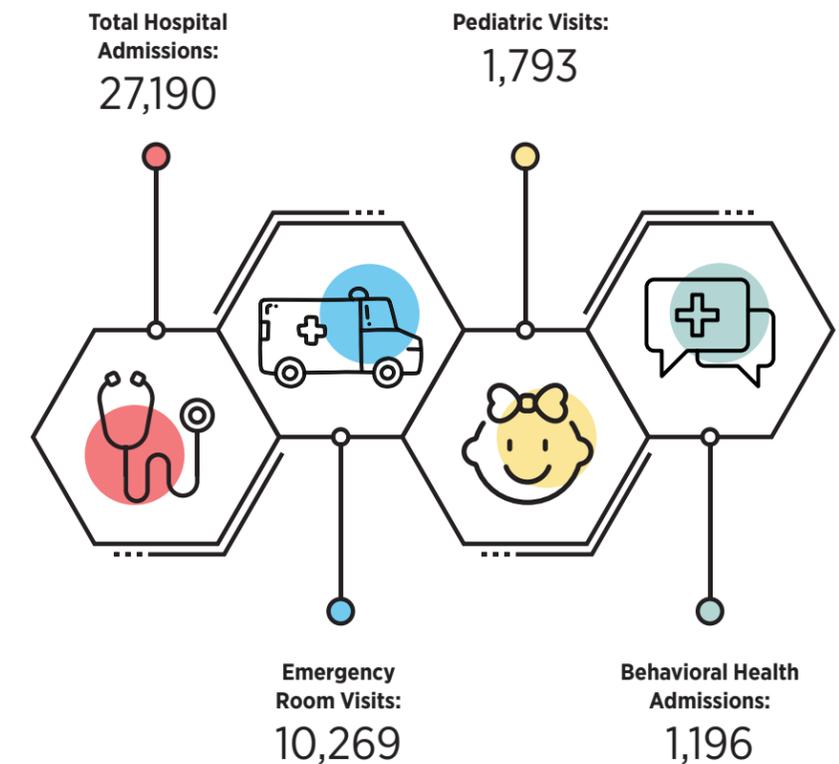
- 1. Practice daily mental health hygiene – eat healthy, sleep well, exercise, be kind to yourself.**
- 2. Don’t be afraid to ask for help; it is NOT a sign of weakness.**
- 3. Advocate for yourself, you matter!**
- 4. Look forwards, not backwards.**

You are the Greatest Gift

YOUR SUPPORT IN 2022

Day in and day out, your gifts are hard at work, touching many service areas around the hospital. A man seeking rehabilitation after his addiction, a woman giving birth to her first child, or an elderly man his way to the emergency room – **YOUR** support saved them all!

This is the care we provide each day. Gifts like yours to the HSHS St. Joseph’s Foundation directly and indirectly touch **ALL** patients we serve each year.



12 Months: 12 Gifts of Healing and Hope

BECOME A MONTHLY DONOR TODAY

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

- Make **automatic** monthly donations paid from your credit card, it is easy and convenient.
- It enables you to make a larger impact by spreading payments out, rather than one lump sum.
- Designate your gift to a specific need close to **YOUR** heart or to the area of greatest need.
- Receive an annual acknowledgement letter for tax purposes.
- Elect to change or suspend your donation at any time. You’re in complete control. If you need to make changes, please let us know.

Beginning is easy!

1. Visit our secure, online donation form at <https://giving.hshs.org/sjc/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 920-433-8620 or WI-Foundations@hshs.org.

Director's Cut with, HSHS St. Joseph's Foundation Director, Jane Gobler



I hope you had a Merry Christmas and a very Happy New Year. This time of year always gets me excited for new to-do lists, bucket lists and re-evaluating the processes I have to get things done.

One of the resolutions I made for myself last year, was to read more books. I wanted to expand my knowledge in areas that intrigued me. I have read many books in the last year, but I just finished reading "To Love and Be Loved, A Personal Portrait of Mother Teresa" by Jim Towey. Reading this book has created a stir in me that I wasn't anticipating. Mother Teresa has always been someone that I've cherished and looked up to, but this book opened my eyes and my heart to some things.

A Calling – a quote from Mother Teresa in this chapter, "What I can do, you cannot do. What you can do, I cannot do. But together we can do something beautiful for God." The last year taught me how much we all have our special gifts. HSHS St. Joseph's Hospital is a very special place. I walk the halls that the Sisters walked and all those before us. We are blessed with a very rich history – although not in dollars – in the love of all people and the power of coming together. Our Mission: "To reveal and embody Christ's healing love for all people through our high quality, Franciscan health care ministry...dedicated to serving all people, especially the most vulnerable..."

We are in a difficult time in health care but we are so fortunate that our Franciscan Sisters were frugal. It took the Sisters coming together and utilizing their best skills that have made us what we are today. I read the grateful patient stories; I chat with colleagues and hear firsthand how they care for their patients. Charism, according to the Encyclopedia is defined, "a charism is a spiritual gift or talent granted by God to the recipient not primarily for his own sake but for the benefit of others..." My job, simply put, is to share my gift of philanthropy. To share my ability to bring people together and show how we can make an impact as we give together!

I pray you will join me in supporting our hospital, whether it is monetarily, through prayer or volunteerism. A very wise priest once shared with me how important Time, Talent and Treasure are to God.

Blessings,

A handwritten signature in black ink that reads "Jane M. Gobler". The signature is written in a cursive, flowing style.