



The Stethoscope



51st Birthday celebration Luncheon

Because of the ongoing COVID-19 pandemic and the resultant social distancing precautions/practices, we are opting to move our upcoming luncheon to a virtual format via Zoom. Zoom can be used with video on a phone or other electronic device (computer, laptop, ipad), and also has a call-in number for anyone that does not have access to the video option. We hope to have as many Partners members join as possible! We will have a few special guests to speak at the event, including John Wagner, CEO of HSHS St. Joseph's Hospital, Stacie Zais, Prevea Urgent Care

Supervisor/Coordinator for the Prevea Vaccination Clinic at Jacob's Well, and Pat Gutknecht, member of Volunteer Partners and member of the original Partners group.

As a special "thank you", there will be a treat box available for pick-up at St. Joseph's Hospital prior to the luncheon, that we can all enjoy "together" during the virtual meeting, or separately as you wish. We will also have door prizes for those that participate! RSVP is required to reserve your treat box, and to ensure everyone gets the meeting information before the event.

**Wednesday,
April 21, 2021
11:30 a.m.**

**At a place of your
choosing, via Zoom!**



Cost: FREE to participate
We came up with a plan:
**Pickup for treat boxes will be Wednesday April 21st from 8:30am-9:30am near the main entrance of the hospital.

Please RSVP by contacting Brandy Sikora at 715-717-7439 or email brandalee.sikora@hshs.org. You can either call in to the meeting or connect via zoom to see everyone. Hope to see you there!

Zoom Link for computer Sign up: RSVP with your email, an invite will be sent to you.

Call in number (only if you are not able to sign in with computer):
• 1-312-626-6799 • Meeting ID: 997 1328 1775 • Passcode: 622282

Jessica Erickson-Michels, DPT
*Divisional Director of Rehabilitation Services
Luncheon Chair*



Partners of
HSHS
St. Joseph's
Hospital



MESSAGE FROM ADMINISTRATION



Dear Volunteer Partners,

I hope this letter finds you in good health. So far, 2021 has been a year of hope. We could all use a little hope after trudging through 2020.

Hope has come in many forms for us. After our colleagues worked around the clock to offer skilled, compassionate care to all patients, but notably those who struggled with COVID-19, the coronavirus numbers have declined and we're able to better manage the situation.

At the same time, our hospitals were given an allotment of the COVID vaccine, and we were able to vaccinate colleagues and volunteers who were interested in receiving the vaccine.

We're proud to say that Prevea, our physician partner, took a front-and-center role throughout the state to disseminate the vaccine quickly and efficiently to people who are eligible. Prevea has received much praise for taking a well-organized, vaccinate-all approach. Because of this, people who typically doctor with other health care entities were able to receive their vaccination with Prevea with no hassle. That also would be the mission of our Hospital Sisters - to make sure all are vaccinated regardless of health care affiliation. This is why we walk side by side with Prevea - this is a partner who embodies and demonstrates those values we hold dear.

Because of this, we were able to vaccinate our volunteers and slowly bring them back to needed areas in the hospital. Our lobby has been busy, and we need our volunteers to share our mission and compassion with patients and guests as they enter our facility.

Our faith, family, friends and hope are helping us get through these tough times. Thank you for your dedication to our hospital. You reveal and embody Christ's healing love for all people through our high quality Franciscan health care ministry, and we couldn't be more thankful. Our hospital continues to be a warm and welcoming place because of you. Thank you!

Sincerely,

John Wagner
President and CEO, HSHS St. Joseph's Hospital



LETTER FROM OUR PARTNERS PRESIDENT



Dear Volunteer Partners,

It is hard to believe that it was a year ago that we all began to hunker down, wear masks, and try to measure 6 feet while grocery shopping (without carrying a tape measure)! This year more than ever, we can appreciate the true meaning of the Easter season. A cartoon I saw recently had the caption: "I'm not sure what else I can give up for Lent, since I gave up a lot during COVID!" Most of us feel the same. However, according to the medical experts, masks and other precautions may be here to stay for awhile. And while this is a time of renewal and hope, we also want to remember those who we have lost to COVID. Also, please keep in your thoughts and prayers those who may still be affected by COVID.

It really is amazing how our communities have navigated the COVID world. Our schools, businesses, non-profits, and municipalities have had to adapt while still providing necessary products and services. The colleagues at St. Joseph's Hospital have especially had to adapt to serving our communities. Your Volunteer Partner's Council cannot say THANK YOU enough to the colleagues and their dedication to providing excellent health care in a safe and secure environment. And THANK YOU, to you our Volunteer Partner members, who have continued to serve your communities by making masks, providing child care, being tutors, and helping friends and neighbors with daily tasks.

Due to COVID, the last 12 months has forced Volunteer Partners to cancel or postpone events and projects. But we are cautiously optimistic that we can get back on track in 2021. The new normal may only allow a limited number of in person attendees. Your Volunteer Partner's Council will be discussing alternatives where a limited number can attend in person and others are able to participate virtually. Any updates or changes will be included in the Stethoscope. Also, in order to improve communications, it would be helpful to have email addresses for members. Those email addresses can then be included in the Volunteer Partner's directory. If you have an email address that you would like to share please send it to Brandy at brandalee.sikora@hshs.org.

Thank you for your continued support of Volunteer Partners. On behalf of the Volunteer Partner's leadership, prayers are being sent to you and yours for a healthy and blessed Easter season. Stay well and be safe. If you have any questions or concerns, feel free to email me at maryrosewilli@gmail.com.

Mary Rose Willi
Volunteer Partners President



SPRING DISTRICT MEETING

Due to COVID restrictions, the Spring District Meeting will be a virtual meeting on May 11th from 10 a.m. - 12 p.m. Details on how to attend this meeting will be shared via email when available.

PUBLIC POLICY

Although we have turned the calendar to 2021, things have not slowed down.

Joe Biden has been sworn in as the new president. He has been busy setting up his cabinet and signing executive orders. One of the executive orders establishes a special enrollment period, February 15 - May 15th for buying or changing health insurance coverage through the ACA exchanges.

Democrats retain their majority in the house. The Senate is split 50-50. Because the president is a Democrat, the Democratic party has the Senate leadership and committee chairmanships. Vice President Harris will vote to break a tie.

In Washington DC, the next COVID relief package, the American Rescue Plan Act of 2021, passed in the House of Representatives. This package includes an addition \$1400 stimulus for most people, child tax credits, money for state and local governments, extension of federal unemployment assistance, money for education, and additional money for COVID testing, contract tracing, public health workers, vaccine distribution and much more. Its future in the Senate is less certain. Democrats are using budget reconciliation, but still need 50 votes to pass the

package. President Biden has said he wants to work with Republicans on a bipartisan bill.

Closer to home, Governor Evers has presented his biannual budget. In his budget address, some of his priorities were broadband access, mental health initiatives, Medicaid expansion, and legalization of marijuana. The proposed state budget totals 91 billion dollars. The budget goes to the Republican controlled Joint Committee on Finance where it is certain to be changed. Stay tuned. WHA is watching the process and may be sending HEAT alerts asking for your action as the budget is debated and votes are taken.

Still time to register for Advocacy Day on April 14th. I'm registered. Are you? Format is virtual, so you can stay up to date while staying in the comfort of your own home. It will be fun and educational. Even though it is virtual you still need to register!

The Wisconsin Department of Health and Human Services puts out a weekly newsletter, COVID-19 Response and Vaccine Progress. It has lots of useful and interesting information and statistics on the status of COVID in the state. WWW.dhs.wisconsin.gov/covid-19 and choose "Join email list" to get the newsletter.

Julie Clark, Public Policy Chair



SCHOLARSHIPS

We have received some great applicants for our 2021 scholarship awards. The Volunteer Partners will be able to award 6 scholarships of \$1,000 each to individuals throughout the community. The scholarships are a one-time non-renewable award to someone who fits the guidelines. Applications were due April 1st and successful applicants will be notified by mail no later than May 31, 2021. Awards will be presented at the Partners General Luncheon Meeting in July.

Jan Docksey
Scholarship Chair

The Community Garden Looks Forward to a **BOUNTIFUL 9TH SEASON**

As I write this on February 23rd we are having a heat wave and it's nearly 40 degrees. Doesn't look or feel like spring yet, but it's at least nice enough to give us a break from the 20-below weather we had last week. We are so blessed to have had relatively mild winters in this part of the state for several years, but that doesn't mean we can't still get a heaping load of snow between now and May. The year we started the Community Garden, we got 2" of sleet and it froze to the dead grasses just before Mothers Day. The fact is that we have a long enough growing season that we can start around June 1st for most crops and not have to worry about a killer frost at that time. For now, I'm just contenting myself with watching Bluejays, Doves and Goldfinches bathing in the heated bird bath I mounted on the deck railing this year. I can't imagine a bird taking a bath when it's below zero outside, but they seem to love it and I love watching them enjoy it.

The weather may not be spring-like but nearly a 150 community garden volunteers and interested persons signed up for the 1st annual Community Garden virtual Zoom conference on February 12th and 13th. This event was planned to be a live, in-person affair for last November, to be held in Green Bay, but of course COVID put the brakes on that program. The Community Garden Coordinator from the Brown County Extension office, coordinators from Groundwork, Milwaukee and the UW Extension office worked together to schedule a virtual conference with a number of speakers and facilitators - all from within a network of community gardens from across the state. I was asked to be a speaker on the 2nd day of the conference. I presented our St. Joes Community Garden power-point along with two other coordinators speaking to the issue of connecting with our communities. Cathy Lombard also participated as an attendee and facilitated a discussion with a group of the participants relative to Volunteer Garden Engagement. There was a great deal to learn from the other garden programs in the state and it was an honor to tell the group about our program here in Chippewa County.

It may only be February as I write this, and will probably be April when you read it, but regardless of whatever the weather is and will be, it's still not too early to be "thinking green." We are certainly doing whatever we can between now and June to retain our gardeners from the last few years and recruit new ones, as well. One of our personal gardeners from 2020 had to relocate last fall and will not return, but the UWEC nursing student who planted a plot last year has pledged to plant in 2021. Of course, many of our long-tenured donation growers will be back with us and the committee will be looking at some new options to try out in 2021.

There are a couple of ideas that I took away from the virtual conference - large plot growing and raised bed growing. Cathy, Rick, Don and I will be conducting a committee meeting to talk over our options and consider combining the plots in one or two of our rows into "vine" plots. This is where we would ask our Tractor Central partner to till all the space occupied by three plots in one row - including the grass walkway between them - into one large plot where various vine plants could be allowed to spread out and prosper.



Squash, cucumber, melons, etc. tend to wander all over the place anyway, branching out into the grass walkways, preventing us from keeping those spaces mowed and allowing grasses to grow tall and block sunlight from getting to the blossoms. Several of us plant vine crops and the thought is that we might combine our efforts into a larger group plot to see if we can be even more productive than we are on our individual plots.

The raised bed idea is to make it easier for some of our older, less agile gardeners, to work their plots without having to stoop over or work on hands and knees. Many of us point out that we can always get down low to garden – the trick is to be able to get back up. The raised beds are easier to keep weed free and makes it more difficult for rodents to damage crops. I think at the very least I will try this concept on one of my plots. As with a lot of things that aging brings to the table – our dedication is still there and our willingness to grow for the needy is as strong as ever, but our bodies sometimes aren't able to do as much as we'd like.

Which brings me to our annual sales pitch. We're requesting the help of each of you in promoting our Community Garden program and asking you to help recruit additional gardening participants, as well. Our Community Garden Committee members continually look for ways to get the word out about the need for additional gardeners. Unfortunately, that effort was significantly curtailed last spring when COVID prevented us from meeting with potential gardening audiences at churches and gatherings of civic groups. With COVID restrictions anticipated to be relaxed later this spring we'll revisit our recruitment program and do what we can to



The "Green Beanie"... Roger Elliott
Volunteer Coordinator,
HSHS St. Joseph's Community Garden

generate some new enthusiasm for donating produce to our community food pantries. I learned at the virtual conference that nearly all community garden programs around the state have a problem with maintaining and recruiting a solid base of volunteers. Gardening to provide food for the tables of those less fortunate can be a source of great joy, but it is more labor intensive than simply offering a monetary donation. As we get better at recruiting there will be significantly greater volumes of fresh vegetables produced. I've also learned over the years that word of mouth is one of the best means of recruiting new growers.

So...please help spread the word and encourage willing and able individuals, groups and clubs to join us this year by reserving one or more of our 24 garden plots. It's very inexpensive, it requires less effort than you might think, and the rewards are phenomenal. You'll make a significant contribution to local food pantries in their war against hunger and you'll also have the personal satisfaction that comes from giving back to your community. With the Covid19 pandemic wreaking havoc on many families' ability to provide food for their tables this past year, there is a greater need than ever before for our community garden to make a difference.

One Final Thought -- The great advantage to working with our Community Garden program is that it can be done with hardly any risk at all from the Covid 19 pandemic! It's outdoors, there are typically only one or two individuals in the garden at a time working in relative isolation, and gardening provides a welcome break from being stuck at home for days and weeks at a time. While many of the other very worthwhile programs of the Partners of St. Joseph's have been curtailed or cancelled over the past year, the garden program has continued to prosper. Tending a Community Garden plot or two is really not much different than working in your own back yard as far as the pandemic is concerned.

So, please help us spread the word, recruit some willing new gardeners, think spring and think "Green." You can contact me at any time at rwelae@charter.net for further information about becoming a Community Gardener.

Remember, God is great – every day in every way!

PROPOSED UPDATE TO BYLAWS

Please review the proposed changes to the existing bylaws. These changes will be presented at the April 21st meeting and will be voted on by the General Membership.

1. Upon direction from the HSHS legal department, the name of our Board needs to be changed to Council.
2. To be consistent with the other HSHS Partner organizations, our Partners name would be changed to Volunteer Partners of HSHS St. Joseph's Hospital.
3. Changes to the Nominating Committee structure.
 - a. The Nominating Committee shall consist of a Chair, the Immediate Past President, the President Elect, and such other members, as may be required.
 - b. The Chair of the Nominating Committee is approved by the Partners Council. The term of the Chair shall be two years and may serve one consecutive term with the approval of the Partners Council.
 - c. The Chair of the Nominating Committee is not eligible to be nominated.
 - d. The Nominating Committee will nominate the President-Elect, Secretary, and Treasurer.
4. Changes to the voting rights to clarify voting at the Executive Council
 - a. Article III Membership and Dues
 - i. Section 4: Rights and Privileges of Membership
Any member in good standing shall have the right to vote at the **General Meetings**, and hold office.
 - b. Article IV Officers and Duties
 - i. Section 2: Election of Officers
Insert: "Officers to be elected are: President Elect, Secretary, and Treasurer. Officers of Partners are: President, President Elect, Secretary, and Treasurer.
 - ii. Section 8: Duties of the Treasurer
An annual financial review shall be conducted by HSHS Division Accounting Department member and approved by the Partner's Board of Directors. Remove: "...and approved by the Partner's Board of Directors" since it is no longer approved.

c. Article V Meetings

i. Section 1: General Meeting:

The quorum for the general meeting shall be those present either in person, by telephone, or by a virtual method.

d. Article VI Governing Committee and Duties

i. Section 1: Board of Directors

Delete: According to Roberts Rules ex officio members have voting rights at all times.

Add: Ex-officio members do not have voting rights, "unless a tie has been presented. In that case, ex officios have the right to vote."

Add a new paragraph:

Voting members of the Partner's Executive Council are the Executive Committee, Committee Chairs, and Special Events Chairs. A vote may be made in person, by email, by text, or by telephone. Votes made by email, text, or telephone shall be submitted to the Manager of Volunteer Services or to an Officer. A quorum for the Partners Executive Council shall be a simple majority.

e. Article VII Committees

i. Section 1. Standing Committees: Add

Gift Shop Committee to: With the exception of the Nominating Committee, the Gift Shop Committee, and the Chairperson of the Newsletter, the chairperson of these committees shall be appointed for a two-year term.

ii. Section 1 10. Parliamentarian:

Add to: " Parliamentary authority for the Partners shall be Robert's Rules of Order, Revised."

The following: "... unless superseded by these bylaws."

iii. Section 5: Scholarship Committee:

The Scholarship Committee shall consist of at least three including the Chairperson, not to exceed five members including the Chairperson..."

Mary Rose Willi
Volunteer Partners President

COMMUNITY HEALTH-COVID AND YOUR BRAIN

In latest findings, the coronavirus passes a risk to our minds as well as our bodies. The virus evades detection as it travels with precious nutrients across the blood-brain barrier and into the fluid that bathes the brain and the spinal cord. The virus can damage many parts of the brain causing short-and long-term neurological problems from delirium, depression and temporary brain dysfunction to headaches, brain clots, nerve damage and life threatening meningitis in the young and old.

A FEW TIPS FOR PREVENTION:

- **Maintain social connection in a physically detained world**
- **Eat healthy**
- **Exercise**
- **Getting a good night's sleep**
- **Think Positive-Get rid of the negativity and frustration during the COVID crisis**

Did you know: Pink Eye may not be the usual “run of the mill” virus treated with antibiotics. It can be related to symptoms of the Coronavirus.

Take care of yourselves! With more and more people receiving the vaccination, it may feel like we can become “normal” again, but we still need to protect ourselves and our friends and families by social distancing and masking. Keep up to date with CDC guidelines at <https://www.cdc.gov>. The most recent update for those that are fully vaccinated (to be considered fully vaccinated- 2 weeks after second dose of 2 series or 2 weeks after a single dose):

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - o However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

Pat Bertrand
Community Health Educator (CHE) Chair

STEAK FRY

Save the date. We are optimistic that the 2021 Steak Fry WILL take place this year. The venue has been booked, Knights of Columbus, Chippewa Falls, for August 05, 2021. We will have dine in, take-out and delivery available. As we get closer to the date more information will be forthcoming. We look forward to seeing everyone there to support Volunteer Partners of HSHS St Joseph's. PS, an extra prayer couldn't hurt. Thank you, always.

Betty R Oddo/Julie Clark
Steak Fry Chairs

CHARITY BALL

We have decided to postpone the May 1st, 2021 Charity Ball to a date later this year yet to be determined but will take place in late summer or early fall. We are looking at planning a hybrid event, mostly in person with some virtual aspects. This is so that if we are restricted in the number of guests that we can have due to social distancing and to accommodate those that don't feel comfortable gathering in large groups we can still have a great event bringing the community together. Hopeful that this will allow for an even more relaxing fun time on the high seas. Planning for the 2021 Charity Ball is still underway and we look forward to this great St. Joseph's tradition. Watch the next Stethoscope for an update.

Amber Leibrandt, Charity Ball Chair





VOLUNTEER SERVICES

What a sight it has been to see the joy in the volunteers as they receive their vaccinations and return to volunteering at the hospital. I can hardly believe we are at the one-year mark since the volunteers first left.

Thankfully, there were some that came back in August and we have slowly been growing since! It feels like we are starting a new program from the beginning with the new changes and guidelines that have been put in place due to COVID and even new roles but the volunteers are taking everything in stride.

The Volunteer Partners Council haven't missed a beat! Continuing their monthly Council meetings via Zoom to stay connected and do the things that they can do to help support the hospital and community. Many of the events as you know were cancelled this last year but they are getting excited to start planning events for this upcoming year. I have missed you all. Seeing you at the Steak Fry, Used Book Sale, Wonderland on the River and all the other events. I am excited for the new year and looking forward to being able to see you all again. With National Volunteer Week coming up April 18-24, the Council is planning something fun and we can't wait to see you all at the April 21st Virtual luncheon!

Volunesia (noun) : that moment when you forget you're volunteering to help change lives, because its changing yours.....Author Unknown

Brandy Sikora
Manager of Volunteer Services

GIFT SHOP

Spring has sprung in the gift shop and we are seeing some new merchandise (and some "new" from last year since we were unable to be open) brighten up our shelves! It is hard to believe that we closed about a year ago unknowing when we would be able to open again. Despite being closed half of March, all of April and May and only open 8 hours a week in June and July, we still had a decent year. The colleagues were very happy to see us open our doors again and retail therapy helped them through the tough times they were experiencing at the hospital.

We are currently open full time now thanks to all the volunteers that came back! However, we are only open to colleagues, patients and the patient's one visitor at this time but hoping that visitor restrictions will open up as more and more people get vaccinated and then we can see you all again. If there is something that you are looking for and can't find anywhere else, such as a confirmation gift, please give us a call 715-717-7352 and we can do the transaction over the phone and then deliver the items to you in your car!

Brandy Sikora
Manager



Request for Emails



Please send Brandy your current emails to receive up to date information in regard to Partners events and news. If you would prefer to receive your Stethoscope via email instead of mailed to you, please let us know. This would help save our costs and more funds can be dedicated to the hospital projects. Thank you!

Brandy's email is: brandalee.sikora@hshs.org



Remember the Fun We Had?







Spring is
here!



CALENDAR OF EVENTS

April 14	Advocacy Day Virtual
April 21	51st Birthday Celebration Virtual Luncheon
April 18-24	National Volunteer Week
May 5	Council Meeting (Zoom)
May 11	Spring District Meeting (Virtual)
June 2	Council Meeting (Zoom)
July 14	Luncheon and Scholarship Presentation (TBD)

