

The

# Stethoscope

## Annual General Membership Meeting

*Join us IN PERSON!*

**Wednesday, Oct. 19  
11:30 a.m.  
McDonald Hall at  
HSHS St. Joseph's Hospital**

Light lunch served  
Speaker  
Business meeting

**Cost: \$8**

Only 25 spots available so  
RSVP to Brandy at 715-717-7439  
or [brandalee.sikora@hshs.org](mailto:brandalee.sikora@hshs.org)



Partners of  
**HSHS  
St. Joseph's  
Hospital**



## MESSAGE FROM ADMINISTRATION

Dear Volunteer Partners,

For 52 years, you have been generously supporting the medical needs of our community. It has been a challenging couple of years for our patients, families and colleagues. Yet, you remained as kind, caring and dedicated as you always have been. The Partners are truly a special group of individuals.

Your compassion does not go unnoticed. Through events like the Coat and Blanket Drive, Used Book Sale and Love Lights, our community members can see AND feel your generosity. It's hard to believe the fall season and holiday months have come so quickly. As you are hard at work planning Love Lights, just remember the appreciation for the special time you are providing for community members to remember and celebrate the people they love. The beautiful trees throughout the Healing Garden will shine brightly during the holiday season and spark memories of the ones we love.

I want to take a moment to acknowledge and congratulate Sister Bernadine Gutowski, OSF for her 60 years of service. Two years after she graduated from high school, Sister Bernadine began working here at St. Joseph's. It was only one year later that she entered the Hospital Sisters of the Third Order of St. Francis. We are so fortunate to have Sister Bernadine visit when she does. She truly enjoys seeing colleagues and volunteers and hands out small crosses made by the Sisters in Illinois. Sister Bernadine is an incredible example of living our mission and the heritage our ministries possess.

You continue to reveal and embody Christ's healing love for all people through our high quality Franciscan health care ministry. Our hospital continues to be a warm and welcoming place because of you. Thank you!

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





## LETTER FROM OUR PARTNERS PRESIDENT



Dear Volunteer Partners:

With summer coming to an end and fall fast approaching schools have started, sports programs are in full swing, warm days and cooler evenings and we start working towards all the activities of HSHS Partners.

We have the Partners State Convention to attend at the Chula Vista in Wisconsin Dells on Oct. 11-13, volunteers have begun working on Wonderland on the River which is held Nov. 5 and the Charity Ball which will be held on May 20, 2023, is starting to be planned.

What a wonderful active group of members we are thankful for. I'm so happy to be a part of this organization and I thank you for all you do. Now is the time to reach out to others to see if they would be interested in joining HSHS Partners.

Enjoy the season upon us,

Terri Hutson  
President Elect



## PUBLIC POLICY

The Nov. 8 general election is fast approaching. Election ads are everywhere, on TV, radio and in your mailbox. Be sure to fact check the ads and listen to several sources to get balanced views on the issues. Politifact.com and FACTcheck.org are two good places to verify election claims.

### Important dates for November election:

Nov. 3. Your request for absentee ballot must be received by your municipal clerk.

Oct. 25 - Nov. 6 In-person absentee voting. Check with your municipal clerk for place and times. MyVote.WI.gov has all the information you need to register and request absentee ballots. It is a very good site for information about Wisconsin elections.

The Inflation Reduction Act passed in August has some changes to Medicare. Medicare will be able to negotiate drug prices. This does not go into effect until 2026 and does not include all drugs. With a gradual roll out, up to 50 drugs will be selected for price negotiation.

Out of pocket costs for Part D will be capped at a maximum of \$2,000 per year (no more doughnut hole) and this change starts in 2025.

Limits out of pocket cost for insulin to \$35 per month for Medicare and private insurance.

Eliminated cost sharing for vaccines for Medicare, Medicaid and CHIP.

Extends the expanded subsidies for the insurance exchanges for another 3 years.

Remember, your Vote is your voice.

Julie Clark  
PPE Chair



It was so nice to be able to gather in-person for the Partner's Steak Fry this year. The weather was great. Rodger, Rick and Dave did a super job grilling the steaks. So many amazing volunteers helped prepare and serve a delicious meal. We received a lot of compliments on how good it was and we raised money for the scholarship fund!



We did get some feedback and I am happy to let you know, the basket drawings will be back next year and we are looking into the possibility of having bingo again. (Sorry, still won't be able to have beer.) A huge THANK YOU to everyone that helped make the Steak Fry a success.

**Save the date for next year - Thursday, Aug. 3.**

Julie Clark and Sue Wynimko  
Steak Fry Co-Chairs

# CHARITY BALL

## Cheers to 50 Years! Save the date for May 20, 2023

for our 50th Celebration of the Annual Charity Ball being held at Lake Wissota Golf, where it all started over 50 years ago. Planning is underway and many past Chairs and committee members have been brought together to come up with a fun and historic event. Stay tuned for more announcements as plans develop.

Deanne Rubenzer  
2023 St. Joseph's Hospital  
Charity Ball Chair



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## LOVE LIGHTS

Shortly we will begin to start our annual Love Lights project. This is a special way to honor or remember loved ones at the holiday season. Brochures will be mailed out in October. Lights may be purchased for \$10 or minimum of \$5 per light. The Remembrance Ceremony and Tree Lighting will be on Thursday, Dec. 1 at 4 p.m.

Kay Engbretson  
Lovelight Chair





## THE COMMUNITY GARDEN NEWS

As I write this article for the Stethoscope, it is Saturday in early September and we just finished the most amazing week of deliveries in our 10 years of operation. On one day this past week we delivered an astounding 600 lbs. of produce to six separate pantries and kitchens! My delivery van was loaded for two separate trips. Since the beginning of the month, large deliveries were made on other days as well.

**Our total to date is over 2,600 lbs. – 300 lbs. more than this time last year. There is still a great deal to be harvested so it appears that we are headed for another record year!**

### Milestones and Other News:

- Rick Beckler has taken over maintenance of the beehives in the Community Garden from Don Hauser. One of the hives has been thriving and produced a great deal of honey so far. Rick has bottled a considerable amount of honey for sale in the Gift Shop and sales have been encouraging. Not only do we have our busy little bee friends pollinating our Community Garden, but in the spirit of sustainability, we now have another generation of beekeepers managing this very essential resource.
- Our 18-tree apple orchard is five years old now and our good friend Don Albrecht of the Albrecht Nursery on Hwy 124 prunes them each spring and works with them to increase the strength of the branches. This year, for the first time, we have encouraged apple growth on the trees. They have grown healthy and strong over the last five years with limb structures sturdy enough now to produce fruit. I'm pleased to inform you that we harvested over 112 lbs. of Zestar and Dandy Red apples from our little orchard, all which were donated to local food pantries and kitchens. Just a couple of days ago we received a donation of 100 lbs. of apples from Barb Wise and her husband from their private orchard. This amount brings our donations from personal growers outside the Community Garden to nearly 150 lbs.
- By now it should be apparent to our readers that this is shaping up to be an exceptional year. High temperatures and humidity, supported by our in-ground irrigation system, are working together to produce ideal growing conditions. With our current volume of deliveries this year, our all-time total since 2013 is now at well over 21,000 lbs. of donated produce – or 10-1/2 tons of food.
- One of our plots in the Community Garden has been covered with raspberry bushes that were donated in the third year of our existence. It has not been very productive when compared to the volumes produced by the plots of our volunteer growers and has been a real chore to maintain. Therefore, it will be retired and tilled up next spring to be planted with crops more suitable for donation to our food pantry partners. Anyone interested in taking on a new plot will be welcomed by our team.
- It also looks as if Don Albrecht may donate a couple of additional apple trees to the orchard. We originally planned for 20 trees but only planted 18 back in 2016 so two more trees will fill out our orchard rather nicely. More on that later.

*Continued on next page*

- There are always wonderful stories to tell from the Community Garden experience. Each year there are new gardeners joining the team and they bring with them positive experiences to share. It is also extremely gratifying to receive so many compliments from the food pantry and kitchen workers who are so grateful to receive our donations. My wife, Lois and I get to experience that gratitude firsthand, and it continues to make the work we do in the process of delivering produce so rewarding. Pulling a few weeds and loading carts full of produce for delivery is a small price to pay for experiencing such joy.

Once again we have a lot to be thankful for – the support of the hospital Partners, hospital colleagues, generous donors, a dedicated gardening team, the assistance of Brandy and her volunteers as well as hospital Food Services colleagues for coordinating and caring for the produce as it comes to the hospital lobby, and of course.....the Good Lord for all the sunshine and humidity that makes are garden grow!

God is great....every day, in every way! We are truly blessed.

the “Green Beanie”...

Roger Elliott

Volunteer Coordinator, HSHS St. Joseph's Community Garden

## MEMBERSHIP:

The current membership roster lists 186 members, of which 110 are Lifetime Members and eight are Honorary Members. New Honorary Members include Judy Dobbs, Dodie Driscoll, Edna Frederick, Katherine Hartman, and Lucille Korger. New members include Jean Gay, Jane Gobler and Mary Hodowanic. Annual membership dues are currently due.

Membership Chair

Jan Giedd

## COMMUNITY HEALTH EDUCATION:

Back pain is discomfort occurring anywhere on the spine or back. It can be mild or disabling. Some causes are: over exercising, long periods of sitting or lying, sleeping in uncomfortable positions, or wearing a poorly fitting backpack. Improper fitting shoes can also be a cause as well as muscle strain and obesity.

### Managing Back Pain

Keep moving, practice good posture as well as maintain a healthy diet and weight. Try ice and heat, using an ice pack at first, then switch to heat. Over the counter medications (NSAID) such as Ibuprofen and rub-on medicated creams may also be used.

### When to see a doctor

If the pain persists more than one week or you experience numbness or tingling, weakness, or have pain after an accident, you should see your doctor.

Note: If you have kidney disease, check with your doctor before taking Ibuprofen.

Pat Bertrand

CHE Chair





## WONDERLAND ON THE RIVER

### Wonderland on the River is back!

After a two-year hiatus, Wonderland on the River will be held on Nov. 5, 2022 at Lake Wissota Golf and Events.

Doors open at 9:30 a.m. for table viewing with entertainment scheduled for 10:30 a.m. Besides enjoying great food, prepare for being wowed by beautiful tablescapes, the latest fashions, and outstanding raffle prizes. All proceeds go toward St. Joseph's mental and behavioral health programs.

Early bird tickets until Oct. 15 are \$45; ticket price after Oct. 15 is \$50. Tickets are available from Brandy Sikora. Mark your calendars and plan to attend this most entertaining and amazing women's event.

Jan Giedd  
Wonderland Committee Chair

## WALKING CLUB:

The Partners Walking Club is still putting in the steps! Join us 9 a.m. on Wednesdays at the duck pond at Irvine Park. The group walks the path past the bear den and returns back to the duck pond. Some members will take another lap around while some only prefer to do one. On average there are 8-10 walkers but would LOVE to see more join the group. For more information, contact Dianne Fish [dfish5231@charter.net](mailto:dfish5231@charter.net)

Dianne Fish

## WHA FALL DISTRICT MEETING

The Fall District Meeting will be hosted by the Volunteer Partners of HSHS Sacred Heart Hospital and held on Wednesday, Oct. 26 at 9 a.m. The location is yet to be determined but will be in the Eau Claire area. A day of camaraderie and fun is planned with two educational speakers to talk about internet safety and cyber security. Lunch will be served. The day will end around 2 p.m. Please RSVP to Brandy at 715-717-7439 or [brandalee.sikora@hshs.org](mailto:brandalee.sikora@hshs.org) if you would like to attend at no cost to you.

## WHA STATE CONVENTION

There are seven Volunteer Partner Council members heading to Chula Vista in Wisconsin Dells Oct. 11-13 to attend the Annual Partners of WHA State Convention Meeting. The theme this year is "Volunteers: Helping Hands, Touching Hearts". They will be meeting with over 200 other volunteers throughout the state to network together to see what other fundraising opportunities are out there and the accomplishments and struggles they are seeing with their volunteer program. They will be hearing from a keynote and closing speaker who will be sure to motivate and inspire them all! This year will also be a learning year as our very own Betty Oddo will be chairing the State Convention Event in 2023 in Steven's Point. We will be needing MANY hands to help put on a successful event next year so if you would be interested in being on the committee with us, please reach out to Brandy or Betty [bettybro43@gmail.com](mailto:bettybro43@gmail.com).





## VOLUNTEER SERVICES

When I think of Fall, I picture lots of vibrant colors, leaves falling to the ground, football, hoodies, flannels and Pumpkins! As much as I say that I dislike Fall, mainly because I know what comes after it, I love to be able to wear jeans and sweatshirts again and sit out with family around a campfire reminiscing about the summer trips that were taken or talk about the upcoming seasonal Holidays. Life seems to slow down a little but excitement is all around.

Kids are back in school, football returns, and not to mention the last minute outdoor get togethers at the apple orchards and pumpkin patches. Do you ever really look at pumpkins in a pumpkin patch? They are a lot like us, they come in different sizes, shapes and colors! Let's take advice from a pumpkin:

- Be Well Rounded-don't be afraid to take on a variety of tasks, build new relationships, and engage in building teamwork.
- Keep Growing-adapt and learn from things that are happening around you, practice gratitude and be kind to yourself and others.
- Have Thick Skin-don't be afraid or offended to take constructive criticism, be ok with failure and continue to push forward, and maintain a calm demeanor.
- Be Outstanding in Your Field-be prepared and appreciate yourself and others, do something extra, be considerate and stay positive.
- Hold on to Your Vine Until it's Time-the "vine" pumps life into us and if we hold on, we will continue to grow and feel connected to one another.
- Always Patch Things Up-don't hold a grudge and make things right with those around you.
- Shine From Within-share your personality with everyone. Show genuine joy and be pushed by your life mission statement not pulled by other people's agenda.

A pumpkin symbolizes prosperity, growth, and abundance. As volunteers and community members, remember that you are responsible for the growth of all those around you including St. Joseph's. Thank you for your continued dedication and support to the hospital. We will only prosper as much as your support will give and over the last 137 years, your support has been amazing. Hold on to the vine and let's grow together!

Brandy Sikora  
Manager of Volunteer Services

## GIFT SHOP:

If you have stopped by my office this summer, you may have noticed that I have had Fall and Christmas merchandise taking it over! Since May, I have been receiving my holiday shipments and I cannot wait for you to see all the goodies that are new this year!

The Holiday Open House is scheduled for Nov. 7-11. We are open from 8 a.m.- 4 p.m. Monday through Friday. A discount of 30% off will be offered throughout the shop during the Open House Week along with a chance to win a fun gift basket!

Brandy Sikora  
Manager of Volunteer Services



2661 Co. Hwy I  
Chippewa Falls, WI 54729

A banner for the "CALENDAR OF EVENTS". It consists of three rectangular sections. The left section shows a field of yellow daisies. The middle section is a solid dark blue rectangle with the text "CALENDAR OF EVENTS" in white, bold, sans-serif capital letters. The right section shows a close-up of a pink flower.

## CALENDAR OF EVENTS

Oct. 6-7	Used Book Sale	Garage on Hospital Property
Oct. 11-13	Partners of WHA State Convention	Wisconsin Dells
Oct. 19	Council Meeting	St. Francis Hall
Oct. 19	General Membership Luncheon	McDonald Hall
Nov. 2	Council Meeting	St. Francis Hall
Nov. 5	Wonderland on the River	Lake Wissota Golf
Nov. 7-11	Gift Shop Open House	
Dec. 1	Lovelights Ceremony	St. Joseph's Healing Garden
Dec.7	Council Meeting	St. Francis Hall
Dec. 25	MERRY CHRISTMAS!!	

