

The

Stethoscope

2022 Scholarship Recipients



Left to right:
Paige Smiskey, Ava Videen,
Haley Mason, Alexa Post

What a beautiful summer day we had to **celebrate our 2022 Scholarship recipients** at Irvine Park on July 13.

Only four of the awardees were able to join us this time as two of them had EMT classes to attend. It was great to be able to hear their stories and where their next adventure will take them! Each awardee received \$1,000 to put towards their next adventures. You will find summaries of each recipient inside this issue of the Stethoscope.

The Steak Fry, Used Book Sale, vendor sales, donations and endowment fund are all sources for the Partners to be able to provide these scholarships.

Thank you for your continued support!



Partners of
HSHS
St. Joseph's
Hospital

Scholarship applicant awardees:

We had a good response this year with 15 applicants. We awarded six \$1,000 scholarships to very well-deserving individuals pursuing health care related education. Learn more about the 2022 recipients:

Haley Mason

Haley graduated from Chi-Hi in 2022 and is planning to attend Southwest Minnesota State University this fall. Her goal is to attend medical school and practice medicine as a pediatrician or OB-GYN. During her childhood, Haley had the opportunity to accompany her grandparents to Ethiopia, where there was a vast amount of people needing health care. Her grandfather was a dentist and her grandmother a nurse, and they wanted to use their skills to help the community. Their experiences left a mark on Haley, instilling a desire to help others and motivating her desire to become a doctor.

Paige Smiskey

Paige graduated from McDonell Central in 2022 and is planning to attend University of Mary in Bismarck, N.D. this fall where she will pursue a bachelor's degree in Biomechanics. She plans to become a physical therapist and specifically work in athletic rehab. Paige is drawn to this field because she has a heart for service. Being a student athlete, she had to face the hard reality of injuries. Through the process of doctor and physical therapy appointments, Paige met some of the kindest and most encouraging people. Their kindness made her realize that she wants to make a difference in the lives of others by becoming a physical therapist.

Megan Ludy

Megan Ludy graduated from Chi-Hi in 2021 and is planning to attend UW-Lacrosse this fall to pursue a bachelor's degree in Exercise and Sports Science with a Psychology minor. Her goal is to become a physician assistant. During science class in 8th grade, Megan learned how fascinating the human body is and realized that health care is an industry where she can infinitely learn about its functions. Additionally, she had extremely meaningful interactions with residents who had Alzheimer's disease and other dementias at various care facilities where she worked. Being able to connect and share positivity with these patients motivated her desire to choose health care as a career.

Alexa Post

As a 2022 graduate from Bloomer High School, Alexa is looking forward to the next chapter in her life attending Minnesota State University - Mankato this fall where she will pursue an undergraduate degree in Biology-Biomedical Sciences. Her career goal is to become a physician assistant. Alexa lost her grandparents to health issues by age 17, which impacted her greatly. Observing her grandfather's patience and devoted care for her grandmother through the difficult times at the end of her life solidified this career choice.

Abigale Wolf

Abigale is a 2020 graduate of Bloomer High School and plans to attend Chippewa Valley Technical College (CVTC) this summer and obtain an Emergency Medical

Technician (EMT) certification and a Bachelor of Science in Nursing with a minor in Spanish. She completed over a year of college while still in high school, which put her in the position of early graduation from UW-Eau Claire. Once Abigale receives her EMT certification this summer through CVTC, she would like to be a member of a fire department while still taking nursing courses. She feels being well versed in both professions will help her in her career goals.

Ava Videen

Ava is a 2022 graduate of New Auburn High School and is looking forward to attending CVTC this fall in pursuit of an associate degree in Nursing. While visiting her grandma who was a CNA at a nursing home, Ava was deeply impressed in the way she treated her patients. She saw how her grandma put a smile on the faces of older ones and it made her want to do the same. She feels that doing what you can to help brighten up someone's day can make the world a better place. Ava also has the goal of learning to speak Spanish so she can connect with even more people.

Jan Docksey
Scholarship Chair

LETTER FROM OUR PARTNERS PRESIDENT



Dear Volunteer Partners:

The grass is green, birds are singing, the air is fresh and sweet. I wait all year for this feeling of growth and vitality; I feel the same way about Volunteer Partners. We held our own through an incredibly challenging “winter” and have emerged vibrant, ready to continue the work of supporting our hospital. We had our first face-to-face meeting after many months on Zoom. The meeting was very emotional for me. I missed this wonderful group of women. I learned so much in my first year as president, but I feel we have all been waiting to blossom.

So much to look forward to. July 13 is our General Membership and Scholarship Luncheon at Irvine. It is so gratifying to be a small part of such lofty goals. The Steak Fry group continues to work on our Aug. 4 dinner. In my humble opinion, it is the best steak fry around.

If you enjoy being a member of Volunteer Partners, would you consider reaching out to a friend and letting them know what you appreciate? If you would like to become more involved, there are many rewarding ways to do that. Currently, we need someone to chair the Used Book Sale.

Wishing you a fantastic summer.

Ellen Kiefer
Partners President



STATE CONVENTION

Heads up! The State Convention is on the horizon. Save Oct. 11 - 13 on your calendar for a wonderful opportunity to network, meet new people and get new ideas. To reserve a spot or for more information, contact Brandy Sikora.

PUBLIC POLICY

Grants authorized by the CARES Act are starting to be distributed in Wisconsin. Recent announcements were made of monies allocated for CNA training to bolster the workforce and for the training/retention of emergency medical responders with focus on rural areas.

Primary season is underway with high profile elections in Pennsylvania and Georgia, among others. Wisconsin's primary is Tuesday, Aug. 9. There are statewide races for governor, secretary of state on the Republican side and U.S. Senate on the Democratic side. You can expect to see lots of advertising for these races. Additionally, local primary races will be taking place.

The Federal Public Health Emergency is expected to be extended in mid-July for another 90 days (about 3 months) until mid-October. This means flexibility for telehealth, hospital at home and critical care hospitals are also extended. The Medicare telehealth waiver has an additional 151 days (about 5 months) past the Public Health Emergency, but the other waivers do not have extensions. WHA is working with representatives in Washington to build awareness that the flexibilities are advancing patient health care and should be made permanent. Congress must act for this to happen.

When determining prior authorization, Medicare Advantage plans must use the same criteria as original Medicare. There have been issues with denials and delays, with some leading to adverse outcomes for patients. A bill was introduced last fall to streamline the process and provide more transparency as to how decisions are made, which may be interesting to follow.

The Wisconsin legislature is not in session but continues to hold committee meetings. Congress is still in session but has many "state days" where representatives are in their home state. The COVID-19 relief bill proposed this spring, that looked likely to pass, is currently stalled as the Senate and House cannot agree.

The Supreme Court released their opinions on cases heard during this session sometime in June.

Mark your calendars - Advocacy Day is April 19, 2023!

Julie Clark
PPE Chair

PARTNERS OF HSHS ST. JOSEPH'S HOSPITAL



Get your taste buds ready for a treat! The Partner's steak fry is happening Thursday August 4th. Soon you will be receiving tickets in the mail. Please buy or sell these. The steak fry is an important fund raiser for

the Partner's scholarship program. Additional tickets are available through the volunteer office.

The steak fry committee has been busy preparing. Roger and crew are lifting weights to get in shape for grilling the tenderloin steaks. We are planning for both in person dining and take out. It will be great to socialize again. Of course, we will be ready to adjust if needed to keep everyone healthy.

We are looking for help and there are two opportunities to volunteer, Wednesday morning for prep and Thursday both morning for prep and

afternoon/evening for serving and clean up etc. Any time you can give is appreciated and thank you to those that have already volunteered. There is a lot of laughing along with the work. Contact Julie - 715-723-0907 or email JACL304@aol.com or contact the volunteer office. Looking forward to a fun and successful event. Spread the word and invite your family and friends.

Julie Clark and Sue Wynimko
Steak Fry Co-Chairs

CHARITY BALL

YOU ARE CORDIALLY INVITED ...

Your Charity Ball Committee
is pleased to announce

the celebration of the

Partners 50th Charity Ball

May 20, 2023

Please mark your calendars!

We have so much to be grateful for!

We are looking forward to spanning the years remembering the joy Charity Ball has provided our hospital and community. This is a celebration and thank you to our community for their unwavering support of our hospital and Partners.

If you are interested in joining co-chairs Amber Liebrandt and Neal Wellner, along with myself to be a part of this fun committee, please let me know.

We will be meeting soon to begin planning.
I am looking forward to hearing from you.

Deanna Rubenzer, Chair
Charity Ball





THE COMMUNITY GARDEN NEWS

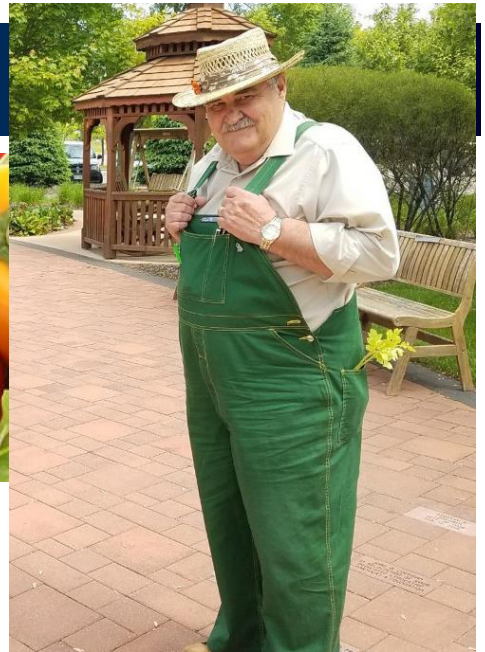
It's Memorial Day weekend as I'm writing this and some of our gardeners have their plots planted, or at least partially planted. Tractor Central tilled the plots for us on Tuesday, May 24 and it rained all day Wednesday. Today I mounted the plot signs on new steel posts (the wooden stakes had gotten pretty rotten) and there was evidence that gardeners had been there earlier in the morning. This is our 10th season and it is the fifth time that we've had all 24 plots reserved. Although we lose a gardener or two each year, we've been blessed by newcomers joining us each year as well. This year we welcome a new gardener from Eau Claire and several of our veterans opted for an additional plot or two to make up for the 3 gardeners we lost last year.

Our gardeners continue to enjoy their work with the Community Garden program. We are out in the fresh air, working with our hands, and making a difference in the fight against hunger in Chippewa County. We have a lot of wildlife in the area to keep us company each season. We'll eventually be joined by turkeys, Sand Hill cranes, and Monarch butterflies. I've already spotted deer, the eagle from the Northern Center nest, and the bluebirds are back in town; busily nesting in the boxes we provided.

With every plot being reserved we have the potential for another productive year. If we can match last years' total (3,600+ lbs) that will put us just over 11 tons (22,000 lbs.) for our ten-year total!

Our corps of gardeners this year includes:

1st Year Kathy Kovell, donor gardener (1 plot)
 2nd Year Colleen Walton, Master Gardener (1 plot)
 2nd Year Logan Sullivan, Rotary Club (1 plot)
 2nd Year Richard Allan, Comforts of Home, donor gardener (1 plot)



2nd Year Jim Baldeshwiler, donor gardener (2 plots)
 3rd Year Makendra Manders, UWEC Nursing Student, donor gardener (1 plot)
 3rd Year Barb Wise, Apple Donor, from her orchard
 4th Year Nancy Bauwens and Mary Fanetti, Retired Rehab Colleagues (2 plots)
 5th Year Don and Janeen Albrecht (caretakers of the Apple Orchard)
 5th Year Don Hauser (3 plots)
 6th Year Sallie Butcher, the Eagles Club (3 plots)
 7th Year Cathy Lombard, (5 plots)
 8th Year Rick Beckler (3 plots)
 10th Year Roger and Lois Elliott (1 plot)
 Many thanks to Don Wester, Manager of Tractor Central for sending Dennis Sykora over with a brand-new John Deere and mulcher for tilling of our plots again this year. Don Hauser will be working with Rick Beckler again to tend the beehives and we will also have a new beekeeper, Colleen Walton, helping as well.

Season 10 of the Community Garden is underway and we're looking forward to another productive season.

God is great! Every day in every way.

The "Green Beanie"...

Roger Elliott

Volunteer Coordinator, HSHS St. Joseph's Community Garden

715-563-2069

rwelae@charter.net

COMMUNITY HEALTH EDUCATION:

According to the World Health Organization, good brain health is when every individual can realize their own abilities and optimize their cognitive, emotional, psychological and behavioral functioning to cope with life situations.

Brain health conditions emerge throughout life's course can manifest as developmental and neurological conditions such as autism, epilepsy, cerebral palsy, dementia and many others. An unhealthy brain has problems with concentration, memory loss, numbness, paralysis and speech difficulty.

Ways to improve brain health:

- Healthy nutritious food
- Keep moving
- Manage blood sugar and blood pressure
- Protect head from injury
- Manage stress
- Limit alcohol

Typically, neurologists perform neurological exams but Cleveland Clinic offers an online assessment that you can do at home. The assessment takes about 20 minutes and can be taken on a computer, tablet or smartphone. To take the assessment, visit: www.healthybrains.org

Pat Bertrand
CHE Chair



MEMBERSHIP:

The current membership roster lists 186, of which 111 are Lifetime Members and two are Honorary Members. Membership dues for the upcoming fiscal year (July 1, 2022 - June 30, 2023) were due July 1. Lifetime membership is a one-time payment of \$100; annual membership is \$10.

Please contact myself or Brandy Sikora if you know anyone interested in supporting the hospital by joining the Volunteer Partners.

Respectfully submitted,

Membership Chair
Jan Giedd



WONDERLAND ON THE RIVER

SAVE THE DATE:

Plans are underway for Wonderland
on the River 2022!

Save Nov. 5, 2022 for this highly
anticipated, amazingly enjoyable
women's event, once again to be held
at Lake Wissota Golf.

If you are interested in being on the
planning committee, designing a
table, or making a donation for the
raffle drawing, contact Jan Giedd at
jangiedd@yahoo.com or Brandy Sikora
at brandalee.sikora@hshs.org.

Respectfully submitted,
Jan Giedd
Wonderland on the River
Committee Chair

GIFT SHOP:

Never have I understood the saying "Christmas in July" as much as I have since working in the gift shop. Last week, I spent a few hours unpacking Christmas gnomes, Santa items and trees all while experiencing 80-degree temperatures! It is true, many of the companies ship their seasonal items in June and July and now I know why Menards puts their Christmas Village up in August! My office is currently full of new Fall and Christmas merchandise, and I am really excited about this year's items. I cannot wait to share them with you at the Holiday Sale Oct. 31-Nov. 4!

We recently had the Dollar Days Sale (previously called Inventory Reduction Sale) in June and sales were great! Every June for the whole month, we have this sale, and every item is priced at \$1, \$5 or \$10 and you can really find some great gifts or items for yourself. July begins a new fiscal year so getting rid of old inventory for new merchandise is crucial to keep the shop looking new and refreshed.

With the new fiscal year starting in July, there are monthly specials that I work with to help keep interest and excitement for those that come in the shop.

July: Purchase a reusable tote bag and fill it up to receive 30% off you can fit in the bag.

August: 30% off all baby and kid merchandise

September: "Scratchtember"-At time of purchase scratch off to receive a certain percentage off your items.

October: Stock local Food pantries- Donate a dollar amount and receive a percentage off your purchase.

November: Holiday Sale October 31-November 4. Other in-store specials too.

December: Countdown to Christmas Sale

Brandy Sikora
Manager



VOLUNTEER SERVICES

As I reflect on where I am today, I realize that July marks 11 years with HSHS St. Joseph's Hospital and as a member of the Volunteer Partners! My kids were ages 7 and 3 when I started. Now, my son just graduated from high school and my daughter will be entering high school. Where did the time go? My grandma used to say, "time only goes faster the older you get so don't wish time away," and how true is that statement!

When I talk with my kids, I often hear them say, "I can't wait to graduate and move on" or "I can't wait until I can drive." I recall saying these statements while I was younger too; however, do we ever reflect on the fact that we are constantly wishing time away in anticipation of a future event in our lives?

You just planned a vacation for spring break, you are always thinking to yourself how you cannot wait until March, or you are planning for retirement at the end of the year and you are counting down the days. When we do this, are we genuinely enjoying each day that has been given to us or are we just going through the motions until the next "event"?

Proverbs 27:1 reads, "do not boast about tomorrow, for you do not know what the day will bring."

When we wish away the days, we are losing precious time with friends and family. The song "Just 5 More Minutes" by Scotty McCreery has brought me to tears many times while driving in my car and I think about how much I miss the past and those that I have lost or memories that I wish I could go back to.

"Life becomes more meaningful when you realize the simple fact that you'll never get the same moment twice." - Anonymous



I encourage you to reflect on this and truly live each day fully. Do not wish for fall. Enjoy these SIZZLING summer days.....because we all know what comes after!

Brandy Sikora
Manager of Volunteer Services

Walking Club

After what seemed to be an exceptionally long winter and unseasonably cool spring, we are finally looking ahead to lots of summer sunshine and comfortable temperatures.

Our numbers for walkers these past several months have been very low due to many factors like inclement weather, illnesses and travel. I would like to encourage all to give our gathering a try.

We are so very blessed to have our beautiful Irvine Park to meet and share in improving our mind, body and spirit in a beautiful setting! We meet every Wednesday, at 10 AM in front of the duck pond in Irvine Park.

Hope to see many next Wednesday at the Pond!

Dianne Fish



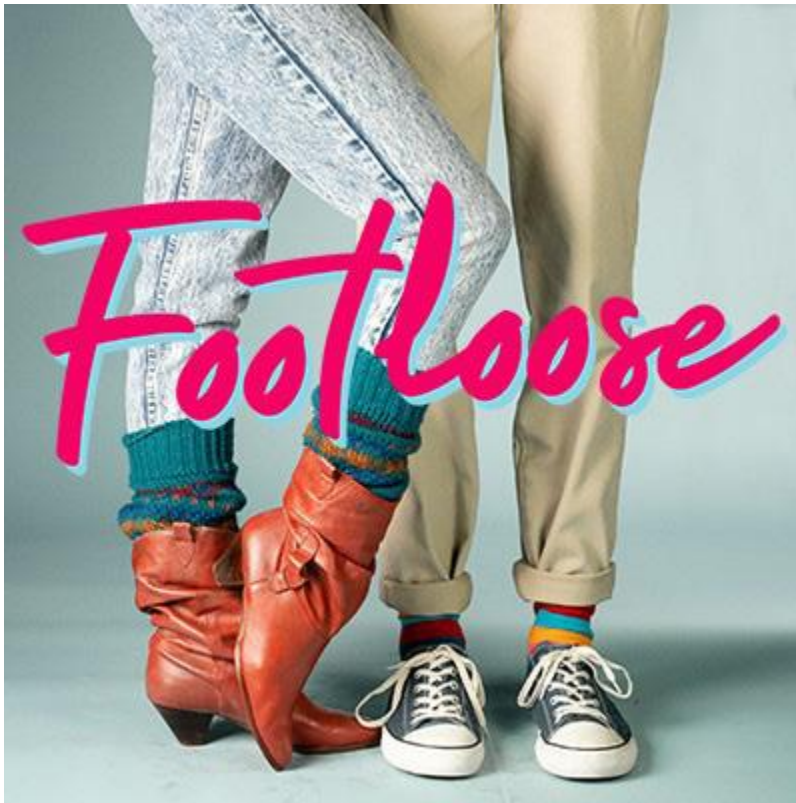
Used Book Sale

We are really looking forward to bringing the Used Book Sale back this year on Oct. 6 and 7. We are looking for a new chairperson to take over the event so if you are interested, please reach out to Brandy and she will mentor you this year. The event location will be determined based on the COVID-19 guidelines provided at the time from the hospital.

Oktoberfest

Each year, the Partners sign up to volunteer as bartenders and ticket sellers at the Main Biergarten tent at Oktoberfest. Last year, the volunteers brought in \$665. This money is used in the general fund to help offset any costs acquired through luncheons, conventions, etc. It is a fun time with some fellow Volunteer Partners! Please reach out to Brandy if you would be interested or know anyone that would like to do this. We need 8-10 volunteers, ages 21 and over. The time slot that we have is from 7 p.m. to 12 a.m. but normally we are done around 11 p.m.





FRIENDSHIP DAY WAS A SUCCESS!!

It was so nice to finally bring Friendship Day back this year after 2 years of absence. We headed to Chanhassen Dinner Theater to see the play "Footloose" which was awesome. Over 20 Friends attended and fun was had by all.

The group started out by shopping at the new boutique located on the premise called "Live Your Dash", based on the poem about living and enjoying the moments in your life and consider HOW we lived that dash rather than HOW LONG we lived it. Then we enjoyed lunch and many of us had their signature Chicken Chanhassen.

Don't forget to look forward to future Friendship Day Events usually held in June, and if you have any ideas on where we could go or activities we can do, please share your thoughts!

Terri Hutson

President Elect and Friendship Day Chair





2661 Co. Hwy I
Chippewa Falls, WI 54729

A banner for the "CALENDAR OF EVENTS". It features a dark blue rectangular background with the text "CALENDAR OF EVENTS" in white, bold, sans-serif capital letters. The banner is flanked by two images: on the left, a field of bright yellow daisies, and on the right, a close-up of a pink flower with water droplets on its petals.

CALENDAR OF EVENTS

July 13	Council Meeting and Scholarship Luncheon	Irvine Park
Aug. 4	Steak Fry	KC Hall
September	Used Book Sale Collection	Hospital Main Lobby
Sept. 7	Council Meeting	St. Francis Hall
Sept. 17	Oktoberfest	Fairgrounds
Oct. 6	Used Book Sale	TBD
Oct. 7	Used Book Sale	TBD
Oct.11-13	Partners State Convention	Wisconsin Dells
Oct.19	Council Meeting and Fall Membership Luncheon	McDonald Hall
Nov. 5	Wonderland on the River	Lake Wissota Golf

