

Volunteers of Columbus



Community Hospital Newsletter

EDITOR: SARA FORSTER

OCTOBER 2010

****Mark your calendar!****

Changed meeting time and date!

Our next volunteer meeting will be held on November 1st at 11:30 a.m. at the Capri

Program: Luncheon and Installation of Officers

Message From the President

Fall is such a beautiful season. I hope everyone is able to go out, roll around in the leaves and enjoy the changing colors that occur at this time of year.

Thirteen of us from our volunteer group attended the WHA Southern District Fall Meeting. We were able to find out how other hospitals go about selecting their presidents and other officers. Every hospital has a little different way of doing things. I was at the table that was also talking about hospital gift shops. Again, there were many different ideas. I will talk more about them at our next meeting.

Hopefully we will have a good turnout for our November 1st meeting at Capri. This meeting will start with a social hour at 11:30 and lunch at noon. We will follow lunch with our meeting and installation of new officers. See you at Capri on Nov. 1!

Kathy Brensike 2010 President

PPE Report by Joanne Sampson

Tuesday, Nov. 2 is Election Day. As you all know, we have many very important races going on in the National and State scene. It is our responsibility to be informed voters and to cast our ballot on election day. It is a right and a privilege to vote. PLEASE CAST YOUR BALLOT!! Polls are open from 7:00 a.m. to 8:00 p.m.

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Pumpkin Day Bake Sale

The Volunteers Fall Bake sale will be held Wednesday October 27th at the hospital. We'd appreciate all items at the Emerald Room or the Community Relations Office by 3 P.M. on Tues. Oct. 26th, so we have time to package and price items. As always, we appreciate pies, and any other items you can donate, such as cookies, breads, snack items, candy, sweet rolls, etc. ((PIES, PIES, PIES!))

Since there isn't a meeting to sign up to help with the bake sale, we are asking you e-mail me @ sall4p@powercom.net with the hours you could help, or call at 623-4497, or Bev Adam at 623-5852.

Other shifts to be filled are Oct. 27th: 7:00 AM to 9:30 AM (2 volunteers)
9:30 AM to 11:30 AM (2 volunteers)
11:30 AM to 2:00 PM (1 volunteer)

Your help will be appreciated for this fundraiser of the Volunteers.
Sally Price and Bev Adam

Gift Shoppe Report

Since we redid the shop for Autumn, Halloween and some Thanksgiving, sales have been very good. Along with staff and visitors, we appreciate all of you Volunteers who do your gift shopping with us. On October 6th we made a buying trip to the Dells. This is primarily a clothing show but they also have lots of jewelry, scarves and miscellaneous items we are interested in. Our jewelry sales continue to be strong so watch for new inventory which should be in the shop soon. Almost all of our Christmas orders have been shipped and we are bursting at the seams in our Third Floor storeroom. Hopefully we will be able to supply lots of your gift list items this holiday season.

Have you heard good comments on our big teddy bear in the window? The first few days he created lots of excitement. We finally put a sign on him stating he was not for sale. He'll be in the window for a while, only his hat and accessories will change. Many thanks to Patti for donating him to the Shoppe. As always, if you have comments, good or bad, please share them with us—we want to hear from you!

The Gift Shoppe Buying Committee
Ev McNulty, Marilyn Koshel, Elaine Grossman, Treasurer

2010 Sales	Regular	Credit Card	Totals
July	\$1,980.22	\$632.51	\$2,612.73
August	\$1,850.58	\$421.04	\$2,271.62
September	\$1,794.70	\$748.41	\$2,543.11
Q3 Totals	\$5,625.50	\$1,801.96	\$7,427.46

CCH Update by Patti Walker, Volunteer Coordinator

The Phase 3 Renovation Project, which will include the remodeling of the Women's and Childbirth Services Department, Cardio-Pulmonary Department, Sleep Lab, Pharmacy, and Swing Bed Unit, continues to be on schedule with the construction crew expected to commence work on or around December 6, 2010. Thanks in advance for your patience during the noise and dust.

CCH welcomes two new urologists:

David K. Caropreso, MD, FACS, specializing in Urology, is now seeing patients at the Dean Specialty Clinic in Columbus every other Tuesday. Dr. Caropreso received his BS from Stanford University, Palo Alto, California and his MS and MD from the University of Iowa, Iowa City, Iowa. He completed his residency in Urology at the University of Wisconsin Hospital and Clinics in Madison.

Dr. Caropreso is a member of the American Urological Association and a Fellow of the American College of Surgeons. His medical interests include laparoscopic/minimally invasive surgery, continent urinary diversions and oncological surgery. He specializes in robotically-assisted surgery.

To contact Dr. Caropreso's office call the Dean Specialty Clinic in Columbus at 920-623-9535.

Jennifer L. Maskel, MD, specializing in Urology, is now seeing patients at the Dean Specialty Clinic in Columbus every other Thursday. Dr. Maskel received her BS from the University of Wisconsin – Madison and her MD from the University of Wisconsin Medical School. She completed her residency in Urology at the University of Wisconsin Hospital and Clinics in Madison.

Dr. Maskel is a member of the American Urologic Association, the Society of Endourology, and the Wisconsin Medical Society. Her medical interests include laparoscopic/minimally invasive surgery, stone disease, incontinence/InterStem therapy, and prosthetic urology.

To contact Dr. Maskel's office call the Dean Specialty Clinic in Columbus at 920-623-9535.

Health Education Report by Sherry Jelic

SAFETY IN YOUR HOME

Persons aged ≥ 65 years are the fastest-growing segment of the U.S. population. Falls are the leading cause of injury deaths and disabilities among these people. In the United States, one of every three older adults falls each year!! The most prevalent fall-related injuries among older adults are fractures of the hip, spine, upper arm, forearm and bones of the pelvis, hand and ankle. Of these, the most serious injury is hip fracture. **WOMEN SUFFER 80% OF HIP FRACTURES**. Their lifetime risk for osteoporotic fractures is at least 30% and probably closer to 40%. In contrast, the risk is only 13% for men.

Increasing physical activity can be effective for fall prevention. Activities that improve strength, balance and coordination can reduce the risk for falls and fall-related injuries among healthy and frail people. Studies have demonstrated a 40-60% reduction in hip fracture risk with increasing levels of physical activity.

In the home, eliminating potential tripping hazards such as clutter and throw rugs, adding stair railings, improving lighting, adding nonslip floor surfaces and installing grab bars in bathrooms can decrease the incidence and severity of fall injuries.

In January, I wrote about the national incentive of *Healthy People 2010*, which strives to increase the quality and years of healthy life. Our local challenge this year is to bring healthy change to our bodies, hearts and spirits and **Be the Best That You Can Be**. How have you brought about change in you??

I think it is important that we celebrate these changes...we will do this at our Fall luncheon meeting. There are six possible chances to be part of a drawing at our meeting. If you are unable to attend the luncheon, fill out those that apply to you and pass them along to another member who will be at the meeting. Each asks for you to write a specific answer, and **BE SURE TO PUT YOUR NAME ON THE TICKET**. Remember there is still time before our meeting to incorporate healthy changes or participate in the community programs such as the food pantry or a St. Vincent De Paul donation.

See you at the meeting—and applause for **HEALTHY YOU!!!!!!!!!!!!!!!!!!!!**



Pat Wendt and Alice Schmidt run the silent auction at the Partners of WHA Southern District Meeting.



Volunteers of CCH attended the Partners of WHA Southern District Meeting on Sept. 21. Pictured from left are: Barbara Lauersdorf, Joanne Sampson, Rose Duesing, Ruth Juech, Carol Black, Arline Wisniewski, Sally Owen, Sandy Zapotocny, Gloria Obermeyer, Sally Price, and Kathy Brensike.

More volunteer information from Patti Walker

Lights of Love

The Volunteers of CCH 26th Annual Lights of Love is set for Sunday, Dec. 5 at Columbus Community Hospital. Are you interested in assisting with decorating the trees or helping out at the event? Call Patti Walker at 623-1280.

Cookie Walk

A cookie walk will be held on Dec. 6. Kathy Brensike and Arline Wisniewski will be looking for volunteers to assist with the sale. Please call them if you are interested.

Get your flu shot!

CCH is offering free flu shots to CURRENT MEMBERS of the Volunteers of CCH. If you are a current member, you may visit the hospital on the following dates and times to receive your flu shot. Thank you for all you do as volunteers.

Oct. 20, 7 a.m. – 3:30 p.m., Mobile Cart (visit registration for location)

Oct. 27, 9 a.m. – 1 p.m., Mobile Cart (visit registration for location)

Nov. 1, 11 a.m. – 4 p.m., Mobile Cart (visit registration for location)

Cookbook Project Update:

Thanks to all who have sent in recipes for the cookbook. And a reminder that if you have not sent in your recipes please do so now. Send them by email to Patti Walker, Sara Forster or Christine Klister, or drop them off in the Gift Shoppe collection bin. We cannot accept any recipes after November 1. Your cooperation will make our cookbook a success!

Thank you,
Arline Wisniewski



Calendar of Events

October 27	Pumpkin Bake Sale
October 28, 29	Book Fair
November 1* (*New date!)	Fall Volunteer Meeting
December 5	Lights of Love
December 6	Cookie Walk

Thank you Ed Harding

Thank you, Ed Harding for your dedication and commitment to the Volunteers of Columbus Community Hospital. The Volunteers of CCH will always remember the support you have given to our volunteer organization over the past 10 years. We wish you well in your future home at Bay Area Medical Center. Their volunteer organization is definitely gaining an excellent advocate for their cause. You will be missed.

Sincerely, the Volunteers of CCH

