

# THE PULSE



**HAND - FALL, 2016**

*Fostering the development of existing hospital and healthcare auxiliaries, providing educational opportunities to our members and encouraging involvement and collaboration with community organizations to improve healthcare.*

## **PRESIDENT'S REPORT**

*Becky Hill, President*

The seasons change and we need to shift into a different gear. Many of our Auxiliaries have less activities during the summer months. I am hearing about the events planned by our members from all over the state. There have been bake sales, teas, and other social events to include patients and residents of the facilities where we give our time and talents as volunteers.

This fall we had two district meetings. District IV was hosted by Hillsboro. Diane Heuser, HAND VP, attended this meeting and will report on the meeting. I attended the District I meeting in Jamestown, which was hosted by the Jamestown Regional Medical Center auxiliary. The topics were interesting and included a speaker who started a support group, relating her experiences and suggestions on assistance to begin a group. We had an instructor from Jamestown College and students show us some yoga and balance activities - required audience participation. Special thanks to the members of Hillsboro and Jamestown for planning these meetings.

Diane Heuser was installed as Vice President at the District I meeting in Jamestown. She will assume the duties of President in May, 2017. Diane's home auxiliary is CHI Mercy Health in Valley City. We welcome Diane to the HAND board. Barb Rudh, a past HAND President, installed Diane.

A great part of these District and State meetings is the sharing of ideas from the participants. All the auxiliaries have the opportunity to bring new ideas "home" to their next meeting.

The HAND Board has been recruiting a member for the position of Treasurer. Jean Schnabel has graciously assumed the duties for an extra year. A member from the Wishek Hospital Auxiliary, Sonja Graber, has agreed to fill this position in May, 2017. The position will also be open for Vice President. There will be positions open for District Chairs in all four Districts. These are elected positions and installed at their respective District meetings. Please be recruiters in your District to fill the District Chair positions.

Heart of America, Rugby, is planning the 2017 meeting in Mandan. They have scheduled the event for May 4th. Watch for details for the state HAND meeting.

Quote from author unknown: People who feel they've found their purpose in life have lower rates of depression and tend to live longer. In one study, those who reported having a strong purpose in life were more than twice as likely to stay Alzheimer's-free than people who did not profess a purpose. To develop a sense of purpose, focus on the positive impact you have at home or work (or in your auxiliary). Translated....try volunteering for a cause that's meaningful to you.

## **NEW VP INTRODUCTION**

*Diane Heuser, HAND VP*

Hi, my name is Diane Heuser and I was just installed as the HAND vice-president. Our HAND president, Becky Hill, asked me to introduce myself. I live in Valley City and have been a member of the CHI Mercy Health hospital auxiliary for the past 7+ years. Since being a member here, I've held the offices of secretary and vice-president. I've been a hospital/nursing home auxiliary since 1995 and held the offices of vice-president, president and been on various committees. You have and have had some wonderful state officers in the past. I am honored to be asked to fill this position. I have much to learn from each of you as we move forward with helping our hospitals and long term care facilities as they face future challenges in health care.

## **DISTRICT I**

*Irene Olson, Chairperson*

District I fall meeting was held at Jamestown on October 6th with Jamestown Regional Medical Center hosting. The theme of the day was "There's No Place Like Home". The first speaker spoke on "How can the Freedom Resource Center Help Me" with ways to help us stay in our homes longer and what is available. The next session was a group of students from University of Jamestown along with Madeline Ranum, Program Director who had us do different exercises from our chairs. Each Auxiliary was given the opportunity to tell us what they donate to the hospital besides money. There were many different items and ideas given. In the afternoon we held our business meeting and were honored to have our state HAND president, Becky Hill and state secretary, Kay Kupser present. There were 42 members present. During the meeting Diane Heuser was installed as Vice President. I know Diane will do a great job and bring new ideas to HAND. Many thanks to Jean who has done an excellent job and congratulations to Sonja. Sanford Medical Partners will host the 2017 fall district meeting. Looking forward to that as the new Sanford Hospital will open in August, 2017. Many thanks to Jamestown Auxiliary for all their hard work and to the other District I Auxiliary members for their participation and support. Have a lovely fall, and hope to see you at the State HAND conference in May hosted by Rugby.

## **HAND Board 2014-16**

*Becky Hill, President*  
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*Diane Heuser, Vice President*  
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*Kay Kupser Witter, Secretary*  
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*Jean Schnabel, Treasurer*  
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*Lori Koppinger, Past President*  
*kopp@midstate.net*

*Irene Olson, District I Chair*  
*iolson@aol.com*

*Vacant, District II Chair*

*Vacant, District III Chair*

*Carol Rosenau, District IV Chair*  
*crose@daktel.com*

## DISTRICT I

*Darlene Radi, Secretary, Sanford Partners, Fargo*

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At our annual meeting held on September 21 one of our Board members Char Feldman shared the following poem which she had written in honor of Partners and Sanford volunteers. We think it sums up the work all of you, our colleagues do across North Dakota in hospitals and nursing facilities. Your patients and family members are deeply appreciative of you and your commitment to serve. So even though this is addressed to Sanford Partners members, we extend it to all HAND members!!

Our medical system's problems are many  
Solutions seem painfully few  
It's so easy to find yourself wailing  
"Where to start; there's too much to do".

Yet for one group the answer seems simple  
Their direction is always quite clear  
They reach out their hands when the need comes  
They're proud to be called a volunteer.

The common vision they work for  
Encompasses folks one and all  
Providing services and financial support  
To enhance the care, no matter how aged or small.

They serve in a variety of venues  
Within the hospital and clinic walls  
It doesn't matter if they are young or wordly  
Excellent service and unique products is their call.

Just how they do this, how do they serve?  
There are only 24 hours in every day  
If you ask a volunteer about their personal time  
They will respond - where can I go to give some away?

A volunteer will say their time is a gift  
We know their experience is gold  
All they desire, with every decision they make  
Is to have a hand, all colors and ages, a hand to hold.

Volunteers are always looking for ways to serve  
The gift shop, flowers, helping visitors find their way  
There's no need for you to strike up the band for them  
They rarely seek out the fanfare or want a display.

They simply have made the commitment to serve  
They simply have decided they have time to give away  
They volunteer from the top floors to the basements  
To help those in need, young and old, to brighten someones day.

They willingly do with a smile what others might consider a bore  
No talent is too small or too simple, each act increaes all joys.  
Some serve on boards, committee and special projects  
They understand, underneath it all, we're all little girls and boys.

They understand and acknowledge, that their time is their own  
Yet they graciously and with thanksgiving, give it for free  
Oh yes, a Sanford Medical Center Partners volunteer I am  
Oh yes, a Sanford Medical Center Partners volunteer I'll always be.

## DISTRICT I

*Diane Heuser, VP, CHI Mercy Health, Valley City*

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In August we were privileged to present two scholarships. The first recipient is Maia Wendel of Valley City. She was awarded a \$250 scholarship to use toward the Healthcare Education she is enrolled in at Moorhead State University, MN. The second recipient is Taryn Justesen of Valley City. She was awarded a \$250 scholarship to use toward the Nurse Program she is enrolled in at Moorhead State Community and Technology College, MN.

We received letters from Senators Heitkamp and Hoeven and Representative Cramer in response to the letters we sent expressing our concerns for the future of rural health care.

Five of our members attended the Jamestown Hospital Auxiliary's fundraiser, Tea For All Seasons. It was a fun afternoon spending time together.

We are making an effort to review our hospital codes. At our September meeting, Fire Chief Gary Retterath provided a program on the use of fire extinguishers. Following the program we gathered outside and several of us used the fire extinguisher. The remainder of the codes can't/won't be demonstrated, so code explanation sheets were passed out and will also be reviewed in upcoming newsletters. Our September meeting is also when we vote for our Auxilian-of-the-Year. This is kept secret until the award is presented at the Christmas brunch. It's always a fun surprise for all of us. We'll share the news in the next Pulse.

We are excited to welcome two new members to our auxiliary: Beverly Anderson and Jeanne Wobbema.

The hospital provides flu shots to our auxilians in October. Our thanks to the hospital for this benefit to the Auxiliary members.

## DISTRICT II

*Irene Wentz, President Chairperson, Sanford Health, Bismarck*

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My flowers are looking like fall. Where did the time go? We may as well go with the flow and enjoy the wonderful days of fall, thankful we have days left before winter.

Our auxiliary has gone through a sad time. We lost a board member, Linda Lennie. She died July 26, 2016 very unexpectedly. Linda was our treasurer, a very important position on our board. We celebrated her life with her family on August 1, 2016.

Our auxiliary faces several other challenges as we move into fall. The Sanford Pain Clinic is expanding, which is a good thing for Sanford, but the challenge for us is they are moving into our meeting rooms and the rooms we have been using for our fund raisers, such as the jewelry sale, bedding sales and book sales. On the positive side, our Gift Shop and Coffee Corner continue to do fabulous business. The gift shop has many great and unique gifts-also a line of clothing that is selling very well. The piano we donated for the lobby continues to comfort and entertain people.

We have quite a large group of knitters and crocheters that make hats and booties for the babies in the nursery. Then hats are the cutest ever with great colors and styles.

Our regular meetings begin again in September. "The miracle is this-the more we share, the more we have". Have a nice fall!

## **DISTRICT II**

*Phyllis Stokke, CHI St. Alexius Health Williston*

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We have changed our name this past year to CHI St. A's Health Williston. Our vision is the same, just the name has changed but you may hear some of us say Mercy from Williston as old habits don't change easily especially when you worked there for 50+ years.

This summer we had a garden tour to raise money for patient equipment. We started with a brunch at 9am at a local church, followed by a short presentation from a local nursery. The 5 gardens were awesome! We sold raffle tickets on garden type prizes and gave away 2 door prizes for those attending the brunch.

This fall we will have the linen sale, jewelry sale, popcorn cake sale and then the bake sale in December before Christmas.

We started a new program for our employees this past year. We wanted to do something for our employees and not just buy equipment. We give away \$100.00 a month to an employee to help with education expenses. The employee fills out a form in the education office and then their name goes into the hat for a random drawing. The staff is eligible to win once every 12 months. It has been well received by the staff. All departments are encouraged to participate.

## **DISTRICT III**

*Kay Kupser, St. Joseph's Auxiliary, Minot*

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We lost a dear member Maybelle Opland this past summer. She was a valued member who served in the capacity of Secretary and President in years past.

Our new officers conducted the September meeting which was very well attended.

Our speaker for the September meeting was Tamara Heusers from the Harmony Center whose mission is to promote mental health. The organization has been in Minot for a number of years and she enlightened us to the protocol and activities of the organization.

We held an "ice cream social" at Manor Care for residents and families. It was well attended and enjoyed by all.

We are currently making plans to take part in the Edgewood Vista Fall Bazaar being held on Oct 14. We have realized we all have gently used scarves, purses and/or jewelry and these items are much sought after by others wishing to purchase something to accessorize their existing wardrobe.

We have a committee currently organizing our Victorian Tea which is scheduled for Nov. 12, 2016, from 10am-2pm at Edgewood Vista, 800 16th Ave SE, in the Bistro. Wear your Victorian hat and come join us for a Tea you will long remember. The menu is delightful and to linger and visit with old as well as new acquaintances is wonderful.

We are sending out letters for the Love Tree event which is held the first week in December. This is the time we "donate back to the community" the proceeds we worked to raise throughout the year from various events. The recipients include but are not limited to: Salvation Army, Red Cross, Domestic Violence, Food Pantries in the area, First Lutheran Free Clinic, as well as many other organizations who are in need of financial assistance.

## **DISTRICT IV**

*Dee Larson, Altru Alliance, Grand Forks*

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Mother Nature is busy with her paintbrush again and the colors are breathtaking! Several of us enjoyed them as we travelled to Hillsboro recently for the District IV Auxiliary Fall Meeting, "Living Life to the Fullest". We were treated to wonderful presentations by Eric Bergeson, Kendra Binger and Brenda Stallman relating to dementia, elder care and living a full life. The delicious lunch and great hospitality by the Hillsboro Chapter were enjoyed by all.

We recently had a Showing of new products by our gift shop, and are looking forward to our Fall Book Sale, which will be held October 13 and 14. We are making plans for our Annual Meeting, to be held early in November, and always anticipate new members joining us at that event. We are also in the process of recruiting new board members and electing officers for the coming year.

We continually welcome speakers to our board meetings with requests to assist with community projects, and enjoy hearing from the recipients of those gifts at later meetings.

Enjoy the upcoming Holidays and we look forward to hearing from all of you again in the spring.

## **DISTRICT IV**

*Carol Rosenau, District IV Chairman*

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Greetings from your District IV Chairman!

Fall is in the air and what a nice fall we've had! I hope it continues as there are lots of acres of beans and corn yet to be harvested. We can thank God for all the cooperative days we've had.

From all reports, I hear Hillsboro had a very educational and fun day (along with great food and prizes) on September 20 at our fall meeting. I had hoped to attend but my body said otherwise. I have stage 4 colon cancer and the chemo therapy is taking its toll on my body. I am half way through the chemo sessions and according to plans, December 15th should be my last one if I can take that many. One day at a time and lots and lots of prayers are on my schedule. Thank you, Hillsboro for hosting this event. Sorry I couldn't be in attendance but I hope to see you in May!

District IV gals, please give some thought for my replacement for my position. I have held the position for two terms (6 years) and will go off this spring. The job is fun and not very demanding. We attend two board meetings (both in Bismarck), one being the day preceding our state convention. Travel and lodging expenses are paid including the evening meal the day of the board meeting. It is really an "eye-opener" as to the happenings in our state organization. The second board meeting is usually in October, set up by our President. Your registration fee at both the district and state meetings are covered by the host auxiliary.

Call me for more details at 701-652-2457. My prayers.



## DISTRICT IV

*Susan Anderson, President, Heart of America Medical Center*

Greetings to all of you from the Heart of America Medical Center in Rugby! It's hard to believe that fall is already here but the beautiful colors are appearing more every day and the meetings and plans for fund raisers begin. We do not meet in the summer but that does not mean that our auxiliary members stop working. One of our fun projects is maintaining our part of the flower gardens that adorn the grounds of the facility.

Last spring, we held our Annual Salad Luncheon which was very successful and funds went to the Hospice Program. We held our annual Volunteer Appreciation Luncheon in April and are proud of the 136 volunteers giving hours to the facility. We held our Annual Employee Tea during National Hospital Week. Everyone had a good time at the State Convention in Bismarck.

When our September meeting arrives, we all look forward to being together and to begin being more active in the facility. We just held the Jewelry Sale on September 7th and 8th and it was very successful with the proceeds going to the new flooring that was put in the Heart to Heart Gift Shop. Some of us will be attending the District 4 Fall Meeting in Hillsboro on the 20th. HAMC will be hosting the 2017 State Convention in Bismarck and the tentative date is Thursday, May 4th.

Our Annual Fall Bazaar will be held Thursday, November 10th and is one of our largest fundraisers. It includes a bake sale, butter braid bread, raffle, lefse, pie and coffee. We are very proud of the HAMC Tree of Giving--Caring and Sharing in which we receive funds from the members of our community in honor or in memory of someone. This is an ongoing fund raiser for us and we have used a great amount of money for the Care Center and the Hospice Program. Our Care Center will soon be in the final phases of a big renovation with painting, new flooring, and lots of update being done. We continue to have our special fund raiser, Singing Valentine's and are happy to be holding another Bedding and Blanket Sale. We are especially happy with the profits we are receiving from the ATM machine that was put in last year.

Another source of income for us is our Heart to Heart Gift Shop which will soon be decorated for fall and Halloween. We have awesome gift shop managers and volunteers that work there. They hold various sales throughout the year and everyone waits patiently for the Christmas items to come out in November.

We are so fortunate to have the support of the employees and the people in Rugby and the various communities. All the money we raise goes back to the facility to purchase items to provide quality care to the patients and residents and to make a better work environment for the employees.

**"Volunteers don't necessarily have the time but they have the heart".**

## DISTRICT IV

*Jennifer Wede, CHI St. Alexius Carrington Medical Center*

Our summer yard tour was a great success. We were blessed with gorgeous weather for the day of the event.

Four members of our auxiliary attended the district HAND meeting held in Hillsboro on September 20. We would like to congratulate Hillsboro on a very well planned and informative day. Lunch was fabulous!! We had the opportunity to try many different salads and desserts from their auxiliary cookbook.

Members of the auxiliary are busy working on putting together story boards of the past 25 years for the 100th anniversary celebration of our hospital on November 16. Many changes have taken place over the past 100 years in health care and we expect many more in the years to come.

Upcoming events include taco-in-a bag and our popcorn cakes sale in October; Thanksgiving bake sale and our annual Tree of Lights celebration in November; and Christmas Around Town in December.

Future projects include Tablesapes Spring 2017 and our annual Golf tournament July 2017.

## DISTRICT IV

*Sandy Johnson, Auxiliary President, Sanford Hillsboro*

We started out summer activities by providing flowers for the patios at Sanford Hillsboro to be enjoyed by all the residents and people passing by.

We had our annual quilting bee in June when we sewed a queen size quilt top for the quilt raffle at our Pie and Ice-cream Social October 16th from 2:00 to 4:00.

We cooked and riced potatoes September 26th and made lefse September 27th which will be sold at the Pie and Ice-cream Social. We also have a bake sale, bazaar items, and sell our cook book that day.

The residents and their families always look forward to homemade pies that day!

Volunteers from our auxiliary help transfer assisted living and nursing home residents to Woodland Park in Hillsboro for a picnic on August 23rd. Everyone had a great time!

We hosted the District IV meeting on September 20th. Forty-two auxiliary members from Rugby, Carrington, Grand Forks, and Hillsboro attended. Our theme was "Living Life to the Fullest". An enjoyable day was had by all.



The PULSE is published three times per year and is our information link to the auxiliaries in our state organization. Please submit your news regarding activities, fundraiser, and success stories for membership recruitment. The best ideas come from groups who can share their successes. Submit your articles to Pam Cook at [pcook@ndha.org](mailto:pcook@ndha.org). THE DEADLINE FOR THE NEXT PULSE IS MARCH 1.