

# THE PULSE



**HAND - SPRING, 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.

## MESSAGE FROM NDHA

*Pam Cook, Education Director*

Greetings! NDHA and the HAND board are working together to develop a more accurate email list for distributing The Pulse newsletter. I have developed a SurveyMonkey tool that you can click on (or type into your browser) to enter in your auxiliary members names and email addresses. Please follow this link to enter in your information:

<https://www.surveymonkey.com/r/8DPGKMM>

If you do not have access to the internet or email, feel free to mail the listing of your auxiliary members with their name and email address if they have one to NDHA, 1622 E. Interstate Ave, Bismarck, ND 58501.

## PRESIDENT'S REPORT

*Becky Hill, President*

The HAND Board met in October 2016 in Bismarck at the ND Hospital Association. The items covered included discussion regarding the declining membership numbers. The Board approved continuing to present two incentive awards to auxiliaries attending the HAND meeting in May 2017. The Board needs to fill the position of Vice President for the election which will be held at the May meeting. Please discuss leadership at your local auxiliary meeting and consider a candidate for this position from your local group. The current Board members are available to discuss details with a HAND member who has questions. The HAND Board will meet May 3 so please call or email us with your ideas.

Heart of America, Rugby, is hosting the 2017 HAND meeting in Mandan on May 4th at the Baymont Inn. Their members have speakers ready to present interesting topics and the day promises to be a great time to network with members from all the local organizations.

The Incentive Award recipients from the 2016 meeting will report on the projects they chose to use the \$500.00 award they received last year in May. These awards were received by Heart of America, Rugby, and Turtle Lake. It is interesting to hear the different ways the incentive award money is used.

The Pulse is our communication tool. I encourage your group to submit news and details of your projects. There are so many new ideas for ways we can volunteer and assist people who need a special touch for the day. It seems that when we volunteer and help someone, they feel better and we get a positive feeling. It is a circle that keeps going. Share your ideas in The Pulse. Please send your auxiliary news to [pcook@ndha.org](mailto:pcook@ndha.org).

Spring is getting close. Daylight savings time approaches and the State HAND meeting is only weeks away. Mark your calendar and plan to attend the State meeting on Thursday, May 4th in Mandan.

## DISTRICT I

*Irene Olson, Chairperson*

Greetings from the East. Hope everyone had a wonderful Christmas and looking forward to a happy New Year and coming of spring.

I know the auxiliaries have been busy with all of their activities and fund raisers and looking forward to hearing about them at our State Convention which will be May 4, 2017, hosted by Heart of America of Rugby. This year it will be held at the Baymont Inn in Mandan.

Another date to keep in mind, will be our Fall District Meeting in October, 2017, hosted by Sanford Partners Auxiliary of Fargo with more information to follow at a later date.

You often hear the saying: "Where Did the Years Go?" I now know what that means as my term is coming to a close. I have met many friendly people willing to help and the experiences I have gained. The officers of the Board is to be commended for their time put in to keep the organization running very efficient. However we always need the help of everyone for your suggestions and input.

Have a Blessed Easter and see you in May.

## HAND Board 2014-16

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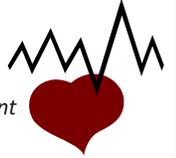
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*Irene Olson, District I Chair*  
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*Vacant, District II Chair*

*Vacant, District III Chair*

*Carol Rosenau, District IV Chair*  
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## DISTRICT I

*Darlene Radi, Secretary, Sanford Partners, Fargo*

We are feeling very good here in Fargo because we had very little snow this winter and now it is all gone. No flood!!

In the middle of December, we gathered for a tasty brunch at the home of our president, Darlene Ziegler. Also, we had our Partners Board Open House at Barb Rudh's home. We had a great time visiting and signing holiday cards to be put on our hospital patients' trays on December 24th and 25th.

Our three gift shops hosted Holiday Open Houses to showcase our Christmas merchandise. They were very successful and fun. All proceeds go toward our pledge to the NICU at the new hospital.

Our new gift show will open when the new hospital opens in July. Wanda, our Gift Shops Manager, is busy getting personnel in order for the shops. It's a very exciting time! We bid farewell to Lisa Brooks, who retired as our Lead at the Southpointe shop. Sue Ellingson stepped in to be the new Lead.

Jordyn and Mary have been busy with volunteer orientations and getting ready for a lot of volunteers when the new hospital opens.

Sanford Medical Center Fargo will accept its first patient on July 25, 2017. Public open houses will be held and we would be honored to have our fellow HAND colleagues go on a tour!

We have had jewelry and book sales in different locations at North and South University areas. They are always successful.

Look for Spring...it's just around the corner!

## DISTRICT I

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

Our big news is that Elaine Miedema was awarded the honor of being elected 2016 Auxilian-of-the-Year. CHI Mercy Health President, Keith Heuser, presented the award.

This award is always presented at the annual Christmas Brunch which is hosted by CHI Mercy Health to show the hospital's appreciation for the support our auxiliaries provide.



Our auxiliaries give their time in support of hospital events, fundraisers, working in the Gift Shop and more. It is an honor to be remembered each year at this Christmas event.

The scholarship forms have been updated for 2017. They are both online and at the admitting desk located in the lobby. We already have one applicant!

We held a jewelry sale in December and a bake sale on Valentine's Day. We are looking forward to being guides for the Kindergarten hospital tours this spring. Our next big fundraiser will be Calendar of Cakes in May. Mark your calendars (May 11th, 2:00 PM) ~ you are all invited!

## DISTRICT I

*LaRue Odenbach, Jamestown Regional Medical Center*

The JRMCA Auxiliary continues to be relevant to the hospital by volunteering where asked and raising funds for the new-to-be Oncology Unit as well as various other needs.

In September we held the annual Tea for All Seasons. It is a delightful afternoon tea for attendees to sample sandwiches, cookies, bars, enjoy the beautifully decorated tables, participate in a silent auction and time to visit with family and friends.

We hosted the District I Fall Meeting on October 6, 2016 at the St. James Basilica. The meeting was well attended with speakers, Beth DeWald, Freedom Resource Center, Madeline Ranum, University of Jamestown Wellness Center and Laura Haroldson, Help for Hope and Healing.

November saw us madly getting ready for the 30th annual Holiday Magic. It was well attended but because of declining sales we are planning to do a Ladies Night in November this year which will take less time and hopefully produce the same end result. In December silver and gold hearts were sold for the Tree of Love which is located in the lobby at JRMCA. This has become an annual tradition to honor those who have or are fighting the cancer fight. Although not a huge moneymaker, it is a way for family and friends to honor a loved one.

Our Stitcher's group is still tying bows for the hospice blankets; sewing burp cloths to put in the baskets that are given to new parents; knitting caps for newborns; sewing small fleece pillows that are given to surgery patients. At Christmas the knitters made red and white hats that replaced the stocking we used to do for the holidays. The Jamestown Sun wrote a wonderful article on the knitters and hats.

February 28 was the JRMCA Auxiliary hosting a Gift Shop Ladies night from 4:00 to 7:30. Cheese, crackers, nuts, mints along with sparkling wine was served as the ladies shopped the clothes, purses, scarves, etc. that have been deeply discounted. It was a fun evening for everyone involved and attending.

At our February meeting we voted to use our contributions to the new-to-be established Oncology Unit by naming a patient infusion room and patient consultation room. The JRMCA Foundation has raised about one-half of the funds needed for the oncology unit. With the establishment of the Oncology Unit, patients will not need to travel to Fargo or Bismarck for treatments. Many more dollars will be needed for the unit, and the Auxiliary is planning more contributions.



## DISTRICT II

Pat McLaughlin, Southwest Healthcare Auxiliary, Bowman

Greetings from Southwest Healthcare Auxiliary in Bowman. What a wonderful winter in the area. Snow banks shrinking, dirty streets, vehicles, subject to change, but a nice spring rain will wash that away and the green grass will appear.

Exciting things have been happening in our area with a new hospital being constructed. They tell us it will be ready the 3rd week in March and is on the same campus with long term care.

Our hospital celebrated 65 years in 2016 with an open house, serving coffee and cake. Old photo clippings were displayed with pictures of the former hospital and the new one. Guests were the first baby born in the hospital, and one auxiliary member than has been active in the auxiliary at the age 95.

We do the usual monthly activities which include birthday party of the month, helping at health fairs, appreciate tea for employees, decorating Christmas trees, serving refreshments for the annual meeting, and a pie social in the fall.

We didn't do the annual Christmas bazaar. Too much construction and chaos. We will host something later and have a super one again in December.

Looking forward to meeting all you great ladies at our State HAND conference in May! Happy Spring!

## DISTRICT II

Phyllis Stokke, CHI St. Alexius Health Williston

Greeting from CHI St. Alexius Health in Williston. We have been pretty quiet the past 3 months. In October we had a popcorn cake sale. With a mixed community and staff many had not heard of popcorn cakes. Needless to say when they tried them they liked it.

In December we had our annual Christmas bake sale. We had a very small amount left so we donated it to the local Eckert Youth Home. They were thrilled! We cancelled our January meeting due to a tough winter and no scheduled activities. In February we donated baked goodies to the HomeCare/Hospice fund raiser on Valentine's Day. We are all looking forward to warm weather and new opportunities to serve our hospital and the community.

### ODE TO A VOLUNTEER

Many will be shocked to find when the day of judgment nears, That there's a special place in heaven set aside for volunteers.

Furnished with big recliners, satin couches and footstools, Where there are no committee chairmen, no group leaders or car pools.

No eager team that needs a coach, no bazaar and no bake sale, There will be nothing to staple, not one thing to mail.

Telephone lists will be outlawed, but a finger snap will bring, Cool drinks and gourmet dinner, and rare treats for a king.

You ask, "who will serve these privileged few and work for all they're worth?"

Why all those who reaped the benefits, and not once volunteered on earth!

## DISTRICT II

Myrna Weber, CHI St. Joseph's Health Auxiliary, Dickinson

I accepted the role of President of our Auxiliary last May....what an honor!!! The description of my title states: "With this honor goes a great responsibility to members of your Auxiliary and CHI St. Alexius Health. Your duties include wise leadership, keeping your group bound together, and unified in action so that your Auxiliary may continue to grow in strength, numbers and its continuing good influence in the community"! I am happy to be able to share with other Districts that we have certainly grown in strength, numbers and continued good influence in our Dickinson community! This is only accomplished with our members and 3 other new officers who are very helpful, efficient and full of good ideas...Bethol Knutson, Vice President, Irene Heidt, Secretary and Sandra Strommen, Treasurer. Our first meeting for the fall season was held in September, 2016. We immediately set some goals: at least 15 new members by May of 2017....to date we now have 12 new!! We also set a goal to attend the State Hand meeting in Bismarck in May with 20 members in attendance!

We have had several very successful fund raisers since September. Our annual Jewelry Sale on Sept. 20 & 21 with sales up since last year...2,062 jewelry items sold and a nice return! Our annual Tour of Tables was held Oct. 20th. 13 tables with various themes filled the auditorium. Much fun and delicious food. Each table sponsor explained their table's theme and guests. A very fun day! A very successful Book Fair was held Nov. 9th and 10th...always a good time to finish our Christmas shopping and good ideas for stocking stuffers! Several ladies volunteered in Nov. and Dec. to make popcorn cakes... a record breaking sale this year...one church ordered 46 cakes alone! Our big sale of cakes is always during our Christmas Open House which was held on Nov. 1st and 2nd. Good attendance, lots of beautiful Christmas items and good profit! Our annual Christmas Auxiliary Luncheon was held on Dec. 1st with a delicious meal served by staff of the Hospital...fun gift exchange and lots of social visiting! One of our largest "money makers" of the year is our annual Valentine cookie sale...before the sale date, over 70 dozen cookies were on order. Our Auxiliary volunteers donated a total of 418 dozen cookies which we put out for sale to the public! Lots of baking by Auxiliary members but well worth it!

We have began something new in our monthly meetings this year... .a speaker, entertainer, musical group, etc. for each meeting. So far we have had a presentation by State AARP on fraud. We also had a presentation by the State Emergency Director on Health and Medical Emergency Preparedness & Response with many important questions by our Auxiliary members to follow. We were entertained by a local comedian and this month we will have the privilege of hearing the swing choir groups from Dickinson High School. For our final meetings of the year in April and May we will hear from Hospital personnel about diabetes and the danger and signs of strokes. These entertainers and speakers certainly boost our attendance numbers!

Before our new Hospital was built, our Auxiliary made a pledge of \$100,000 to the Hospital Foundation towards the building of our new Hospital. We are pleased to announce that to date we have only \$15,000 left to pay!!!

We hope all of you had a very blessed Holiday season and are anticipating a beautiful WARM and pleasant spring and summer!

## DISTRICT III

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

In October we gave a monetary donation to Minot Health and Rehab (formerly Manor Care) to help them purchase Halloween Treats for their residents for their party.

November was the time for our annual Victorian Tea which was well attended (we served 177 plates and lots of tea and/or coffee). We were assisted by volunteers from Minot Air Force Base. A young Airman in his military dress blues seated the ladies when they arrived (and the ladies absolutely loved this formality) and another prepared the plates for presentation to each lady. A job well done. The Bistro was decorated the day before with the Victorian Christmas tree and the table linens. Our own Judy Randall and her friend Arlys Nylander were the pianists for the occasion.

The month of December saw the presentation of our annual Love Tree lighting and coffee with treats and music at Edgewood Vista. Our financial gifts to various local community organizations were distributed and Christmas carols were sung by all attending. Our financial goal was achieved which enabled us to give to many groups who requested help.

Our January meeting brought the 'Visiting Angels' representative to speak to us. Minot has recently organized a local chapter which covers the northern half of the state. They provide caretakers for their clients who are elderly or incapacitated. They do extensive background checks (local, state and federal levels) on their potential employees as these people will be going into homes as well as driving clients to appointments. What a great organization.

February was an informative meeting as it was brought to our attention that people who volunteer for activities are also eligible for "volunteer insurance" in case an accident occurs while volunteering. The person to contact is: Jill Dietz @ 701-232-0320 or email: Nd\_Sde@CNS.gov.

Our speakers for February were the "Senior Medicare Patrol" and were they ever informative and what a wonderful sense of humor they brought. Their focus was how to treat your confidential information (credit cards, Medicare numbers as well as social security numbers). They stressed not to carry your Medicare card and if you do, black out the first five numbers. When disposing of medications, take time to remove the labels as much information can be gleaned from this. 'Look' at all documents that you receive, even those marked THIS IS NOT A BILL. There have been a number of mistakes and in some cases fraud found by checking if the services listed actually did occur. Their closing words were shred, shred, shred.

We are preparing a basket for donation for the Salute to Seniors Day to be held at the Civic Auditorium. It will be given as a door prize.

We had a "Sweet and Accessory Sale" at Edgewood Vista on Valentines Day. So many yummy treats and wonderful jewelry, scarves, handbags etc to purchase. How wonderful it is to be part of an organization that participates so willingly in the many events and ways we have to raise finances which we can disperse at the end of each year. A job well done by each of you ladies. Thank you

## DISTRICT IV

*Sandy Johnson, Auxiliary President, Sanford Hillsboro*

Heart of America Medical Center  
invites you to

# SAVE THE DATE!

*Attitude Affects Your Health*

May 4, 2017 - HAND Annual Meeting  
Baymont Inn, Mandan, ND  
9:00am - 3:30pm

Start planning now and each facility is asked  
to bring an item for the silent auction.

Watch for more information in early April.

## DISTRICT IV

*Carol Rosenau, District IV Chairman*

Greetings from District IV!

Hopefully the worst of our winter is over and spring is right around the corner. The days are getting longer. Easter is already next month and our state HAND convention is in early May.

I know all of our auxiliaries have worked hard on various projects. The resulting funds and/or medical equipment realized are much appreciated by our hospitals and nursing homes so keep up the good work!

Do hope to see you in Mandan at our annual convention.

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 JUNE 1.**

## DISTRICT IV

*Dee Larson, Altru Alliance, Grand Forks*

Greetings from Altru Alliance in Grand Forks! Hopefully the recent warm weather and melting will continue, and Spring will be here soon.

We had good attendance at our Annual meeting in November, and enjoyed a presentation by a local author and motivational speaker, Missy Ohe, who also introduced us to her book, "The You Cans and Their Big Adventure", which encourages positive attitudes, and builds character and teamwork in children.

In 2016, the Altru Alliance was able to give gifts to over thirty Altru departments for non-budgeted patient comfort and care items, plus assist different agencies in communities. One of the agencies we support is the Sunshine Hospitality House, and they recently announced they will be breaking ground this year. The facility will be used by families that need a place to stay while members of their family are receiving medical care in our community. Other Alliance gifts have been made to Altru's Gala-Child Life and Camp Good Mourning, Home Delivered Meals, Altru's Professional Nurses Committee for scholarships and workshops, the Smarter Leaner Greener (recently re-named the Altru Alliance Project), Northlands Rescue Mission and Arts for Vets, to name a few.

Our gifting is made possible by the Altru Gift Shop, which continues to use innovative ideas to increase sales. Thirty volunteers worked a total of 5,464 hours to staff the gift shop. Also our Alliance sponsors four sales during the year: a Jewelry (March), Art (May), Linen (September), and a Book (October).

We plan to continue our partnership with Altru Health System, to increase awareness of our Alliance within the community, attract new and active members who will be committed to the work of the Alliance, and look forward to another healthy and prosperous year.

## DISTRICT IV

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

Hello to everyone from CHI St. Alexius Carrington Medical Center Auxiliary. We are all excited to see the snow melt with our warmer temperatures. Hopefully spring will not be too far away.

The 100th Anniversary celebration of our hospital was a great success. The event was held November 16. People who attended were very interested in the story boards that were on display in the gallery. The story boards showed the many differences that had taken place and highlighting all of the past employees who had made such a difference in making our facility great.

The 30th annual Tree of Lights ceremony was held in late November. This year it was dedicated to Marie Brennan, one of the people instrumental in its conception and continued success. Members of Marie's family were present to help in this monumental celebration.

In January we hosted a belated volunteer Christmas party to show our appreciation for all that they had been involved in this past year. Two members of our auxiliary, Bernadine Anderson and Karen Schwalk, graciously gave of their time to make new shawls for use in the Imaging Department.

Monies from our gift shop was again used to give out four scholarships to students planning on getting degrees in various areas of the medical profession.

Fundraisers that we are currently involved in are a calendar raffle and Valentine Cupcakes.

Upcoming events include taco-in-a-bag, Easter bake sale, Tablescapes planned for April 29th, golf tournament on July 19th, and the planning of the fall district meeting in which Carrington will host sometime in September or October.

