

Oconomowoc Memorial Auxiliary LOVE LIGHT TREE Will shine bright once again!

The Love Light Tree has been an annual fundraiser for the Oconomowoc Memorial Auxiliary since 1988. The tree lights will shine the entire holiday season honoring our beloved families and friends.

As in the past, white lights will shine in remembrance of those deceased, and red lights will honor the special people in our lives. Your generosity in supporting this important endeavor is greatly appreciated.

Proceeds from this annual event are designated for the following:

- Oconomowoc Memorial Auxiliary Medical Scholarships
- Prayer Shawl Project for Patients
- Eyeglass Cases for Day Surgery Patients
- Heart Monitor Bags for Cardiac Rehab Patients
- Comfort Pillows with tote Bags for Cancer Patients
- Comfort Cart Items for Patients and their Families
- BearHeart Project for Cancer Patients
- BearHugs Project for Children
- Dog Therapy
- Other Worthwhile Causes

Love Light Forms are available at the Gift Box, ProHealth Oconomowoc Memorial Hospital Lobby, the Patient/Family Lounge, the Volunteer/Auxiliary offices, Books and Company, and Schmidt & Bartelt Funeral Home.

Please contact Pat Oestreich (262-968-2909) or Tammy (262-569-0293) for more information.

**This year we will light
the tree at 5:00 p.m.
Please join us in
the parking lot!**



December 3, 2022

VOLUNTEER OPPORTUNITIES- HELP NEEDED!

The Volunteer/Auxiliary Services Department has many interesting volunteer opportunities...for you or your friends! If you know someone who is looking for a worthwhile way to spend their time, tell them to call or email me.

More information is also available on our website.
oconomowocmemorialvolunteer.org

The following service areas are in
need of volunteers:

Admitting Ambassadors

Event Planning

Gift Box

Patient and Family Lounge

Reception Desk Ambassadors

Sewers for BearHeart Project

Sewers for Special Projects

For days/times and information,
please contact Tammy at 262-569-0293 or
tammy.fox-husband@phci.org

AUXILIARY BAKE SALE RETURNS!

The Auxiliary is pleased to announce the return of our bake sale. Mark your calendars for Wednesday December 7. We will be just outside of The Gift Box, in the hospital lobby. Shop early to get the best selection of the delicious goodies we will be offering! If you like to bake OR you like to buy goodies, please consider contributing to our bake sale. More news to follow! Contact me to let me know what you would like to donate.

AUXILIARY BOARD

Instead of holding our annual business meeting and election of officers in person, we asked for your participation in the election process via ballot this year. Thank you for submitting your votes.

A small business meeting and election of board members was held at the Auxiliary Board meeting on October 17th, 2022.

The Nominating Committee has submitted the 2022-2023 slate of new Auxiliary Board Members

President – Barb Hlavachek

President Elect

Secretary – Pat Oestreich

Treasurer – Jean Krause

Assistant Treasurer – Kathy Petrarca

First Two-Year Term

Pat Cusma • Nancy Doerfler • Beverly Mueller

Continuing Mid-Term

Dorothy Duchow • Sue Gilmore

Marilyn Hogan • Kathy Petrarca

Ex-officio

Barb Baker

A very special thank you to retiring Board member:
Nancy Biersack

OCONOMOWOC MEMORIAL AUXILIARY 2020-2021 PLEDGE

The Oconomowoc Memorial Auxiliary has pledged \$33,700.00 toward ProHealth Oconomowoc Memorial Hospital needs, Oconomowoc Memorial Auxiliary Medical Scholarships, special projects and community outreach for the 2022-2023 fiscal year.

OUTREACH CORNER

The Outreach Committee is always striving to help those in need in our community. It is a gratifying experience to know we can make a difference.

Committee members delivered appreciation baskets loaded with treats/snacks to the staff in Admitting, Environmental Services, Facilities and Food Service to show our appreciation for all they do to keep OMH running smoothly.

Hartland Lake Area Angel Fund was happy to receive our donation, which helps students in need.



Top photo - L-R Nancy Doerfler, Kathy Fleming, Paula Stelzer and Sue Gilmore



Left picture - L-R Michelle Davis-Hartland Lakeside School District and Nancy Doerfler

EARLY ANNOUNCEMENT OF 2023 SPRING STYLE SHOW, LUNCHEON AND RAFFLE.

2023 is just around the corner, so please save this important date! Thursday May 11, 2023. It will again be held at The Golden Mast on Okauchee Lake.

Your past support of this event is appreciated, and your continued support is needed to make 2023 even more successful.

Style Show, Luncheon and Raffle Committee 2023

DOG THERAPY HAS RETURNED TO PROHEALTH OCONOMOWOC MEMORIAL!

Therapy dogs have been recognized as a positive addition to the healing process. Visits have shown an increased happiness, calmness and overall emotional well-being. Studies have shown a decrease in blood pressure and stress levels during therapy dog visits.



In January of 2022, we were excited to be able to welcome back our dog therapy volunteers.

Mike Ward and Cali, (pictured above) started visiting staff in designated areas of Oconomowoc Memorial Hospital. In June and August, we welcomed to our program, Linda Patel and Louie and Kathy Francke and Ruby. They currently are able to visit some of the patient care areas and staff.

WINTER IS ON THE WAY!!

Kwik Trip car wash cards available for sale in the Gift Box Boutique.

Each card includes 5 Ultimate washes (valued at \$10.00 each) Purchase price is \$36.00 each card. Card must be used within 24 months; otherwise a monthly service fee will be deducted. Cash, check, Credit Cards OR I-deduct accepted.

Ultimate Wash Includes:

Undercarriage flush

Presoak

High Pressure Wash or Soft Foam Wash

Triple Shine Vehicle Enhancer/Cleaner

Spot Free Rinse

95 Second Super Dry

FLU SEASON IS HERE – WHAT YOU SHOULD KNOW

Each year millions of people get the flu (Influenza). Fortunately, the seasonal flu vaccine can lower your risk of getting the flu by about half and getting your annual flu vaccine is the best way to protect yourself. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older be vaccinated against flu and older adults are more susceptible to complications from the flu. The CDC estimates that between 70 to 85 percent of seasonal flu-related deaths and 50 to 70 percent of flu-related hospitalizations occur in people 65 and older. A virus causes the flu. Common symptoms of the flu include fever and chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headache and fatigue. It's important to know that not everyone with the flu have a fever. The flu is contagious, therefore, can spread from person to person.

The flu is worse than the common cold. It's a common cause of problems like sinus or ear infections. It can also cause serious complications like pneumonia (lung infection),worsening of long-term health problems like asthma or heart failure, inflammation of the brain, heart, or muscles, sepsis (life-threatening inflammatory condition), and multi-organ failure.

There are many different flu viruses, and they are constantly changing. The composition of U.S. flu vaccines are reviewed annually and updated as needed. The recommendations for the 2022-2023 season include two updates compared with the recommended composition of last season's U.S. flu vaccines. Both the influenza A(H3N2) and the influenza B(Victoria lineage) vaccine virus components were updated.

For the 2022-2023 period, there are three preferred flu vaccines that are more effective and recommended for people 65 years and older. They are Fluzone High-Dose Quadrivalent vaccine, Flublok Quadrivalent recombinant flu vaccine and Fluad Quadrivalent adjuvanted flu vaccine. Medicare Part B covers these seasonal flu shots.

The high-dose and adjuvanted flu vaccines may result in more of the temporary, mild side effects that can occur with standard-dose seasonal flu shots. Expected side effects can include pain, redness or swelling at the injection site, headache, muscle ache and fatigue. These symptoms typically resolve within one to three days. It's best to be vaccinated before flu begins spreading in your community. September and October are generally the best times to be vaccinated. Ideally everyone should be vaccinated by the end of October. However, even if you are not able to get vaccinated until November or later, vaccination is still recommended because flu most commonly peaks in February and cases of flu can continue into May.

For more information, please go to the following link:
<https://www.cdc.gov/flu/season/faq-flu-season-2022-2023.htm>

Submitted by **Andy Pusztai**
Oconomowoc Memorial Auxiliary Member

DATES TO REMEMBER

Nothing Bundt Cake Sale

Wednesday November 9 10:00 am to 5:00 pm
Hospital Lobby

Jingle Mingle

Wednesday November 16 10:00 am to 12:00 pm
Shorehaven Lake Terrace Clubhouse

Auxiliary Board Meeting

Monday November 21 10:00 am
Volunteer Office

Auxiliary Bake Sale

Wednesday December 7 8:30 am
Hospital Lobby