



## Fall Newsletter 2015

Greetings from the Eastern Upper Peninsula,

As we settle into our Fall and Winter routines we are reminded of how blessed and fortunate we are. We are able to have an opportunity to share our time and talents with those who need an extra boost during times of difficulties. Sometimes, it is we, ourselves, who need some extra encouragement. Your membership in the UPD of Michigan Association of Healthcare Advocates (MAHA) offers you exactly that extra bit of support or encouragement. All you have to do is ask. If you ever feel like talking, call me. Personally, I am so glad to have the opportunity to work alongside such wonderful volunteers.

To recap recent events, I want to say a great big -Job Well Done!- to the members at Aspirus Keweenaw. I have heard such good things about each aspect of our meeting. Our MAHA President Nancy Viele said, “Your meeting combined education and touching moments such as the passing of the gavel and the presentation of the quilt to the Beacon House.”

The guest presenters were engaging and very informative. If I ever need a joint replaced, I know where I am going to have it done. One of the activities we engaged in was completing cards with thoughts, concerns, suggestions or whatever topic the attendee wanted to discuss. These cards were distributed to tables where discussions occurred, each headed by a moderator. Following this ‘networking’ session, members stood and shared the outcome of their discussions. The contents of the cards will be included later in this newsletter.

The MAHA Fall Conference was held at Crystal Mountain in Thompsonville, MI again this year. The guest presenters were very interesting and their topics of discussion were timely and impactful. One of the presenters shared a new therapy involving use of therapy dogs in the hospital environment, which is very effective. Our break-out sessions and the networking sessions were geared around the interests and concerns of our members.

We had 9 members attend this conference. It would be nice to see a greater representation of UPD members. While we shared rooms and rides and whatever we could to stretch our dollar, we would like to see more of our members engaged in the training MAHA offers. At the conferences, we are able to meet other members from around the state. We share with these new friends our successes. We ask for help if we have a situation where we are too emotionally involved to see clearly. Let me know if you would like to attend conferences and together we will explore options for attendance.

Coming up I need help from our District leadership. The November 1<sup>st</sup> deadline is fast approaching for your Highlights contribution. Please send that to me so that I can combine the information for our article. Additionally, our volunteer hours report is due soon, the sooner the better. Send these reports and articles to me via email at [ddnorthrop@yahoo.com](mailto:ddnorthrop@yahoo.com). If you have changes in your leadership team be certain to send those changes to Cathy Crimmins at [crcrimmins@charter.net](mailto:crcrimmins@charter.net) ; she maintains our membership roster.

In the next newsletter, I will include an updated looking ahead calendar and the roster for our future UPD meetings. It will be in our best interest to plan out a few years. Your UPD board discussed this while we were at the Fall District meeting. If you have comments or suggestions, feel free to contact me. If I have forgotten something, please notify me immediately and I will get the information to the rest of the group.

Finally, the UPD is in need of your talents. We will need to fill seats on the board this Spring and want to include you! Contact me or Ray Berg, [rfberg@gmail.com](mailto:rfberg@gmail.com), if you would like to be involved in the Leadership Team or if you know of someone who is too shy to speak up for themselves.

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UPD President

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At the UPD Fall meeting 3x5 cards were given to each present. Directions were for the individual to complete the card with their thoughts, concerns, suggestions or anything they would like to see us discuss.

21 cards were returned. Their comments were as follows:

2 cards asked for any ideas to help a small hospital auxiliary increase membership.

2 cards asked about how to attract younger members as the current members are becoming less able to get out to meetings and do hands on volunteering as they are aging.

1 card shared that special treats served at monthly meetings draws a crowd!

4 cards discussed fund raising, specifically:

-Muffin Mondays –selling homemade muffins to employees and guests. Treat like a bake sale with food handling techniques.

-Our Auxiliary's used book sale is very popular, but a lot of physical work.

-We do a "bake less" bake sale that will raise more \$ than a regular sale.

-Our calendar raffle works very well as a major fund raiser. \*OSF,  
a question, what is on the calendar that makes it so popular?\*

-What is a "purse bingo"?

The next 6 were a collection of concepts and new ideas and ideas that are tried and true:

-Cooperation between Management and Volunteers is key. Luckily, UPHS Bell has this. Forward thinking of Auxiliary board is exceptional. Organization and dedication is key. Community involvement such as advertising through Social media has been positive for this. Giving talks at local places helps spread the word of what and how our Auxiliary is doing. When people hear about the positive things they are more apt to want to join.

Portage Health Auxiliary- Hancock shared the following:

- They awarded 8 - \$1000 Scholarships to students in the medical field.
- They continue to donate to health and well-being within the community, especially to the youth and elderly.
- They have given substantial donations this year.

AKHA states our new point of sale has been great!

Aspirus (Ironwood) prepares a comfort kit for patients

Aprirus Keweenaw gives us these tips:

-Number 1- Greet each one with a smile. We escort each patient or visitor to their destination. We also help any department or even housekeeping by folding bags to fit their 'shoe bags'. We fill folders, call people for our blood drives, or anything that we're asked to do. As an auxiliary member we mainly do fund raising. We meet once a month. We've had success with our 'basket drawings', nut sales and used book sales.

4 cards offered suggestions to our District meetings:

-Donations for Beacon House or other organizations- should let everyone know ahead of time like when the conference notification comes out.

-In place of cookbooks could we ask for donations?

- Have a basket and have a drawing- not a raffle, but a donation.

-There should be a scholarship program for Auxiliary members to attend conferences.

-Have attendants mingle more, rotate people at tables like musical chairs. Have individuals stand up to introduce themselves. More group activities. Have exercise/stretching during breaks. Have topics at the table. If nice have some of the meeting outside.

The last card states simply that it is nice visiting with friends we don't see often.