

Care, Comfort and Hope

Wisconsin Hospitals Community Benefits

Adequate and Appropriate Nutrition

Nutrition counseling is an important aspect of the service that hospitals provide within their communities. Whether it is offering classes that focus on weight loss or promoting better health, or nutrition education for people who are diabetic, Wisconsin hospitals offer hundreds of free classes that stress the importance of diet on overall health. Hospital employees also help deliver Meals on Wheels and they organize and participate in food drives to benefit local food pantries.

Horizon Adult Day Care



A good meal is something many of us may take for granted. Studies have shown the effects of poor nutrition and the elderly. The Adult Day Care program provides not only a balanced nutritious hot meal, but also the important element of socialization to people that are often the most vulnerable to isolation. Each noon, participants of the program are served a meal planned by a registered dietitian and prepared by Langlade Hospital food service department. We know that when participants eat at the center they are receiving a balanced meal.

Horizon Adult Day Care has been providing services to frail elderly residents of Langlade County for the past 15 years. Horizon Adult Day Care provides the opportunity to get together during the day in a safe structured environment. The target population served is seniors with developmental disabilities, dementia, and individuals that are unsafe at home alone. The Adult Day Care is staffed by certified nursing assistants who plan and carry out activities with participants.

Participants planted a garden to grow vegetables and flowers. Activities they have involved themselves in range from trivia and bingo to outings to the zoo. Most of the participants in the program would otherwise not be able to participate in community events without the assistance of the Adult Day program.

Langlade Hospital, Antigo

500 Club helps people eat healthier

One of our biggest concerns...and challenges...is influencing healthier lifestyles in people in the communities we serve. Gundersen Lutheran's nutrition therapy department, in an effort to combat the disturbing obesity trend, developed the innovative 500 Club® program, now celebrating its 25th anniversary.

The physician-endorsed 500 Club is a healthy eating program coordinated by Gundersen Lutheran registered dietitians. They work with area food retailers to help consumers make smarter, healthier food choices. The 500 Club partners include grocery stores, restaurants, quick-service counters, a take-and-bake business, delis, even convenience stores and a vending machine company.

To take the guesswork out of selecting healthier, great-tasting food, consumers only have to look for the green 500 Club logo on food products at dozens of area locations (a listing of 500 Club members is conveniently found on the Web at www.500-club.org). The green 500 Club stamp of approval means the selection contains approximately 500 calories or less and is controlled in fat.

Because of the importance of the mission of the 500 Club, the program is free for members and consumers alike. The only commitment is to enjoy a healthier lifestyle.

500 Club for Kids is also offered at select 500 Club member restaurants. This program helps children and parents make nutritious choices when dining out. 500 Club for Kids menu items don't focus on calories but instead offer healthier side selections such as fruit and vegetables.

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Snack healthier, too. In area vending machines, the 500 Club logo (or green “pushers”) identifies snack items that are approximately 200 calories and 8 grams of fat per serving.

In 2009, Culver’s restaurants endorsed the 500 Club® options to their franchisees nationwide. According to the American Dietetics Association, 58 percent of Americans say they actively seek information about nutrition and healthful eating. The collaboration will make it easy for Culver’s diners to make smarter, healthier food choices.

Gundersen Lutheran Health System, La Crosse

Upland Hills Health educates second graders on the value of eating right

Getting children to eat healthy and eat vegetables is not an easy task for anyone. Upland Hills Health Registered Dietitian Jaime Austin and Dr. Jodi McGraw traveled to Ridgeway Elementary School with a few tricks up their sleeves to show Mrs. Venden’s second grade class that eating right can be fun and still include the foods they love.

The students enjoyed a meal of chicken nuggets, macaroni and cheese, fruit salad, and chocolate chip cookies. After lunch, the students were shown a variety of different vegetables, and learned about their nutritional value. Most of the class had never tried the vegetables and didn’t have the desire to.

The secret Austin and McGraw were holding was that the kid-friendly lunch prepared by Upland Hills Health Nutrition Services was full of hidden vegetables such as butternut squash, pureed broccoli, and chickpeas. After the revelation, the majority of students still agreed that the food was delicious and wanted a second helping.

By introducing healthy, kid- friendly foods at an early age, parents can show that eating healthy can be fun and delicious. Early education on the importance of eating right leads to healthy habits that can last a lifetime.

Upland Hills Health, Dodgeville



Boys & Girls Club nutrition program

Langlade Hospital provides annual support to the Boys & Girls Club of Langlade County to help in building healthier children through the snack and meal programs offered at the Boys and Girls Club.

Every day during the summer schedule, the Boys and Girls Club offers club members a balanced breakfast consisting of cold cereals or oatmeal with milk, in addition to yogurt, applesauce, cheese sticks, crackers and fruit that are available as a supplement at every meal. Also, every club member is provided a cold box lunch every day. The lunch consists of sandwiches, fruit, vegetables, chips or a pasta cup and milk with the option of adding yogurt, applesauce, cheese sticks, crackers and fruit. Club members are required to maintain healthy eating habits by being required to take the correct number of foods from each food group for every meal.

During the school year the club offers club members an after-school snack that consists of a sandwich, fruit/vegetable, cheese sticks, applesauce, yogurt, juice box, milk and crackers. Of course, the kids are allowed to choose snacks that they enjoy, but must pick from the five basic food groups to ensure they are receiving a balanced snack.

The Boys and Girls Club holds an Annual Thanksgiving Dinner for club members and their families. It is just one more step in making sure that club members have a happy and healthy Thanksgiving Dinner.

Langlade Hospital along is proud to support the Boys and Girls Club of Langlade County – A Positive Place for Kids.

Langlade Hospital – An Aspirus Partner, Antigo

Spoooner Health System (SHS) makes a large donation to the Washburn County Food Pantry



SHS employees Jennie Klassa and Crystal Potter presented a check for \$780 to the director of the Washburn County Food Pantry, Sue Adams. After being made aware of the increased number of people using the food pantry, Klassa organized a Jeans Day at SHS. Employees could wear jeans on that day with a donation of \$5 to the food pantry. The amount raised by the employees was \$390 and Spooner Health System matched it to total \$780. A bag of grocery items was also donated by employees of SHS. In addition, Spooner Health System donated coloring books and boxes of crayons to be given out to kids by the food pantry.

Last summer, the food pantry served approximately 250 families per month. That number has increased dramatically

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and they are presently serving about 350 families. The Food Pantry is not a county-funded program, but rather serves the people of Washburn County.

Adams states, "We are very appreciative any time we receive a gift of money like this. This money will be used to purchase meat, eggs, margarine and milk, which are given to families along with the canned and shelf items they receive once a month."

Spooner Health System, Spooner

Aurora supports Oconomowoc Chamber of Commerce Farmer's Market

Aurora Medical Center in Washington County is staffing an information booth at the weekly Farmer's Market in Oconomowoc, presented by the Oconomowoc Chamber of Commerce. As a member of the Chamber, Aurora was asked to participate in the weekend markets to promote healthy eating and lifestyles. The nutrition component of the Fit Kids Fit Families program was promoted to correspond to the healthy food choices found at farmer's markets.

Aurora Medical Center in Hartford

Meals on wheels is more than a meal delivery

Three years ago, when the number of volunteer drivers for the Jackson County Aging Unit's Meals on Wheels Service began to decrease, Black River Memorial Hospital stepped forward and made a commitment to help. The hospital's Senior Leadership Team encouraged its managers to get involved, and nearly every manager quickly "volunteered," filling the Monday meal delivery sign-up sheet for the entire year. And, they are still involved. In 2009, the 30-plus managers and some of their staff delivered 600 meals to people in Black River Falls, and they have committed, once again, to all of the Mondays in 2010.

The meals are prepared by the hospital's Food Service Department staff. In 2009 they served 8,303 meals to 72 clients. Food Service Manager Jennie Drangstveit, CDM explains the meals are delivered during lunch Mondays through Saturdays by both volunteers and drivers who are paid by the Aging Unit. "In reality, the hospital does not receive much revenue from the meals," says Drangstveit. "We do it more as a benefit to the community."

Drangstveit emphasizes that the Meals on Wheels Service does much more than provide meals. "It has also been a lifeline for some who receive the meals," she says. "Once a client was found wandering in her yard, unsure of where she was. A quick telephone call by the driver to the Aging Unit sent immediate help."

She also said the drivers are good about letting the food service staff know when clients don't answer their door, do not look well, or if anything looks suspicious. "When the drivers drop off the food containers after deliveries they are very good about letting us know if something is just not right with a client," she says. "And with any of these reports, we immediately contact the Aging Unit and they send someone to check to make sure the client is safe or in need of medical assistance."

The hospital managers and staff who have been and continue delivering meals enjoy doing it. One recently commented that it's an extension of our hospital's core values of being a good community partner and providing excellent customer service with courtesy, respect and compassion.

Black River Memorial Hospital, Black River Falls

Teaching the community how to "dine with diabetes"

Edgerton Hospital and Health Services has partnered with the UW-Extension to offer a cooking school for people with diabetes and their families. This four-session class includes information on how to manage diabetes, food demonstrations and tasting healthy foods. Class participants learn to develop a clear understanding of the importance and interaction of a balanced diet, physical activity and diabetic medications to control blood glucose.

One participant made a special effort to let us know how beneficial these classes are. "I think these classes should be required when you learn you have diabetes. Doctors don't always have the time to teach this, but patients need this information."

Edgerton Hospital and Health Services, Edgerton

BAMC gives up holiday party to support local food pantries instead

Bay Area Medical Center (BAMC), responding to employee suggestions and feedback, recently made donations to area food pantries of nearly \$10,000. The donations were done instead of the holding the annual BAMC holiday party.

According to BAMC Assistant Administrator of Human Resources and Organizational Development Curt Oberholtzer, "As the holiday season approached, we received an employee suggestion that the organization consider a donation to the area's food pantries in lieu of the annual party. Our People Council thought it was worth exploring, and so we asked employees what they thought of the idea."

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Dennis Dieck presents a check from BAMC to the Menominee Community Action Agency representative Joan Corsten. Kevin Johnson, Shelly VanVooren, Dieck and Ivy Overman.

The suggestion that a donation be made to the area's food pantries received overwhelming support from BAMC employees, according to Oberholtzer. When contacted by the hospital, local agencies indicated that the pantries were facing unprecedented demand.

The donations were made to the Menominee Community Action Agency and Marinette St. Vincent DePaul the week before Thanksgiving, with total contributions of over \$9,750.

"Our employees have a proud record of giving back to the local community," said BAMC President and CEO David Olson. "Our

support is especially important during challenging economic times such as those we are going through today."

"Although we will miss the opportunity to spend an evening together during this year's holiday season," Oberholtzer added, "others in our community will now be able to have a better holiday thanks to these donations."

Bay Area Medical Center, Marinette

Submit community benefit stories to Mary Kay Grasmick, editor, at mgrasmick@wha.org.



Diane Thorn (Center) presents the Bay Area Contribution to St. Vincent DePaul representatives Bill and Sue Johnson. Diane is joined by BAMC employees (from Left) Becca Hilden, Ray Guard and Rena Nygren.



Read more about hospitals connecting with their communities at www.WiServePoint.org.