

Right Here

A Monthly Newsletter for the Staff of MMC



Jason Douglas

President's Message

Yep – we're in the "always winter, never Christmas" time of the season, but to think positively, at least the sun is out just a little bit longer these days. An expectant feeling of the coming spring.

I hope you've all had a good start to 2022 – which can be hard to believe considering we're in the middle of the Omicron surge of COVID. I know you don't need me telling you it's busy around here – especially with visits to the ER. It's been a tough few weeks already with increased stress levels, lack of antigen tests, fractured school scheduling, and a rapidly-spreading variant. But you're all hanging in there, and I really thank you for that. Who knew we'd still be in this war zone two years later? Your determination astounds me and I'm very grateful to work with you.

I want to point you to our portal and also our "Employee COVID Resources" page on our public website. Here you'll find updated information on our employee self-swabbing process for testing, the updated guidelines for if you're sick or have been exposed to COVID, and other resources. It's worth spending some time looking at this information. You never know when you'll need a COVID test, and there's a helpful video explaining the process of doing the self-swab testing here at MMC.

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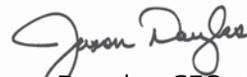
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On to some lighter news – our new Rehab Services and Cardiac Rehab space is now completely renovated and open for business. If you haven't had the chance to poke your head into this new space, I highly recommend it. Two large gym spaces with loads of natural light, an incredible wound care treatment area, expanded offices, a pediatric gym (there's a ninja ramp in here!) and so much more. Thanks to everyone who helped get this project off the ground. It's going to be such a convenience for our patients with this space now located right by the front entrance.

Also – Book Across the Bay is coming up and MMC is planning on having a stop at around the halfway point in the race with water, hot chocolate etc. This event has been modified with COVID precautions in place (no large warming tent after, more outdoor fire pit spaces, etc). There will soon be a volunteer sign-up sheet on the portal with ways you can help out at this fun community event.

Here's to hoping the Omicron peak is gone soon, that the weather starts to warm up soon, and that you can find some time during the day to recharge during these tough times.

With gratitude,



Jason Douglas, CEO of MMC



Upcoming Events

FEEL BETTER CARE BETTER

1/31/22 - 3/11/22

Six weeks of different events to make you feel better so you care better. And cure your winter blues! The sun medallion hunt is happening this week until Friday, Feb. 4. Find the sun medallion on campus and bring it to the front registration desk to win a gift card! Check the portal for all of the upcoming Feel Better Care Better events.

NEW WOMP CARDS AVAILABLE

Brought to you by the Community Team

Spread the word about what's happening at MMC and win \$\$\$!
Details are on the portal.

25TH ANNUAL BOOK ACROSS THE BAY

Saturday, February 19

MMC is calling all volunteers!! The following opportunities are available this year. Many shifts available:

Registration table in Washburn

Thompson's West End Park • 12 Noon - 5 PM.

MMC 5K Aid Station Crew • 12:30 - 9:30 PM

What can you expect as a 5k aid station volunteer? A heated tent for racers and MMC volunteers. A bonfire on the ice. Music. Did we mention Fun?! Plus get a warm MMC hat, just for volunteering and an estimated 3,000 happy racers ready for hot chocolate, water, cookies and some MMC hospitality.

If you are interested in volunteering, please contact **Andrew MacGregor, Chaplain:** (ext. 5498) amacgregor@ashlandmmc.com or **Rob Jones, Cardiopulmonary:** (ext. 5475) rjones@ashlandmmc.com

For details about the event go to BATB.org. If you participate, please snap a pic and email it to **Kate Deering, Marketing** at krdeering@ashlandmmc.com so we can share your winter fun times on the ice in the March newsletter.

NWCC Transportation Grant Results

The cancer center is so grateful to have been able to help patients with transportation costs to and from appointments this winter thanks to the American Cancer Society (ACS). The ACS transportation grant designated to NWCC last fall helped to overcome some of the large transportation barriers for people in our rural area. In turn, our community businesses, the locally owned transport services such as Bay Mobility were able to benefit from the funds as well.

Since September, **270 gas cards** have been given in the amount of \$50 each. **7,597 one-way rides** have been provided with no cost to the patient, serving our patients a **total of \$13,500** in transportation costs. One of the NWCC patients who benefited from the transportation funds wrote in a thank you card, "Dear NWCC and ACS, We want to Thank You for the gift card for gas. To know that your 'ride' is being supported by ACS is a special touch on a cancer journey. We appreciate the support! Thank you!"

Former AODA Counselor Donates Lunch for BHS Staff



Thank you to Randy & Sue Spangle for arranging a pizza delivery for our Behavioral Health Unit staff!

Randy is a former AODA counselor who served the Chequamegon Bay area for many years. He was also the Director of an outpatient substance use clinic called Ashland Area Council on Alcoholism and Other Drug Abuse, Inc., before merging with NorthLakes in January 2014. The Spangles donated through Thrivent Service Program and wanted to show their support and appreciation to those in the Behavioral Health profession.



Call for MMC Virtual Talent

The employee wellness team wants to host a “virtual how-to” employee night out event for all staff sometime in late February. Right now, the team is looking for any MMC, REI or NWCC staff who would like to share their talent via a Zoom workshop and teach the rest of us how to...knit a scarf, cook a fancy dish, paint a picture, carve a spoon or anything else you can think of! All supplies and equipment you might need for the activity will be provided.

If you are interested in leading a virtual activity workshop for the Employee Night Out Wellness Event, contact **Kyle Narges, Employee Wellness** at Ext. 5508 or kknarges@ashlandmmc.com. Receive 100 points for Taking Shape if you lead a virtual workshop.



All in the Family

Colten Thewis, Emergency Department recently acquired his Master of Science in Nursing (MSN) from Concordia University Wisconsin and earning the title of Nurse Practitioner. About his new degree, Colten says, “Since my first year as an undergraduate, I’ve wanted to pursue higher levels of care in an autonomous role within our healthcare system. I’ve always wanted to utilize my knowledge and skillsets in the highest capacity possible so that I can positively influence health and wellness in the most influential way. My personal mission statement

is: An honest partner to inspire hope in the pursuit of health and wellbeing. Earning my masters and becoming a nurse practitioner helped me achieve this.” Congratulations Colten! We are proud to have you on our team!

Ashland Audiology is Moving



Ashland Audiology is moving in mid-February to the former Adult Day Treatment building located at entrance A on the MMC campus next to GreenBranch Dental. The company is owned by Audiologist Dr. Amy Jacobson and was previously leasing space on the ground floor of MMC just down the hall from the Cancer Center. Ashland Audiology is not an

affiliate of MMC but will continue to see patients on our campus in a newly remodeled and upgraded space. Do you or someone you know suffer from hearing loss? Get the help you need by calling 715-682-9311 or find them at ashlandaudiology.com.



Employee Fitness Center to Open



All staff will be invited to use the Employee Fitness Center opening soon in the former Cardiac Rehab space on ground floor. This is an exciting opportunity for anyone to come and walk on the treadmill during their break or stop down after work for a longer, more intense workout. Alternatively, employees may utilize the Cardiac Rehab equipment after hours in their new location on the first floor of the hospital.

If you have any questions on the new Employee Fitness Center, you can contact **Kyle Narges, Employee Wellness** at ext. 5508. If you have questions on the new Cardiac Rehab space and usage, you can contact **Dannette Tutor, Cardiac Rehab** at her email, dtutor@ashlandmmc.com.

DNV Survey Complete

Our accreditation organization, DNV held their virtual survey during the week of January 17th. No major issues were reported. Some suggestions were presented and are being worked on. MMC is expected to be deemed an accredited hospital for the next year. Official accreditation will be posted when it is received. Thank you to everyone who helped prepare and conduct the survey. Keep up the great work!

Appreciation from Local Church



We are so grateful for the Thank You cards and prayers sent to us from the members of Good Shepherd Lutheran Church. You may have seen some of them on your Pillar boards or in your departments. It is such a wonderful feeling to know that our community is thinking of us and appreciates the work we have been doing.

Good Shepherd Lutheran Church is located at 311 13th Street West in Ashland. Find them online at goodshepherdashland.com.





STAR

Service

Teamwork

Accountability

Respect

Every encounter,
every person,
every time.



**Memorial
Medical Center**

Right here in the place we love.



On the left: Brogan enjoys a snow snack while sporting his MMC hat. Brogan is the son of Lance Ritola, Nursing.

On the Right: Congratulations to Calla Erickson, Accounting. She is the grand prize winner of the 2021 Taking Shape Employee Wellness initiative!

Got Photos?
Submit them to *Right Here!*

We'd love to highlight your favorite photos. Send us your favorite photos of anything related to our community, or any milestones of you and your family.

Email your pictures as JPG files to
krdeering@ashlandmmc.com