

Thru the Window...

News of
Shriners Hospital and of the
Womens General Auxiliary

October, 2011

Visit us at — www.womens-auxiliary4kids.org
Contact us at — wga4kids@yahoo.com



"Even if something is left undone,
everyone must take time to sit still and
watch the leaves turn."— Elizabeth Lawrence

WGA Continuing Business

CORRESPONDENCE

Forty-one acknowledgements were sent out in response to various items received and questions asked during the month of September

MEMORIALS

Memorials received the month of September amounted to \$10,481. Your donations, memorials and honorariums are given and used



Checks for the auxiliary should be made out to

Womens General Auxiliary
and mailed to the auxiliary at:
2025 E. River Parkway
Minneapolis, MN 55414

OUTREACH

Linda Johnson will be visiting the Austin Area Shrine Club on November 10th.

Let Linda Johnson know if you would like her to do a special presentation for your group. Send your request to her attention at wga4kids@yahoo.com or call her at 952-948-1745.

DISTRIBUTION



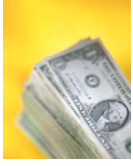
Darlene Kincaid reported that the aluminum tab collection is growing. Keep up the GREAT work. Thank you for collecting them for us.

[NOTE: Please make sure that your aluminum tabs do not contain other metal objects. There is a huge deduction for foreign metals.]

DONATED ITEMS



Please remember to insert your name or your group's name and address on all items donated so we know to whom we should send our thank you.



Also, we request that you do not send cash inside packages of toys, clothing, knitting, etc. Please send all cash and checks to us by mail or in person. Thank you.

CLOTHING

- We need **large size** shorts with snaps
- We need any size shorts **without snaps** [This would be a good time to get them on sale.]
- We need both sweat shirts and **sweat pants**
- Hygiene bags with draw strings

We need volunteers to help in removing the ties on our present supply of hospital gowns. The ties are to be replaced with snaps. If your auxiliary could assist us with this project, please let us know.

KNITTING

We have received a nice supply of hats, mittens and scarves. We thank you for your donations. Please keep up your good work to keep our Mitten Tree full of these items throughout the winter months.

TOYS

We will start assembling our Christmas stocking within the next two weeks.

Toys that we are especially in need of:

- **Cars and Trucks (small and medium sizes)** the type that could be used for bingo prizes
- play dough
- small bouncing balls
- Dolls and baby dolls

- Barbe dolls
- Princess accessories
- **Hand held games for pre-teens and teens**
- Jewelry cases
- Hair spray
- Finger nail polish
- Arts & Crafts
- Lego models
- Coloring books and crayons
- Word games and books
- Batteries for all the hand-held games
- **Gift cards for fast food restaurants:** Subway, McDonald's, etc.

[NOTE: We can only accept NEW toys and clothing for the patients at the hospital and clinic.]

FLOATING ASSISTANT

Pat Jansen is organizing the assembly of the Christmas stockings. The stockings will be assembled age and gender appropriate to help in the distribution.

BYLAWS AND STAMPS

Verna Melius, Bylaws Chairperson, would like **all auxiliaries operating under the WGA to send the WGA a current copy of their Bylaws.** We want to make sure that all auxiliaries are operating under a current set of Bylaws. If you have questions regarding this request, please contact Verna at: 9591 Falcons Way, Eden Prairie, MN 55347 Phone: 952-944-5669. We thank you for your cooperation.

Hospital Tours

If you have a group or know of a group that would like a tour of the Hospital and Parent Accommodation Center, please call Judy Carns at 612-596-6212 to prearrange the tour.

News From the Hospital

They have a new batch of student volunteers throughout the hospital from the University of Minnesota.

The patients have been busy with:

- Playing on the new playground that has been assembled just outside the hospital lobby area
- Scavenger hunts
- Crafts with apples

Womens General Auxiliary News

We are still looking for volunteers to help operate our new gift cart. It will be open Mondays, Wednesdays and Thursdays. Hours will be 10:00 a.m. to 2:00 p.m. You can choose your days, (once a month, once a week, your choice) and hours. You can work two hours or four hours. Check your calendar and see what works for you. All dates and times are open for scheduling now. If you are interested and have any questions, please call Marjorie Park at 651-455-6586.

Generous Donors - September

[DIAMOND GIVERS](#): \$5,000 and above
None

[RUBY GIVERS](#): \$2,000 - \$4,999
None

[SAPPHIRE GIVERS](#): \$1,000 - \$1,999
None

[EMERALD GIVERS](#): \$500 - \$999
None

[AMETHEST GIVERS](#): Up to \$499
ZOR (Marshall & Ilsley Trust Donation
Robbinsdale Area Womens Auxiliary
La Crosse General Fund
Zuhrah - Donation (Jerry Burkstrand Toy Run
Zuhrah - Greater Twin Cities United Way
Eau Claire (Deanna Tronrud) donation

News From Our Auxiliaries

We love to tell your stories. Please send me news from your auxiliaries.

Other News

Carload of Toys Donated

Jerry & Mary Bristol brought in a carload of toys donated by the Wisconsin Chapter Order of the Eastern Star. Phil & Betty Link also donated toys on this carload.

[See photo on next page.]



Bring some "Hope" to others!

This September marked 5-year old Hope's 25th visit to Shriners Hospitals for Children® - Twin Cities. In honor of her 25th trip from Nebraska, Hope and her parents, Vicky & Scott, decided to hold a toy drive at Hope's school. They collected two large boxes of new toys, books and stuffed animals and brought them to the hospital to share with the patients. What an excellent example of youth giving back to youth! Thank you Hope!



[Hope with toys she donated.]

Internet Access to WGA

Q? If you have questions about us, please call 612-596-6233 (auxiliary office), 763-560-7894 (Darlene Kincaid) or e-mail: wga4kids@yahoo.com

Improving Visibility. . .Outreach



Kautto's Corner

Outreach Season will be ending soon, but not without a last minute rush before the weather changes. In fact during a recent weekend there were 4 clinics happening simultaneously in 3 different states! Some of them were small, but each of them brought us new patients which make it all worthwhile. Thanks to you who have helped pass out flyers or help promote the work we do in other ways.

By Mary E. Kautto, RN, MS
 Outreach Director
 Shriners Hospitals for Children—Twin Cities
 612-596-6104, mkautto@shrinenet.org

Womens General Auxiliary on Facebook

There are lots of pictures and stories posted on our **Facebook** page. Go to: **facebook.com/wga4kids** Let us know what you think.

Thru the Window on Line

If you currently get a printed copy of this newsletter, you can also see it in color on our Web site...just click on the tab “News & Events.”

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Carol Miner, Editor
Thru the Window
8727 North Brook Circle
Brooklyn Park, MN 55428
Phone: 763-535-5011
e-mail: CMiner8727@aol.com.

Healthy Bones, Healthy Bodies: It Takes a Lifetime of Commitment



Shriners Hospitals
for Children®



You may not spend much time thinking about your bones, but they play a significant role in your overall health. Strong bones help prevent musculoskeletal conditions, such as arthritis, osteoporosis and back pain. According to the Burden of Musculoskeletal Conditions, 48 percent of the American population over the age of 18 is affected by these ailments. Even though bone and joint issues mainly affect adults, the most effective prevention occurs during childhood.

Bones are a living tissue that change constantly, with bits of old bones being removed and replaced by new bones. They are similar to a bank account; you make "deposits" and "withdrawals" of bone tissues. During childhood and adolescence, more of your bones end up being deposited than withdrawn as the skeleton grows in both size and density. Up to 90 percent of peak bone mass (the amount of bone tissue in the skeleton) is acquired by girls at 18 years of age and by boys at 20.

The most efficient way for children to reach their best possible peak bone mass, is by being active and exercising and ensuring adequate dietary calcium and vitamins. This is why Shriners Hospitals for Children® believes physical activity and a healthy diet are the most influential things your child can do to promote lifetime bone health.

The American Academy of Pediatrics suggests that children should get up to 30 minutes of exercise on a daily basis. When bones are put to work, especially in weight-bearing activities such as walking, jogging, aerobic dancing, gymnastics and playing sports, they respond by becoming stronger and denser. Even though some activities like swimming do not involve weight-bearing benefits, they still build strong muscles which in turn help to build strong bones.

In order for kids to be physically active their parents need to be good role models. Typically, active children have active parents. It's important for parents to help their kids find a variety of physical activities or sports they enjoy. Also, there should be a firm time limit established for sedentary activities such as television, being on the computer and playing video games.

In addition to proper exercise, a child's diet also plays a critical role in having healthy bones. Calcium is one of the most important nutrients because our bodies continually remove and replace small amounts of calcium from our bones. By obtaining enough calcium from foods, a child's growing body doesn't have to take calcium from your bones. Calcium also has the ability to help the heart, muscles and nerves to work properly, and is important to dental health.

Although calcium is extremely helpful, it is not enough. Vitamin D, Vitamin K and magnesium all help your body absorb and retain calcium. A lack of adequate Vitamin D, can result in rickets, a disorder that softens children's bones. Fortunately, all your child needs is 15 minutes of sunlight to get the recommended daily dose of Vitamin D. Also, Vitamin K helps the bodies regulate calcium and can be found in green and leafy vegetables like spinach, kale, collards and turnip greens. The body needs to store magnesium, so it's important to incorporate nuts, seeds, whole grains, seafood and tofu into your daily diet.

As a leader in pediatric orthopedic care, Shriners Hospitals for Children is raising awareness for children to develop a physically active and nutritionally health lifestyle during National Bone and Joint Action Week, Oct. 12-20. The 19 Shriners Hospitals for Children specializing in orthopedics can provide expert information on topics such as this and several other pediatric orthopedic concerns.

National Bone and Joint Action Week is an extension of Bone and Joint Decade, which is supported by many organizations like Shriners Hospitals for Children that specialize in pediatrics. During National Bone and Joint Action Week, organizations around the globe design events and projects to increase public understanding and awareness of musculoskeletal health issues.

For more information about Shriners Hospitals for Children, please visit www.shrinershospitalsforchildren.org. For information about Bone and Joint Awareness Week, visit www.usbjd.org.

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