

# Partners IN HEALTH

FALL 2007

## Therapy Can Help You Regain An Active Life

Frank Wilson, an Adams resident, is not your typical 87 year old. Nicknamed the "bluegill terminator" by family and friends, you can find him out on his fishing boat an average of four times a week. He enjoys woodworking including building cabinets and tables. He makes meals and bakes for friends. He helps those who are homebound and unable to do their own errands. And, up until last year, he enjoyed ice skating on Friendship Lake.

All of this nearly changed for Frank in mid-May when he woke up and was unable to get out of bed. He spent the next 13 days at Moundview Memorial Hospital & Clinics recuperating from a stroke. Luckily he had no paralysis, but the stroke left him unable to walk or stand.

"My dad does not like to sit still and he's used to doing things for himself," said Shelia Toltzmann, Frank's daughter. "He doesn't watch television, read, or play cards. The only time he would spend in the house was to eat and sleep. When the therapists learned how active he was, they wanted to get him back as close as possible to his previous lifestyle. We were determined that he would not have to go to a nursing home."

Frank received physical therapy twice a day while he was a hospital patient. He also had occupational therapy to ensure he could perform daily tasks such as dressing. When he was discharged from the hospital, he had improved but was still unable to keep his balance and could only walk limitedly with a walker.

"He had to learn how to walk all over again," said Shelia. "The therapists had him start out by crawling on the floor so that he could build up his strength and improve his balance without the fear of falling. He had physical therapy two-three times a week for three months. I think the turning point came when he started doing exercises at home in addition to his therapy."

The therapists also stressed the importance of Frank's

nutritional needs. Frank's daughter, Rosemary Wilcox, kept him supplied with healthy homemade meals and snacks so her dad could easily prepare them despite his limited mobility.

In three months Frank went from being unable to stand to walking independently and driving a car. "Frank was a hard worker," said Kevin Beaver, one of the physical therapists at Moundview who worked with Frank. "He made a fast recovery for someone in his condition. At least half of his recovery was due to his strong motivation to succeed."

Frank said he was eager to go to therapy. "I wanted to have my life back and be independent again," said Frank. "Everyone in the physical therapy department was very patient and nice. I enjoyed working with them. They are very dedicated to their jobs. I'm 85-90% back to the life I had before the stroke."

"Dad had a chance to work with all of the hospital's physical therapy staff during his recovery," said Shelia. "All of them truly care about their patients. They treated dad like he was part of their family. We are so fortunate to have a therapy department with such a good reputation. They not only helped dad walk again, they took care of his emotional needs too. They boosted his confidence and gave him the incentive to keep going."

"We can all learn a lesson from Frank, said Kevin. "No matter what your age or condition, if you are



Therapy helped Frank Wilson, an Adams resident, regain an active lifestyle following a stroke.

motivated enough you can get stronger, improve your function, and return to an active lifestyle."

If you have suffered a stroke, had surgery, trouble walking, chronic pain or other physical limitations, ask your health care provider about Moundview's Rehabilitation Department. You can learn more about our services by visiting our website at [www.moundview.org](http://www.moundview.org) or by calling the rehabilitation department at (608) 339-8338.

## Overcome Your Fear of Breast Cancer



Dr. Richie Ann Rodriguez

By Richie Ann Rodriguez, MD

Many women are frightened of breast cancer. For some, the fear of the unknown may even keep them from performing self breast exams or having a mammogram.

Breast cancer is the second leading cause of cancer death in women. The good news is the death rate in the United States continues to drop more than two percent per year, according to the American Cancer Society. It is a trend that began in 1990 and is credited to progress in early detection and treatment.

**Don't Let Fear Paralyze You**  
Yes, it can be scary if you find a lump or

the radiologist sees something suspicious on your mammogram. But, let the facts help calm your fears. Most breast lumps are not cancerous. And, if cancer is found, finding it early makes treatment much easier and more effective.

### Three Keys to Early Detection

- **Perform Monthly Self Breast Exams:** Beginning at age 20, it is important for you to know your own breast. Talk to your healthcare provider if you have questions about how to check your breasts. A monthly exam will familiarize you with what is normal for your breasts making it easier to realize any changes that may be occurring. Check your breasts the same

time every month typically a few days after your period, if you still menstruate.

- **Have Your Healthcare Provider Check Your Breasts:** Women should have a clinical breast exam preferably every year. A clinical exam is similar to your monthly self-exam except it is performed by a physician or nurse.

- **Have Annual Mammograms:** Women should have a baseline mammogram between the ages of 35-40. Those with a family history of breast cancer may need an earlier baseline. Every woman 40 and

See Breast Cancer on page 2

### Inside This Issue:

What's Right In Health Care .....	2
Women's Night Out .....	3
Local Cancer Care Benefits Patients .....	3
Men's Night Out .....	4
Women & Preventive Health .....	5
Influenza 101 .....	6
New Emergency Response Vehicle .....	6
Diabetic Cooking Program Held (see recipes) ..	7
Community Calendar .....	8

### Partners in Health

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# What is Right in Health Care?

STORIES OF PURPOSE, WORTHWHILE WORK, AND MAKING A DIFFERENCE

By Janet Brown, CEO

You can't turn on a TV or open a newspaper these days without hearing bad news about health care. The truth is there is far more right in health care than there is wrong. It's time to make a commitment to reinforcing the positive and communicating the good news.

I would like to share the many great things happening at Moundview and thank our employees for their excellent work over the past year. The past fiscal year has seen many changes, some not expected; some unpreventable resulting in significant loss for the facility. However, there have been many more positive changes than negative which are the result our employee's commitment to being the healthcare provider of choice by exceeding our customers' expectations.



Janet Brown, CEO

We started out the past fiscal year with the loss of Dr. Mikhaeel and Dr. Zaki, our two most active physicians. This loss was unexpected and unpreventable as they moved to Milwaukee to be close to the Coptic Christian community, church, and school they felt essential for their family. Most recently, Dr. Bird left the community to move back to Idaho where his family and his wife's family live.

Their departures resulted in Moundview having significant revenue loss over our past fiscal year. It also meant we had numerous temporary physicians coming into our community until we found the right healthcare providers for us. It is extremely important to have the right physicians in our community with personalities that blend well with our community culture.

I am proud to say that we now have four excellent physicians at Moundview Clinic, all whom support the hospital's mission, vision and values. Dr. Jason Bellak has been here for just over a year, Dr. Mark Hatton has been providing services for seven months and Dr. Sheryl Sulangi-Lorenc and Dr. Richie-Ann Rodriguez joined us this summer. With these additions, we are back to a healthy environment fiscally and culturally.

**There have been many other exciting changes at Moundview.**

In November 2006 we had a successful launch of our Tobacco Free Environment. Many employees took part in its planning and implementation. Their efforts were outstanding as the conversion was very positive. Some employees have quit smoking, others have reduced significantly and overall our facility is cleaner and reflects a much healthier image. We were one of the first hospitals in Wisconsin to go completely tobacco free, an initiative that has now become mandatory for Wisconsin hospitals.

Another significant change was the launch of the hospitalist program. A hospitalist is a physician who specializes in caring for hospitalized patients. They manage a patient's care in the hospital the same way a primary care physician manages the patient's care in his or her office. A hospitalist is available around the clock during a patient's hospital

stay and works closely with the patient's primary care physician, specialists and hospital staff to coordinate their medical needs. This allows the patient's primary physician to have increased availability to meet their needs once they return home.

This year has also seen significant improvements in departments throughout the hospital. All of these changes have resulted in better service for our customers.

Our laboratory converted to a "state of the art" blood bank (Gel System) to assure accuracy in blood typing and availability of blood products for transfusions. They have also computerized all interfaces for lab equipment resulting in no more transcription by hand which improves accuracy for patient safety. This summer the lab had a successful COLA (Commission of Laboratory Accreditation) inspection that indicates our lab is based on quality procedures and results.

Medical imaging received a significant grant for computed radiography which will soon give us the ability to transmit our regular x-ray films to a radiologist, 24-hours a day. This will reduce the time it takes to get an official read and allow the patient's medical care to start immediately. A self-referral mammography service was also started so patients can be screened without waiting to see a physician first. The department had a citation free mammography survey. A 100% rating is an honor as it is not awarded to many facilities.

We improved our cardiopulmonary services by providing updated peripheral vascular screenings, making BiPap available, and assuring that staff is certified in advanced cardiac life support.

Our ambulance service had its EMTs become certified in Pre-Hospital Trauma Life Support. We are the first ambulance service in the central Wisconsin region to achieve this higher level of education.

The emergency department has been successfully working with Dr. Bean, Medical Director of UW Emergency Services, regarding implementation of STEMI protocols. This protocol allows for more rapid response to patients who are showing obvious signs of tissue damaging heart attacks. This more rapid response has not only saved heart tissue, it has saved the lives of numerous patients brought into our emergency department.

New specialty services have been added. Dr. Michael Plooster, orthopaedic surgeon, began seeing patients at our hospital in February. His arrival brought new services to our facility, such as back (laminectomy) surgeries. In addition, Dr. Steve Paulk, board certified surgeon, will be bringing new plastic surgery procedures to our hospital starting this fall.

Yes, great things are happening at Moundview on a daily basis. These are but a few of the ways we have improved services. Again, I want to express my thanks to the excellent employees at Moundview who are the biggest factor in our improved services to the community.

## Breast Cancer

CONTINUED FROM PAGE 1

over should get annual mammograms.

**Checking for Breast Lumps**

Start by standing in front of a mirror and look for any changes from normal. Look at your breasts with your arms at your side, with your arms raised over your head, and with your arms on your hips and your chest muscles flexed.

Next, lie down on your back with a pillow under your left shoulder. Put your left hand behind your head and feel your left breast with the pads of the three middle fingers on your right hand. Start at the outer edge and work around your breast in circles, getting closer to your nipple with each circle. After you've finished checking your breast, squeeze your nipple gently and look for discharge (fluid coming out of the nipple). Do the same thing to your right breast with a pillow under your right shoulder.

Be sure to include the area up to your collarbone and out to your armpit. You have lymph nodes in this area. Cancer can spread to lymph node tissue.

Changes to look for in your breasts include: any new lump (which may or may not be painful or tender); unusual thickening of your breasts; sticky or bloody discharge from your nipples; any change in the skin of your nipples or breasts such as puckering or dimpling; an unusual increase in the size of one breast; or one breast unusually lower than the other.

**What is a Mammogram?**

A mammogram is an x-ray of the breast. It is the best way to find tumors before you or your physician can feel them. However it is possible in some circumstances to feel a mass that does not appear on a mammogram. That is why it is so important to do self breast exams and have your healthcare provider examine your breasts yearly.

During a mammogram, your breast is compressed between two plastic plates. This spreads out the breast so the x-ray can produce as precise of an image as possible. Each x-ray takes 1-2 minutes with the entire procedure taking less than 30 minutes.

There may be some discomfort, but it's brief. You may wish to have your mammogram after your period and to avoid caffeine a few days before the test to help reduce breast tenderness.

There are two types of mammograms. A screening mammogram checks your breasts for any changes since your last mammogram. Each breast is x-rayed in two positions: from top to bottom and from side to side.

A diagnostic mammogram is performed when a breast change is detected by your or your healthcare provider or to examine a specific area of tissue that appeared abnormal on a screening mammogram. Several x-ray images may be taken to fully evaluate the area of concern. Depending on the abnormality, other tests, such as an ultrasound, may be done.

**Remember**

With further examination, most abnormalities are found to be either normal breast tissue or non-cancerous. Don't let fear keep you from performing monthly self exams, having clinical breast exams or annual mammograms. In time you will become more comfortable with examining your breasts. And, you'll have eliminated the fear of the unknown by being proactive with your healthcare.

*\*Information on checking for breast lumps in this article was taken from the "Breast Cancer: Steps to Finding Breast Lumps Early" on the familydoctor.org website*

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"Partners in Health" is a community information resource published by the Moundview Memorial Hospital & Clinics. Please direct any questions or comments regarding this publication to: Tammy Lowrey, Community Relations, Moundview Memorial Hospital & Clinics, P.O. Box 40, Friendship, WI 53934, or call 608-339-8328.

# Local Cancer Care Benefits Patients

*Coordination between the patient's oncologist and primary physician results in better care*

Each year thousands of people will hear the frightening words "you have cancer". They may ask themselves...will I survive, what will treatments be like, and where will I go for care?

Fortunately, area cancer patients can receive much of their care at Moundview Memorial Hospital & Clinics. Dr. Ron Kirschling, an oncologist/hematologist with UW Cancer Center Riverview in Wisconsin Rapids, provides outreach cancer services at Moundview Memorial.

"I work closely with the patient's primary care physician so the patient can receive most of their care at their local hospital," said Dr. Kirschling. "This is more convenient for the patient, allows their primary physician to be actively involved in their illness, and results in better continuity of care."

"Chemotherapy, radiation, and certain diagnostic or surgical procedures require cancer patients to go to Wisconsin Rapids or Madison," said Dr. Kirschling. "But most of their laboratory tests, imaging tests, surgical services, and support needs can be done right at Moundview."

Surgical services for cancer are available at Moundview through Dr. Steve Paulk, board certified surgeon who practices weekly at the hospital and owns Northeast Surgical Group in Portage. Patients can be referred to Dr. Paulk by their primary care physician for biopsies, cancer surgeries of the breast or abdominal area, and implants of long-term venous access ports for chemotherapy infusions.

Chris (a local cancer patient whose name was changed to maintain her anonymity) has been able to receive much of her care at Moundview. This May she found a lump in her breast and immediately consulted her primary physician, Dr. Jason Bellak of Moundview Clinic. Dr. Bellak ordered diagnostic

tests which indicated the lump was suspicious. A biopsy later confirmed cancer and she underwent surgery in Madison. She then began receiving chemotherapy treatments at UW Cancer Center Riverview.

"After each chemotherapy session, I go to Moundview for my weekly follow-up care," said Chris. "I receive a medical injection 24-hours after chemo, get IV fluids for hydration, and weekly lab tests. It's a relief to be able to get this care at my local hospital. When you don't feel good, the last thing you want to do is drive 40 minutes to another facility."

Chris has also been treated several times at Moundview for side effects of chemotherapy. After her first chemotherapy session, she was hospitalized at Moundview for extreme nausea and dehydration. In August she was treated for pneumonia and in September for a blood clot.

"I am very sensitive to drugs, so I've experienced a lot of side effects," said Chris. "In each circumstance I've been able to see my local physician, Dr. Bellak, for treatment. He consulted with my oncologist, Dr. Kirschling, informing him of my condition and together they made decisions about my care. I know I am getting the best possible care

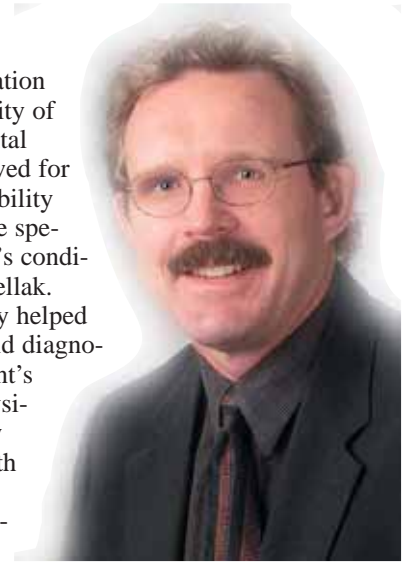
because of the coordination between my primary care physician and oncologist."

"Our close affiliation with the University of Wisconsin Hospital and Clinics allowed for excellent accessibility to the appropriate specialists for Chris's condition," said Dr. Bellak. "This importantly helped facilitate her rapid diagnosis. As the patient's primary care physician, I frequently communicate with her specialist providers, including Dr. Kirschling.

This communication has been especially important for Chris who, unfortunately, has had some difficulties tolerating her treatment."

"Your community hospital plays an important role in your overall care," said Janet Brown, CEO at Moundview Memorial. "Local physicians can manage all of your health care issues from directly providing your care to connecting you to the right specialist for any additional needs. An added benefit of having your care provided locally is that it allows your friends and family to visit and support you which is an essential component to healing from any illness, especially cancer."

For more information about cancer care at Moundview Memorial, consult your local physician or call the hospital at (608) 339-8360.



Dr. Ron Kirschling



Dr. Jason Bellak

## Hospital Receives Grant From Children's Miracle Network

Moundview Memorial Hospital & Clinics was recently awarded a \$897 grant from the Children's Miracle Network. The money was used to purchase an EZ-IO device for pediatric emergencies.

The EZ-IO allows emergency staff to rapidly administer life saving drugs and fluids through the patient's bone marrow when traditional intravenous (IV) access through a vein can not be performed. It is a small, battery powered device that uses a needle to safely and quickly penetrate through the patient's bone to gain access to the bone marrow. Although this type of procedure has been widely used in pediatrics for the past 20 years, this new device will make the procedure easier, more efficient and safer for use.

Jennifer Ingalls, EMT-Intermediate, assisted the hospital's clinical program analyst with writing the grant for the hospital. The Children's Miracle Network (CMN) was established nationally in 1983 to help children by actively supporting improved health care for millions of young people around the world.

CMN's mission is to generate funds and awareness programs for the benefit of children served by its associated hospitals, now numbering more than 170 nationwide. St. Joseph's Hospital of Marshfield became a partner with CMN in 1989. Although CMN is nationally affiliated, 100% of funds raised locally stay in the North Central Wisconsin area to help provide programs, services and treatment for sick and injured children. Funds are also used to sup-

port programs that seek to prevent children's injuries and promote healthy lifestyles in these communities.

CMN does not focus on any particular disease or injury, so all children in North Central Wisconsin can benefit from the projects funded through CMN. All overhead costs associated with the production of CMN are underwritten by local and national sponsors, enabling 100% of the contributions to be used for the purpose for which it was donated, to help kids.



Jennifer Ingalls, emergency medical technician, and Crystal Wormet, registered nurse, demonstrate Moundview Memorial Hospital's new EZ-IO device. The device allows emergency staff to rapidly administer life saving drugs and fluids through the patient's bone marrow when traditional intravenous (IV) access through a vein can not be performed.

## Women's Night Out

"Women's Night Out" will be held Thursday, November 1, 2007 at Adams-Friendship High School. **Registration and a \$6 fee are required by October 25.**

This event is sponsored by Moundview Memorial Hospital & Clinics, Adams-Friendship Area School District, Adams-Columbia Electric Cooperative, Memorial Healthcare Foundation, University of Wisconsin Heart and Vascular Care, Meriter, and Wisconsin Heart and Vascular Institute.

Doors will open at 4:30 p.m. with a vendor fair, dinner, and door prize sign up. At 6:15 p.m. there will be a Q&A discussion by Moundview Clinic physicians, Dr. Jason Bellak, Dr. Mark Hatton and Dr. Richie Ann



Janie Jasin

Rodriguez who will answer anonymous health questions.

The keynote presentation, "The Enthusiastic Woman" by Janie Jasin, will begin at 7:00 p.m. Janie will teach women to appreciate their talents, increase self-esteem, and apply the ten qualities of an enthusiastic woman to their own life. She is a nationally known speaker, entrepreneur and author of several books including "The Littlest Christmas Tree" - featured on PBS.

The event will draw to a close with door prize drawings and free gift bags. For more information about Women's Night Out, call Tammy at Moundview Memorial Hospital at (608) 339-8328.

# Memorial Healthcare Foundation News

## Dinner and Auction Held

The Memorial Healthcare Foundation Annual Dinner/Auction was held on Saturday, October 20 at the Cedar Shack in Adams. All proceeds will go toward the purchase of teleradiology equipment to computerize x-ray images at Moundview Memorial Hospital & Clinics.

The event featured a chef carved prime rib dinner, various auctions, and prize raffles. A wide variety of items were auctioned or raffled such as a Brett Favre print, UW Basketball tickets, sterling silver Tiffany bracelet, golf packages, a 1/2 CCTW 14K diamond pendant, handcrafted rocking horses, king sized bed ensemble, a mystery cedar chest and much more.

During the event, retiring Foundation board members were recognized for their years of service. Aletta Grabarski joined the Foundation in 1993 as a founding member and formerly served as secretary. Elaine Kotek joined in 1993 as a founding member and formerly served as president. Billy Taylor joined in 1996 and currently serves as president. Jim Reed and Paula Wallendal joined in 2003 as part of the Foundation board's reorganization and expansion.

The Foundation and Moundview Memorial Hospital & Clinics thanks all

of these individuals for their time and dedication.

## Casino Night

Take a trip to "Las Vegas"! Casino Night returns to Lake Arrowhead in the Town of Rome on January 26, 2008. If you enjoy games of chance such as poker, roulette, craps, blackjack and slot machines, make plans to attend. Player's winnings are redeemable at the end of the night for prizes via a Chinese Raffle.

All proceeds will benefit Moundview Memorial Hospital & Clinics. Prize donations are currently being sought. For more information on this event or to make a donation, call the Foundation office at (608) 339-8371.

## The Foundation's Purpose

The Memorial Healthcare Foundation's mission is to support Moundview Memorial Hospital & Clinics through fundraising and public awareness. In addition, the Foundation receives, holds and invests contributions, gifts and bequests of any type of property from the general public or corporations through its Endowment Fund.

Based on the needs of the community, the Foundation financially supports hospital projects such as new equipment, building improvements and local healthcare programs. It consists of a



If you enjoy casino games, don't miss the Foundation's upcoming Casino Night on Saturday, January 26, 2008.

large group of volunteer board members as well as other individuals who volunteer on committees. All commit their time and energy for the benefit of their community hospital.

## Building a Stronger Community

As we near the end of 2007, consider making a donation to the Memorial Healthcare Foundation. The Foundation is a 501 (c)(3) nonprofit

organization and all gifts are tax deductible to the full extent allowed by the State of Wisconsin and Federal Law. For more information, contact the Foundation at 608-339-8371, by email at [mhfoundation@moundview.org](mailto:mhfoundation@moundview.org), or visit our website at [www.moundview.org](http://www.moundview.org) (click on the Foundation logo).

## Introducing:

# Chuck Spargo

## Foundation Board Member



Chuck Spargo

"Access to local healthcare is important," says Chuck Spargo, vice-president of engineering and operations at Adams-Columbia Electric Cooperative. "I appreciate that the hospital is only minutes from my home and office instead of an hour commute. I don't want to drive a long distance for routine or emergency care."

Spargo has been a member of the Memorial Healthcare Foundation's board of directors since 2004. He chairs the organization's finance committee, is a member of the fundraising committee, co-chaired this year's golf outing, and previously chaired the dinner/auction committee of which he continues to serve as a member.

"I am involved with the Foundation because I want the hospital to be successful," says Spargo. "Healthcare is a tough business to be in. A small community has tight budget constraints and the hospital's general funds can't cover everything. By raising funds through donations and events, we can help the hospital purchase needed equipment they would otherwise be unable to afford."

The Foundation consists of a volunteer board of directors as well as other individuals who volunteer on committees. Spargo feels the role of the Foundation's volunteers goes beyond raising funds for the hospital. "I think Foundation members have an obligation to share feedback of how the hospital is perceived in the community," says Spargo.

In addition to the Foundation, Spargo has been involved in other community service organizations.

He was a co-chair of the successful referendum to build the new Adams-Friendship High School. He is currently a board member of the Village of Friendship. He chairs its finance committee and previously served on the plan commission, as a village trustee, and president.

He also serves on the board of directors for the Foundation for Rural Housing based in Madison. This foundation was responsible for developing "A-F Cooperative Homes", a grant funded project. Land was purchased and developed for five residences for qualifying senior citizens who then built their own homes and formed a cooperative to maintain their properties.

Spargo has a bachelor's degree in electrical engineering and a master's degree in business. He has spent his entire career in the electric cooperative industry. Originally from Minneapolis, he and his family moved to Friendship in 1993 when he was hired at Adams-Columbia Electric Cooperative. He and his wife, Janet Boddy, have three sons ages 20, 18 and 15.

"It was easy to adjust to small town living," says Spargo. "This is a nice community to be in and raise a family."

Spargo encourages area residents to take a second look at their local hospital. "If you haven't been to the hospital in a while, come back and take a look," says Spargo. "I think you'll be impressed with what you see."

# Men's Night Out

## Attention men: Have you paid a visit to your local hardware store lately?

Moundview Memorial Hospital & Clinics will be hosting two "men's nights" on Thursday, November 8 from 3:30 – 5:30 p.m. at the Country Depot and Friday, November 9 from 3:30 – 6:00 p.m. at ACE, both located in Adams.

Stop by and visit us. You can register to win one of several door prizes, have your blood pressure checked, pickup a coupon for a \$7 PSA test (a screening for prostate cancer), get information on men's health, safe hunting tips, and receive a free hunter safety kit.

Watch for more details to be released soon!



# Women And Preventive Health

"Women outlive men by an average of 5.7 years," says Dr. Sheryl Sulangi-Lorenc, family practitioner at Moundview Clinic. "Because of this, we are at a higher risk for functional disability and chronic illnesses. Women need to be aware of the things they can do to improve their health for years to come."

Dr. Sulangi-Lorenc was one of the featured speakers at the free, Mother-Daughter Health Fair held on Saturday, September 15. Moundview Memorial Hospital & Clinics partnered with the Adams County Tobacco Free Coalition to host the event for sixth to twelfth grade students and their mothers, grandmothers or other significant females in their lives.

At the event, Dr. Sulangi-Lorenc spoke about the top 15 things women can do to improve their health, referencing an article from familydoctor.org entitled "Healthy Living: What You Can Do to Keep Your Health."

#### #15: See your doctor at least once a year.

Talk to your doctor about your risk factors and what exams and tests are right for you.

#### #14: Get regular PAP smears.

Cancer of the cervix in women can be detected by regular Pap smears. Start having them when you begin having sex or by age 18. You'll need them once a year at first, until you've had at least three normal Pap tests. After this, you should have them at least every three years.

#### #13: Check your breasts.

Breast cancer is the second most common cause of death for women. Perform self breast exams every month beginning at age 20. Talk to your healthcare provider about how to check your breasts. Have your healthcare provider examine your breasts yearly. Women should have a baseline mammogram between the ages of 35 – 40. Those with a family history of breast cancer may need an earlier baseline. After age 40, women should have yearly mammograms.

#### #12: Keep your shots up to date.

Follow the recommended child immunization schedule faithfully. Adults need a tetanus-diphtheria booster every ten years. People 50 or older and others at risk should get a flu shot. All adults 65 or older should get the pneumonia vaccine.

#### #11: Control high blood pressure.

High blood pressure increases your risk for heart disease, stroke, and kidney disease. Blood pressure can be controlled by losing weight, exercising, eating less sodium, drinking less alcohol, not smoking and taking medication if your doctor prescribes it.

#### #10: Control your cholesterol level.

If your cholesterol level is high, keep your level down by eating right, such as by reducing how much fat you eat, and by exercising.

#### #9: Practice safer sex if you're having sex.

The safest sex is between two people who are only having sex with each other and who don't have a sexually transmitted disease (STD) or share needles to inject drugs. If you're at all uncertain about your partner, use latex condoms and a spermicide (sperm-killer). If you're concerned you may be at risk of having an STD, see your doctor about being tested.

#### #8: Don't sunbathe or use tanning booths.

Sun exposure is linked to skin cancer, which is the most common type of cancer. It's best to stay out of the sun altogether or to wear protective clothing and hats. Sunscreen may help protect your skin somewhat if you can't avoid being exposed to the sun's harmful rays.

#### #7: Exercise.

Exercise can help prevent heart disease, high blood pressure, diabetes, osteoporosis, depression and, possibly, colon cancer, stroke and back injury. You'll also feel better and keep your weight under control if you exercise regularly. Try to exercise for 30 to 60 minutes, four to six times a week, but any amount is better than none.

#### #6: Lose weight if you're overweight.

Carrying too much weight increases your risk for blood pressure, high cholesterol, diabetes, heart disease, stroke, some cancers, gallbladder disease and arthritis in the weight-bearing joints (like the spine,

hips or knees). A high fiber, low-fat diet and regular exercise can help you lose weight gradually and help you keep it off.

#### #5: Eat right.

Heart disease, some cancers, stroke, diabetes and damage to your arteries can be linked to what you eat. Fiber, fruits and vegetables can help reduce your risk of some cancers. Calcium helps build strong bones.

#### #4: Limit how much alcohol you drink.

This means no more than one drink a day for women (two drinks a day for the men in your life). One drink is a can of beer (12 ounces), a four-ounce glass of wine or a jigger (1 ounce) of liquor. Too much alcohol can damage the liver and contribute to some cancers, such as throat and liver cancer. Alcohol also contributes to deaths from car wrecks, murders and suicides.

#### #3: Don't smoke or use tobacco.

Using tobacco is one of the most dangerous things you can do. One out of every six deaths in the United States can be blamed on smoking. More preventable illnesses are caused by tobacco than by anything else.

#### #2: Spend quality time with your family.

#### #1: Spend quality time with yourself.

#### Other preventive recommendations.

Have osteoporosis screenings starting at age 60 and colon cancer screenings starting at age 50. Girls and



Dr. Sulangi-Lorenc was one of the featured speakers at the free, Mother-Daughter Health Fair held in September.

women ages 9 to 26 should consider getting the Gardasil vaccine (quadrivalent HPV vaccine) which is administered in three doses. The vaccine is recommended by the American College of Obstetricians and Gynecologists.

"All of the major causes of death...cancer, heart disease, stroke, lung disease and injury, can be prevented by the things you do," says Dr. Sulangi-Lorenc. "Learn what you can do to prevent these illnesses and enjoy a full, healthy life for years to come."

## Great American Smokeout - NOVEMBER 16, 2007 -

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many reasons to quit. These include the following: finding a reason to quit, planning your "quit" day, tricks and tips on how you can resist the urge, and a guide to quit smoking. All of these can be found on:

[http://www.cancer.org/docroot/PED/ped\\_10\\_3.asp](http://www.cancer.org/docroot/PED/ped_10_3.asp)

It has been found that smokers are most successful in kicking the habit when they have some means of support. So, spend some time with your loved one, who is a smoker. Lend a hand of support. In many communities, there are activities and resources. To find out what is going on in your area, check out:

[http://www.cancer.org/docroot/PED/content/PED\\_10\\_2x\\_Local\\_Smokeout\\_Resources.asp](http://www.cancer.org/docroot/PED/content/PED_10_2x_Local_Smokeout_Resources.asp)

If you cannot find an event near you, do your part and create one!

Source: American Cancer Society. <http://www.cancer.org/>

## Physicians Meet Area Residents At Fair

Residents of Adams County and the surrounding area had an opportunity to meet Moundview Clinic physicians at the 2007 Adams County Fair.

Dr. Mark Hatton and Dr. Sheryl Sulangi-Lorenc greeted fair-goers on Thursday evening at Moundview Memorial Hospital & Clinics' fair booth. Dr. Jason Bellak visited with those who attended the fair on Friday evening. The physicians enjoyed meeting and interacting with members of the community.

Dr. Sulangi-Lorenc and Dr. Hatton, family practitioners, visited with area residents on Thursday evening at the Adams County Fair.



Dr. Bellak, internal medicine, met area residents on Friday evening of the fair. He is pictured with (left to right), Jill Renner, Joan Kronstedt and Vicki Dominas, Moundview Home Health employees, who offered blood pressure screenings at the hospital's fair booth that evening.

# Partners of MMH&C News

## Annual Meeting Held

Partners of MMH&C held their annual meeting in July at Carlson's Rustic Ridge. The meal was provided by Moundview Memorial in appreciation for the volunteers' work throughout the year. Ron Pufall, retired teacher, provided musical entertainment.

Several reports were heard on the successful work of the organization. Following was an election of officers. Those serving this year include: Audrey Stormoen, President; Evelyn Baerbock, President-Elect; Dottie Schwartz, Secretary; and Vel Solchenberger, Treasurer.

Special recognition was given to Dorothy Galbraith at the luncheon. Partners also remembered Jeanette Jensen, one of the organization's original officers in the late 1950s, who recently passed away.

## Blood Drive

Partners will provide volunteer assistance at The Blood Center of Wisconsin's upcoming blood drive on November 19 from 11 a.m. – 4 p.m. at Moundview Memorial Hospital & Clinics Oak Room. The Blood Center is the sole supplier of blood for Moundview.



Partners of MMH&C held a cheesecake sale on October 12 in the hospital lobby. Working at the event were (left to right): Joan Albert, Vel Solchenberger, and Aletha Kreis. Not pictured is Dee Witcraft.

## Christmas Bake Sale

The Partners Christmas Bake Sale will be held Friday, December 7 starting at 9:00 a.m. in the M&I Bank Lobby in

Adams. As always, this popular fundraiser includes plates of assorted Christmas cookies as well as many other baked items. Stop by early to get

your favorites.

## Gift Shop News

Check out what the hospital gift shop has to offer. While you are there, you can sign up for the free drawing that is offered every month. The shop has a wide variety of gifts with new items arriving monthly. Consider doing your Christmas shopping at the store. Items at the shop include seasonal decorations, art glass jewelry, Red Hat Society gifts, stained glass window decorations, candles, clocks, music boxes, stuffed animals, various figurines and more. Prices are reasonable and all proceeds benefit MMH&C. Hours are: Monday – Friday, 9:30 a.m.-3:30 p.m. The shop is closed on weekends and holidays.

## Cheesecake Fundraiser Held

Partners recently held a cheesecake sale on October 12 in the hospital lobby. Individuals could order from a wide variety of cheesecakes. All proceeds benefited the Partners' solarium renovation project.

## Christmas Luncheon

The Partner's Christmas Luncheon will be held December 14 at noon at Carlson's Rustic Ridge. Enjoy lunch and socialize with fellow members! There will be no meeting at the hospital in December.

## Influenza 101

The flu is spread primarily by droplet transmission – from person to person in respiratory droplets of coughs and sneezes. The virus can also live on objects such as doorknobs, telephone receivers, utensils and food trays, beds and medical equipment for possibly up to a day. Some infected with influenza may not develop symptoms. And those, who are infected and develop symptoms, can be contagious the day before they feel the symptoms. The first three days of being sick is the period when you are most contagious. The flu can last for five to seven days in healthy adults, and most will recover in one to two weeks.



The flu usually starts suddenly and may include the following symptoms:

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting can occur infrequently but are more common in children

Millions of Americans – about 5-20% of U.S. residents – will get the flu each year. About 36,000 U.S. residents die from the flu, and more than 20,000 have to be admitted to the hospital as a result of the flu. During the past 21 flu seasons, December, January, February, and March were the months with the heaviest flu activity.

You should do the following if you get the flu:

- Rest
- Drink plenty of liquids
- Avoid using alcohol and tobacco
- Take medication to relieve the symptoms of the flu

Sources: Academy of Education Development. "Influenza Vaccination Rates for Nurses Need a Boost".

Centers for Disease Control and Prevention. "Influenza: The Disease". <http://www.cdc.gov/flu/about/disease.htm>.

## New Emergency Response Vehicle to Serve Area

The time it takes an ambulance to respond to the scene of an emergency is critical, especially in rural areas. Moundview Memorial Hospital & Clinics hopes to bring emergency care to patients even faster with their new emergency response vehicle. The vehicle should officially be in operation by the end of October. It was made possible with the help of A-F Motors, a partner in the program.

"An emergency medical technician-intermediate will be assigned to the vehicle at all times," said Dave Howard, Ambulance Supervisor. "The EMT will have the vehicle with them their entire on-call shift, even if they have to go to the store. They must remain in either Adams or Friendship as that is the central location of our response area. When an ambulance is paged they are to respond immediately from the location they are at to the scene of the emergency."

The emergency response vehicle should allow for a faster arrival time, especially in rural areas. Once the EMT arrives on scene, they will immediately begin medical treatment such as IV fluids, oxygen, nitroglycerin tablets, or using the defibrillator in a cardiac emergency.

"Ideally, when the ambulance arrives the patient should have already received treatment and will just need to be transported to the hospital," said Howard. "Our ultimate goal is to reduce the amount of time the ambulance is at the scene and get our patients to the hospital faster. This is especially crucial in cardiac care. Currently the ambulance averages 12 minutes at the scene, which is below the national average of 15 minutes. We want to reduce our time to 6 minutes."



Time studies will be done to determine if they are meeting this goal. The program will be evaluated every six months to determine its effectiveness.

"The hospital did not spend any additional dollars to get this program going," said Howard. "A-F Motors gave us a low lease price on the vehicle which we are paying for with money raised through a calendar fundraiser. The vehicle's medical equipment, lights, sirens and graphics were funded by grants from Health Resources and Services Administration (HRSA) and the State of Wisconsin EMS Funds Assistance Program."

No additional staff is needed for the vehicle. "We normally have three people on call for the ambulance at all times," said Howard. "Now there will be two people staffed for the ambulance and one for the emergency response vehicle."

"The new emergency response vehicle is just one of the many ways we continue to improve emergency care for our area residents and visitors," said Howard.

## Students Attend Athletic Screenings And Physicals

Approximately 36 students participated in athletic screenings and sports physicals on July 23 at the A-F High School. The screenings were sponsored by Moundview Memorial Hospital & Clinics' Rehabilitation Department.

WIAA sports physicals were offered on-site for a \$10 fee by Moundview Clinic staff, Dr. Mark Hatton and Dr. Sheryl Sulangi-Lorenc. Student athletes are required to have a WIAA physical every two years.

Athletic screenings were offered at no charge. Students who participated learned how to prevent injuries and improve their athletic performance. The hospital's physical therapists tested the students in areas of strength, posture, flexibility and joint mobility. The therapists identified "weak areas" in the athletes and showed them how to condition these areas. Screening results will be shared with the students and their coaches.



Kevin Beaver, physical therapist at Moundview Memorial, tests Cory Zimmerman's hamstring flexibility during the hospital's free athletic screenings at the high school.



Dr. Sulangi-Lorenc of Moundview Clinic examines Brittany Parr at the WIAA sports physicals offered at the high school.

## Free Program On Healthy Cooking For Diabetics Held



### Robert's Pasta of Love

1 pound Whole-Wheat Penne  
1/4 cup extra-virgin olive oil  
1/4 cup Canola oil  
1/2 half red onion, sliced  
1/2 half green peppers, sliced  
1 cup fresh portabella mushrooms, sliced  
Salt and fresh cracked pepper, to taste  
1 cup Roma tomatoes, diced  
1/2 half green peppers, sliced  
2 tablespoon garlic

2 4-oz grilled chicken breast sliced or  
12 cooked shrimp

Cook pasta in a large pot of boiling water until tender but still firm to the bite, stirring occasionally. Drain and return the pasta to the pot. Heat the olive oil and canola oil in a heavy skillet over medium heat. Add onions, peppers and mushrooms, and add garlic, and sauté until tender. Salt and pepper to taste. Combine mushroom mixture with the pasta. Add Roma tomatoes. Toss to mix. Add grilled chicken or shrimp before serving. Serves 4.

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### Chef Robert Lewis - The Happy Diabetic Fresh Fruit Bruschetta

10 oz frozen raspberries  
1 cup of fresh blue berries  
12 cup sliced strawberries  
1/2 cup of fresh raspberries  
2 sugar substitute  
1/4 cup sugar free chocolate syrup  
1 lb angle food or pound cake

1. Place the 10 oz frozen raspberries in a food processor, puree and regenerate for 1 hr.
2. Slice the strawberries and mix with blueberries in a bowl with 1/2 cup fresh raspberries. Mix 2 T of sugar substitute (Splenda) with the fruit and masearate for 1 to 2 hours.
3. Slice the Angle food cake in 1 inch slices and toast lightly under a low broiler until golden brown.
4. Place 2-4 T of raspberry sauce on a plate.
5. Place the Angle Food cake on top of the sauce.
6. Crown the Angle Food Cake with the fresh fruit and natural juices.
7. Drizzle 1t of sugar free chocolate sauce around the sauce of the fruit and cake.

You can top the cake with fat free cool whip if you like :)

Makes 6 HAPPY desserts

## Medication Roundup was a Success



(Left to right): Karen Pannarale, pharmacist at Phillips Roche-a-Cri Pharmacy, Chris Saloun, registered nurse at Public Health and Dave Shapiro, pharmacist at Moundview Memorial Hospital & Clinics, were among several individuals who volunteered their time at "Medication Roundup" this September. Over 80 pounds of unwanted or outdated medications were collected from the community. The event was sponsored by Adams County Public Health who partnered with Moundview Memorial Hospital & Clinics, Adams County Solid Waste, Health & Human Services, Adams County Sheriff's Department, UW Extension and Joe Lally, Environmental Health Specialist.

A free program called "Get Happy, Get Healthy" with Chef Robert Lewis, The Happy Diabetic was held Saturday, October 13, at Moundview Memorial Hospital & Clinics. Over 50 people attended.

Chef Lewis performed an interactive cooking demonstration on ways to cook healthy, delicious food for those who are diabetic. He prepared three dishes with easy to find products available at the local grocery store. Four lucky individuals were chosen as "food tasters" and had the opportunity to sample his cooking.

Chef Lewis is one of the most "asked back" speakers in the healthy cooking industry. He is a professionally trained chef and graduate of the Culinary Institute of America in Hyde Park, New York. His personal experience with Type II Diabetes was the motivation for his creation of hundreds of tasty recipes.

In addition to Chef Lewis' presentation, Freestyle Lite Glucose Meters were given away before and after the program to those who were interested. A light lunch was also available.

Following are two of Chef Lewis' recipes. You can find more of his recipes, cooking tips and order his cookbooks on his website at [www.happydiabetic.com](http://www.happydiabetic.com)

# Community Calendar

Dates are subject to change. For more information, contact the Community Relations Department at 608-339-8328.

## BLOOD DRIVE -

Blood Center of Wisconsin Blood Drive. Sole provider of blood for Moundview Memorial Hospital & Clinics  
Monday, November 19 from 11 a.m. - 4 p.m. at MMH&C. For appointments call 608-339-8328.

## EVENTS & CLASSES -

### MMH&C Annual Association Meeting

October 25, 7 p.m., Friendship Village Hall

### Women's Night Out -

November 1, starting at 4:30 p.m. at A-F High School. Register by October 25; \$6 fee. Dinner, door prizes, vendor fair, Q&A panel on women's health, keynote "The Enthusiastic Woman", gift bags.

### Yoga Classes -

Tuesdays, starting November 6 (seven week session) Three classes: Beginning level at 3:00 p.m.; Level II at 4:30 p.m.; Advanced at 6:00 p.m. Call for price and class availability. (608) 339-8328

### Men's Night Out -

Thursday, November 8 from 3:30 - 5:30 p.m. at Country Depot in Adams & Friday, November 9 from 3:30 - 6:00 p.m. at ACE in Adams Stop by to register for door prizes, free blood pressure screenings, coupon for \$7 PSA test (a screening for prostate cancer), information on men's health, safe hunting tips, free hunter safety kit.

### Great American Smokeout -

Friday, November 16. Join with others across the nation and quit smoking or smoke less.

## Flu Shot Clinic -

Saturday, November 10 from 9:00 - 11:00 a.m. at Moundview Memorial Hospital in conjunction with Adams County Public Health. Flu Shot \$25; Pneumonia \$35. Medicare, Badger Care can be billed with proof of eligibility.

## Freedom From Smoking -

A seven week smoking cessation program held at Moundview. Advance registration is required. \$25 fee includes "A Lifetime of Freedom From Smoking" maintenance manual. For next available classes, call Bonnie at (608) 339-8301.

## BLOOD PRESSURE SCREENINGS -

Moundview Home Health Office  
450 E. State St., Adams  
9:00 - 4:00 p.m., Open Monday - Friday

## FUNDRAISING EVENTS -

### Partners of MMH&C Christmas Bake Sale

Friday, December 7, starting at 9:00 a.m. M&I Bank, Adams

### Memorial Healthcare Foundation's Casino Night

Saturday, January 26, 2008 at Lake Arrowhead in the Town of Rome. Featuring games of chance such as poker, roulette, craps, blackjack and slot machines.

## SUPPORT GROUPS -

### Alzheimer's & Dementia Support Group

Fourth Tuesday of the month at 11:00 a.m. at the hospital. November 27 (special candlelight vigil for Alzheimers from 11:40 - 12:00 p.m. in front of the hospital). December cancelled, January 22. Call Nira at (608) 339-8372.

### Diabetes Support Group

Last Wednesday of the month at 5:00 p.m. at the hospital. October cancelled. For November and December, due to holidays please call Linda at (608) 339-8370. January 30.

### Fibromyalgia Support Group

Third Monday of the month at 5:30 p.m. at the hospital. November 19, December cancelled, January 21.

### Living With Cancer Support Group

Third Wednesday of the month at 6:00 p.m. at the hospital. December 19 and January 16.

### Weight Loss Support Group

Starting soon. For more information, call Linda at (608) 339-8370.

### Look Good, Feel Better Program

For women undergoing cancer treatment to help enhance their appearance, disguise hair loss and build self confidence sponsored by American Cancer Society and Moundview Memorial Hospital & Clinics. Call (608) 339-8328 for next available program.



402 W. Lake Street  
P.O. Box 40  
Friendship, WI 53934

## Specialty Physicians & Services 608-339-3331



### Active Staff:

DR. J. BELLAK • DR. M. ESMALI • DR. M. HATTON  
DR. M. JANSSEN • DR. R. RODRIGUEZ • DR. R. SANKARAN  
• DR. R. SIMANI • DR. S. SULANGI-LORENC

## AUDIOLOGY

Every Wednesday  
Ann Raabe M.S., CCC-A

## BONE DENSITY SCAN

Monday - Friday

## CARDIOLOGY

Monday - Friday

- Dr. D. Ende
- Dr. J. Keevil
- Dr. P. Mason
- Dr. A. Raval
- Dr. M. Sasse
- Dr. T. Stoiber
- Dr. C. Stone
- Dr. T. Wallhaus

## CT SCANNING

Daily

## DIETARY CONSULT

Once A Week

## ECHO CARDIOGRAM

Tuesday & Friday

## LAPAROSCOPIC & GENERAL SURGERY

Weekly  
Dr. S. Paulk

## MEMORY CLINIC

Third Wednesday  
of Every Month

## MRI UNIT

Weekly

## NUCLEAR MEDICINE

Every Monday, Wednesday,  
Thursday And Friday

## ONCOLOGY

Weekly  
Dr. R. Kirschling

## OPHTHALMOLOGY

Monthly  
Dr. M. Shapiro  
Dr. B. Lemke

## OPTOMETRIST

Dr. C. Ferchoff  
Call 339-6121 For An Appointment

## ORTHOPEDICS

Friday  
Dr. M. Plooster

## PODIATRY

Every Thursday  
Dr. R. Langen

## RADIOLOGY

Monday - Friday  
Dr. G. Wegner

## ULTRASOUND

Monday - Friday

## UROLOGY

Every Tuesday  
Dr. L. Sulas

## OTHER SERVICES AVAILABLE

### 24-Hour Emergency Room Service

- Hospice . . . . .608-339-7500
- Home Health (Adams) . . .608-339-7076
- Supportive Home Care . .608-339-7076
- Lifeline . . . . .608-339-7076
- Extended Care Center . . .608-339-8332
- Physical Therapy . . . . .608-339-8338
- Occupational Therapy . . .608-339-8338
- Speech Therapy . . . . .608-339-8338
- Cardiac Rehabilitation . . .608-339-3331
- Work Conditioning . . . . .608-339-8338
- Massage . . . . .608-339-8338
- Moundview Clinic . . . . .608-339-6350