

Partners IN HEALTH

WINTER 2008

There's No Place Like Moundview for Transitional Care

"Swing Bed Program"

Last September Elaine Dalsasso fell outside of her home in Friendship and broke her hip. Needing emergency surgery, she was transferred from Moundview Memorial Hospital to St. Clare Hospital in Baraboo. After recuperating a few days, she was scheduled to be discharged as a hospital patient but needed more rehabilitation before she could safely return home. So, she chose to come back to Moundview for transitional care.

"Sometimes patients no longer need hospital care, but they aren't quite ready to go home," said Nira Fisher, swing bed coordinator and social services director at Moundview. "Our swing bed program can provide the transitional care they need to recuperate. Even if patients are hospitalized at another facility, they can still choose Moundview for their swing bed care."

Arrangements were made to transfer Elaine back to Moundview where she was admitted as a swing bed patient. For nearly one month she received intensive physical therapy, twice a day on weekdays and one to two times on the weekend.

When she started her rehabilitation she had trouble standing up, let alone walking. "I told the therapists that I couldn't walk and they told me 'yes you can'," said Elaine. "They were always cheerful and had a smile on their face. I think that made a difference in my recovery."

Eventually she recuperated enough to go home. She continued receiving physical therapy and other services through Moundview's Home Health Agency until she grew stronger. She is now receiving therapy on an outpatient basis at the hospital, coming in twice a week for care.

"I think the staff at Moundview are wonder-



Nira Fisher (left) and Corinne Allen, co-coordinators of Moundview's Swing Bed Program.

ful," said Elaine. "I highly recommend the therapists, nurses, and all of the other staff who worked with me through the hospital and home health."

Swing bed stays are anticipated to be short term and can be used for a variety of patient conditions. These include, but are not limited to: surgery, heart disease, stroke, respiratory diseases, therapy, newly diagnosed diabetics, and extended antibiotic therapy. The patient's length of stay is based on specific criteria and a physician referral is needed to be eligible.

Swing bed is geared toward those with Medicare benefits, as it is a Medicare based service. However the hospital can accommodate people of all ages. Some private insurance companies will negotiate this service and arrangements may also be made for self-pay.

Anyone (family, patients, or hospital staff) may contact Moundview to arrange swing bed care. Patients may also ask their social worker/discharge planner to arrange their stay at Moundview even if they are hospitalized at another facility. Stays can be prearranged for surgical patients by calling Moundview prior to the procedure.

For more information or to arrange a stay, please contact Nira Fisher, swing bed coordinator, at (608) 339-8372.



After hip surgery, Elaine Dalsasso (center) needed more rehabilitation before she could return home. She received intensive physical therapy through Moundview's Swing Bed Program. Pictured with Elaine are her therapists (left to right) Molly Moll, Kevin Beaver, Kari Gatterman and Mike Fendt. Elaine is sitting on a physioball which is used for strengthening, balance and flexibility.

UW Health Affiliation is Beneficial to Moundview

By Janet Brown, CEO

On May 1, 2006, Moundview Memorial Hospital and Clinics affiliated with UW Health, one of the state's largest nationally known resources, to support our continuous drive to be a local healthcare leader. What has happened since then?

Moundview remains an independent, community owned and operated hospital. Staff from both Moundview and UW Health have spent the last 1-1/2 years working together to improve our facility and develop programs to ensure that Adams County and the surrounding area have a strong base of accessible, affordable, high quality healthcare that includes hospital, clinic and senior services. The affiliation with UW Health has given

Moundview a wealth of additional contacts and resources to achieve this goal.

Through the affiliation, representatives from Moundview and UW Health are focusing on the following four key issues:

1. Healthcare Resources for Adams County Residents
2. Technology
3. Quality Care
4. Moundview's Long Term Financial Viability

Work groups were formed to look for ways to enhance public health resources to improve the health status of Adams County. A study

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Partners in Health

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UW Health

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Janet Brown, CEO

was conducted jointly with UW Health, Moundview Memorial Hospital, and Adams County Public Health to determine the health needs of Adams County residents. The study was completed by students pursuing a master's degree in public health at UW-Madison.

The students identified the top five health priorities in Adams County based on the severity of the problem and the number of people impacted. Their findings have provided invaluable information that has been used to springboard several initiatives.

One of these initiatives was the "Fit and Free" weight loss support group now offered at Moundview Memorial. The group was started in response to the increasing problem of obesity in our community as identified by this study as well as past public health department assessments.

A community health coalition was also established to address the health concerns found by the study. The coalition's first project is exploring ways to improve oral health in our community. The hospital received a small grant to help fund this project.

The affiliation work groups continue to look for ways to offer a wide range of primary, specialty and senior services – both inpatient and outpa-

tient. We anticipate continued work in this area over the next couple of years.

We have seen numerous positive changes as a result of our work with the UW Health staff. Dr. Jason Bellak, Moundview Clinic's Medical Director, recently traveled to the UW Hospital and Clinics to meet with several of their physicians. They discussed ways UW Health might be able to assist Moundview with specialty services and shared their procedures and standardized doctor orders that could be adapted for our use.

We are working closely with Dr. Darren Bean, Director of the UW Hospital Level One Heart Attack Program, to improve our emergency cardiac care through the STEMI hotline. The hotline is a dedicated phone line at UW Hospital that immediately activates life-saving measures for severe heart attack cases. UW Health has asked us to assess the possibility of participating in their upcoming study on pre-hospital cardiac care. As more is learned and determined for this project, we will share the positive results it has for our facility.

Another benefit we have seen is the addition of dietary services through a consultant dietitian who comes to Moundview once a week from UW Hospital.

The affiliation has also allowed us to manage our resources, strive for greater efficiencies, and remain financially viable for growth and success into the future in several ways. Through a UW Health Shared Services assessment and agreement we are saving costs in the purchase of pharmaceutical supplies. It is projected that this agreement will yield an annual savings of approximately \$50,000.

We are anticipating greater efficiencies in our accounts receivable department after working with staff from UW Health to improve our

workflow. These improvements will increase the speed in which we get reimbursed for our services and will prevent us from missing reimbursements that we may have in the past.

One of the most significant gains seen through the affiliation is the networking and learning opportunities we have been given through our many different contacts at UW Health. UW Health is a large and complex system, yet they have been readily available to answer questions, provide feedback, and set up the necessary contacts for us to move forward with our goals.

We have also had several individuals apply for positions at Moundview, stating that they were attracted to our facility because of our affiliation with UW Health.

In addition, the affiliation is helping us assess how we can best meet the needs of our changing health care environment. The county's retirement population continues to grow. There is increased health care competition in our area. We continue to see an influx of seasonal residents and tourists during the warm weather months who expect quality care and services comparable to what is available in larger communities. The affiliation with UW Health gives us a wealth of additional contacts and resources to meet these challenges.

The UW Health affiliation has been a very positive experience for Moundview Memorial Hospital & Clinics. More significant changes will take time to develop. I am confident that additional, significant improvements will continue to benefit our community.

Together with our UW Health partners we are looking "forward"-positioning ourselves to meet the future health care needs of the community.

New Hospital Board Members Introduced

Dennis Gorder and Debra Segina were elected to the Moundview Memorial Hospital & Clinics Board of Directors in October 2007. Gorder serves as a trustee and Segina as treasurer.

Dennis Gorder

Gorder says he became interested in serving on the hospital board because he wanted to give back to the community. He also has ties to the hospital. One of his daughters, Cindy, is a nurse at Moundview. And, his mother-in-law, Lelia Graham, was a nurse during the hospital's early years, later serving as the director of nursing.



Dennis Gorder

"This is the only medical facility we have in the county," said Gorder. "Like any other hospital, this one has problems from time to time. I want to be actively part of the problem solving process."

Gorder is originally from the LaCrosse area. After high school, he enlisted in the Air Force for four years. He then attended UW Madison, receiving a bachelor's degree in secondary education with majors in English and history. While at the UW, he met his future wife, Audrey, an Adams County native.

After graduating, Gorder was called to active duty as a commissioned Air Force officer. He is a Vietnam Veteran and served from 1968-1969 in the intelligence field. In 1970, the Air Force sent him back to school and he received a master's degree in public administration, majoring in urban and rural development at the University of Oklahoma.

"One of my most meaningful military assignments was debriefing soldiers who were held as prisoners of war in Vietnam," said Gorder. "I received a letter from President Nixon thanking me for my work."

Gorder retired from the military in 1977 at the age of 42. Three days later, he bought his in-laws farm in Adams County and he has been farming ever since. He currently owns three farms including dairy and beef cattle operations.

In addition to farming, Gorder took a year long job in 1979 as project director for an American company building 120 homes for the staff of a university in Saudi Arabia. He managed 1,200 men of various nationalities. He spent the next few years managing, off and on, other foreign construction projects.

Gorder and his wife have three sons, two daughters, and six grandchildren. In addition to the

hospital board, he sings in the choir at Arkdale Trinity Lutheran Church. He also chairs the board of directors for Kenwood Housing, a facility for low income disabled. For the past five years he has served as a layperson on a preliminary review panel appointed by Wisconsin Supreme Court Justice Shirley Abrahamson to review cases of attorneys accused of misconduct.

Gorder previously served ten years on the board of directors for Central Wisconsin Community Action, chairing the board for six years. He also spent six years on the Adams County Board and served on the county's Health and Human Service Committee which he chaired for four years. During his involvement with both organizations, Gorder said he gained a lot of insight into the county's social problems such as poverty and health issues.

"Too many people leave our area to receive care at other facilities," said Gorder. "If you aren't currently using Moundview, I encourage you to try us out," said Gorder. "Then make sure to let us know about your experiences at the hospital. We'd like to hear from you."

Debra Segina

Segina spent her childhood in Chicago and moved to Adams County her sophomore year of high school. Her family owned and operated 3 J's general store in Big Flats for many years.



Debra Segina

She also has ties to the hospital, having worked a few years as a nursing assistant at the facility after graduating from high school. She later moved to Chicago, but returned to Adams County in 1985 to help run the family's store when her dad became terminally ill.

Segina knew she would eventually take over the family business, so she decided to go back to school while working full time

at the store. She received an associate's degree at UW Baraboo and double bachelor degrees in accounting and business administration at UW Stevens Point. Several years later she went on to complete a master's degree in business administration from UW Oshkosh.

While completing her bachelor's, Segina was offered an accounting position at Consolidated Papers in Wisconsin Rapids. "The time of the country general store had gone by the wayside and our business could no longer support the entire family," said Segina. "I decided to take the position at Consolidated and eventually we sold the store."

Segina has spent 19 years in the accounting field

holding progressively responsible positions at Consolidated, Castle Rock, Best Power, and Freudenberg. She currently works at Exopack in Tomah as a controller. She also teaches an accounting class two nights a week at UW Marshfield.

Segina is excited to apply her accounting and business experience to her new position on the hospital board. "I've been interested in serving on the board for many years," said Segina. "When I saw an ad in the newspaper that they were looking for board members with professional experience like accounting, it all came together."

"Being on the board is a lot more work than it initially appears," said Segina. "It's very interesting and diverse. You've got to be able to make tough decisions while keeping in mind the decisions you make are for the overall benefit of the community, hospital, and all the great people who work there. It's not easy."

Besides serving on the hospital board, Segina is a member of the Adams County Amateur Radio Club which helps provide traffic control for the Castle Rock Triathlon and community parades. She also volunteers as the "Grinch" for the Adams County Chamber of Commerce's holiday events and serves as the emcee for the 4th of July parade in Adams-Friendship.

Segina and her husband, Nick, live in Arkdale. They have two grown sons, three grandchildren and additionally have two daughters and three grandchildren they have "adopted in their hearts".

"This is a crucial time for our hospital as we adapt to meet the changing needs of our community," said Segina. "I want to make sure we keep our hospital here. If something happened to a member of my family, I wouldn't want the closest hospital to be 30 minutes away."

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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.

Breast Augmentation Now Available At Moundview

Cosmetic surgery for breast augmentation (implants) is now available at Moundview Memorial Hospital & Clinics through Steve Paulk, MD, board certified surgeon and member of the American Academy of Cosmetic Surgery. Dr. Paulk has practiced at Moundview since 1995 and owns Northeast Surgical Group in Portage.

Dr. Paulk completed training to perform breast augmentations through an accredited course sponsored by the American Academy of Cosmetic Surgery. He trained under Dr. Mark Mandell-Brown, a triple board certified cosmetic surgeon who has repeatedly been voted "top plastic surgeon" in Cincinnati, Ohio.

"Dr. Paulk is very familiar with the anatomy of the breast having performed numerous breast biopsies and cancer surgeries during his career," said Dr. Mandell-Brown. "It was a natural progression for him to learn breast augmentation."

"Cosmetic surgeons include physicians from various fields such as ophthalmologists, dermatologists, and surgeons like Dr. Paulk," said Dr. Mandell-Brown. "Accredited courses, such as the breast augmentation course I teach, allow these physicians to further develop their skills and expertise. Their strong knowledge base, combined with a high level of training and practical experience, makes them among the most qualified doctors to perform cosmetic procedures."

Dr. Paulk's training included lectures by Dr. Mandell-Brown, hands-on experience in performing breast augmentation using cadavers, direct observation of surgeries performed by other cosmetic surgeons, and one-on-one surgical training with Dr. Mandell-Brown.

In mid-October Dr. Mandell-Brown traveled to Friendship with his assistant, Therese Holden, to observe Dr. Paulk's first breast augmentation surgeries at Moundview.

"I think Dr. Paulk's work will speak for itself," said Dr. Mandell-Brown. "Credentials alone do not make the doctor. It's about being attentive, providing individualized care, compassionate treatment, and an aesthetic sense to help patients improve their appearance. Dr. Paulk possesses these characteristics as well as the expertise to perform the surgeries."

In addition to his successful medical practice and teaching breast augmentation, Dr. Mandell-Brown holds plastic surgery and laser workshops for physicians at the Mandell-Brown Plastic Surgery Center. He has a teaching appointment at the University of Cincinnati College of Medicine and annually instructs medical students and residents. He has lectured throughout the United States and Canada. And, he has authored over a dozen medical articles and served as a co-editor of four medical textbooks.

Should You Have Breast Augmentation?

Breast augmentation is the third most popular cosmetic surgery performed in the United States. There are many reasons why this procedure appeals to women.

"A number of women want the surgery because they feel their breasts are too small," said Dr. Paulk. "Others may have uneven breasts, with one having a different size or shape than the other. And, some want to restore the size and shape of their breasts after pregnancy, breast feeding, significant weight loss, or aging."

Whatever reasons women may have for being interested in breast augmentation, it is important to be realistic. The surgery is appropriate for women who are looking for improvement, not perfection.

Before Surgery

"Patients must meet certain criteria for this surgery," said Dr. Paulk. "During consultation, I talk to the patient about their goals and

take measurements of their chest to determine if they are a good candidate for implants."

"If the patient meets surgery criteria, we discuss their preferences for the feel and overall



Steve Paulk, MD, (center) board certified surgeon and member of the American Academy of Cosmetic Surgery is now offering breast augmentation surgery at Moundview Memorial. He trained under Dr. Mark Mandell-Brown, (right) a triple board certified cosmetic surgeon who has repeatedly been voted "top plastic surgeon" in Cincinnati, Ohio. Dr. Mandell-Brown traveled to Friendship with his assistant, Therese Holden, to observe Dr. Paulk's first breast augmentation surgeries at Moundview.

appearance of their breasts and look at pictures to help determine the size of their implant," said Dr. Paulk. "This information and the patient's chest dimensions are used to determine which implant will look the best."

Other topics discussed during consultation include the pros and cons of the procedure, costs, surgical techniques, and what to expect after surgery including medications and special precautions.

"It's important to have good communication with patients prior to their surgery to ensure they are happy with the end results," said Dr. Paulk.

The Procedure

For most surgeries, the doctor will make an incision under the breast. Care is taken to make the incision as small as possible so that the resulting scars are not easily seen. Once the incision is made, the breast tissue is lifted, creating a pocket where the implant (saline or silicone) is placed. The type of implant used is based on doctor and patient preference. Both are approved by the FDA with silicone implants having been re-approved in late 2006.

Absorbable stitches are typically used to close the incision. Occasionally, tubes may be used to drain the surgical site which will need to be removed a few days after surgery. The doctor may recommend using a compression bandage or sports bra for extra support.

The surgery usually takes one to two hours. Patients will be sore the first few days after surgery, but your doctor can prescribe medication for pain relief. Most patients can return to work within a week. Resuming everyday activities may take longer as your breasts will be sensitive to physical contact or jarring movements for several weeks.

Breast implants are some of the most popular and safest cosmetic/plastic surgery procedures performed in the United States. However, as with any surgery, there are possible risks and complications.

"I take time to explain the potential risks during the patient's consultation," said Dr. Paulk. "Most women will not experience complications, but they should be well informed about all aspects of the procedure. Good communication and attention to detail are important. I want to do everything possible to ensure patients are happy with their surgery."

To schedule a consultation with Dr. Paulk, call Moundview Memorial Hospital & Clinics at (608) 339-8360 or Portage at (608) 742-9300.

Women's Night Out Held

Nearly 500 women participated in "Women's Night Out" on Thursday, November 1, 2007 at the Adams-Friendship High School. The night was 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.

The event featured a vendor fair, dinner, door prize sign up and free gift bags. Vendors included information and/or products for sale regarding hobbies, gifts, specialty products, health, beauty, non-profit organizations and more.

Moundview Clinic physicians, Dr. Mark Hatton and Dr. Richie Ann Rodriguez, spoke during the event's Q&A panel discussion. Janie Jasin, a nationally known speaker, author and entrepreneur, presented the keynote "The Enthusiastic Woman".

Those who attended had an opportunity to win a Spa Package at "The Wellness Spa" in Stevens Point valued at \$160, an Adams County Shopping Spree valued at \$150 (including Blossom Shop, Carole's Fashion Delights, Paula's Enchanted Cottage, Reynolds Hardware & Lumber/Gift Store, Sportz N More, and Tomorrow's Hope Christian Books & Gifts), a \$50 A-F County Market Gift Certificate, and many other door prizes.



Dr. Richie Ann Rodriguez (left) and Dr. Mark Hatton spoke during the event's Q&A panel discussion. Also pictured is Bonnie Boksa, event moderator.

This popular event is always held the first Thursday in November. Mark your calendars!

Memorial Healthcare Foundation News

Casino Night

The Memorial Healthcare Foundation's popular Casino Night will be held at Lake Arrowhead in the Town of Rome on January 26, 2008. The event includes games of chance such as poker, roulette, craps, blackjack and slot machines. Player's winnings are redeemable at the end of the night for prizes via a Chinese Raffle. Call the Foundation office at (608) 339-8371 for availability as only 150 tickets will be sold.

Ninety percent of the proceeds from this event will go toward the purchase of teleradiology equipment to computerize x-ray images at Moundview Memorial Hospital & Clinics. The remaining ten percent will be placed in the Foundation's endowment fund as permanent capital.

Donations to the **endowment fund** are invested for continuous growth. Only the interest and dividends from the investments will be used to fund capital projects and equipment for Moundview Memorial. The principle (original donation) would be retained as a perpetual fund for the future benefit of the hospital and clinic for years to come.

The Foundation's goal is to reach one million dollars in the endowment fund. A recent \$5,000 donation to the endowment by Richard & Verla Lysy will assist in moving toward this goal. Anyone can add to the endowment fund at any time. The Foundation board hopes that persons completing their capital campaign commitments will consider continuing their philanthropy through contributions to the

endowment fund.

For information on contributing to the endowment fund, please contact the Foundation at (608) 339-8371 or visit our web site at <http://foundation.moundview.org>.

Please Welcome

Six new members will join the Memorial Healthcare Foundation's Board of Directors on January 24. They include: Bob Beaver, Roger Chambers, Marj Colby, Daric Smith, Judy Taylor and Jeff Weinkauff. They are replacing retired board members and one unexpired term of office. The Foundation welcomes these individuals who will be volunteering their time and talents beginning in 2008.

New Date for Dinner/Auction

Please note the following change and mark your calendar. The Foundation has moved its Annual Dinner/Auction from the fall to the spring. It will be held Friday, April 18, 2008 at Cedar Shack in Adams. All proceeds will benefit Moundview Memorial Hospital & Clinics.

"There are a lot of banquets in the fall," said Roxanne Buchanan, event chair. "We thought we'd move our event to April so more people would have an opportunity to attend."

The event features a chef carved prime rib dinner, various auctions, and prize raffles. There will be a wide variety of items available. Watch for more details to be announced in the future.



The Foundation has moved the date of its Annual Dinner/Auction to April 18, 2008. Pictured at last year's event are Myrna and Tim Diemert who were the highest bidders during the Take Away Auction. They went home with this Amish-made oak rocking chair.



Gary Olson

Introducing:

Gary Olson Foundation Board Member

"As a Foundation board member, one of my roles is to support the hospital and its mission," said Gary Olson. "But, I also feel our entire community should be active, avid supporters of the hospital. Moundview is an excellent hospital

with a professional and caring staff. Having a local hospital is essential to the viability of our community. It provides needed services to our residents. And, it's an important factor when businesses and families are thinking about moving to our area."

The Memorial Healthcare Foundation consists of a volunteer board of directors as well as other individuals who serve on committees. Olson describes the Foundation as a support group for the hospital that raises money to fund special projects or equipment that will enhance our local health care services.

Olson has been a member of the Foundation's board of directors since 2003, joining during the capital campaign for the hospital's expansion project. He chairs the Foundation's nominating committee.

"The nominating committee is not a real visible group," said Olson. "We work behind the scenes, seeking names of interested people who want to help promote the mission and vision of the hospital. Board members may serve a maximum of two consecutive, three year terms. On an annual basis, we look to fill about one-third of the seats on the Foundation board. Some of them may seek re-election; but others have expiring terms and we need to find replacements."

Olson was born in Milwaukee but grew up in Rockford, Illinois. He possesses three undergraduate degrees and a master's degree in theology and counseling. He has been a min-

ister for over 25 years and is ordained through the Evangelical Church Alliance, a nondenominational organization.

Olson moved to Adams County in 1993 to pastor at the Assembly of God Church, serving in that capacity for twelve years. He began working at Moundview Memorial Hospital in February 2005 as the director of facilities management.

Olson continues to minister by volunteering his time as the hospital chaplain at

Moundview. He leads the hospital's pastoral care department which was established in 2006. The goal is to assist in helping meet the spiritual needs of patients, residents, family members, and hospital staff on a 24-hour basis through volunteer, on-call chaplains.

In addition to his other responsibilities, Olson has been a member of the Adams-Friendship School Board since 1994. He currently serves as its president. He and his wife, Nancy, live in Adams. They have four children: Justin, Jacob, Kasandra and Marissa.

New Nurse Practitioner at Roche-a-Cri



Ann Michele "Mickie" Anderson, family nurse practitioner, has been seeing patients three days a week at Roche-a-Cri Clinic since October 2007. Roche-a-Cri Clinic is a privately owned physician practice affiliated with Moundview Memorial Hospital & Clinics.

Mickie has over 30 years of experience in the nursing field, 18 of which were spent as a nurse practitioner. She has a bachelor's degree in nursing from UW-Eau Claire and a master's degree as a nurse practitioner from UW-Oshkosh. She most recently worked 12 years as a family nurse practitioner at a clinic in Fond du Lac.

Mickie sees patients for routine family medical needs including: diagnosis and treatment of illnesses, physical exams, laboratory tests, immunizations, and counseling on various health issues. Complex medical cases are referred to a physician.

Prior to working at Roche-a-Cri Clinic,

Mickie was briefly retired. When her husband, Phil, retired from the Fond du Lac Police Department in May 2007, she joined him and they moved to their lake cabin in Adams County. But, she soon discovered that retirement wasn't for her.

"I realized that I get the most satisfaction out my job, so I went back to work," said Mickie. "I love being a nurse practitioner. I'm here to serve people. I try to educate patients by giving them the best information and tools they need to stay healthy. But, it's up to them to make their own decisions about their health, such as whether or not they will quit smoking."

Mickie and her husband have two grown children; a daughter who lives in Chicago and a son who lives in Fond du Lac. In her spare time, she enjoys working with stained glass, traveling, camping, reading, and spending time outdoors.

"I love the solitude of the wilderness, the beauty of the four seasons, and the small town environment of Adams County," said Mickie. "I've met a lot of nice people here and I look forward to meeting many more."

To make an appointment with Mickie, call Roche-a-Cri Clinic at (608) 339-3326.

Community Fitness Events to be Held



Dr. Richie Ann Rodriguez, family practitioner at Moundview Clinic, will speak about stress reduction on Thursday, January 31. Her presentation is one of many activities planned that day as part of the Community Fitness Events.

Many people start the New Year resolving to be healthier and then get sidetracked from their goals. We can help you stick to your resolutions with a series of events sponsored by Moundview Memorial Hospital & Clinics, UW Health, Memorial Healthcare Foundation, and A-F Area Schools.

“Community Fitness Events” will be held for three consecutive weeks at the Adams-Friendship High School. Everyone is welcome to attend any or all of these free, public events. The events kickoff on Thursday, January 31, 2008 with a healthy food taste testing and mini-health fair at 4:30 p.m. followed by a two-part health presentation at 6 p.m.

The **food taste testing and mini-health fair** will be held from 4:30-6:00 p.m. on the green wing of the high school. Those who visit the majority of the fair’s vendors can register to win one of several door prizes. Activities and vendors will include, but are not limited to:

- Taste testing and recipes of healthy foods you can make at home or buy at the store presented by Moundview Memorial’s Nutrition Department
- Display on whole grains and serving sizes
- Free blood pressure screenings by Roche-a-Cri Clinic
- Display booths by local exercise/fitness businesses and facilitators
- Free body composition screenings (measures your muscle to fat ratio using a bioimpedance scale) by Moundview Memorial and A-F Area Schools
- Support groups on weight loss and vegetarian eating
- Headache, neck and shoulder screenings by physical therapists at Moundview Memorial Hospital & Clinics
- Information about the high school’s public walking and weight room hours
- Use of the high school’s computer lab to access credible health websites
- Blood Draw Screenings by Moundview Memorial Hospital & Clinics including: total cholesterol for \$6; and Hemoglobin A1c for \$7 (determines your average blood sugar level over the past three months). Prior to the cholesterol screening, it is recommended to fast two hours or more and to avoid a high fat meal.

- Free digital foot scans by Wall Chiropractic to determine how the arches/pressure points in your foot relate to the biomechanics of your body

Following these activities on January 31 will be a two-part presentation at 6 p.m. in the high school choir room. The first 20 people to attend will receive a free gift. Dr. Richie Ann Rodriguez of Moundview Clinic will present **information on stress reduction** followed by Kira Wilson, UW Health Dietitian and consultant for Moundview, who will present **“Nutrition Quick Tips”** featuring ways to eat healthier in 2008.

Future Community Fitness Programs include two trial classes on Thursday, February 7 including **“Combat Your Fat Fitness”** class at 6 p.m. and **“Tai Chi”** at 7:00 p.m. The free classes will be taught by Kevin Beaver, physical therapist at Moundview Memorial.

A free **“Strength Training”** program will be held Tuesday, February 12 in the high school weight room. Individuals can attend one of three, 45-minute sessions available at 5:30, 6:15 or 7:00 p.m. Kari Gatterman and Molly Moll, Moundview Memorial physical therapists, will provide equipment orientation and help each participant develop their own workout plan whether they workout at home or in the gym. Registration is required since space is limited. Call the community relations office at (608) 339-8328.

The A-F High School is currently open to the public for walking Monday-Friday evenings from 4:00-8:00 p.m. and Tuesday-Friday mornings from 5:30-7:30 a.m. The high school’s weight room is open to the public with staffed supervision Monday-Friday from 4:00-6:00 p.m. The room is often open beyond these hours, though not guaranteed. Walking and weight room hours are only available during days that school is in session. Please exercise at your own risk and consult your health care provider before starting any exercise program.

Questions about community fitness events can be directed to Tammy Lowrey, Community Relations Director at Moundview Memorial Hospital & Clinics, (608) 339-8328.



Free “Combat Your Fat Fitness” and “Tai Chi” classes will be offered by Kevin Beaver, physical therapist at Moundview Memorial, on Thursday, February 7 at A-F High School.

Men’s Night Out Held

Over 70 men attended Moundview Memorial Hospital & Clinics two “men’s night out events” in Adams on the evenings of Thursday, November 8 at the Country Depot (Cenex) and Friday, November 9 at ACE Hardware & Rental.

The events included free blood pressure screenings, a coupon to receive a \$7 PSA test (a screening for prostate cancer), coupon for a \$17 lipid panel cholesterol test (measures your good vs. bad cholesterol), information on men’s health, safe hunting tips, free hunter safety kits and snacks. The men could also register to win one of several prizes from area businesses.

“We are pleased with the turn out for our men’s night out event and look forward to planning future events that meet the interest and needs of our community members,” said Janet Brown, CEO at Moundview Memorial.

Linda Charles, nurse practitioner and director of senior services at Moundview, offered free blood pressure screenings at Ace Hardware & Rental.



Maureen Bruce, registered nurse and staff development/infection control director at Moundview, handed out free hunter safety kits at Country Depot.



moundview
memorial home health

*Caring for
you at
Home*

You value your independence and home life. That’s why Moundview Home Health offers a variety of medical services at your home—where you prefer to be.

Our highly trained staff includes registered nurses, certified nursing assistants, and physical, occupational and speech therapists. We work closely with the patient, family and physician to meet the individual needs of each person.

Those who may benefit include: persons recently discharged from the hospital or nursing home; recovering from an illness, injury or surgery; chronic medical conditions; those needing care for catheters, IV medications, tube feedings; and temporary assistance with dressing, bathing, and hair.

**Call us for a free consultation!
(608) 339-7076**

Partners of MMH&C News

Partners Complete \$15,000 Pledge

Partners of MMH&C held their annual Christmas Luncheon on December 14 at Carlson's Rustic Ridge. At the event, Partners presented a \$1,500 check to Moundview Memorial Hospital & Clinics thereby completing their \$15,000 hospital capital campaign pledge.

"We are proud to have contributed \$15,000 over the past five years in addition to the other projects we helped fund during the same time frame, such as the hospital meditation room and the extended care center's solarium renovation," said Audrey Stormoen, Partners President. "These accomplishments are a testament to the hard work of our members and to the community's support of our fundraisers."

Blood Drive

Partners will provide volunteer assistance at The Blood Center of Wisconsin's upcoming blood drive on March 24 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.

Cheesecake Fundraiser

Partners will have cheesecakes available for sale on Friday, February 8 in the hospital lobby from 9:00 a.m. to 12:30 p.m. All proceeds benefit the Partners' solarium renovation project.

Solarium Project Update

Partners continue to make progress on renova-

tions to the solarium of Moundview's Extended Care Center. The room is where the center's residents spend time eating, socializing, and participating in activities.



Partners of MMH&C recently presented a \$1,500 check to Moundview Memorial Hospital & Clinics thereby completing their original \$15,000 capital campaign pledge.

Items recently purchased include ten, stackable dining chairs and a four-station activity

table. Money was also donated to purchase new games and activity items for the residents. Partners are currently in the process of ordering a new mantel for the fireplace. In addition, a mural is being painted on one of the solarium walls by Anita Hilt, a local artist and nurse at Moundview.

"This is an ongoing project," said Joyce Roberts, Renovation Committee Chair. "We will continue to evaluate further needs for the room and will purchase items as funds permit."

Donations are still being accepted to assist with the project. Once the room is complete, all contributors will be publicly acknowledged. For information on making a donation, call Joyce at (608) 339-4712.

Want to Join Us?

Membership is open to men and women over the age of 18. The goal of Partners is to promote and support the hospital and provide service to its patients and visitors. Members help raise funds for the hospital, volunteer at events, and more. Each member determines their own level of involvement based on their interest, time, and skills. Dues are only \$5. For more information, call Audrey Stormoen at (608) 339-6320

Easter Bake Sale

Mark your calendars for the Partners Easter Bake Sale. It will be held Wednesday, March 19 in the hospital lobby starting at approximately 9:00 a.m.

Kids Day To Be Held

"Adams County Kids Day" returns on Saturday, April 5, 2008 at the Adams-Friendship High School from 10:00 a.m. – 2:00 p.m. The event features free, fun-filled activities and live entertainment for children and their families. Over 1,000 children and adults attended last year. Valuable prizes will be given away throughout the day and lunch will be available for a nominal fee.

Retiring Hospital Board Members



Moundview Memorial Hospital & Clinics thanks Evelyn Baerbock (on left) and Roberta Ebert for their time and contributions to the hospital's board of directors. Both retired from the board in October. Evelyn was a member of the board of directors for 16 years, serving as president since 1997. Roberta was a board member for nine years, serving as treasurer.

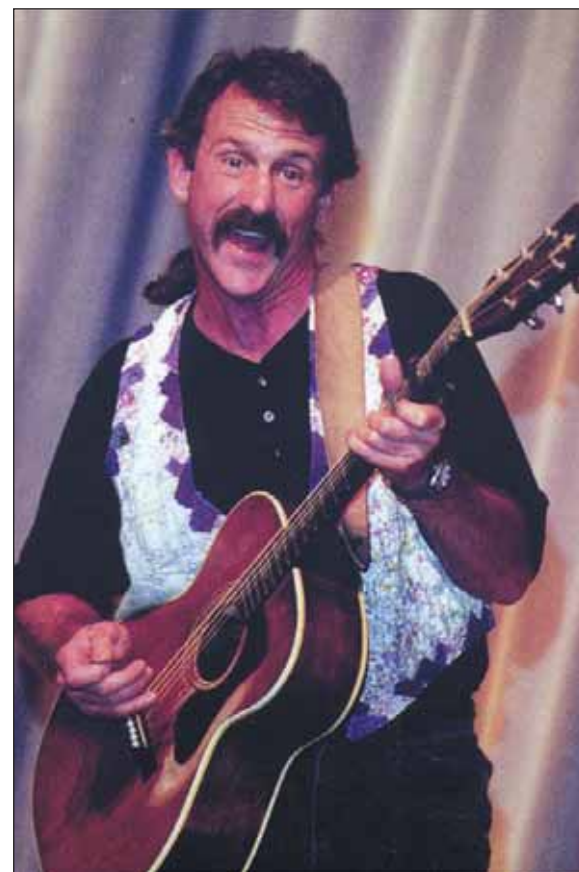
Kids Day is sponsored by Moundview Memorial Hospital & Clinics and A-F Area Schools in partnership with several area organizations. Activities are geared toward children ages toddlers through fifth grade and their families. The event will be held rain or shine with most of the activities taking place inside the school. All children must be accompanied by an adult.

Last year there were over 50 hands-on activities by area businesses and organizations including: child ID cards, petting zoo, train rides, hammering activity, opportunity to try musical instruments, nutrition and exercise activities, dental health, Betsy the fire truck, jewelry making, numerous arts and crafts, ambulance tours, spinal screenings, archery, and much, much more! There were also demonstrations by Taekwondo and the Adams County Canine Unit as well as visits by Clifford the Red Dog, Smokey the Bear, Quincy the Fire Dog and Ronald McDonald. New and similar activities are anticipated for this year.

Tom Pease is scheduled to perform at this year's event. Tom is a children's singer who inspires and connects with every show he does. He has an infectious sense of fun and community building. With movement, sign language, humor and joy, he creates concerts that leave audiences laughing and singing. He has performed full time since 1982, often doing more than 200 performances a year.

Businesses and organizations are currently being sought to participate in "Kids Day" by having a display booth or becoming a financial supporter. All display booths are required to have a hands-on activity for children. Since this is a free event, booths are not allowed to sell any items. However, they are welcome to distribute literature regarding their organization.

The goals of Kids Day include: providing wholesome activities for children and their



Tom Pease, children's singer, is scheduled to perform at this year's Kids Day.

parents; promoting healthy lifestyles and habits; exposing families to area resources; challenging parents and children to explore and learn about their environment and each other; providing an opportunity for businesses and community groups to celebrate Adams County's families; and keeping activities free of charge so everyone can participate.

For more information about Adams County Kids Day, please contact Tammy Lowrey at Moundview Memorial Hospital & Clinics, (608) 339-8328.

Are You Depressed?

Feeling “blue” now and then is normal. But when this feeling lasts for days or weeks, it could be a symptom of depression. Depression is a prevalent, serious illness affecting millions of Americans every year. It can affect your thoughts, moods, feelings, behavior and physical health.

“Depression affects individuals of all ages and gender,” says Dr. Mark Hatton, Family Practitioner at Moundview Clinic. “People used to think depression was a personal weakness that you could just “get over”. But, we now know it is a chemical imbalance in the brain that requires medical treatment.”

“Depression can occur once or several times in your life, or it could be a chronic problem,” says Dr. Hatton. “If you think you may be suffering from depression, please consult a physician.”

Dr. Hatton has provided the following information about depression as taken from the American Academy of Family Physicians website.

What is depression?

When doctors talk about depression, they mean the medical illness called major depression. Someone with major depression has symptoms like those listed in the box below nearly every day, all day for two weeks or longer.

If you're depressed, you may also have headaches, other aches and pains, digestive problems and problems with sex. An older person with depression may feel confused or have trouble understanding simple requests.

Symptoms of Depression

- No interest or pleasure in things you used to enjoy
- Feeling sad or empty
- Crying easily or crying for no reason
- Feeling slowed down or feeling restless and unable to sit still
- Feeling worthless or guilty
- Weight gain or loss
- Thoughts about death or suicide
- Trouble thinking, recalling things or focusing on what you're doing
- Trouble making everyday decisions
- Problems sleeping, especially in the early morning, or wanting to sleep all of the time
- Feeling tired all of the time
- Feeling numb emotionally, perhaps even to the point of not being able to cry

What Causes Depression?

Depression seems to be related to a chemical imbalance in the brain that makes it hard for the cells to communicate with one another. Depression also seems to be genetic (to run in families) and may also run in families with alcohol abuse.

Depression can be linked to events in your life, such as the death of someone you love, a divorce or job loss. Taking certain medications, abusing drugs, or having other illnesses such as stroke or major trauma can also lead to depression. Depression isn't caused by personal weakness, laziness, or lack of willpower.

How is Depression Diagnosed?

If you're having symptoms of depression, be sure to tell your doctor so you can get help. Don't expect your doctor to be able to guess that you're depressed just by looking at you. The sooner you seek treatment, the sooner depression will lift.

Once you tell your doctor how you're feeling, he or she may ask you some questions about your symptoms, about your health and about your family history of health problems.

How is Depression Treated?

Depression can be treated with medicines, or a special type of counseling called psychotherapy, or with both. Mild depression may respond to regular daily aerobic exercise and a type of depression known as seasonal affective disorder that occurs in the winter months may respond to early morning therapy with special light exposure.

What about medicines?

Many medicines can be used to treat depression. These medicines are called antidepressants. They correct the chemical imbalance in the brain that causes depression.

Antidepressants work differently for different people. They also have different side effects. So, even if one medicine bothers you or doesn't work for you, another may help. You may rarely notice improvement as soon as one week after you start taking the medicine. But you probably won't see the full effects for about six to eight weeks. You may have side effects at first but they tend to lessen after a couple of weeks.

How long will I need medicine?

How long you'll need to take the medicine depends on your depression. Your doctor may want you to take medicine for nine to twelve months or longer. You need to take the medicine long enough to reduce the chance that the depression will come back. Talk with your doctor about any questions you have about your medicine.

What is Psychotherapy?

In psychotherapy, you talk with a psychiatrist or a therapist about things that are going on in your life. The focus may be on your thoughts and beliefs or on your relationships. Or the focus may be on your behavior, how it's affecting you and what you can do differently. Psychotherapy often lasts for a limited time, such as eight to twenty visits.



Mark Hatton, M.D.
Family Practitioner

Will I Need to Go to the Hospital?

Depression can usually be treated through visits to your doctor.

Treatment in the hospital may be needed if you have other medical conditions that could affect your treatment or if you're at high risk of suicide.

How Long Will the Depression Last?

This depends on how soon you get help. Left untreated, depression can last for weeks, months or even years. The main risk in not getting treatment is suicide. Treatment can help depression lift in six to eight weeks or less.

Getting Through Depression

- Pace yourself. Don't expect to do everything you normally can. Set a realistic schedule.
- Don't believe all of your negative thinking, such as blaming yourself or expecting to fail. This thinking is part of depression. These thoughts will go away as your depression lifts.
- Get involved in activities that make you feel good or feel like you've achieved something.
- Avoid making big life decisions when you're depressed. If you must make a big decision, ask someone you trust to help you.
- Avoid drugs and alcohol. Both make depression worse. Both can cause dangerous side effects with your antidepressants.
- Physical activity seems to cause a chemical reaction in the body that may improve your mood. Exercising four to six times a week for at least 30 minutes each time is a good goal. But even less activity can be helpful.
- Try not to get discouraged. It will take time for your depression to lift fully.

Suicide

People with depression sometimes think about suicide. This thinking is part of the depression. If you have thoughts about hurting yourself, tell your doctor, friends or family, or call your local suicide hot line, such as the National Suicide Prevention Lifeline at 1-800-273-8255.

Get help right away. The good news is that there are people who can help you, and depression can be treated.

Reasons to Get Help for Depression

- Early treatment helps keep depression from getting worse or lasting a long time.
- Thoughts of suicide are common in people with depression. The risk of suicide is higher if you don't get treatment for your depression. When depression is successfully treated, the thoughts of suicide will go away.
- Treatment can help you return to your “normal” self, enjoying life.
- Treatment can help prevent depression from coming back.

**Information taken from the American Academy of Family Physicians*

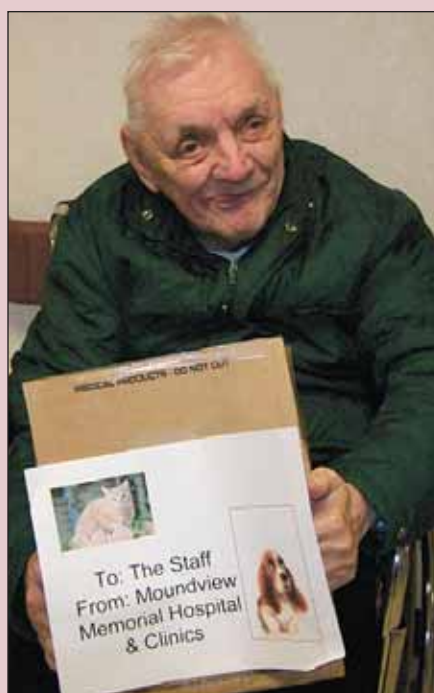
ECC Residents Provide Community Service

Residents and adult day care participants at Moundview's Extended Care Center (ECC) have been busy completing monthly community service projects for area organizations. They call themselves the ECC Factory.

In October 2007 the ECC activity participants organized a donation drive for the animals at the Adams County Humane Society, placing the items into decorated boxes to be delivered to the facility. In November they bagged candy for children on the Adams County Angel Tree and in December they wrapped presents that were donated by Moundview employees for the Angel Tree. Most recently, they made “party poppers” for a senior luncheon at the Arkdale Trinity Lutheran Church in January.

The extended care center is interested in offering their services to other area groups or organizations. If you have a suggestion for a project or are interested in utilizing this group, please contact Kay Heller, Activities Director, at (608) 339-3331, extension 1229.

Tom Calahan, an adult day care participant at Moundview's ECC, holds a box of donated supplies for the Adams County Humane Society.



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, March 24 from 11 a.m. – 4 p.m. at MMH&C. For appointments call 608-339-8328.

EVENTS & CLASSES -

Mini-Health Fair

Thursday, January 31, 4:30 -6:00 p.m. Green Wing at AF High School. See article in this newsletter for a list of activities. Free community fitness event.

Stress Reduction & Nutrition Quick Tips Presentations

Thursday, January 31, 6:00 p.m., AF High School Choir Room. Presentations on stress reduction by Dr. Richie Ann Rodriguez followed by nutrition quick tips by Kira Wilson, dietitian. Free community fitness event.

Combat “Your Fat” Fitness Class

Thursday, February 7, 6:00 p.m., AF High School Choir Room. Free community fitness class by Kevin Beaver, physical therapist

Tai Chi Class

Thursday, February 7, 7:00 p.m., AF High School Choir Room. Free community fitness class by Kevin Beaver, physical therapist

Strength Training

Tuesday, February 12 offered at 5:30, 6:15 & 7:00 p.m., AF High School Weight Room. Free community fitness class by Kari Gatterman and Molly Moll, physical therapists

Kids Day

Saturday, April 5 at AF High School sponsored in part by Moundview Memorial. A free, fun-filled day for area children and their families.

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

Community Fitness Mini-Health Fair, Thursday, January 31, 4:30-6:00 p.m. in the Green Wing at A-F High School.

FUNDRAISING EVENTS -

Partners of MMH&C Cheesecake Sale

Friday, February 8, 9:00 a.m. – 12:30 p.m., Hospital Lobby

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. Call (608) 339-8371 for ticket availability.

Memorial Healthcare Foundation Dinner & Auction

Friday, April 18, 2008
Featuring a chef carved prime rib dinner, various auctions and raffles. For more information or tickets, call (608) 339-8371.

SUPPORT GROUPS -

Alzheimer’s & Dementia Support Group

Fourth Tuesday of the month at 11:00 a.m. at the hospital. February 26, March 25, April 22. Call Nira at (608) 339-8372.

Diabetes Support Group

Last Wednesday of the month at 5:00 p.m. at the hospital. February 27, March 26, April 30. Call Linda at (608) 339-8370.

Fibromyalgia Support Group

Third Monday of the month at 5:30 p.m. at the hospital. February 18, March 17, April 21. Call Maureen at (608) 339-8326.

“Fit & Free” Weight Loss Support Group

Weekly, every Monday, at 5:00 p.m. in the hospital’s oak room. January 28; February 4, 11, 18, 25; March 3, 10, 17, 24, 31; April 7, 14, 21, 28. Call Linda at (608) 339-8370.

Living With Cancer Support Group

Third Wednesday of the month at 6:00 p.m. at the hospital. February 20, March 19, April 16. Call Linda at (608) 339-8370.

Vegetarian Support Group

Third Thursday of the month at 5:30 p.m. in the hospital’s maple room. February 21, March 20, April 17. Call Lois Anderson at (715) 887-4283

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.



moundview
memorial
hospital & clinics

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. Kaji
- Dr. J. Keevil
- Dr. P. Mason
- 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

- Hospice608-339-7500
- Home Health (Adams) . . .608-339-7076
- Supportive Home Care . .608-339-7076
- Lifeline608-339-7076
- Extended Care Center . . .608-339-8332
- Physical Therapy608-339-8338
- Occupational Therapy . . .608-339-8338
- Speech Therapy608-339-8338
- Cardiac Rehabilitation . . .608-339-3331
- Work Conditioning608-339-8338
- Massage608-339-8338
- Moundview Clinic608-339-6350