

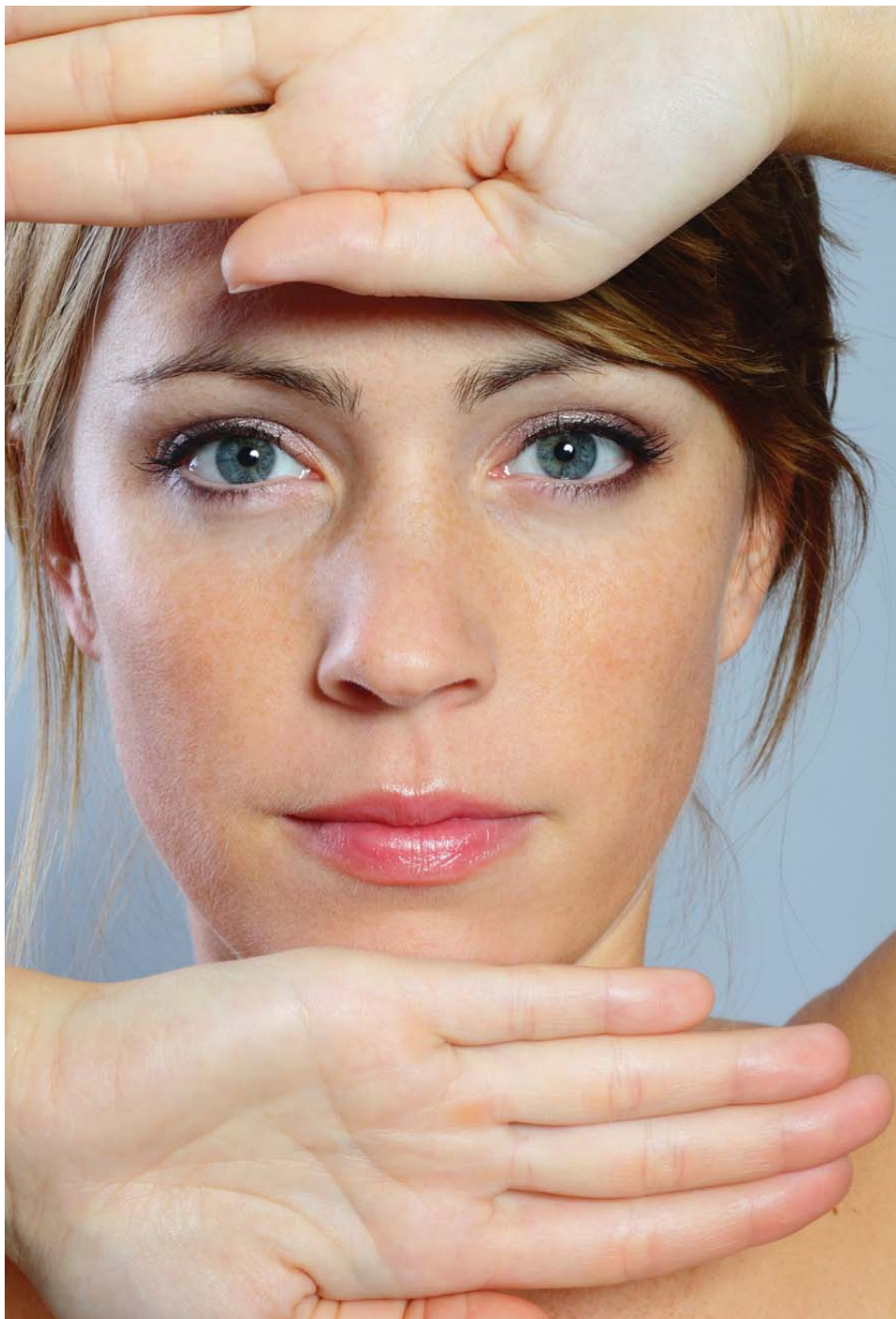


# Mile Bluff Times

*Delivering local healthcare news to your home!*

Mauston, Wisconsin | milebluff.com | February, 2010

## Cosmetic procedures now available at Mile Bluff: Show the world A NEW YOU!



*by Kathy Behnke*

Are you constantly mistaken for being older than you really are?

Do people always ask you why you are angry or mad...even when you're not?

Are you looking for a fresh and natural look to give you plump, fuller lips for Valentine's Day?

If you would like to introduce the world to you...only better, let Dr. Katherine Leigh Hilsinger help make your wish a reality.

Katherine Leigh Hilsinger, MD FACOG is a certified cosmetic gynecologist who sees patients at Mile Bluff Clinic in Mauston and at the Delton Family Medical Center. In addition to her gynecology practice, she is now accepting patients for cosmetic procedures, including BOTOX®, LATISSE®, JUVEDERM®, PERLANE® and RESTYLANE®. Doctor Hilsinger is a member of the American Academy of Cosmetic Gynecologists, and Cenegenics Age Management.

If you are interested in scheduling a consultation with Dr. Katherine Leigh Hilsinger to find out how she can assist you in enhancing your natural beauty, call 608-254-5888 (Lake Delton) or 608-847-5000 (Mauston).

### **BOTOX®**

*"Real, noticeable results."*

BOTOX® is an FDA-approved injectable treatment that is used to treat abnormal head position and neck pain, certain types of eye muscle issues, and severe underarm sweating. BOTOX® Cosmetic is used to improve the look of moderate to severe "frown lines" between the eyebrows, as well as other wrinkles. It can also be used to enhance the lips and cheeks.

### **LATISSE®**

*"Look who's growing longer, fuller, darker lashes."*

LATISSE® is the first and only FDA-approved prescription treatment for inadequate or not enough eyelashes. It is a once-a-day treatment that is topically applied to the base of the upper eyelashes.

### **JUVEDERM®, RESTYLANE® & PERLANE® (facial fillers)**

*"Get the lift you've been looking for."*

These are FDA-approved treatments that are injected into the skin to instantly smooth out those "parentheses lines" or "smile lines" on the sides of your nose and mouth. They restore volume and correct moderate to severe facial wrinkles and folds.

*Call for your consultation today!*

Circulation this issue **45,000**



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Hess Memorial Hospital**  
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Mauston, WI 53948  
[milebluff.com](http://milebluff.com)

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# Mile Bluff Medical Center staff healthcare providers

## FAMILY MEDICINE PHYSICIANS

*Timothy Bjelland, D.O.*

*Robert Buss, M.D.*

*Lee Dresang, M.D.*

*Eric Heaney, M.D.*

*Timothy Hinton, M.D.*

*(New Lisbon Clinic)*

*Ann Hoffmann, M.D.*

*David Hoffmann, M.D.*

*Dan Kattenbraker, M.D.*

*June Lewandoski, M.D.*

*James Logan, M.D.*

*(Mile Bluff - Necedah Family Medical Center)*

*Moiya Murphy, D.O.*

*(Mile Bluff - Elroy Family Medical Center)*

*D. Keith Ness, M.D.*

*Nancy Ness, M.D.*

*Jane Peterson-Kattenbraker, M.D.*

*Leon Radant, M.D.*

*Kim Sabey, D.O.*

*(Mile Bluff - Delton Family Medical Center)*

*Carol Stodola, M.D.*

## ORTHOPEDIC SURGEON

*Robert Riedle, M.D.*

## EMERGENCY PHYSICIANS

*Charles Coffey, M.D.*

*Brian Van Hoozen, D.O.*

## GENERAL SURGEONS

*Rodney Malinowski, M.D.*

*William Marculis, D.O.*

*Timothy Napier, M.D.*

## GYNECOLOGISTS

*Susan Haack, M.D.*

*Katherine Leigh Hilsinger, M.D.*

*Jim Speichinger, M.D.*

## PODIATRISTS

*Chris Eckerman, D.P.M.*

*Richard Langen, D.P.M.*

## INTERNIST

*Eric Heaney, M.D.*

## GERIATRIC PHYSICIANS

*Eric Heaney, M.D.*

*Ann Hoffmann, M.D.*

*David Hoffmann, M.D.*

## NURSE PRACTITIONERS

*Cristina Custer, APNP*

*Cathleen Murphy, APNP*

## PHYSICIAN ASSISTANTS

*Randy Brandt, PA-C*

*Dick Faust, PA-C*

*Anne Fenwick, PA-C*

*(New Lisbon Clinic)*

*Brad Ingraham, PA-C*

*(Mile Bluff - Elroy Family Medical Center)*

*Cathy Kidd, PA-C*

*Arthur Lee, PA-C (Surgery)*

*Gloria Nachreiner, PA-C*

*(New Lisbon Clinic)*

*Angie Olson, PA-C (Urgent Care)*

*Lisa Olson, PA-C (Surgery)*

*Tracie Schmidt, PA-C*

*(Mile Bluff - Necedah Family Medical Center)*

*Jean Stransky, PA-C*

*(Mile Bluff - Delton Family Medical Center)*

*Sam Williams, PA-C*

*Todd Woodhouse, PA-C (Urgent Care)*

## PATHOLOGIST

*Gerald H. Spirek, M.D.*

*Healthcare evolving for life*

### ALLERGY

Call 800-489-6008

*Marcus Cohen, M.D.*

*Chris Healy, M.D.*

*Robert Kriz, M.D.*

*Thomas Puchner, M.D.*

### CARDIOLOGY (heart)

Call 608-847-6161

*Joseph Bellissimo, M.D.*

*Keith DeVries, M.D.*

*David Ende, M.D.*

*Haywood Gilliam, M.D.*

*E. Wayne Grogan, M.D.*

*Paul Hinderaker, M.D.*

*David Lewis, M.D.*

*Thomas Stoiber, M.D.*

*Thomas Wallhaus, M.D.*

### GASTROENTEROLOGY

*(digestive system)*

Call 608-847-7355

*John B. Wyman, M.D.*

### NEPHROLOGY (kidney)

Call 800-782-8581 x75345

*Brian Ewert, M.D.*

*Ann Ruesch, RNNP*

### NEUROLOGY (nervous system)

Call 608-847-7355

*Miroslav Backonja, M.D.*

*Brad Beinlich, M.D.*

*Douglas Dulli, M.D.*

### NEUROSURGERY

Call 800-336-5465

*Kerry White, M.D.*

### ONCOLOGY (cancer)

Call 608-847-7355

*Toby Campbell, M.D.*

*William Schelman, M.D.*

### OPHTHALMOLOGY

*(eye disease & surgery)*

Call 608-847-7355

*Barbara Blodi, M.D.*

*Todd Perkins, M.D.*

*Heather Potter, M.D.*

*Gary Sterken, M.D.*

### OPTOMETRY (eyes)

Call 608-847-7355

*Janet Cushing, O.D.*

### ORTHOPEDICS (musculoskeletal)

Call 608-847-9892

*Stewart Taylor, M.D.*

### OTOLARYNGOLOGY

*(ear, nose, throat)*

Call 608-847-7355

*Seth Dailey, M.D.*

*Timothy McCulloch, M.D.*

*Elizabeth A. Sisk, M.D.*

*Paul Staskowski, M.D.*

*Sunil Verma, M.D.*

### PROSTHESIS (artificial limbs)

Call 608-782-5070

*Robert Loper, C.PO.*

### PSYCHOLOGY

Call 524-6477 x3102

*Gary Ludvigson, Ph.D.*

### PULMONARY MEDICINE (lungs)

Call 800-362-9567 x52791

*Alan Pratt, M.D.*

### RADIOLOGY (medical imaging)

Call 608-847-6161

*Peter Chase, M.D.*

*Margaret Fagerholm, M.D.*

*Bora Ozel, M.D.*

*Peter Selzer, M.D.*

*Charles Stepherson, D.O.*

*Elizabeth Teigen, M.D.*

*Francis Thornton, M.D.*

### RHEUMATOLOGY

*(joints & tissue)*

800-362-9567 x55959

*Jack Lockhart, M.D.*

### UROLOGY

*(urinary tract & male*

*reproductive system)*

Call 608-847-7355

*Reginald C. Bruskevitz, M.D.*

*Sean Hedican, M.D.*

*Sarah McAchran, M.D.*

***Mile Bluff's visiting specialty healthcare providers***



## After 40 years at Mile Bluff, Carol Purvis to retire in March

by Kathy Behnke

Mile Bluff Medical Center has recently announced that the organization has launched a search for a vice president/chief nursing officer to fill the position of Carol Purvis who has decided to retire in March.

Jim O'Keefe, Mile Bluff's president/chief executive officer, said, "We accept Carol's resignation with great regret. During her forty-plus years of service, she has been a driving force in the medical center's progress from a small community hospital, to a thriving medical center with a reputation of being one of the finest rural healthcare facilities in the Midwest."

He continued, "It says a lot about Mile Bluff that people such as Carol have been with us for so many years. It's a testament to the excellence of our organization. I'm honored to be a part of this team, and am glad that I had the opportunity to work with and learn from Carol."

Throughout her career, Carol has seen the organization go from having only a handful of doctors, to staffing 17 family practice physicians and nine family practice physician assistants (PAs), three general surgeons and two surgical PAs, three gynecologists, two emergency physicians, two podiatrists, an orthopedic surgeon, two family practice nurse practitioners, two urgent care PAs, and nearly 50 visiting specialists.

Mile Bluff has also come a long way from its beginnings as a small downtown building, to the state-of-the-art facility at its current location. To further meet the needs of the community, the organization has also branched out by opening two nursing homes, three outreach medical centers, an assisted living facility and a retirement apartment complex.

When asked what some of the most significant advances she has seen in healthcare and at Mile Bluff over the years, Carol stated, "Some of the biggest changes have been in the computerized area, especially in terms of CT, MRI and PET scans, as well as the use of computers for communication and for documentation." She continued, "There have also been significant advances in some of the antibiotics and treatments we now have available in areas that we didn't have much hope for when I first started here - especially when it comes to chemotherapy, radiation and other cancer care services."

Carol has had an amazing career of growth during her time with Mile Bluff. She began as a nursing assistant while she attended school, and became a registered nurse in 1971. In 1972 she was made the supervisor of the operating room, and in 1974 also managed the Central Supply Department. In 1978 Carol became the department head of the operating room and central supply, and then in 1981 moved to the Acute Care Department where she served

as the director. Her ambition took her further in 1982 as she was named the Director of Nursing, and then ten years later she moved up to become the Vice President/Chief Nursing Officer. She has served in that same role since 1992, and according to O'Keefe, "Without Carol, our organization wouldn't be the same. Carol works hard so we are better every day."

In discussing her career at Mile Bluff, Carol stated, "It's always been a place that I have been very proud to say that I work at." When asked what she will miss the most about Mile Bluff, without hesitation Carol responded, "The people. The positive stories of the lives that are touched every day."

For her retirement, Carol plans to take a deep breath and enjoy life. She looks forward to spending time in her garden during the summer months, and traveling the country to attend baseball games with her husband.

In parting, Carol wishes to share a few words with the community, "Mile Bluff is very progressive and has a lot of people that are interested in the future and providing high-quality care...it's a good place to be!"

On behalf of Mile Bluff, O'Keefe wishes to thank Carol for her commitment to the organization and to the community, "It is because of dedicated individuals such as Carol that the region can count on Mile Bluff to provide healthcare evolving for life!"



Arthur Lee joins Mile Bluff's medical staff as the assistant to general surgeon, Rodney Malinowski.

## PA joins surgical medical staff

by Kathy Behnke

With the growing number of procedures being performed in Mauston, Mile Bluff continues to add to its surgical team. Physician assistant Arthur Lee is the newest member of Mile Bluff's medical staff, and he can be found assisting Dr. Rodney Malinowski in the operating room.

Before coming to Mauston, Arthur was working as a family practice provider in Milwaukee. He is excited about the opportunity to delve into the surgical side of healthcare, and is looking forward to building relationships with people in the local community.

Arthur has an extensive educational background that includes both bachelor's and master's degrees. During his schooling, he gained experience through participating in a variety of rotations and preceptorships that taught him skills in pediatric surgery, internal medicine, orthopedic surgery, psychiatry, obstetrics, gynecology, pediatrics, emergency medicine and more.

His qualifications make him a valuable addition to the surgical department. Please join Mile Bluff in welcoming Arthur Lee to the community.



Mile Bluff's Vice President/Chief Nursing Officer, Carol Purvis, will retire in March.

Above left: Carol is pictured with Mile Bluff's President/Chief Executive Officer, Jim O'Keefe, at the most recent employee recognition banquet. Carol was honored at the event for her 40 years of service to the organization.

Above right: Carol is pictured working as a nurse early in her career with Mile Bluff Medical Center.



## A message from the president



James O'Keefe, President/CEO  
Mile Bluff Medical Center

call Mauston at 608-847-5000 or Lake Delton at 608-254-5888.

On another note, there are a few upcoming events I would like to call your attention to. First off, in honor of American Heart Month, there will be two great informational presentations being offered. On Tuesday, February 16 at 6 pm, Kathleen Butler will be in Mauston's Hatch Public Library to share what she calls, "My Story." There she will discuss what she went through after experiencing a heart attack at the age of 40, and will give you some advice on how you can protect yourself from heart disease. The second event will be held at Mile Bluff Wednesday, February 25 at 5 pm. Wisconsin Heart & Vascular Institute physician Thomas Wallhaus will be on-hand to present, "Preventing and Managing Heart Disease in 2010." He will take you beyond the doctor's office by teaching you what you can do at home to reduce your risk for developing heart disease. Seats are limited for both presentations, and registration is preferred. To reserve your seat, or to get further details about the events, call 608-847-1845.

I would like to close by saying how proud I am to be part of an organization that continues to exceed the expectations of the people we serve. We know that we are positively touching lives every day, and it's an added bonus when our patients and tenants go out of their way to let us know just how much they appreciate what we do for them. In this issue of the Mile Bluff Times, we have the opportunity to share some of those stories with you. They highlight our Obstetrics Department of the hospital, and Terrace Heights Retirement Community. Meeting and exceeding your healthcare needs is why we exist, so getting feedback like this makes everything we do that much more worthwhile.

It is hard to believe that we are already more than a month into 2010. Every new year brings about change, and there is one major transition taking place at Mile Bluff that I would like to touch upon. After being with our organization over 40 years, Carol Purvis has decided to retire. She has been a great leader, and has contributed to the success of Mile Bluff and to the health of the community in countless ways. I can personally say that the time I have spent working with and learning from Carol has been priceless to my growth, both personally and professionally. Carol has been an asset to Mile Bluff, and will be greatly missed. On behalf of the organization, I wish her nothing but the best.

One very exciting piece of news I'd like to share with you is that we will soon be establishing a charitable foundation. It will be used to assist us in raising funds so that we are able to continue to provide you with healthcare evolving for life. This will be done in addition to the fabulous work the auxiliary does for us at the thrift shop, and we are eager to branch out in this new direction.

We have also begun to offer some new services, both at the Mile Bluff Clinic and the Delton Family Medical Center. Doctor Katherine Leigh Hilsinger is now accepting patients who are interested in having cosmetic procedures done. She will provide BOTOX®, LATISSE®, JUVEDERM®, PERLANE® and RESTYLANE® treatments. For more information,

## FREE Early Childhood Screenings

Thursday, May 6 at Mile Bluff Medical Center



**For children birth to 5 years**

*Have the progress of your little one assessed by occupational and physical therapists, an audiologist and by a speech/language pathologist.*

**You must have an appointment!**



For information and to register, call

**608-847-1414**

1050 Division Street | Mauston | [milebluff.com](http://milebluff.com)

## Great Lakes: Exceptional assisted living

by Kathy Behnke

In today's economy, families can't afford to be hit with charges that so often come with the 'fine print.' That's why Mile Bluff's assisted living facility in New Lisbon feels it is important to be open about what is and is not included in its cost of living.

Crest View Great Lakes CBRF not only provides a safe, homelike atmosphere to all those living there, but it goes beyond that by offering many extra perks at no additional cost. Aside from living in a beautiful, friendly and socially-engaging environment, residents receive a number of services that are included in the base fees. Some of those are meals, therapeutic activity programming, health monitoring, medication distribution, behavioral interventions, spiritual services, hygiene assistance, nutritional guidance, housekeeping and laundry services, money management assistance and transport services.

Along with those benefits, there are some other great conveniences that Crest View Great Lakes can of-

fer simply because it shares a building with a nursing home and is owned by a hospital. Not only are there staff members awake and available to residents 24 hours a day, but there is an additional security in knowing that there are healthcare professionals on-site at all times. For a small fee, physicians, physical therapists, speech therapists and occupational therapists make 'house-calls' as well. Assistive devices, diabetes nail care, personal hygiene items and more are also available when needed. One convenience that many of the residents appreciate is that they can get their hair cut or set for a very low cost, and they never have to leave the building!

Great Lakes is an assisted living facility that houses 12 residents, and is open to persons with a form of irreversible dementia such as Alzheimer's disease, as well as those needing care for advanced aging. Short-term respite care is also available. Great Lakes offers amenities such as a beauty shop, library and sidewalk cafe, and a security system is in place to ensure resident safety as well.

It is important to know what you are getting for the price you are paying, so be sure you ask questions. If you would like more information on Mile Bluff - Crest View Great Lakes CBRF assisted living facility in New Lisbon, or would like to take a tour of the building, call 608-562-3667. Rooms are now open for immediate occupancy.

## Autism Support Group

Tuesdays, February 16 & May 18 at 7 pm  
in Mile Bluff Medical Center

Meet with others who are dealing with similar situations, and discuss how to recognize and prepare for the challenges ahead.

**Call 608-847-1285 for information.**

## Industrial Rehabilitation works with Leer

by Kathy Behnke

Mile Bluff's Industrial Rehabilitation (IR) program is proud to offer area businesses on-site ergonomic and injury management. Leer, Inc. of New Lisbon has been utilizing those services for over a decade. According to Leer Corporate Operations Manager Ian Beer, a lot of emphasis has been put on ergonomics.

Ergonomics is defined as: The science of designing the job, equipment and workplace to fit the worker. Proper ergonomic design is necessary to prevent repetitive strain injuries and musculoskeletal disorders, which can develop over time and can lead to long-term disability.

Ian stated, "Employers are all concerned about the well-being of their employees, but the ergonomics side of things many times goes unnoticed. Mile Bluff has been able to help make us more aware of the fact that there are right ways to do things." He continued, "We work together to improve what we do and how we do it."

Due to the positive impact this focus has had on the organization, a cross-section of employees has come together to form the Leer Ergonomics Team. The group is led by Mile Bluff's IR representative, Tracy Anderson, OTR, and has already begun to see results.

As an occupational therapist, Tracy uses her medical background and experience to provide specialized prevention, evaluation, treatment and management services through all phases of work-related injury. She explains, "Because of my training, I am able to analyze each job, deter-

### Mile Bluff's IR program helps

- Decrease workers' compensation costs
- Reduce lost-time associated with work-related injury
- Increase worker productivity and product quality
- Comply with OSHA ergonomic guidelines
- Boost worker morale
- Decrease employee turnover rates
- Enhance worker health

mine the specific physical stressors that impact each individual, and make adjustments as needed."

Ian has been involved with Leer's ergonomics and safety initiatives for the past few years, and commented about the affiliation with Mile Bluff's IR team, "Tracy has been very willing to take on a proactive role with our safety program. I have nothing but great things to say about that relationship." He continued, "If anyone were to ask me about the program, I would let them know that the cooperation and leadership they would get from Mile Bluff and its representatives would certainly have a positive impact on their operation. I would definitely recommend Mile Bluff's program."

Whether you are the head of a major industry in need of cutting down workers' compensation costs, or work from a home office and need help properly setting up your computer work station, Mile Bluff's IR program can benefit you. If you are interested in learning more about the services available, call 608-847-1422 today.



Under the leadership of Mile Bluff's Industrial Rehabilitation representative Tracy Anderson (front right), Leer, Inc. formed an ergonomics committee. Standing (l-r): Brian Ritchart, Rick Reynolds, Kim Edgerton, William Van Hoof, John Maki. Sitting (l-r): John Downing, Steve Dresser, Tracy Anderson

## Organ & Tissue Donation Fair

Thursday, April 29, 10 am - 2 pm  
at Mile Bluff Medical Center

### Speak with representative from

- The University of Wisconsin Hospital and Clinics Organ Procurement Organization
- Lions Eye Bank of Wisconsin
- Regeneration Technologies donor services
- Mile Bluff Medical Center

**Learn about organ and tissue donation and see how you can help impact dozens of lives!**



Brought to you by Mile Bluff's Organ & Tissue Procurement Team.

**Call 608-847-1285 for more information.**

1050 Division Street | Mauston | [www.milebluff.com](http://www.milebluff.com)

## Health Department gives H1N1 update

The H1N1 vaccination is now available to everyone in Wisconsin. The Juneau County Health Department, along with the Department of Health and Human Service and the Centers of Disease Control and Prevention (CDC), are urging more people to get vaccinated against H1N1 influenza.

The CDC estimates that since April, 47 million people in the United States have been infected with the H1N1 virus, more than 200,000 were hospitalized, and nearly 10,000 people have died. Influenza activity has declined in recent weeks, but is expected to continue. History tells us to prepare for another serious wave of illness. Therefore, now is the time to protect yourself and those around you by getting vaccinated against H1N1 - if you haven't already.

Influenza is unpredictable and we do not know the likelihood of a future wave of H1N1 influenza, but we do know that vaccination is the best way to reduce the health impact of it. The traditional influenza season is just beginning and typically lasts until May. With H1N1 cases now declining, there is a window of opportunity to help prevent the virus from spreading further and causing even more illness, hospitalizations and death.

The H1N1 vaccination is safe and effective. It is made the same way

seasonal influenza vaccinations are made every year. Extensive testing and monitoring have shown that it is not only safe, but is also an excellent match for the H1N1 virus. When you get vaccinated, you don't just help yourself; you help your community by preventing the spread of the virus. If enough Americans get vaccinated, we could lessen the impact of, or perhaps even prevent, a third wave of H1N1 influenza.

People with underlying health conditions, pregnant women, children, young adults, caretakers of infants, and healthcare workers are especially encouraged to get vaccinated against H1N1. Unlike seasonal influenza, H1N1 has hit children, young people, and adults under age 65 exceptionally hard. That is why Juneau County Health Department encourages you to get the H1N1 vaccination.

Fighting the spread of influenza is a shared responsibility. We ask you to help protect yourself and your community by getting the H1N1 vaccination.

Call 2-1-1 or go online to visit [www.pandemic.wisconsin.gov](http://www.pandemic.wisconsin.gov) and click the Flu Clinic Locator button to see where H1N1 and seasonal vaccinations are available.

# Mile Bluff's diabetes education program is re-awarded ADA recognition

by Kathy Behnke

The diabetes self-management education program at Mile Bluff Medical Center in Mauston has been awarded continued recognition from the American Diabetes Association (ADA) indicating that its program offers high-quality education services to the patients it serves. Education recognition status is verified by an official certificate from ADA and is awarded for three years.

Being acknowledged by the ADA Education Recognition effort signifies that Mile Bluff's education program has met the national standards for diabetes self-management education programs. Achieving recognition status indicates that Mile Bluff has a staff of knowledgeable healthcare professionals who provide up-to-date information about diabetes management.

Self-management education is an essential component of diabetes treatment and control. A program that is in compliance with the national standards offers greater consistency in the quality and quantity of education to the people it serves. The participant in an ADA-recognized program - such as the one at Mile Bluff Medical Center - is taught, as needed, self-care skills that promote better management of his or her diabetes treatment regimen.

Mile Bluff meets the standards of all approved education programs by covering the following topics as needed:

- Diabetes overview
- Stress and psychosocial adjustment
- Family involvement and social support
- Nutrition
- Exercise and activity
- Medications
- Monitoring and use of results
- Relationships among nutrition, exercise, medication and blood glucose levels
- Prevention, detection and treatment of acute and chronic complications
- Foot, skin and dental care
- Behavior change strategies
- Goal setting
- Risk factor reduction
- Problem solving
- Benefits, risks and management options for improving glucose control
- Preconception care, pregnancy and gestational diabetes
- Use of healthcare systems and community resources

Assuring high-quality education for patient self-care is one of the primary goals of the education recognition program. Through the support of the healthcare team and increased knowledge and awareness of diabe-

tes, the patient can assume a major part of the responsibility for his/her diabetes management. Unnecessary hospital admissions and some of the acute and chronic complications of diabetes may be prevented through self-management education as well.

"The recognition process gives professionals a national standard by which to measure the quality of the services they provide," commented Brenda Krupa, Mile Bluff's Certified Diabetes Educator. She continued, "And of course, it helps consumers to identify these high-quality programs."

### According to the American Diabetes Association:

- Nearly 24 million Americans have diabetes.
- About 18 million individuals have been diagnosed.
- 5.7 million people are not aware that they have this disease.
- Over 4,000 Americans are diagnosed with diabetes daily.
- Many will first learn that they have diabetes when they are treated for one of its life-threatening complications - heart disease and stroke, kidney disease, blindness and nerve disease and amputation.
- 1.6 million people will be diagnosed with diabetes this year.
- Diabetes is one of the most deadly diseases in the United States, and it has no cure.

It is because of statistics like these that Mile Bluff continues to take so many steps to provide high-quality diabetes education to the community. A variety of diabetes education programs, as well as free health screenings, are offered by Mile Bluff throughout the year. One-on-one and group instruction are available by appointment, and - new for 2010 - "Diabetes Days" are being held on a quarterly basis.

The first "Diabetes Days" event is scheduled for Wednesday, March 10. The afternoon kicks off at 2 pm with a presentation, "Diabetes: Know the heart part." Exhibits, screenings, refreshments and door prizes will be available from 3 to 4 pm, and the event concludes with a presentation entitled, "Figuring out the food label." See right for details.

### Attend Diabetes Days

When you are diagnosed with diabetes, there is a lot to learn. Even if you've had diabetes for a while, new information is constantly emerging and it isn't always easy to keep up with. How can you assure that you stay 'in the know' in order to best manage your diabetes? Let Mile Bluff Medical Center's diabetes self-management education team help you out!

In addition to individualized counseling and group classes, a new quarterly program is planned for 2010: "Diabetes Days." The first event is scheduled for Wednesday, March 10 at Mile Bluff - Delton Family Medical Center.

The afternoon kicks off at 2 pm with a presentation, "Diabetes: Know the heart part." You will learn that having diabetes puts you at an increased risk for developing heart disease; you will also learn what steps you can take to help reduce that risk.

Exhibits, blood pressure screenings, refreshments and door prizes will be available from 3 to 4 pm, and during that time you will have the opportunity to talk with some of the members of Mile Bluff's nationally-recognized diabetes team.

The event concludes with a presentation entitled, "Figuring out the food label." During this talk, you will learn what information is important to look for on the label - and you'll be surprised to know that sugar isn't the answer!

The entire afternoon is free, and you are invited to attend all, or part, of the event. Registration is requested, so call 608-847-1845 with your attendance plans. Also, if you are interested in having a schedule of the remaining "Diabetes Days" events sent to you, call today.



Mile Bluff's diabetes education team (l-r) Melissa Fry, social worker; Rebecca Hadler, registered dietitian; Jessica Horn, exercise physiologist; Sue Fabian, registered nurse; and Brenda Krupa, certified diabetes educator.

### REMAINING 2010 DIABETES DAYS EVENTS

**Wednesday, May 12**, 6-9 pm  
at Mile Bluff Medical Center

**Monday, August 30**, 6-9 pm  
at Mile Bluff - Delton Family Medical Center

**Monday, November 22**, 1-4 pm  
at Mile Bluff Medical Center

# Terrace Heights Retirement Community: A great place for Mom

Do you think that needing your ankle in a cast could ever be seen as a blessing? That's how Sharon Halverson and Mary Weidling would describe what happened to their mother, Vicki Emery.

Vicki has been a Mauston resident for 65 years. She and her husband, Alvin (Pete) Emery raised six girls and operated a business in downtown Mauston. In 1962 they built their retirement home in rural Lemonweir Township. Pete passed away in 1971, but Vicki continued to live in their home until she injured her ankle in May of 2009. Her physician, Timothy Bjelland, urged her to consider alternate living arrangements as she would no longer be able to stay alone and care for herself properly.

With the help of her daughters, Vicki looked at several types of living arrangements, including small in-town apartments and assisted living facilities. None seemed to fit her needs. Sharon commented, "Mom is still very active, and going from a four-bedroom home to a one-room living space was not what she wanted. When we suggested visiting Terrace Heights, a tour with Shari Hanson was arranged."

"The more I found out about Terrace Heights, the more appealing it was to me," Vicki said. "When I saw the facility and met the staff, the less resistant I was to moving. I agreed to give it a try, and now that I am here, I wish I would have done it sooner!"

Initially the transition was not easy for Vicki. Sharon explained, "Mom agreed to move to Terrace Heights because she was unable to stay home alone when she injured her ankle. At first Mom thought she would only stay until her cast came off. Her ankle did not heal as quickly as we thought it would, and the cast stayed on for an additional four weeks. That was the time Mom needed to become more comfortable with the other tenants and the facility. Those four extra weeks were truly a blessing in disguise, as she met more people and came to really enjoy living at Terrace Heights."

Mary and Sharon are more at ease now that their mother lives at Terrace Heights. "Now we don't worry about Mom as much as we



Terrace Heights resident Vicki Emery (front right) is pictured with her daughters. The entire family is pleased that Mom loves living at the retirement apartments.

did when she lived alone. In the winter months we had to worry about her possibly falling while going out to the mailbox, and getting her driveway plowed so she was accessible if there was an emergency. In the summer there were acres of lawn to be mowed. All of these hassles we don't have to worry about any longer. Now she can watch out the window while the maintenance staff takes care of these things for her. Plus, we don't have to worry about her falling or injuring herself trying to clean that big house. Once a week, housekeepers come in upon request, and for a small hourly fee, clean the apartment. If Mom needs her oven cleaned, all she needs to do is ask them and it gets done."

According to her daughters, Vicki's overall health is seeing some positive improvement since she moved to Terrace Heights. "She is happy, more outgoing, and making new friends. She isn't lonely anymore," said Mary. "If someone doesn't see Mom for a while, they go and look for her and make sure she is fine. That is something she didn't have living alone out in the country. Now when she doesn't answer her phone, we don't worry as much. We know she is having fun with her friends. She is finally living her life to the fullest and enjoying it."

Vicki says, "It took some getting used to, but now I wouldn't consider living anywhere else. I have so many

friends here. All the tenants help each other, and the staff is great too." She continued, "For someone who never played BINGO before, I wouldn't miss it now for anything. I also go to exercise classes twice a week, enjoy the live entertainment, the resident council meetings, and the birthday parties. Plus, Cliff takes us on bus trips - helping us get on and off the bus. I really like it here, it just took me a while to get used to it."

There are so many things that give her children comfort in knowing that Vicki is living at Terrace Heights. Sharon explained, "It puts us at ease knowing she can still have the privacy of her own home. All Mom has to do is close the door. If she wants to socialize or seek companionship, all Mom has to do is open the door, and what she needs is just a few steps away." Sharon went on to say, "Mom still has her independence, but she also has security. The security system at the front door is great, and we are reassured in knowing that unauthorized persons cannot

just walk into the building. Family and friends can visit at any time."

Vicki's family also likes the emergency line that is installed in every apartment, directly linked to Mile Bluff Medical Center, as well as the optional meal plan that is available. Sharon stated, "If there is something on the menu Mom likes, she can sign up and go to the dining room to eat with her

friends. If she doesn't care for what is on the menu, she can cook in her own apartment."

These are just some of the perks that Terrace Heights provides to individuals who are in a situation similar to Vicki's. With all the amenities Terrace Heights has to offer, it is a great place to live during the retirement years.

## Terrace Heights offers...

- Maintenance-free living
- Optional exercise classes
- Ability to have meals prepared
- Emergency assistance line to Mile Bluff Medical Center
- Optional transportation
- Socialization with friends
- Fun entertainment events
- Optional housekeeping services
- Secure facility 24/7
- Aviary in community lounge
- Optional private garage
- So much more!

*"You should go for a visit and see for yourself what a wonderful facility this is!"*

Sharon and Mary offer these words of advice to anyone considering Terrace Heights for their parents, "You should go for a visit and see for yourself what a wonderful facility this is. It's warm, economical, beautiful and friendly; we can't say enough about it. Now that mom's settled in, we all really wish she would have made this move sooner. Terrace Heights is her home now, and Mom is very content there...and to think, she wouldn't have moved at all if it weren't for that cast on her foot."

If you would like to take a tour of Terrace Heights, please contact Shari Hanson at 608-847-2377. One-bedroom apartments are now available for immediate occupancy.

*"I wouldn't consider living anywhere else!"*  
~ Vicki Emery

*Escape the snow and enjoy maintenance-free living at Terrace Heights.*

*Make the move today. Apartments are now available!*

# Mile Bluff welcomes two new faces to the Social Services Department

by Amanda Emery

There is a group of employees at Mile Bluff Medical Center that touch almost every aspect of patient care in some form. They provide services to people in the hospital, through Hess Home Health, in nursing homes, on an outpatient counseling basis, and so much more. These individuals are social workers.

With the diverse and growing population it serves, it is easy to see how the Social Services Department at Mile Bluff continues to expand. To help meet the needs of the community, the department has added some new faces to its staff, Jolene Hansen and Ana Ribic.



Jolene Hansen (left) and Ana Ribic are the newest members of Mile Bluff's Social Services Department.

## Jolene Hansen, MSW

Jolene Hansen is a Mauston native who ran track and cross country for four years at Mississippi State University before returning to Wisconsin. She began her education focusing on pre-veterinary science, but changed to social work after taking it as an elective course. She finished her bachelor's degree in social work at the University of Wisconsin - Whitewater. In August, 2008, she then earned her master's degree in social work (MSW) with a concentration on health, aging and disability from the University of Wisconsin - Madison.

During her undergraduate work, Jolene interned at House of Mercy Homeless Shelter in Janesville, Wisconsin. She also interned for a year at Hospice Care, Inc. in Madison as part of her master's degree. Jolene's main position now has her working at Fair View and Crest View nursing homes, but she will be working in other patient care areas of Mile Bluff as her training progresses.

Jolene said she chose social work as a profession because she loves helping people and learning their history. One aspect of the job Jolene enjoys the most is getting to know a person and listening to his/her life story. She feels that society tends to see older people as they are now, forgetting that they have a whole life behind them of experience, loss, love and wisdom.

She has been with Mile Bluff since November, and really enjoys

her job. She appreciates everyone being so kind and welcoming to her, and is thankful for the opportunity to work within the organization. Jolene said that her mom - Darlene Hansen, a certified nursing assistant at Fair View Nursing Home - likes seeing her around the facility.

In her free time, Jolene loves being outdoors and spending time with her six-year-old son, Azaiah. The two visit state parks a lot throughout the year, enjoying kayaking, hiking, trail running and swimming together.

## Ana Ribic, MSW

Ana Ribic has an extensive background that she brings to the Social Services Department at Mile Bluff. She says, "I earned my master's degree in social work through Great Rochester Collaborative MSW Program - Nazareth College & State University of New York (SUNY) in Rochester, New York, and my bachelor's degree at SUNY, Brockport, New York. I lived and worked for about 10 years in the Rochester (New York) area, 10 years in Germany, and the rest of my life was spent in Bosnia-Herzegovina - my native country."

Before accepting the social work position at Mile Bluff, Ana participated in the Balkan Peace Keeping Mission. She said that she provided interpreter and translator services to United States military forces deployed in Bosnia, Germany, Kosovo, and other European locations. She also assisted in individual and group therapy and counseling through *Com-*

*bat Stress Control*, at the Task Force Medical Falcon Hospital at Camp Bondsteel, Kosovo Europe. When asked what she could do to help the Social Services Department at Mile Bluff, she responded with, "I know that my talent for managing and improving human conditions, strength for problem-solving and conflict/crisis resolution, and cross-cultural verbal and written communication skills [gained through living and working on different continents] will be a great asset to the department."

She continued, "Over the years, I have improved and enriched my social work skills by working for different agencies such as the Center for Disability Rights, Catholic Chari-

ties Community Services - Traumatic Brain Injury, Monroe Community Hospital, New York State Department of Health - Research Department, Association for Blind and Visually Impaired, and LTC Home of Good Sheppard - Germany."

Ana also has a unique personal story that led her to a social work career. She explains, "The most difficult time in my life was civil war time. I became homeless, jobless, stateless, and was running for my life with my two children - all overnight. My children and I had 'refugee' status for about 12 years. I know how it feels to stand in line for food, shelter, clothes, etc. There were moments in my life when I felt as if I was drowning deeper and deeper in human catastrophe, and could not do anything to stop it. I am thankful to all national and international helping organizations for their support during that time." This personal experience makes Ana want to reach out and help those she can through her work.

Currently, Ana is getting settled into a new apartment after years of moving across Europe and the United States. She is a very proud parent of two successful children, and a grandmother of two - Mark and Nella.

Next time you see Jolene or Ana around one of the Mile Bluff facilities, please join the staff in giving both of these ladies a warm welcome.

**Classes begin March 2nd at 6 pm**

## **SMART BALANCE**

**Weight management & nutrition classes**

Smart Balance is a comprehensive program taught by one of Mile Bluff's registered dietitians. It emphasizes a balanced lifestyle for LONG-TERM success. The small group setting and optional weigh-ins give you support to help you achieve your personal goals.

You'll get practical tips for healthy eating, exercise, dining out and more, for only \$67!

**Registration is required - call Monica at 608-847-1296 today!**



1050 Division Street | Mauston  
[www.milebluff.com](http://www.milebluff.com)



## FAIR VIEW NURSING HOME: Seeking volunteers, donations

The Recreation Department at Mile Bluff - Fair View Nursing Home is looking for a special individual or group to donate a cake for the monthly birthday party.

The cakes can be bought or homemade.

The department also accepts BINGO prize donations any time. Prizes can include small knick-knacks and stuffed animals, as well as items such as stationary, cards, etc.

*If interested, please contact Jill Finley at 608-847-1290 x4290.*

## MBMC - Helping to deliver babies, smiles

*The following is a letter written to Mile Bluff's President/CEO*

Dear James O'Keefe,

*We are writing this letter in regard to our first visit at your hospital for the birth of our son. Our son was born on June 30, 2009. We apologize for this letter not getting to you sooner, but we have just started to feel like human beings again because we are starting to get more sleep!*

*When we arrived at the hospital, since this was our first child, we didn't know what to expect from the hospital and what was expected from us. We were warmly greeted by Rachel (OB nurse) and she was with us from the time we were admitted in the morning (around 3 am) and she stayed until after her shift to see Davion, our son. We were so impressed at her knowledge, experience and friendly personality we instantly felt at ease and she guided us through all the contractions (which took hours!). We also thought it was special that she wanted to stay to "see us through" the birth. Not many people would stay any later than need be in any profession!*

*As our morning went on, we also had nurse Dione Brandt who helped to enlighten the moments as they became more intense as Davion's big debut was getting closer. Her personality and humor helped us to get through the more intense contractions and she was very positive throughout labor. She reminded us of a coach cheering on one of her athletes. We also appreciated how she was very honest about what she went through as a first-time mom and gave advice from her own experience. Her helpful tips came in handy for us, as parents, and our son's well-being.*

*Doctor Bjelland was our doctor who delivered our baby. He also was*



*a great coach and did a great job throughout the labor and delivery. When my husband was about to faint, he seemed to know how to redirect his attention so he could stay attentive. His knowledge and expertise of delivering babies was evident and made us feel like we were in good hands. Doctor Buss also helped with the after-care of Davion and did an outstanding job. We felt we were treated like family and like we were the only patients the nurses and doctors had at the hospital for our stay.*

*Overall, we want to thank all of the doctors and nurses who helped our first baby experience be a positive one. We also think they all deserve a raise for a job well done! Well, even if they don't get a raise, it was worth asking. They should at least be recognized for their efforts. We would recommend your hospital to anyone and have already given it high regard when talking to friends and relatives.*

*Thanks again...until next time!*

*Sincerely,  
Aaron and Brenda Hoernke*

## Attend "Understanding Depression"

A seminar for those who have loved ones with depression

*by Amanda Emery*

It is estimated that over 18 million American adults, as well as four percent of children, are diagnosed with depression each year. It does not discriminate against age, race, or gender; it affects everyone. Your spouse, child, parent, grandparent or friend could be dealing with depression.

If you have loved ones living with depression, you know that it not only hurts them, it affects you too. If you want to help, but are unsure of what to do, attend the Understanding Depression seminar at Mile Bluff Medical Center in Mauston. The group will meet Thursday, February 25 at 7 pm, and will offer you support from others who are in situations similar to yours.

The Understanding Depression seminar will provide you with the

### Topics to be discussed during the seminar:

- Signs and symptoms to look for
- Support strategies you can use with your loved one
- Suicide prevention
- Intervention techniques (counseling and medication management)
- Myths about depression

*Other subjects will also be explored as determined by the needs of the group.*

tools necessary to help your loved ones as they deal with and conquer depression. Join the group at Mile Bluff on Thursday, February 25 at 7 pm. Call 608-847-1285 for further information.

## MBMC to offer community health fairs

*by Amanda Emery*

Do you know what your blood pressure is and to where it should be?

Is your cholesterol at a healthy level?

Do you know your specific risks for developing diabetes and/or heart disease?

If you responded "No" to any of these questions and want to know the answers, be sure to attend one of the upcoming health fairs offered by Mile Bluff. Events are held in five area locations, and are always offered from 7 to 11 am.

You will receive free blood pressure and blood sugar screenings, and will have the opportunity to discuss your specific risks for developing diabetes and heart disease with a Mile Bluff healthcare professional. For \$10, you can also have a total cholesterol test (no fasting), or for \$20, a lipid profile test (12-hour fasting required). You will also be able to enjoy refreshments, and enter for the chance to win door prizes.

Mile Bluff's healthcare professionals will review the results with you right after your tests are completed, and give you tips on how to

reduce your risks for developing diabetes and heart disease. Results will be sent to your primary care provider as well.

The information obtained from these tests, along with the educational tools you will receive from the healthcare professionals, are the first steps in becoming proactive in your health and reducing your risk for developing disease. Appointments are required for all tests; call the number indicated below to reserve your spot today.

### UPCOMING HEALTH FAIRS

**February 18,** Necedah Family Medical Center, 608-565-2000

**March 18,** Delton Family Medical Center, 608-254-5888

**April 8,** Wonec Legion Hall, 608-847-1845

**April 15,** Mile Bluff Medical Center, 608-847-1845

**May 13,** Elroy Family Medical Center, 608-462-8466

**May 20,** Necedah Family Medical Center, 608-565-2000

# Heart attack survivor, Kathleen Butler, to speak at Hatch Public Library

by Amanda Emery

Ladies, do you know that heart disease is the number one killer of American women today?

Did you know that it claims even more lives than breast cancer?

Mile Bluff Medical Center and the Women's Health Initiative of Juneau County want to ensure that all area women have the opportunity to learn not only what their risk factors are for developing heart disease, but also what can be done to prevent some of those risks. That is why they have invited Kathleen Butler from Wisconsin WomenHeart to present "My Story" Tuesday, February 16 at 6 pm in Mauston's Hatch Public Library.

Kathleen is not a healthcare provider or a cardiac professional; she is a retired special-education teacher, a wife and mother, a woman who at the age of forty became a heart attack survivor. By sharing her own personal story, Kathleen hopes to make more women aware of their chances for developing heart disease, so they can make necessary changes to improve their health before it's too late.

Although it has been 14 years since her heart attack, Kathleen still wants to get the word out to other women that things like this can, and do, happen when least expected. "If there is only one thing women take

Attend a free presentation given by heart attack survivor, Kathleen Butler

## "My Story"

**Tuesday, February 16 at 6 pm  
Hatch Public Library, Mauston**



Fourteen years ago, at the age of 40, Kathleen Butler experienced a heart attack. Since then she has been working with Wisconsin WomenHeart to help promote heart disease awareness and prevention in women.

Heart disease is the leading cause of death in American women. Attend this heart-warming presentation to learn what you can do to protect yourself!

Take control of your heart health.  
Call to reserve your spot today!  
Seating is limited.

**608-847-1845**

Brought to you by Mile Bluff Medical Center and the Women's Health Initiative of Juneau County - the groups that bring you Women's Night Out!

*"If there is only one thing women take away from my upcoming presentation, I want them to realize that we are all responsible for our own health...it is your responsibility to keep yourself healthy!"*

away from my upcoming presentation, I want them to realize that we are all responsible for our own health," Kathleen says. She contin-

ued, "It is necessary to ask questions. You owe it to yourself! You must find a healthcare provider that you are comfortable with, and that you

can communicate your personal issues with. It is your responsibility to keep yourself healthy!"

As a part of her affiliation with WomenHeart, Kathleen focuses her time on being an advocate for heart disease prevention. She speaks about once a month, and runs a support group for women who have been in situations similar to hers. She explains, "I do these things because of the wonderful care I received during my struggle, and I realize that not all women have that. I feel it is necessary for these women to know that they can talk to other ladies who have been there too."

Looking back, armed with the valuable information she has now, Kathleen says that she would have changed some things about her lifestyle in an to attempt to avoid her heart attack. "For starters, I would have exercised more, cooked differently, and paid more attention to my risk factors and my family health history. Two of my grandparents had heart disease, and I did not fully realize how big of a risk that was to me."

During her presentation, Kathleen will share the details of her personal story, and will answer your questions. Join her at the Hatch Public Library on Tuesday, February 16 at 6 pm. Seats for the presentation are limited, so please call 608-847-1845 to reserve your spot today!

# Peyton is welcomed as first baby of 2010 born at Mile Bluff Medical Center

by Amanda Emery

During the last week of December there were six babies born at Mile Bluff Medical Center in Mauston, so it shouldn't have been long before the facility welcomed the first baby of 2010. However, that special child didn't come until 10:15 am on Wednesday, January 6 when the medical center was able to welcome Peyton Desiree Belcher to the world.

She surprised a lot of people, including her stay-at-home mom, who said, "When I came in on Tuesday, the nurses told me that there still was no new year's baby born at Mile Bluff. I was shocked that she was the first baby born here in 2010."

Little Peyton weighed in at 7 pounds, 15 ounces, and measured 20.5 inches in length. Her proud parents are Alicia Boldon and Brandon Belcher of Mauston. Peyton also has an eight-year-old big sister, Brooklyn Belcher. Paternal grandparents are Sue and Ted Belcher of Mauston.

For earning the title of first born at Mile Bluff Medical Center in 2010, Peyton received some prizes from area business, including a \$50 savings bond donated by Mile Bluff.

Right: Peyton Desiree Belcher was the first baby of 2010 born at Mile Bluff Medical Center in Mauston. She is pictured here with her parents, Alicia Boldon and Brandon Belcher of Mauston. Congratulations!



# Wallhaus to give presentation at MBMC during American Heart Month

by Amanda Emery

Every 25 seconds someone in the United States has a heart attack, and approximately every minute a death occurs because of one! It is estimated that during 2010 there will be over 785,000 Americans who encounter a new coronary issue, while about 470,000 others will have a recurrent one.

In an effort to meet the growing needs of people in the community with heart disease, Mile Bluff Medical Center has partnered with Wisconsin Heart & Vascular Institute to bring specialists to Mauston for over 30 years. On Wednesday, February 24, cardiologist Thomas Wallhaus will present "Preventing & Managing Heart Disease in 2010" in honor of American Heart Month. Part of his discussion will focus on what you can do at home to prevent heart disease. He explains that there is one simple thing everyone can do, "Get educated. Learning what puts you at risk, avoiding those risks or learning to control them, doing what you can to prevent them and asking the right questions are the keys to a healthy heart."

Just as with most other conditions, detecting heart disease in its beginning stages is ideal. However, diagnosing heart disease early on is not always easy. It is usually referred to as 'The Silent Killer' because, generally, there are no signs or symptoms until you have a cardiac event. This is why monitoring your risk factors and taking preventative measures are so important. Doctor Wallhaus explains, "Heart disease often begins at a young age, and I don't think a lot of people understand that. Detecting it at this time can be very difficult, but if it is found in the early stages it is much easier to manage."

Doctor Wallhaus continued, "The first step in averting the occurrence of heart disease is assessing your risk factors. Some can be controlled by you alone, but most cannot. It's important to understand what things may put you at risk, and then learn what you can do to overcome them."

*"The first step in averting the occurrence of heart disease is assessing your risk factors."*

## Risk factors:

- High blood pressure
- Peripheral artery disease (PAD)
- Obesity
- Diabetes
- High cholesterol
- Tobacco use
- Second-hand smoke exposure
- Ethnicity (African-Americans are most likely to develop a heart condition, followed by white Caucasian, Hispanics, American-Indian/Alaska natives, and Asian and Pacific islanders)

The next step in avoiding the development of heart disease, is knowing how to prevent it from occurring. Doctor Wallhaus says, "Once you know your risk factors, you should try to avoid them and reverse the ones you have control over. Maintaining a healthy lifestyle and diet are two great weapons used to take control of your fight against heart disease - the leading killer among both men and women." He continued, "Exercise is an important tool in heading off heart disease. You can do simple tasks at work, home and play to increase your physical activity. Consuming nutrient-rich foods is also an important strategy."

## Prevention techniques:

- Educate yourself.
- Lose excess weight.
- Exercise at least one hour, five to seven days a week.
- Avoid smoking and second-hand smoke exposure.
- Consume a heart-healthy diet.
- Monitor your calorie intake.
- Have regular blood pressure screenings performed.
- Take your own self interest; work on a treatment plan with your healthcare provider; medications should only come secondarily.

According to the doctor, if you do experience heart issues, you must be your own advocate when it comes to treatment. "Some of the latest advances in cardiac care are moving toward less invasive techniques where you, the patient, are becoming more responsible for your care." He continued, "We are learning that treating patients with medications and helping patients control risk factors can be just as valuable as cardiac procedures."

Whether you are working to prevent heart disease, or have had a prior heart event, the healthcare team at Mile Bluff Medical Center can help you achieve and maintain a heart-healthy lifestyle. The medical center has a variety of options available to help you in the fight against heart disease.

## Services offered locally:

- Family practice providers
- Visiting cardiology specialists - including Dr. Wallhaus
- Cardiac rehabilitation
- Dietitians
- Smoking cessation programs
- Weight-management classes
- Aquatic fitness
- Personalized training
- Diabetes education
- Health fairs - that offer blood pressure, blood sugar and cholesterol testing, as well as risk factor appraisals

*"Exercise is an important tool in heading off heart disease... Consuming nutrient-rich foods is also an important strategy."*

Start your journey toward a heart-healthy life by attending the upcoming presentation on Wednesday, February 24 at 5 pm in Mile Bluff Medical Center's community room. Doctor Wallhaus will discuss some simple things you can do at home to prevent heart disease, he will also address some common myths regarding treatment and prevention options, and will talk about some of the latest advancements in cardiac care. To reserve your spot for this event, call 608-847-1845 today.

For information on any of the services mentioned, call Mile Bluff at 608-847-6161.

## Preventing & Managing Heart Disease in 2010

Wednesday, February 24 at 5 pm in Mile Bluff's Community Room

presented by Dr. Wallhaus

Please join us...

February is American Heart Month, and Mile Bluff Medical Center is teaming up with Wisconsin Heart & Vascular Institute to offer a free presentation given by cardiologist Thomas Wallhaus. He will take you beyond the doctor's office by teaching you what you can do at home to reduce your risk for developing heart problems.



Dr. Wallhaus sees patients at Mile Bluff Medical Center.

### Attend to learn:

- ♥ how to identify your risk factors for developing heart problems
- ♥ ways to reduce your risks
- ♥ signs and symptoms to look for
- ♥ what diagnostic testing is available
- ♥ treatment options - medicine and procedures

Please call to reserve your spot for the presentation, or for further information about the event.

**608-847-1845**

1050 Division Street | Mauston | www.milebluff.com

# Mile Bluff Medical Center shines the spotlight on its volunteers

by Amanda Emery

## December - Card Group

During the month of December Mile Bluff - Crest View Nursing Home is shining a spotlight on the Card Group, a trio of retired women who volunteer their time to play card games with the nursing home residents!

These ladies have been friends for what they describe as “many years.” They are interesting individuals, each with her own story. Eva Brux is a retired cook from Hustler. Katie Connors is from Camp Douglas where she spent her days as a housewife. Myrna Spohn resides in Camp Douglas, is a retired employee of the City of Mauston Police Department, and is the newest member of the Card Group - having joined this past spring. Goldie Sorenson fills in from week to week if one of the other members is unable to attend.

While their individual backgrounds may be different, they all have at least one thing in common, the enjoyment they receive from playing cards with the nursing home residents. When asked about the group’s favorite part of volunteering services at Crest View, Katie - speaking for everyone - responded with, “We like to see how happy the residents get when we play cards with them.”

The story of how the group began playing its weekly card games at Crest View is an interesting one. The ladies had this to say, “We have been coming to Crest View since it opened. Prior to that, we met at a facility in Necedah and played euchre with two older gentlemen. One of them passed away, and we had to look for a different partner for the other gentleman. When Crest View opened, that one resident relocated to Crest View from Necedah. He was in New Lisbon for about two years before he passed away. In that time, our euchre group just sort of snowballed from that one man, to involve more residents. Over the years, most of them have passed away and we just have one resident at the present time that plays cards with us each week.”



December volunteers - The Card Group - Crest View Nursing Home

Over the years, these ladies have impacted the lives of many different individuals. As an organization, Mile Bluff would like to take this opportunity to thank the group for its hard work and dedication, and for making a difference to these nursing home residents. Please join the medical center in congratulating the group on its honors.

## January - Linda Gindt

During the month of January, Mile Bluff Medical Center is recognizing Linda Gindt of New Lisbon for her volunteer efforts. Chances are you have seen her pleasant smile around the facility at least once in the seven years she has volunteered at the medical center.

Linda has helped out in many different departments in the time she has given to Mile Bluff. She explains, “Right now I mainly work in Health Promotion. There, I do office work; I file papers, and copy materials the staff uses for diabetes education programs and cardiac care patients.” She continued, “I help in the library occasionally. My usual duties in that department include finding articles in medical journals and making copies, but I do a little bit of everything. While volunteering for Martha [Airth-Kindree, Library Director], I also had the opportunity to help organize items for the Women’s Night Out events as well. A while back, I also helped Mary Kay Tardiff in Obstetrics.”

When asked why Linda chose the medical center as a place to donate her time, she had this to say, “Prior to moving to the Mauston area, we

lived near Milwaukee. I volunteered one day a week at the hospital in Menomonee Falls. I became very comfortable and familiar with a hospital setting and knew I liked it. Mile Bluff is close to my home and I have my own medical care done here as well. It just seemed like a natural fit for me.”

Linda said she gets so much enjoyment out of the volunteer experience. “When I volunteer, I feel like I’m still able to contribute to something. I feel needed and receive good feelings from helping with what I can, as well. Mile Bluff is truly a great place to work. Everyone has treated me with nothing but respect and kindness, even my ‘bosses.’”

When not offering her time to Mile Bluff, this retired retail associate and home business entrepreneur enjoys participating in various activities. She plays piano and organ for her church, and sings in choir. Linda also uses her talent of knitting to make



January volunteer - Linda Gindt  
Mile Bluff Medical Center

and donate hats for babies born at Mile Bluff. She likes to use her computer to ‘snoop around for news,’ and in the summer months, Linda enjoys dabbling in flower gardening as well.

Linda wishes to invite others to volunteer, “I want you to know you can help too! It’s easy and enjoyable, and I encourage people to donate their time. It really is a great experience.”

## February - Harmony Express

During the month of February, Mile Bluff - Fair View Nursing Home is shining a spotlight on Harmony Express, a group of retired women who come to the facility about once a month to entertain residents.

The musical group is made up of seven ladies who have been coming to Fair View for close to 15 years. The members include Lucille Gulliford from Mauston, Jo Norris of Hustler, and Louise Hemenway, Lura Dahl, Marcia Adams, Helen Wiora, and Shirley Murphy from New Lisbon.

While their individual backgrounds may be different, they all have at least one thing in common, the enjoyment they receive from performing at Mile Bluff’s facilities. When asked about the group’s favorite part of volunteering services at Fair View, Louise - speaking for everyone - responded with, “We like to see the residents smile and be happy when we sing for them. It makes us feel good to see that they are enjoying our performance.”

Louise explained that the group originally came together as a barber-shop group, but over the years lost members who could sing in the tenor and bass ranges. Now they are comprised of ladies who sing tunes that are familiar to the residents in the alto and soprano ranges. Louise added, “If you would be interested in joining Harmony Express, you can contact me at 608-562-3344. We would love to have new faces to entertain the nursing home residents.”

In addition to performing at Fair View, the group has also entertained residents at Mile Bluff - Crest View Nursing Home, as well as tenants at Terrace Heights Retirement Commu-



February volunteers - Harmony Express - Fair View Nursing Home

## Volunteers

*continued from page 12*

nity. Louise said that the group primarily puts shows together for these types of facilities free of charge; however, they do perform to raise money from time-to-time. She explains, "There have been occasions - such as last March - when we went to different area businesses, took pledges and sang songs to raise money for local charities. When we were all done, we donated the money to the New Lisbon food pantry (where one of the members volunteers) and to the New Lisbon Fire and Rescue."

Over the years, these ladies have impacted the lives of many different individuals. As an organization, Mile Bluff would like to take this opportunity

to thank the group for its hard work and dedication, and for making a difference to the nursing home residents.

### *You can volunteer!*

There are many great opportunities available for individuals - as well as groups - to help others at Mile Bluff. If interested in becoming a volunteer at Mile Bluff - Crest View Nursing Home, call Lorraine Anderson at 608-562-3667. If you would like to donate time at Mile Bluff Medical Center or Terrace Heights Retirement Community, contact Reverend Fairchild at 608-847-1285. For opportunities at Mile Bluff - Fair View Nursing Home, contact Jill Finely at 608-847-1290.

## Learn to conquer your depression

*by Kathy Behnke*

It's been a part of life for Benjamin Franklin, Roseann Barr, Dick Clark, Janet Jackson and countless others. I'm not referring to stardom. It's something that also affects your neighbors, co-workers, friends, members of your family, and perhaps even you. It doesn't matter if you're a woman, man, young or old, depression can affect anyone!

Depression is a serious, treatable illness that affects how you feel, think and act. Nearly 20 million Americans are diagnosed each year - many times it enters the lives of those already dealing with another disease. Most people who develop depression do not seek help, however, when treated 80 percent of cases are cleared up successfully.

If you are worried that depression is bringing you down, you have nothing to be ashamed of and you are certainly not alone. There is help available to you, and you can get it right in Juneau County! Attend the Conquer Your Depression seminar held at Mile Bluff Medical Center Thursday, March 25 at 7 pm. During the evening, you will discuss the myths surrounding depression and how you can challenge them, the purpose of depression and what it is, the value of counseling and medication use, as well as how to recognize that a depressive episode is coming, and what you can do about it.

If you would like to learn to conquer your depression, call Jeff Fairchild at 608-847-1285 to find out more about this informative session today.

## Mile Bluff Medical Center Auxiliary Thrift Shop

LOCATED AT 222 ELM STREET IN MAUSTON



Monday - Wednesday  
12:30 - 4 p.m.

Thursday & Friday  
9 a.m. - 4 p.m.

Saturdays  
9 a.m. - NOON

We are looking for:

- Items in **small, light boxes only** for easy unpacking and lifting *no large items such as appliances, furniture, TVs, computers*
- Seasonal items (no winter items in summer and vice versa)  
**Leave donations in the enclosed entryway.**

**VOLUNTEERS ARE ALSO NEEDED!**

If you can donate one day a month, please call 608-847-7719.

All proceeds go to benefit the health of the community.

## Validation technique provides ways to connect with those who have dementia

*by Kathy Behnke*

Validation is a communication method that allows elderly, disoriented people to express their feelings to a caring listener. It doesn't confront the confused individual, instead, Validation looks for an emotion behind what that person is saying, encouraging openness and trust.

The Validation method has become a tested model of practice for both professionals and personal caregivers who work with confused older adults. The Validation worker, using empathy, tunes into the person's inner world to help him or her restore the past by reliving good times and resolving past conflicts. Validation helps disoriented people reduce stress, enhance dignity and increase happiness.

With the prevalence of dementia on the rise, Mile Bluff saw the need to create a heightened awareness of Validation. After an overwhelmingly positive response to an educational seminar held last year, Mile Bluff decided to bring Validation certification training to the area.

The first two sessions were held in November, and the most recent two training days were held in January. Participants have been able to get a good grasp on the Validation method of communication, and are looking forward to becoming certified Validation workers after the additional training dates in March, May and July. At the end of that time, this community will be better equipped to effectively communicate with those who have dementia, through the use of Validation.

Steve Klotz teaches Validation techniques to healthcare workers who are training to become certified in Validation.



MILE BLUFF TIMES 13

# Mile Bluff awards scholarships to two area nursing students

by Amanda Emery

Mile Bluff Medical Center has worked with Western Technical College (WTC) over the years to promote rural nursing. The partnership has provided area students with a number of learning opportunities, both in the classroom and in the healthcare field.

In 2001, Mile Bluff began awarding scholarships to WTC students who were enrolled in the Nursing – Associate Degree (ADN) program. In 2009, scholarships were awarded to Adrienne Baumgart and Sarah Sorenson.

## Adrienne Baumgart

Adrienne is a 2001 graduate of Necedah High School, and is currently in her third semester at WTC, with plans to graduate in December, 2010. Right now, Adrienne works as a medical assistant at Mile Bluff - Necedah Family Medical Center. Prior to that, she was a certified nursing assistant at Mile Bluff - Crest View Nursing Home.

In her scholarship essay, Adrienne described what nursing means to her: “Being a nurse is caring for all types of people; any age, color or gender, and doing what is best for them in the safest and most confidential manner possible. This may mean helping them get well, or easing their pain in their last days of life. I chose to go into nursing to help individuals. I especially have the passion to work with geriatric patients.”

Mile Bluff Medical Center offers scholarships so that ADN students, like Adrienne, can get one step closer to making their dream job a reality. Adrienne says, “I found out about this scholarship that Mile Bluff offers from working at the Necedah Family Medical Center. It means a lot to me to receive this financial assistance; it’s wonderful that this aid is available, and I greatly appreciate it.”

Upon completing her degree requirements, Adrienne plans to take her registered nurse exam and says her ideal placement would be in long-term care or hospice.

Adrienne is a mother of three, Joey (16), Kaleb (8) and Hope (6), and she says that if the program had not been offered locally, she probably would not have been able to pursue her dream of working in the healthcare industry. She explains, “I chose the ADN program at Western Technical College because of my family. Completing my degree through this program made family life easier on my kids than if I would have obtained a degree at a four-year school.”

Balancing school, work and children can be difficult at times, but Adrienne gives a huge amount of credit to her husband, Jason. “I get a lot of help from my husband; he takes care of every-day things around the house for me, and makes sure the kids get off to school and that their homework is done.” Adrienne continues, “Our extended family has been very supportive as well.”

In closing, she had these words for students considering a career in nursing, “If someone is thinking about enrolling in the ADN program through Western Technical College, I would recommend it. However, it is necessary to be realistic and really, really want to do this type of work, and be prepared to put in a lot of time. In the end though, the time put in is very much worth it.”

## Sarah (Hawkins) Sorenson

The other recipient of Mile Bluff’s ADN scholarship is Sarah (Hawkins) Sorenson. She is in her third semester at WTC, and is scheduled to graduate in December.

Sarah did not always have the passion to become a nurse. She explains, “When I finished high school in 2001, I originally had plans of going to college for physical or occupational therapy. However, I had some significant medical problems before I had a chance to begin my studies. Throughout my experience of seeing many different medical personnel, I realized there was one positive constant no matter where I went, nurses.”

In her scholarship essay, Sarah further explained why she chose to become a nurse: “A motivation of mine in becoming a nurse was knowing that my interactions with patients



Mile Bluff Medical Center awarded Adrienne Baumgart (left) and Sarah Sorenson with scholarships to help them reach their career goals in the nursing field.

and their families will not only have an impact on their life, but on mine as well.”

She continued to say, “I completed my certified nursing assistant (CNA) training in 2002 as a stepping stone to a career in the medical field. However, after my own experiences in the hospital - both as a patient and a CNA - I realized that nursing would better suit me. I thought I would be good at it, and I enrolled in the ADN program at Western Technical College the following semester.”

When asked why she chose WTC’s program, Sarah had this to say, “Completing my degree through Western Technical College was closer to home, less expensive and the schedule was flexible enough that it allowed me to work while attending school.”

According to Sarah, the financial aid from Mile Bluff Medical Center helped her as well. “The scholarship definitely helped me financially. I am grateful to have had the opportunity to apply for it, because every little bit helps.” She continued, “Balancing school, work and family activities can be somewhat of a roller coaster ride. It depends from day-to-day what I decide will be top priority. Some days it’s school, some days it’s family if they need me at home, and some days I have to go to

work. In the grand scheme of things, every little bit helps to ease that roller coaster of activity.”

Sarah has worked at Mile Bluff Medical Center for the past four years on the night shift in the Acute Care Department, and she plans to take the registered nurse exam upon graduation. After completing her degree requirements, Sarah says her ideal position would be in the Medical/Pediatrics Department at Mile Bluff.

To anyone who is considering a career in nursing, Sarah has some words of advice, “I would recommend a two-year program; everything is so much more hands-on, and for me that was so much better. The clinicals took the concepts we learned from the textbooks, and made them concrete. I knew what I was doing, how to do it, and why I was doing it that way.”

The entire staff at Mile Bluff Medical Center would like to congratulate both Sarah Sorenson and Adrienne Baumgart. Your co-workers can’t wait to see where your healthcare careers will take you!

*Congratulations*

## MBMC is a nice fit for Dr. Lee Dresang

by Amanda Emery



Dr. Lee Dresang

In July, UW Health family practice physician Lee Dresang joined the team at Mile Bluff Medical Center. He has been seeing patients in Mauston for six months, and has nothing but good things to say about his practice. "It's going great. I think it's wonderful that I have had the opportunity to start developing some continuity with my patients. Some of them are returning for follow-up visits, and this is nice because I can get to know them better - both personally and in terms of their medical needs."

He said that one of the main factors in his decision to practice at Mile Bluff was the strong affiliation the medical center has with UW Health, "The relationship between Mile Bluff and the University of Wisconsin ties into the support I get, because I primarily practice at the UW. I think it is great that there are so many specialists from Madison coming to Mauston to do consults with patients."

The existing medical staff was another positive influence on his decision to practice at Mile Bluff. "While I was a student, I spent eight weeks in Mauston working with Dr. Radant, and have always wanted the opportunity to work with him again. In addition, I know Drs. Dan and Jane Kattenbraker and Dr. Sabey well, from when I was faculty and they were residents in Milwaukee." He continued, "I believe the entire staff at the medical center is very competent, knowledgeable and friendly."

According to Dr. Dresang, he appreciates the up-to-date technology and equipment available at Mile Bluff as well. "The technology and diagnostic equipment I have available to me in Mauston is comparable to what I have access to in Madison. By having this type of technology readily available, it gives me the opportunity to provide top-quality healthcare to my patients, and ultimately makes my job as a physician easier."

As he explains what led him to a career in the medical field, it is easy to see why this soft-spoken man is so fond of his job. "I find healthcare a very rewarding profession. I get to spend each day talking with people in order to help them. That's the best part about what I do, the people. I enjoy working with other medical

staff members, hospital employees and my patients. The only down side is that I wish there were more hours in the day."

His people-centered skills will come in handy as the family practice field continues to evolve. When asked what some of the major changes he has seen in family medicine over the years, Dr. Dresang had this to say: "The field is moving toward more evidence-based medicine. That is, looking at practices that have been formed for years, and changing them to what makes more sense for patient care. The field is starting to look at the research behind methods, while at the same time focusing on relationships we as physicians must build with our patients to positively influence their outcomes."

Doctor Dresang currently sees patients every Monday at Mile Bluff Clinic in Mauston. He practices a full spectrum of family medicine, including obstetrics, and has special training in maternal child health. In 2006, he moved from Milwaukee to Madison to become the statewide Maternity Care Coordinator for the University of Wisconsin Department of Family Medicine. Doctor Dresang is the chair of the national advisory board for Assisting Life Support in Obstetrics, as well.

In his free time, this Madison-native likes to spend quality family time with his wife, Kari, and their two children, Maya (8) and Aidan (6). He says, "Both of my kids are involved in swimming, so we do that often. We also like to play soccer and do pottery work."

If you are interested in making an appointment with Dr. Lee Dresang, please call Mile Bluff Clinic at 608-847-5000.

4<sup>th</sup> Annual  
**Healthy Family Fun Run-Walk**  
Saturday, May 8

Free half-mile run/walk for kids at 9:30 am | 5k race begins at 10 am



**Promoting Healthy Families!**

- Children in strollers and dogs are welcome!
- Win great prizes
- Fun for all ages
- Every fitness level welcome
- Fruit & water provided

The event begins and ends at Mile Bluff - Delton Family Medical Center, located across the parking lot from the Lake Delton Wal-Mart.

Fill out the entry form below and mail it to the address indicated, or call 608-254-5888. Visit [www.milebluff.com](http://www.milebluff.com) for additional forms.

\$10 entry fee before May 1st includes t-shirt  
\$15 fee May 1st to 8th (shirts as available)



**MileBluff**  
DELTON FAMILY MEDICAL CENTER

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**2010 Healthy Family Fun Run/Walk Entry Form**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

T-shirt size (5k participants only): S M L XL (Circle one) Phone: \_\_\_\_\_

I assume (parent or guardian for participants under age 18) all risk associated with participation of running or walking in this event I hereby hold harmless the race officials, Mile Bluff - Delton Family Medical Center and Mile Bluff Medical Center from liability incurred to me while participating in the 5k run/walk. I also grant permission for Mile Bluff to use my pictures or videotape for any purpose. I have read the above waiver and certify my agreement by signature.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail completed form to Mile Bluff - Delton Family Medical Center | 28 Commerce Street | Wisconsin Dells, WI 53965

## Successful solutions for ADD, ADHD

by Kathy Behnke

Attention Deficit Disorder (ADD) and Attention Deficit Hyperactive Disorder (ADHD) are diagnoses that often leave parents with many questions.

How is the diagnosis made?

What can be done to treat these disorders?

Should my child be taking medication?

Where can I go for support?

The first step to finding a successful solution to your situation is to become educated. Mile Bluff is now offering a three-week workshop to help you find the answers to these questions, and more.

Join Mile Bluff's marriage and family therapist, Paul Gasser, as he confronts the issues head on. Sessions will be held March 1, 8 and 15 from 6:30 to 8 pm, and will provide you with information that will help both you and your child. For only \$20, you will gain a better

understanding of the disorders, and feel immediately more in control of your situation.

Whether your child's disorder manifests through engaging in simple arguments, to continually refusing to follow the rules, this program will help you find the solutions that are right for you. Call 608-847-1838 for details, and to reserve your spot.

### Participants will learn

- How the diagnoses of ADD and ADHD are made
- Treatment options
- Strategies to improve academic behavior
- To encourage organizational skills
- How to avoid parental 'brain drain'
- Techniques for teaching accountability, character, responsibility and self-discipline
- To avoid power struggles and defiance
- The role of medication, when necessary

## Owen Medd visits Mile Bluff to discuss the myths, realities about taking insulin

by Kathy Behnke

Mile Bluff hosted a special event November 18 that included a diabetes health fair and a presentation about insulin. The speaker for the evening was Owen Medd, and he came to talk about the realities and myths of insulin.

To introduce himself, Owen stated, "I am not a doctor, or a nurse, or a diabetes educator, I am here because I want to share my story in hope that I can help you to learn to control your blood sugar, and reduce your risk for complications."

In getting started, Owen encouraged audience members to take an active role in their diabetes care. He discussed the importance of knowing blood sugar levels, as well as A1C levels (three-month average blood sugar). Owen went on to say, "Exercise, diet and medications can help you reach your blood sugar goals, and you have to have a good balance between all of these things."

He continued, "If blood sugars remain at elevated levels for a long period of time, complications such as blindness, amputations and other organ damage can occur; it is up to you to reduce your risk for complications. If you lower your A1C by one percent, you can decrease your risk of complications by 37 percent!"

Owen went on to say that taking insulin was one of the most difficult decisions he ever had to make. He stated, "I am not here to talk you into taking insulin; that is a decision for you and your healthcare provider to make. I am here, however, to remove the doubts and fears you have about insulin by sharing my story."

As Owen continued, he explained to the audience (as he showed a picture) what finally helped him decide to take strides in controlling his blood sugar with insulin, "My grandkids are my motivation. I had to be active for them, and seeing my A1C go down with the help of insulin has given me confidence. I wish I had started insulin sooner. It didn't interfere with my life like I thought it would, in fact, it helped me become more active!" He also went on to explain that the injections are not painful like he thought they would be, and that he learned that taking insulin didn't mean he was a failure.

The evening concluded with a short video, "Understanding Insulin," and discussion, followed by a question and answer session.

Mile Bluff offers a number of educational opportunities like this throughout the year. For more information on the diabetes education program in Mauston, see page 6 or call 608-847-1845.



A1C Champion, Owen Medd, shows a picture of his grandchildren as he explains what helped him decide to take his doctor's advice and finally begin using insulin to keep his diabetes better controlled.

### Attend blood drive at Mile Bluff March 16

You may not see their faces, but when you donate blood at Mile Bluff, the people you help in your community are very real. Please join us March 16 from 9 am to 2 pm for a blood drive hosted by the Blood Center of Wisconsin - the only provider of blood to Mile Bluff.

Walk-ins are welcome, but registration is encouraged. For information and to register, call the Blood Center at 1-888-310-7555. You can also visit the hospital and sign up in the dining room the weeks prior to the drive.

Plan to attend, and bring a friend. Help save the lives of up to three people in your community!

#### Requirements for donating blood:

- \* Must be 17 years or older
- \* Must weigh at least 110 pounds
- \* Should be free of any cold, flu, or allergy symptoms
- \* Must never have had hepatitis
- \* Should not have any risk factors associated with HIV or AIDS
- \* Know the names and doses of all of your medications

#### Tips to remember:

- \* Bring along a photo ID.
- \* Drink plenty of fluids and eat a nutritious meal prior to and following your donation.
- \* Avoid strenuous activity for a day after donating.



## Are you looking for a great place to work?

Applications available at [milebluff.com](http://milebluff.com) or by calling 608-847-6161 x4355

*Mile Bluff Medical Center is an equal opportunity employer*

#### Vice President / Chief Nursing Officer

Full-time position available. Must be a registered nurse, master's degree is preferred. Experience in progressive nursing management or as an executive is required, as well as strong interpersonal skills and communication. Benefits are available.

#### Registered Nurse

Full-time position in OB/Surg for both day and PM shifts. Benefits are available.

#### Nurse Supervisor

Full-time position at the Delton Family Medical Center. Will supervise and coordinate staffing and scheduling. Must possess effective organization and communication skills. Two years of clinic experience and RN licensure required. Benefits are available.

#### Audiologist

Full-time position available with benefits. Master's degree required with a minimum of one year of experience preferred.

#### Certified Nursing Assistants:

- Part-time positions at Crest View.
- Part-time positions at Fair View.
- Part-time positions in Med/Peds for the night shift.

#### Radiologic Technologist

Part-time position available. Must be ARRT certified or registry eligible.

**Benefit package** includes, but is not limited to: paid sick, vacation, holidays, 401(k) retirement plan as well as participation in our group health and dental insurance plan.

**If interested** in any of the positions, application forms may be obtained at the front desk of Mile Bluff Medical Center, by calling the number above, or at [milebluff.com](http://milebluff.com).

***Join our team!***

**Forward applications to:**  
Sue Wafle, Human Resources  
Mile Bluff Medical Center  
1050 Division Street  
Mauston, WI 53948

# Winter Walking Hours

*For school days only*

<b>Mauston High School</b>	6:30-7:30 am
<b>Olson Middle School</b>	6:30-7:30 am & 4-6 pm
<i>Enter at west parking lot, office doors, main entrance</i>	
<i>For pool programs, times and information, contact Tiara Delapp at 608-847-6603 x3305 or visit <a href="http://www.maustonschools.org">www.maustonschools.org</a> and click on the pool link.</i>	
<b>West Side Elementary School</b>	4-7:30 pm
<b>New Lisbon Schools</b>	6-7:30 am & 4-6 pm
<i>Use multi-purpose room entrance</i>	
<b>Necedah Schools</b>	6-7:30 am & 6:30-8:30 pm
<i>Use the main entrance at the front of the school</i>	
<b>Wonewoc-Center School</b>	7-8 am & 4-6 pm
<i>Use entrance by flag pole</i>	
<b>Wisconsin Dells High School</b>	6:15-7:30 am & 4-6 pm
<b>Royall High School</b>	7-8 am & 3:30-4:30 pm
<i>Enter at front door, walk in the gym</i>	
<b>Royall Middle School</b>	3:30-6 pm
<b>Adams-Friendship High School</b>	5:30-7:30 am (T-F)
<i>Enter at front door</i>	
<i>4-8 pm (M-F)</i>	

**Call 608-847-1845 for more information.**



## Grief support available at Mile Bluff

*by Kathy Behnke*

Do you feel lonely or depressed?  
Do you suffer with feelings of guilt?

Have you recently experienced the death of a loved one and are having a hard time dealing with the loss?

If these struggles sound familiar, there is help available to you through Mile Bluff's grief support group.

This program offers grieving people a support network to help them through the hard times. The group offers support services to families and individuals who are coping with the death of a loved one. There are specific educational topics that are addressed at each meeting. These topics include: guilt, loneliness, decision making, dealing with death, gender issues, and how to handle holidays. There will also be time to address individual grief issues.

Meetings are held at Mile Bluff Medical Center every other Thurs-

day at 7 pm from March 4 through May 27. If you would like more information on the group, please call 608-847-1285.

The grief support leader is Reverend Jeffrey D. Fairchild. He has hundreds of hours of experience in counseling and crisis intervention as the Director of Pastoral Care at Mile Bluff Medical Center. He holds a master of pastoral counseling degree from Olivet Nazarene University and is a member of the American Association of Pastoral Counselors. In his studies he had special emphasis on counseling those who are dealing with grief issues, as well as those who are depressed or dealing with marriage or family issues.

Let Mile Bluff help you put the pieces back together as you sort through your issues of grief.



Doctor Kim Sabey (right) makes a donation to the Kids' Ranch on behalf of the Delton Family Medical Center. She is pictured with volunteers from the Kids' Ranch (from left to right): Lois Neis – has been a tutor for two years, Pat Wilde – has been a tutor for 10 years, and Bill Wilde – has been an all-purpose volunteer for 10 years.

## Delton Family Medical Center donates

*by Kathy Behnke*

Doctor Kim Sabey recently participated in an event to help raise money for the Muscular Dystrophy Association (MDA). The doctor was put behind bars at the MDA Lock-up in November. She was one of 89 participants, who together raised over \$11,000 for the MDA. The funds went toward providing assistance with wheelchair repairs, communication devices, and support groups to the over 400 families the MDA serves in Southwestern Wisconsin. Some of the money raised also went to helping send children to MDA Summer Camp for an entire week - at no cost to their families!

Mile Bluff - Delton Family Medical Center has also hosted a run/walk in the spring for the past three years. The focus of the day has always been to get families out doing something fun together that benefits their health. Last year's event went beyond doing good for only those who participated,

it also made a \$500 donation to the Kids' Ranch in Baraboo.

The Kids' Ranch is an organization that prides itself on making a lasting difference in the lives of children age six to ten. The program focuses on literacy, and each child works one-on-one with a trained tutor twice a week throughout the school year. During the process, participants develop self-esteem and respect for others and the environment, while learning the values of compassion and non-violence.

Mile Bluff - Delton Family Medical Center is pleased to have been able to make a difference in the lives of area children through its donation to the Kids' Ranch. If you would like to learn more about the medical center, call 608-254-5888 or visit [www.milebluff.com](http://www.milebluff.com). If you would like to refer a child, become a volunteer, make a donation or just get more information on the Kids' Ranch, call 608-522-KIDS or 608-393-1037, or visit [www.thekidsranch.org](http://www.thekidsranch.org).



In November, five generations were gathered together at Mile Bluff in celebration of the birth of Bella Joyce Thiel. Pictured with Bella are, Lydia Quinnell, Patricia Miller, Terri Thompson and Heather Thompson.

## Quotes & Quips

Believe that problems do have answers, that they can be overcome, and that we can solve them.

~ Norman Vincent Peale

The big rewards come to those who travel the second, undemanded mile.

~ Bruce Barton

Ask yourself: "How am I going to live today in order to create the tomorrow I'm committed to?"

~ Tony Robbins

Great opportunities to help others seldom come, but small ones surround us every day.

~ Sally Koch

The difference between try and triumph is a little umph.

~ Zig Ziglar

We all live under the same sky, but we don't all have the same horizon.

~ Konrad Adenauer

One of the great lessons in life is to know that even fools are right sometimes.

~ Winston Churchill

We are often so caught up in our destination that we forget to appreciate the journey, especially the goodness of the people we meet along the way. Appreciation is a wonderful feeling. Don't overlook it.

~ Author unknown

People who fight fire with fire usually end up in the ashes.

~ Abigail Van Buren

Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.

~ Michael Jordan

Patient should be made to understand that people must take charge of their own lives.

Don't take your body to the doctor as if he were a repair shop.

~ Dr. Quentin Regestein

Remember, happiness doesn't depend on who you are or what you have. It depends solely on what you think.

~ Dale Carnegie

## Other bits & pieces of news from Mile Bluff Medical Center

Right: In November, Mile Bluff's Rehabilitation Department held an open house to help increase awareness about the variety of services it offers. Pictured here, physical therapist Dawn Hallwood demonstrates one of the department's newest pieces of technology to Dr. Timothy Hinton. The Biosway is used to help detect and correct balance disorders, a service very useful in helping senior citizens remain independent in their own homes.



Above: Mile Bluff participated in Mauston's Christmas parade in December, and won the 'Best Use of Theme' award. The theme was 'Olde World Christmas.'



Left: The eighth grade family and consumer education class in New Lisbon made care packages for those receiving chemotherapy at Mile Bluff Medical Center. Each of the baskets made was unique, and included items such as puzzles, candy, cards, stress balloons and hot and cold rice bags. The students also made a large poster that included inspirational messages written to encourage those undergoing care at Mile Bluff. The poster was 'signed' with each student's handprint.



In December, Mile Bluff welcomed oncologist Toby Campbell to its visiting specialty staff. He sees patients in Mauston twice a month and is looking forward to getting to know the community better. For more information on making an appointment with Dr. Campbell, call Mile Bluff's UW Specialty Clinic at 608-847-7355.

## MILE BLUFF TIMES

Published quarterly by the Public Relations Department of Mile Bluff Medical Center to inform the public of the events and the progression of its outreach medical centers, hospital, nursing homes, assisted living facility and retirement community.

**Contact us!** *We welcome your letters, e-mails and suggestions.*

**Kathy Behnke**  
[kbehnke@milebluff.com](mailto:kbehnke@milebluff.com)  
 reporter, photographer,  
 designer, editor

**Amanda Emery**  
[aemery@milebluff.com](mailto:aemery@milebluff.com)  
 reporter, photographer,  
 assistant editor

**Mile Bluff Medical Center**  
 Attn: PR Department  
 1050 Division Street  
 Mauston, WI 53948

**Phone (608) 847-2736 | FAX (608) 847-6017**

### Thank you!

We would like to thank everyone who submitted articles, helped out with the writing of any stories and helped with the publication in any other way...you know who you are!

**Mile Bluff Medical Center is a not-for-profit organization serving Juneau County and the surrounding communities.**

*Delivered to 45,000 homes in central Wisconsin.*



**February - May, 2010**

Check out [milebluff.com](http://milebluff.com) for additional information and updates!

# Health Calendar

## SPECIAL EVENTS

### FREE HEART MONTH EVENTS

Call 608-847-1845 for information and to register.

- Tuesday, February 16, 6 pm, Hatch Public Library  
"My story" - Kathleen Butler will share her personal story of surviving a heart attack.
- Wednesday, February 24, 5 pm at Mile Bluff  
"Preventing & Managing Heart Disease in 2010"  
Dr. Thomas Wallhaus from Wisconsin Heart & Vascular Institute will be the presenter.

### HEALTH FAIRS

**You must have an appointment!**

- FREE blood pressure screenings
- FREE blood sugar tests
- Cholesterol testing
- Total cholesterol (no fasting required) for \$10
- Lipid profile (12-hour fasting required) for \$20
- Risk factor appraisals
- Refreshments & door prizes

#### MILE BLUFF - NECEDAH FAMILY MEDICAL CENTER

Call 608-565-2000 for appointments.

- Thursdays, February 18 & May 20, 7-11 am

#### MILE BLUFF - DELTON FAMILY MEDICAL CENTER

Call 608-254-5888 for appointments.

- Thursday, March 18, 7-11 am

#### WONEWOC LEGION HALL

Call 608-847-1845 for appointments.

- Thursday, April 8, 7-11 am

#### MILE BLUFF MEDICAL CENTER

Call 608-847-1845 for appointments.

- Thursday, April 15, 7-11 am

#### MILE BLUFF - ELROY FAMILY MEDICAL CENTER

Call 608-462-8466 for appointments.

- Thursday, May 13, 7-11 am

### MILE BLUFF BLOOD DRIVES

- Tuesday, March 16 & Monday, April 19

For information and to register, call the Blood Center at 888-310-7555.

### FREE ENTERTAINMENT

- Monday, March 22, 2 pm at Terrace Heights  
Shari Sarazin will play the harp and sing.  
Call 608-847-2377 to RSVP - space is limited!

### ORGAN & TISSUE FAIR

- Thursday, April 29, 10 am - 2 pm at Mile Bluff  
Learn about organ and tissue donation.  
Call 608-847-1285 for more information.

### EARLY CHILDHOOD SCREENINGS

- Thursday, May 6 at Mile Bluff  
Free cognitive testing for children birth to 5 years of age, appointments are required  
Call 608-847-1414 for information and appointments.

### 4<sup>TH</sup> ANNUAL RUN/WALK

- Saturday, May 8, Delton Family Medical Center  
9:30 am kids' run/walk, 10 am 5k run/walk  
Call 608-254-5888 for information.

## PROGRAMS FOR PARENTS

Call 608-847-1013 to register.

### OB CLASSES

Five classes covering the topics of prepared childbirth, feeding your baby and after delivery. Classes are held from 7 to 9:15 pm.

- **Moundview Memorial Hospital**, Friendship, Mondays, starting March 1, April 12 & May 24
- **Mile Bluff - Necedah Family Medical Center** Tuesdays, starting March 2, April 13 & May 25
- **Mile Bluff Medical Center** Thursdays, starting March 4, April 15 & May 27

### HAND-IN-HAND PROGRAM

Education and support for parents during the first year of their babies' lives.

- Monday, March 8, 4:30 pm, Mile Bluff  
**Topic - Infant massage**
- Monday, April 12, 4:30 pm, Mile Bluff  
**Topic - Using sign: Infant communication**
- Monday, May 10, 4:30 pm, Mile Bluff  
**Topic - Summer safety: First-aid for children**

### OB DEPARTMENT TOUR

Groups meet in Mile Bluff Medical Center's lobby

- Thursdays, March 11 & April 22; 6:30 pm

## EDUCATIONAL PROGRAMS

### UNDERSTANDING DEPRESSION

For family & friends of those living with depression.

- Thursday, February 25, 7 pm at Mile Bluff  
Call 608-847-1285 for more information.

### SUCCESSFUL SOLUTIONS

A program for parents of children with ADD & ADHD

- Mondays, March 1, 8 & 15; 6:30 - 8 pm  
at Mile Bluff Medical Center; cost is \$20  
Call 608-847-1838 to sign up.

### SMART BALANCE

Weight management and nutrition classes.

- Tuesdays, March 2, 9, 16 & 23, April 6 & 20  
and May 4; 6 pm at Mile Bluff; cost is \$67.  
Call Monica at 608-847-1296 to register.

### DIABETES DAYS

Each event consists of two presentations and a health fair. Come for all or part of the time!

- Wednesday, March 10, 2-5 pm  
at the Delton Family Medical Center
- Wednesday, May 12, 6-9 pm at Mile Bluff

### CONQUER YOUR DEPRESSION

For individuals living with depression.

- Thursday, March 25, 7 pm  
Call 608-847-1285 for more information.

### SMOKING CESSATION CLASSES

- Wednesdays in May at Mile Bluff; cost is \$25  
Call 608-847-1845 for information.

## SUPPORT GROUPS

### AUTISM SUPPORT GROUP

- Tuesdays, February 16 & May 18; 7 pm  
at Mile Bluff Medical Center  
Call Jeff Fairchild at 608-847-1285 for information.

### GRIEF SUPPORT GROUP

- Held at 7 pm in Mile Bluff Medical Center  
every other Thursday from March 4 to May 27  
Call Jeff Fairchild at 608-847-1285 for information.

### FAMILY & FRIENDS CONNECTION

For family & friends of nursing home residents.

- Wednesday, March 10, 2-3 pm  
at Mile Bluff - Crest View Nursing Home  
**Topic: Organ and tissue donation**  
Call 608-562-7257 for information.
- Wednesday, May 12, 2-3 pm  
at Mile Bluff - Fair View Nursing Home  
**Topic: Planning for the future**  
Call 608-847-6161 x4422 for information.

### AA GROUP

- Groups are closed with no smoking, and meet at Mile Bluff Medical Center.
- Sundays at 6 pm and Mondays at 7:30 pm  
Call 608-847-6878 for information,  
or call the AA Hotline at 608-222-8989.

### AL-ANON GROUP

- Mondays, 7:30 pm at Mile Bluff Medical Center  
For information, call 608-562-5611.

### GAMBLING ANONYMOUS GROUP

- Wednesdays, 7 pm at Mile Bluff Medical Center  
Call Arlene at 608-847-6893 for information.

### PARKINSON'S GROUP

- Every third Thursday of the month, 10 am - noon  
at the Hatch Public Library in Mauston  
Call Arlene at 608-847-6893 for information.

### NARCOTICS ANONYMOUS GROUP

- Call Dennis at 608-562-6223 or 608-547-2533 if interested in group meetings or NA resources.

## BLOOD PRESSURE SCREENINGS

#### Mile Bluff - Necedah Family Medical Center

- Wednesdays, February 24, March 24, April 28, May 26; 9 - 11 am

#### Mile Bluff - Delton Family Medical Center

- Tuesdays, March 2, April 6, May 4; 10 am - noon

#### Bank of Mauston, Highway 82 in Mauston

- Wednesday, March 3; Thursday, April 1;  
Monday, May 3; 1 - 3 pm

#### Mile Bluff - Elroy Family Medical Center

- Wednesday, March 3; Friday, April 2;  
Monday, May 3; 1 - 3 pm

#### Bank of Mauston, Lyndon Station

- Fridays, March 5, April 2, May 7;  
8:30 - 10:30 am





# Healthcare evolving for life

For generations, area families have trusted their care to Mile Bluff Medical Center - from birth to adolescence and on through adulthood. It's because we see the big picture. Mile Bluff Medical Center continually strives to bring sophisticated medical services, expert healthcare providers, and the latest technologies locally to keep your care right here during times of illness, injury, and even wellness. No matter the stage or phase, Mile Bluff Medical Center takes great pride in providing you and your family with *healthcare evolving for life*.

***24-hour emergency care / urgent care evenings & weekends***

- Birthing center
- Surgical services
- Medical imaging (*X-ray*)
- Podiatry (*foot*)
- Acute care (*hospital*)
- Home health
- Laboratory
- Gynecology (*women's health*)
- Physical therapy
- Dialysis
- Long-term care (*nursing homes*)
- Support groups
- Audiology (*hearing*)
- Retirement apartments
- Nutrition services

1050 Division Street  
Mauston, Wisconsin  
[milebluff.com](http://milebluff.com)

**608.847.6161**



**800.252.4377** (*toll-free in Wisconsin*) | **608.847.6910** (*TTY for hearing impaired*)

Crest View Nursing Home | Crest View's Great Lakes CBRF (*assisted living*)  
Delton Family Medical Center | Elroy Family Medical Center  
Fair View Nursing Home | Hess Memorial Hospital  
Necedah Family Medical Center | Terrace Heights Retirement Community