

# A message from the president



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

There's no getting around it. Technology is everywhere and it's constantly advancing. As an organization dedicated to taking every opportunity to better serve you, Mile Bluff has chosen to continue to invest in the right facilities and technology as one of our long-range planning commitments. We have some major changes scheduled to take place at Mile Bluff that directly tie into that plan.

The Board of Directors recently approved the purchase of an upgrade that will link the information systems at Mile Bluff Medical Center, Mile Bluff Clinic, and all the outreach clinics. Through this upgrade, we will be able to provide you with even more effective and efficient care.

One of the biggest improvements this will have on your experiences with us is that your medical records will be electronic and will be available to your caregivers throughout the organization wherever and whenever you receive care. This is something the government is encouraging all medical centers to do, and we are ready to take this step to help us better serve you.

It will take some time, but when it is completely implemented, the use of the new information system will help physicians, nurses and other clinicians to orchestrate and deliver patient care in the safest, most effective and efficient manner. After all, your health and safety are our top priority.

Moving on, I'd like to say thank you to the Hess Memorial Hospital Auxiliary. Through their work at the thrift shop on Elm Street in Mauston, this amazing group of volunteers has recently presented Mile Bluff with the generous donation of \$10,000. The money will be used to help us purchase a new fetal monitor in the Obstetrics Department. This purchase is one more way we are working toward our goal of investing in the right technology to help improve the care we provide.

Another note of thanks goes to all Mile Bluff's employees. On a daily basis I get an up close and personal view of the dedication my co-workers put forth, and I am convinced that our community is served by the greatest group of people possible.

At the recent employee awards banquet it was even more evident as I was able to thank nineteen employees recognized for 20 years or more of service - four of whom have been at Mile Bluff for 35 years. I continue to be amazed by the level of compassion and care I see at Mile Bluff every day.

The final thank you I want to mention goes out to four wonderful people who have helped serve the community by being a part of Mile Bluff's Board of Directors, Loretta Baggord, Gloria Carr, Gordon Olson, and the late Ed Sabey. We are grateful for their years of service and appreciate the offerings of their time and talents over the years.

On that note, I also want to extend a warm welcome to two new faces on the Board, Chris Carter and Larry Willer. They both recently joined the Board and are already working hard to ensure that you continue to receive great care at Mile Bluff.

In closing, I want to wish you all a safe and healthy rest of the summer. At Mile Bluff, we know that there is no such thing as an illness with a schedule, so rest assured that when you need us, we'll be there. We have a doctor available in the emergency room 24 hours a day, and urgent care services are available evenings and weekends.

Enjoy the rest of your summer!

## Learn the keys to health, weight-loss

Don't let those "quick and easy, no-fail" diets fool you - get with a program that really works that will give you lasting results. Mile Bluff Medical Center will kick off a new 10-week *Smart balance: Health and nutrition for life* series Wednesday, September 5 at 5:30 pm.

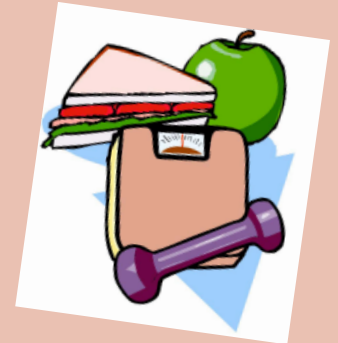
*Smart Balance* is a comprehensive weight management program led by registered dietitian, Teri Riley. The sessions offer practical tips on a wide variety of topics, and put an emphasis on balanced health and nutrition.

The small group setting offers individual guidance and support to help you achieve *your* personal health goals. It is a great way to learn to live life healthy, lose weight and keep it off!

For more information or to register for the upcoming series at Mile Bluff, call 608-847-6161 x630.

**Smart Balance sessions begin  
September 5 at 5:30 pm.**

**Call 608-847-6161 x630  
to register today!**



## Grief Support Group

*Thursdays at 7 p.m. at Hess Memorial Hospital*

**SEPTEMBER**

20

**OCTOBER**

11 & 25

**NOVEMBER**

8 & 29

**DECEMBER**

13 & 27



*This group offers support services to families and individuals who are coping with the death of a loved one. Individual grief issues as well as educational topics are covered by Reverend Fairchild who leads the group.*

### Topics of Discussion:

- guilt
- loneliness
- decision making
- depression
- anger
- dealing with death
- gender issues
- handling holidays
- individual issues will also be discussed

**Call 608-847-6161 x217 for information**