

A message from the president



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

design is contemporary with a strong, yet calming presence, just like Mile Bluff. It illustrates our commitment to serving you from the sun rise of life to its sun set as well.

Our new tagline (or slogan) is "Healthcare evolving for life." To understand just what this means, we can break it down. **Healthcare** is what we're all about. We're focused on serving the community and keeping you healthy. **Evolving** describes the progressive approach we have in continually bringing new technology to our area. **For life** signifies that we are here to improve your quality of life, and that we are available to serve people of all ages and in all stages of life - from prenatal to senior care. More than that, Mile Bluff has been a part of the community for over 100 years and is a trusted name in healthcare. Basically, "Healthcare evolving for life" says that we provide the latest in healthcare technology for the entire family for a lifetime!

We are very proud of the growth we've had at Mile Bluff and look forward to bringing more services to you in the future. The addition of an orthopedic surgeon, Dr. Riedle, to our staff this summer, is one more way Mile Bluff is striving to provide you with healthcare evolving for life. Watch for more information on Dr. Riedle and the other specialty staff surgeons in the August issue of the Mile Bluff Times.

As you probably noticed, this issue of the Mile Bluff Times has a different look to it. As an organization we are very proud of our history and our substantial growth over the years. In examining our previous logo, we realized that it was time for something new. The updated look doesn't change who we are or the services we provide, it simply helps us to convey an image that better tells our story.

We will continue to provide the same great care that Mile Bluff has come to be known for, and we'll stay focused on our number one priority, you, the people we serve.

The look of the logo was designed as a play off of the rivers and bluffs in our area. The look and feel of the



Staff members Jessica Barnish (front left) and Sue Fabian (front middle), along with Julia Larson and Connie Walsh, took some of Mile Bluff's cardiac rehabilitation patients to compete in the Hearts of Gold olympics held in Baraboo. This was the first year Mile Bluff attended the competition, and the plan is to return again next year. The participants had fun competing in games such as golf, swimming, biking, darts, badminton, a bean bag toss, and even a healthy recipe bake-off. They also had their knowledge of healthy lifestyle choices tested at the event.

Real people with real hope

by Cari Stewart

According to Priscilla Townsend, caregiver for stroke survivor Al Papini, the stroke support group meetings at Mile Bluff have been a great help to her and to Al. In an interview with Priscilla she stated, "From the support group...we have been able to know that there is a light at the end of the tunnel...there is hope."

Al and Priscilla are life-long friends. Al had a brain stem stroke in 1995 which left him totally disabled, lacking speech and mobility. Priscilla and Al have had a long journey together. Al's rehabilitation has been going well, his speech is good, and he can walk with the assistance of a cane or walker. With the support of the group they have been able to overcome many obstacles and come out with flying colors.

"A support group offers them (those with physical, mental or medical disorders) the ability to see that, no, I am not alone" stated Priscilla.

Al and Priscilla have been attending the support group for five years. They both have learned a great deal from each meeting and presentation. The group has had discussions about

Medicare, prescriptions, internet information, relaxation techniques, magazine information, and a multitude of very important subjects concerning day-to-day life as a caregiver, relative, and survivor.



Mile Bluff's Stroke Support Group has been a great help to Al Papini and Priscilla Townsend.

The Stroke Support Group would like to invite anyone that is affected by a stroke (survivor, family and caregivers) to join in on the hope. The group meets monthly, and the next meeting is Tuesday May 20 at 1:30 pm in Hess Memorial Hospital. Please call 608-847-6161 x4770 for more information.