

A message from the president



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

As the cold weather (hopefully) leaves us for a few months, it's the time of year we start increasing the amount of time we spend outdoors. Swimming, fishing, playing baseball and soccer, gardening, mowing, and of course golfing, are all activities that keep us busy during the summer months. I want to remind everyone about the importance of protecting their skin and eyes from harmful ultraviolet rays. Be sure to use sunscreen and wear hats and sunglasses this summer. Also, rest assured that the Urgent Care and Emergency departments at Mile Bluff are fully-equipped to handle any unforeseen accidents that might happen while you're outdoors. When you need us, we'll be there.

I'd like to start out by mentioning our outstanding mammography program in the Medical Imaging Department. Staff members are faced with an in-depth inspection each year, and they rise above expectations every time. Mammography is a vital tool in detecting breast cancer, and our staff undergoes extensive training and keeps up with rigid requirements in order to be able to continue to provide this test to you locally.

I would also like to take this opportunity to thank all of our volunteers. Each one of you is so very vital to the success of our organization and I am grateful for every person, group - and dog - that so freely shares time, talents and treasures with

staff, patients and residents here at Mile Bluff. There is no way to measure our gratitude. As the theme of this year's volunteer award banquet so rightly said it, "Volunteers are a priceless treasure."

The third group I'd like to recognize is Mile Bluff's Organ and Tissue Procurement Team. Thank you for all of your hard work and dedication this past year. This group of individuals helps take situations that are less-than-ideal and turn them into little miracles as their efforts help give life to hundreds of people each year. This year the team was recognized for a second year in a row, and they definitely deserve the award they were given. I encourage any of you that are interested in learning more about organ and tissue donation to attend the organ and tissue fair to be held at Hess Memorial Hospital Friday, May 18. See page 10 for details, or call 608-847-6161 x217.

As I've mentioned in previous columns, Mile Bluff's top priority is to provide you with a safe environment in which to receive the highest quality of care available. As Mile Bluff looks to the future we will continue to keep this as our main focus while still broadening our scope of services. We look forward to exceeding your expectations every time you enter one of our facilities.

I recently celebrated my birthday and it reminded me that as we reach each new milestone, we have hope for what lies ahead. This is also true in healthcare. As we learn from where we've been, Mile Bluff is always looking forward and celebrating the hope we have in the future. We are excited about all of the possibilities that are right around the corner: better ways to serve you, more services to offer you, and continuing to exceed your expectations. Yes, times do change, but our commitment to providing high quality and safe care will remain at the top of our priority list.

We are working on a number of new projects, and hope to share details with you on some of those projects in the next few months. My hope is that as we move into the future, your loyalty to us remains as strong as the commitment we have to serving you. Enjoy your summer!

Health Screenings

at the Juneau County Fair

Friday, August 17, 4-9 pm

Saturday, August 18, 12-5 pm



Free blood pressure screenings
Free blood sugar screenings
\$10 cholesterol testing

(no fasting necessary)

Sponsored by:

Mile Bluff Medical Center - Mauston

608-847-6161 - www.milebluff.com

Autism support group to meet May 22

Autism is a complex developmental disability that typically appears during the first three years of life. It is the result of a neurological disorder that affects the normal functioning of the brain, impacting development in the areas of social interaction and communication skills.

Both children and adults with autism typically show difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities. Autism affects each individual differently and at varying degrees.

It is estimated that nearly one in 150 children in America today have an autism spectrum disorder, and that about 1.5 million Americans and their families are affected.

Autism knows no racial, ethnic, social boundaries, family income, lifestyle, or educational levels and can affect any family, and any child. Al-

though the overall incidence of autism is consistent around the globe, it is four times more prevalent in boys than in girls.

Mile Bluff Medical Center recognizes that the demands of raising a child with autism are great. Families frequently experience high levels of stress, so recognizing and preparing for challenges that are in store will make a tremendous difference to all involved: parents, siblings, grandparents, extended family, and friends.

To meet the needs of this growing segment of the population, Mile Bluff has formed an autism support group, and the first meeting will take place Tuesday, May 22 at 7 p.m. in Hess Memorial Hospital.

If you are looking for local resources to help your family cope with the daily stresses of autism, attend the autism support group. For more information, call 847-6161 x 217.