



Mile Bluff Times

Delivering local healthcare news to your home!

Mauston, Wisconsin | milebluff.com | November, 2009

Attend special American Diabetes Month event at Mile Bluff

November is American Diabetes Month, and Mile Bluff Medical Center in Mauston is presenting a special event on Wednesday, November 18. A free health fair and educational session are being offered to anyone interested in learning more about diabetes.

The health fair will run from 2 to 6:30 pm. It includes nutrition, exercise and foot care booths, diabetes supplies and products, as well as door prizes and refreshments. A presentation, "Understanding Insulin: Myths & Realities" will be presented by Owen Medd beginning at 6:30 pm, and registration is preferred.

Owen is a member of the sanofi-aventis A1C Champions® program, which takes a patient-led approach to diabetes education. He is a 'real' person with diabetes, and through his formal training and personal experiences with the disease, knows all about the challenges of managing it, and understands the fear and uncertainty about taking insulin. Owen stated, "I thought taking insulin meant that I had failed at controlling my diabetes, but adding insulin was an important step that has helped me control my blood sugar."

Owen will discuss:

- Why using insulin is not a sign of failure
- The concerns he had about starting insulin
- Misconceptions about insulin

If you are someone who recently started taking insulin and aren't sure it's right for you, or a person who has refused to begin insulin even though your healthcare provider tells you it will help you control your blood sugar, or even if you are someone who merely wants to know more about insulin, this presentation will be of great value to you.

Come to Mile Bluff Medical Center Wednesday, November 18 for the diabetes health fair, and stay to hear about the myths and realities of insulin from Owen Medd at 6:30 pm. If you would like more information about the program or want to reserve your spot for the presentation, call 608-847-1845 today.



"I thought taking insulin meant that I had failed at controlling my diabetes, but adding insulin was an important step that has helped me control my blood sugar."

~ Owen Medd

Understanding Insulin: Myths & Realities

with A1C Champion - Owen Medd

The A1C Champions are people who share diabetes self-management and lifestyle strategies based on extensive training and their own personal experiences with diabetes.

Champion Owen stated, "I thought taking insulin meant that I had failed at controlling my diabetes, but adding insulin was an important step that has helped me control my blood sugar!"



WEDNESDAY, NOVEMBER 18

at Mile Bluff Medical Center

Diabetes health fair, 2 - 6:30 pm

- Nutrition, exercise and foot care booths
- Diabetes supplies and products
- Door prizes and refreshments

A1C Champions presentation, 6:30 pm

Call 608-847-1845 for more information, and to register for the presentation!



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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, M.D.

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

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.

Haywood Gilliam, M.D.

E. Wayne Grogan, M.D.

Paul Hinderaker, M.D.

David Lewis, 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.

Kerry White, M.D.

ONCOLOGY (cancer)

Call 608-847-7355

Kyle Holen, 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

William Brauer, M.D.

Margaret Fagerholm, M.D.

Krishna Pillai, 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. Bruskwitz, M.D.

Sean Hedicen, M.D.

Sarah McAchran, M.D.

Mile Bluff's visiting specialty healthcare providers



Stability, longevity of medical staff illustrate organization excellence

by Amanda Emery

Did you know that Mile Bluff Medical Center has three general surgeons, two podiatrists, an orthopedic surgeon and three gynecologists on staff, and that they can all perform procedures right in Mauston?

Are you aware of the fact that there are nearly thirty primary care providers - most of whom are accepting new patients at this time - waiting to serve you and your loved ones?

Timothy Bjelland, DO, would like people in Mauston and the surrounding area to know, "We have an excellent medical staff at Mile Bluff. We have links with trauma centers. We have close to 50 visiting specialists, and have a good place in the community. We do this all in an effort to continue improving the care we provide to our patients."

It's no secret that Mile Bluff is not only a great place to receive healthcare, but an enjoyable place to work. Many individuals on the medical staff have been serving the community for over a decade, and a few have been with Mile Bluff for almost 30 years! When asked why they decided to establish their practices in the community, there was a common message in the responses: It is because of what Mile Bluff and the surrounding communities have to offer them.

"It was a rural practice, located close to my family, a family-based medical facility with a longevity of other providers; that showed job satisfaction." Brad Ingraham, PA-C

"Mauston was a good location to raise a family, and Mile Bluff is an excellent site to practice." Cathleen Murphy, APNP

"When first looking for a clinical practice, I chose Mile Bluff because of its location in a smaller city, the rural lifestyle it offered, as well as for the state-of-the-art care provided in its hospital for a city of its size. Over the past ten years [while seeing patients in Mauston], Mile Bluff Medical Center has continued to improve the quality of care available to our patients." Robert Buss, MD

"This is the area I grew up in, and I wanted to come back and help those who had helped me." Lisa Olson, PA-C

"My wife and I really liked the small-town setting that offered the family medicine. There were also teaching opportunities. I also enjoyed the independence that was available and the opportunities, such as those to sit on the board of directors of the Wisconsin Medical Society." David Hoffmann, MD

One of Mile Bluff's newest medical staff members, Katherine Leigh Hilsinger, MD agrees. She said, "I liked the people and wanted to move to a small town to raise my son."

The providers at Mile Bluff not only want to practice medicine, they are looking to build those long-standing, lasting relationships with their patients. Many of the practitioners are involved in community education projects because they not only work in the area, but they live in it, and many decide to raise their families in this rural Wisconsin environment. As a testament to that, among the medical providers, there are five husband-wife teams, and a number of the other medical staff members also have a spouse employed by Mile Bluff.

The medical center's practitioners care about their community and want to make it a better place for their patients, as well as the families they have established. As Ann Hoffmann, MD states, "I think people like coming to our facility because we are taking care of our friends and neighbors, and realize how much we all depend on each other and can contribute to each other's quality of life."

When asked why they decided to continue their practices at Mile Bluff facilities, many of the providers had two common responses: They appreciate building patient relationships, as well as having the ability to work with such a high quality of medical staff and advanced medical equipment.

"The staff is great. The PAs are a good support group for each other. The ability to work under so many physicians is nice as well; they are all willing to help me in anything I may run into." Todd Woodhouse, PA-C

"There is good support between staff members in all areas of the hospital." Charles Coffey, MD

"Mauston should be very proud of the high-quality care they can receive through the clinics and hospi-

tal. The medical care here rivals what you can receive at larger facilities in larger towns or cities. But the personal care you receive here is even better. I really like taking care of people here. They are not rushed through. We have access to top-notch diagnostic equipment, a superb operating room team, and a wonderful nursing and administrative staff. Administrators at the clinic and the hospital are committed to providing excellent, cost-effective and compassionate care to our community." Robert Riedle, MD

"I have continued my practice at Mile Bluff due to the tradition of the family practice provider being the patient's primary physician, and I feel I can truly do that here." Kim Sabey, DO

Mile Bluff's medical practitioners remain committed to providing patients with the excellent healthcare they have come to expect. Staff members are able to keep on top of the constantly changing practices of medicine through continual education, and are also able to provide healthcare evolving for life to the community through the use of state-of-the-art technology.

"It is amazing how many different services and specialties we offer for such a small town. We have a dialysis unit, and how many other rural facilities can say that?" Cathy Kidd, PA-C

"Mile Bluff's technology is comparable to that of a larger facility." Angie Olson, PA-C

"Our visiting specialists at the UW Specialty Clinic, and those from Wisconsin Heart & Vascular Institute and Gundersen Lutheran have helped Mile Bluff to continue providing its patients with a wide range of services." Tracie Schmidt, PA-C

"The knowledge of our medical staff and our associations with visiting specialists and their respective facilities have helped Mile Bluff stay on track with the constant advances in medicine." Dan Kattenbraker, MD

"We have always had the support of the community behind us in everything we have done. We have had financial support and great overall support, especially as we expanded our facilities and the communities we are able to serve." Anne Fenwick, PA-C

James Speichinger, MD sums everything up best when he says, "You can go elsewhere, but you will be hard pressed to get better care."

"You can go elsewhere, but you will be hard pressed to get better care."

See page two for a complete list of Mile Bluff's healthcare providers and the locations they can be seen (in Mauston if not otherwise stated). See pages 10 and 11 for a picture directory of Mile Bluff's entire medical staff. Refer to page 15 for an explanation of the providers' credentials, and for details on what some of the providers see patients for.

SMART BALANCE WEIGHT MANAGEMENT & NUTRITION PROGRAM

Classes begin in March.

Dates and times to be determined by participant interest.



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 health goals.

Registration is required - call 608-847-1296.

A message from the president



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

It seems like you can't turn on the television or radio without hearing it mentioned...no I'm not talking about the split of John and Kate (plus eight) or the death of Michael Jackson, I'm referring to H1N1. This virus is a concern for many in our country and our community.

Some every-day actions you can take to keep yourself - and those around you - healthy are as follows: cover your mouth with a tissue when you cough or sneeze; practice proper hand hygiene; avoid touching your eyes, nose and mouth; stay home if you get sick; follow public health advice; and stay informed. You can visit our website (www.milebluff.com) for links to the most current H1N1 news and recommendations.

Moving on, Mile Bluff is pleased to welcome another provider to our visiting specialist staff. Dr. Sarah McAchran is a urologist who is now seeing patients in the UW Specialty Clinic. Another new face you might see at Mile Bluff is Dr. Brian Van Hoozen. He was a classmate of our Dr. Bjelland and is a welcome addition to the emergency room staff.

He will be in Mauston two to three times a month, and will fit in with us very nicely.

In other staffing news, we are happy to announce that Dr. Logan has not only decided to stay in Wisconsin, but he will be transferring his practice to our Necedah Family Medical Center. We are pleased to keep this long-time physician on our staff.

The longevity of many of our healthcare providers is a source of pride for Mile Bluff. The fact that so many of our staff members invest their lives and practices into the community speaks volumes for the environment you will find at Mile Bluff. The stability of our staff is a testament to the excellence of our organization, and the desire for these highly-qualified providers to choose to be a part of it.

Before closing, I'd like to mention a few of the upcoming events we will be having. November is American Diabetes Month and Mile Bluff is offering screenings throughout the month, as well as a Diabetes Month event that will be held Wednesday, November 18. There will be a health fair from 2 to 6:30 pm that day, and a presentation about insulin at 6:30 pm. Be sure to attend.

One final item I'd like to touch upon is the upcoming Love Light ceremony that will be held in our lobby Sunday, November 29 at 6:30 pm. It is sponsored by Hospice Touch and is an annual event that honors the memory of those who have passed away. This event proves to be inspirational and healing for those who participate, and it helps many prepare for a holiday season without the loved ones they wish were still with us.

As winter approaches, I wish health and warmth for all of you. Enjoy the rest of your autumn!



Early childhood screenings held at MBMC

Pictured above, two-year-old Lily Belmonte intently watches a 'picture' of her ear at the recent childhood screening day held at Mile Bluff Medical Center in Mauston. During this free event, parents were able to have the communication and motor skills of their children - ages birth to five - tested by members of Mile Bluff's audiology (hearing), speech-pathology and physical therapy teams.

On this specific day, one-third of those screened were referred for one or more therapies. The event is held twice a year, and the next early childhood screening day will be held in the spring of 2010. Call 608-847-1414 for more information.

Free screenings offered to area farmers

Free health screenings for farmers are being held at Mile Bluff Medical Center in Mauston on Thursday, December 3. Appointments are available between 8 and 11 am, and from 1 to 3 pm.

Mile Bluff's Respiratory Therapy Department will be offering lung screenings. A basic breathing test will be available that measures the air volume and flow in the lungs. The readings obtained help to identify possible lung diseases that could be a result of environmental exposure in the workplace.

Mile Bluff's Audiology Department will be offering tests to help farmers be proactive in preserving their hearing. It is recommended that farmers have their hearing tested annually because of the noise levels they are exposed to on a regular basis, putting them at a higher risk for hearing loss.

As a part of the screening day, farmers can also receive cholesterol, blood sugar and blood pressure testing. There is no fasting or fee required for any of the tests, and the

full screening will take about 45 minutes.

Mile Bluff offers this program as an educational tool for local farmers. Participants receive information on staying healthy on the farm, and are screened to assess their current health. By teaching the skills necessary to prevent injury on the farm, the community is a safer, healthier place.

For information and to register for the screenings, call Mile Bluff at 608-847-1845.



Rehabilitation Department expands in Mauston, Lake Delton

by Amanda Emery

Mile Bluff is proud to announce the addition of two new faces in its Rehabilitation Department. Physical therapist, Mike Rawlings, sees patients at the Delton Family Medical Center. The staff in Mauston welcomes Megan Berendes, physical therapist assistant, as well.

Mike Rawlings (pictured below in ad)

The Oregon, Wisconsin native is a graduate of the University of Wisconsin - Madison where he earned degrees in East Asian studies and physical therapy. Mike has practiced physical therapy since 1996. Prior to joining the staff at the Delton Family Medical Center, he worked at a rural hospital and two different outpatient clinics in Madison.

Mike enjoys practicing physical therapy at the Lake Delton facility, and likes the diversity of patients that he sees in a rural outpatient setting. He says, "You get to meet and know a lot of interesting people. There's a large variety in terms of patients, and as a result, every day is different."

When asked why he wanted to go into the physical therapy field, Mike said, "I chose to become a physical therapist because I was look-

ing for a career that was challenging and rewarding. I knew that helping others would be gratifying, and I wanted to do something that involved a lot of personal interaction. After looking into several different fields, physical therapy sounded like exactly what I was searching for. Now that I've been working as a therapist for thirteen years, I'm sure that I made the right choice. It is as rewarding as I hoped it would be."

Mike currently is accepting patients for a variety of musculoskeletal issues, and is credentialed in the McKenzie Method, a safe and effective approach to assessing and treating spine-related problems. With the McKenzie Method, Mike is specially trained to evaluate spine disorders in order to develop and implement specific treatment and preventative programs. Most disc-related back pain and leg symptoms (sciatica) associated with the spine can be safely and effectively treated using the McKenzie Method.

If you would like to be seen by Mike Rawlings at Mile Bluff - Delton Family Medical Center, please call 608-847-2871. Mike currently sees patients Monday through Thursday, and now with extended hours in Lake Delton, he is available from 8 am to

6:30 pm! In addition, occupational therapy is still available by appointment in Lake Delton.

Megan Berendes

In September, Mile Bluff's Rehabilitation Department welcomed a new physical therapist assistant to its staff in Mauston, Megan Berendes. A physical therapist assistant differs somewhat from a physical therapist. When a person makes an initial visit to the Rehabilitation Department for physical therapy services, the patient is first evaluated by a physical therapist. After the course of treatment is decided, patients may see a physical therapist assistant - like Megan - for their prescribed activities. Then, prior to being discharged, a physical therapist steps in to re-evaluate the patient.

Mile Bluff is Megan's first professional job after college; however, she has some experience in treating patients. Megan explained, "As part of graduation requirements, I had to complete three rotations in physical therapy, one for three weeks, and two for six weeks." In May, Megan graduated from Western Technical College where she earned an associate's degree as a physical therapist assistant.



Megan Berendes, PTA

When asked why she made physical therapy her career choice, Megan had this to say, "I like to help people; but not from behind a desk. The best part about working in this field is seeing your patients get better; it's rewarding to see them come in and progress from their initial visit to their discharge date, knowing that you helped them achieve success."

Megan said that the Director of Rehabilitation Services, Marlene Rosenberg, had a big influence on her decision to take a position with Mile Bluff. "From the very beginning, even in the interview process, Marlene made me feel welcome. She took me on a tour and showed me around the facility, and I got to see the setup of the department and everything right away."

Now, thanks to Marlene, Megan sees patients for what she describes as "a little bit of everything" four days a week. If you would like to request an appointment with Megan, call the Rehabilitation Department in Mauston at 608-847-1422 today!

Please join Mile Bluff in welcoming both Megan and Mike to the rehabilitation team.

Physical Therapy?
YOU BET!

Across from
Wal-Mart

MileBluff
DELTON FAMILY MEDICAL CENTER

608-847-2871

Reasons to seek physical therapy at Mile Bluff - Delton Family Medical Center

- Back and neck pain (*disc, muscular and joint issues*)
- Limitations following an injury, surgery or stroke
- Arthritis and tendinitis
- Lymphedema (*swelling disorders*)
- Balance and gait issues
- Headaches
- Shoulder or arm issues
- Dizziness (*vestibular issues*)
- Knee, ankle or foot issues
- More!

**Appointments are available Monday through Thursday from 8 am to 6:30 pm.
Occupational therapists can also be seen by appointment. Call today!**



Latest advances in cataract surgery available at Mile Bluff Medical Center

by Larry Arnold

"I don't have to look for my glasses anymore!" That was the reaction of Elaine Rollins, Mauston, when she was asked for her opinion regarding the new cataract surgery technique being offered in Mauston by UW Health ophthalmologist Heather Potter, MD.

Doctor Potter recently performed cataract surgery for Elaine at Mile Bluff Medical Center. Instead of implanting a single-focus lens, the doctor used a multifocal lens that has several focal points. This can provide better vision, both near and far. Elaine is greatly pleased with the results, especially with the fact that she does not have to wear glasses anymore. Her vision is very important to her as she loves to read and uses the computer for her duties as treasurer of the town of Summit.

In describing the new technology, Dr. Potter said, "When I tell cataract patients about this new procedure, I hasten to point out that, although insurance companies will cover the cataract removal portion of the procedure, there are no insurance companies that pay the entire cost of the multifocal lens procedure. The patient is paying out of pocket to have this multifocal lens placed precisely."

According to the doctor, the multifocal lenses are challenging to place; they must be absolutely exact or the focus will not be correct. By contrast, when a single lens is used, it can be a tiny bit off and still provide a great improvement for the cataract patient.

Doctor Potter said she first learned about this new technique at a medical conference in San Diego in 2006. She also attended conferences in Madison and New York City, that were devoted entirely to this new procedure. "They taught us how to place these lenses, the importance of counseling the patient about what to expect from the multifocal lens technique, and how to deal with any complications that might arise if the lens is incorrectly placed, or if it should become misaligned," she said.

Doctor Potter estimated that about 25 percent of the ophthalmologists in Wisconsin offer this new surgery. "In Madison, it is probably 30 percent," she said.

When asked how many surgeries she has done using the multifocal lens, she answered: "Approximately one hundred. The main difference between the two techniques is the absolute precision required with the multifocal lens, so when using the single-focus lens technique I do ev-



Doctor Heather Potter (left) recently performed a multifocal lens procedure on Elaine Rollins. The surgery is a new cataract technique now being done in Mauston.

erything as precisely as though I were doing the multifocal lens technique. In this way, I get a lot of practice."

Not everyone is a candidate for the multifocal lens procedure, Dr. Potter pointed out. Patients who are not suited for the procedure include those with too much astigmatism, those with other eye disease, and those with an exceptionally perceptive personality.

"Approximately 94 percent of patients eliminate their need for glasses, and my success rate is near 100 percent, but I feel this is due to

my emphasis on screening," Dr. Potter said. I want to find ideal candidates who will successfully use these lenses."

In speaking of why she offers this procedure, the doctor said: "If I had cataracts, I would want multifocal lenses, so I feel my patients should be offered this choice." But she added, "the extra cost is significant, so I never want my patients to feel pressure to choose that lens."

Call Mauston's UW Specialty Clinic at 608-847-7355 for more information.

Attend the annual Love Light ceremony

Mauston and Adams-Friendship area residents can honor the memory of a family member or friend during a special holiday event. The annual Hospice Touch Love Light ceremony will be held at 6:30 pm, Sunday, November 29 at Mile Bluff Medical Center in Mauston. Participants will sit in the lobby as the Love Light tree is lit in the healing garden area of the hospital.

The program includes inspirational readings and songs, as well as the public reading of the names of those who have passed away. Area residents can have names of their loved ones added to the list by purchasing an individual Love Light for five dollars, or a string of lights for 25 dollars.

Purchase forms are available at Mile Bluff Medical Center's reception desk, and Phillips Pharmacy Mauston and Roche-a-Cri locations. Lights should be ordered at least a week in advance to ensure they are included in the Mauston ceremony.

Give a true gift of love with the purchase of a love light to remember a special friend, relative or loved one who is no longer with you. Additional information about the program can be obtained by calling the Hospice Touch office toll-free at 800-390-1416.



Dealing with autism? MBMC offers hope

Every day, 67 children are diagnosed with autism. One in 150 people are diagnosed with the disorder, making it more common than pediatric cancer, diabetes, and AIDS combined.

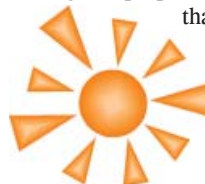
Autism is a spectrum disorder, meaning it manifests into many different forms. It impairs a person's ability to communicate and relate to others, and is also associated with rigid routines and repetitive behaviors such as obsessively arranging objects or following very specific routines. Children who are diagnosed with autism can have mild to severe symptoms and exhibit similar traits. However, every case is different. While one child may rarely speak and have difficulty learning how to read and write, another may be high-functioning and be able to attend mainstream school.

There can often be increased levels of stress in families that face the difficulties of raising a child with autism. The effects are not only felt by parents and the child living with autism, but 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 next meeting is scheduled for November 17 at 7 pm.

Attend the session and meet others who are dealing situations similar to yours. Take advantage of the group discussion about recognizing and preparing for challenges that may arise.

Call Jeff Fairchild at 608-847-1285 for more information.



New depression support for 2010

If you are dealing with depression, Mile Bluff Medical Center is offering two new programs that can help you. Whether you are an individual who is depressed, or you have a loved one who is, Mile Bluff can help.

For those who have loved ones with depression, you're invited to Mile Bluff February 25 at 7 pm to learn how to best support those in your life that are dealing with depression. Mile Bluff will then offer a seminar March 25 for those who are personally battling depression.

If you are dealing with depression, you are not alone. In fact, the majority of Americans are touched by depression in one way or another.

If you would like some assistance in learning to cope with depression, plan to attend one or both of these meetings, depending on your specific needs. For more information on the sessions, call 608-847-1285.

Urology specialist joins UWSC staff

Sarah McAchran joins Sean Hedicar and Reginald Bruskewitz as a visiting urology specialist at Mile Bluff. The doctors can be seen regarding bladder augmentation, circumcision, hematuria, hydroceles, incontinence, interstitial cystitis, neurogenic bladders and urinary urgency. To make an appointment with any of the urologists, call the UW Specialty Clinic at 608-847-7355, or talk to your primary care provider about getting a referral.



Sarah McAchran, MD

Terrace Heights: A wonderful place to call home

by Larry Arnold

"Our apartment is very nice, and we don't miss the lawn work or shoveling snow," stated Terrace Heights tenant Bob Schultz. His wife Jennie commented, "I love having a garbage disposal; we didn't have that back on the farm!"

Bob was a lifelong resident of Seven Mile Creek, near Mauston, and he and Jennie made their home on the family farm after they were married in September of 1945. They liked working together; they each milked 20 cows, and Jennie described herself as Bob's 'hired man.' She shared the daily chores, including some field work. In September, 2008 the couple made the move to Terrace Heights, and they thoroughly enjoy life at the retirement community.

They both agreed that the location near the hospital and clinic is very important to them, and was a big factor in their decision to move to Terrace Heights. Jennie said she especially appreciates the transportation that is available, using it to go to church and to go on shopping trips. Bob still has his car, but says he doesn't drive very much. Jennie stated, "I go on the bus on Mondays, Wednesdays and Fridays." She continued, "Cliff Barr is a good, careful driver. The entire staff is very pleasant and always helpful."

Many years before moving to Terrace Heights, Bob was stationed at Fort Devon in Massachusetts, where he was trained as an infantryman with the 45th Division - a National Guard unit from Oklahoma. He was with the 45th when they made landings in Sicily and at Salerno in Italy. Shortly after they broke through the German defenders on the beach, Bob was hit during a German artillery barrage, suffering a broken arm. He had been overseas for six months when he was wounded, and was evacuated to an Army hospital back in the states after being awarded the Purple Heart.

During their marriage Bob and Jennie raised two daughters, Carol and Barbara. Carol was born in 1948, and went on to work for a law firm in California. Barbara as born 12 years after Carol, and had great expectations for life. She attended college and studied Gaelic. When she was 21, she made plans to go to

Ireland for the summer; however, tragedy struck the family when Barbara was killed in a motorcycle accident.

Bob and Jennie have been through a lot together over the years, and still continue to be by each other's side through thick and thin.

They have enjoyed traveling the eastern United States and Canada together, and have held firm in their faith. They have been active members of St. Paul's Lutheran Church in Mauston, where they still never miss a Sunday worship service.



Bob and Jennie Schultz enjoy life at Terrace Heights, and especially appreciate the grounds maintenance and optional transportation during the snowy winter months.

If you are interested in enjoying the benefits of living at Terrace Heights like Bob and Jennie Schultz, call 608-847-2377 to set up a tour of the facility. Apartments are now available!

ESCAPE THE SNOW! Enjoy maintenance-free living at Terrace Heights Retirement Community

All the comforts of home without the hassles of the upkeep. RELAX...move to Terrace Heights Retirement Community!



- Building and grounds maintenance
- Transportation (optional)
- Security monitoring
- Modern apartments (fully-equipped)
- Emergency call systems
- Meals (optional)

The forecast calls for no more shoveling or driving on icy roads this winter if you move to Terrace Heights Retirement Community. Apartments are available for immediate occupancy!

Call 608-847-2377 for information or to set up a tour.

Mile Bluff Medical Center shines the spotlight on three volunteers

by Katie Mead, Amanda Emery
and Kathy Behnke

Fred Schweiger

For the last eight years, Fred has been volunteering at Mile Bluff - Crest View Nursing Home in New Lisbon. Every Wednesday, Fred can be found either playing cards and cribbage, or chatting with the residents of Crest View.

"I enjoy talking with the residents, and they enjoy having the company. I've learned a lot from them, especially about farming and their lives."

Fred isn't new to the world of volunteering. Before moving to New Lisbon he donated his time at the VA Hospital in Chicago. While working there, Fred developed a passion for volunteering.

**Fred Schweiger - Crest View
September Volunteer of the Month**



"At the VA, I was dealing with residents and patients that didn't want to be there," explains Fred. "Many of them were lost men who didn't have any family or friends. They were often bitter and depressed. Many times I would go into their rooms and at first they would tell me to get out and leave them alone. It was a challenge for me to build the confidence of these men so they could talk with me. I've gained a lot of friendships from doing this."

To Fred, Crest View is a top-notch nursing home. "The people, staff and facility are all so nice," stated Fred. "I told my wife this is where I want to go if I ever need to go into a nursing home." He continued, "When people retire they do things they enjoy and benefit from. I think

I find more enjoyment and benefits from the people here than they do from me."

Before moving to the New Lisbon area, Fred and his family lived in Northbrook, Illinois for 42 years. After being a youth hockey coach and a highway and transportation engineer, Fred and his wife decided to move up north.

"My wife and I love Wisconsin," explains Fred. "We've traveled to every corner of the state." Fred also has a daughter living in this area. Sue Fabian, Mile Bluff's Health Promotion Director, is one of six children in the Schweiger household.

When Fred isn't volunteering or spending time with his 14 grandchildren, he enjoys sailing, doing yard work, walking, biking and traveling.

Bea Zuelzke

Bea Zuelzke has been giving her time and talents at Mile Bluff facilities for the past 13 years. At the young age of 92, this retired secretary enjoys performing duties in the Materials Management Department. "I like volunteering in general," Bea says. "I feel useful to those who need it. I like to give my time and I think the people I work with at Mile Bluff are really great."

When asked why she decided to help out at Mile Bluff, she had this to say, "I started volunteering at Mile Bluff when Reverend Fairchild contacted me. I have given time in other hospitals so I didn't know where else to do it except here. The best part of doing this type of work at Mile Bluff is the people."

While at Mile Bluff, Bea does many things to aid the Materials Management Department employees. "I put labels on supplies that come in, make baby charts, get charts ready for when patients are admitted to the hospital, and any other tasks they need me to do."

Mile Bluff has over 100 individual volunteers, and year after year Bea continues to give more hours than anyone else. It comes as no surprise then that she has done it most of her life. "I started donating my time during World War II at a hospital in Milwaukee" where she served as a nurse's aide. She continued, "After that, I went to another hospital in Menomonee Falls. I also helped at a

**Bea Zuelzke - Mile Bluff
October Volunteer of the Month**



senior center in Germantown where we gave out commodities and groceries to underprivileged families. When I moved to Mauston, it was an easy transition to volunteer at Mile Bluff." Before helping in Materials Management at the medical center, Bea donated her time at Mile Bluff's Fair View Nursing Home and Terrace Heights Retirement Community as well.

Away from Mile Bluff, Bea likes to sing, dance, swim, bowl and ride her bicycle. However, she says she does not get to enjoy some of these activities as often as she used to.

Helen Radek

Her giving heart and humble attitude make it easy to see why Helen Radek of Mauston has been chosen as one of Mile Bluff's volunteers of the month.

After working at Pleasant Acres and Crest View nursing homes for nearly 20 years, and also doing some home care, Helen retired. She enjoyed having the opportunity to spend more time outdoors, but it didn't take long for her to realize that she wanted to get back out into the swing of things and continue to work with older adults.

Helen has been donating her time three days a week at Mile Bluff - Fair View Nursing Home since May, and can't say enough about how much she enjoys it. "I love spending time with the residents and putting a smile on their faces." She admits that sometimes she's a bit goofy, but knows that her spunk is exactly what many of the residents need to add a little joy to their days.

This ambitious and lively busy-body is constantly on the move. While at Fair View she says, "I'll help wherever they need me. I am all about teamwork and get along with all the staff members." Some of the ways Helen assists include: passing out water glasses, cleaning up lunch trays and water cups, taking used dishes to the kitchen, and visiting with residents.

Helen enjoys the time she spends at Fair View and thinks that Mile Bluff is an exceptional organization, "I have actually encouraged some of my friends to get involved and volunteer - either at the hospital or the nursing home - they both offer the opportunity to get out and make a difference in others' lives." One of her favorite quotes is from Jesse Jackson, and it sums up her philosophy for volunteering, "Never look down on anybody unless you're helping them up."

Some people have talents such as singing and writing poetry, but Helen is a shining example of the fact that you don't need a major 'talent' to be gifted. Her gift is most definitely making people happy - and in a nursing home setting, that is a priceless treasure.

Become a volunteer

There are many great opportunities available for people, such as Fred, Bea and Helen, to help others at Mile Bluff. If you would like to donate time at Fair View Nursing Home, call 608-847-1290. For opportunities at Mile Bluff Medical Center, call 608-847-1285. If interested in becoming a volunteer at Crest View Nursing Home, call 608-562-3667.

**Helen Radek - Fair View
November Volunteer of the Month**



Terrace Heights entertains community

by Amanda Emery
and Kathy Behnke

Simply JP

On Thursday, July 30 'Simply JP' provided an afternoon of musical entertainment for a full room of spectators at Terrace Heights Retirement Community in Mauston.



Simply JP

Shari Hanson, manager of Terrace Heights, introduced the special guest with these words, "I am as excited as you are to have JP here today. She has performed for us before with Harmony Express, but this is her first solo appearance at Terrace Heights."

The charismatic JP - who recently released a book about her music - sang a variety of songs, including numbers from Patsy Cline and Crystal Gayle. She had the Terrace Heights audience in mind when she made her musical selections for the event, "I picked songs I thought you would like, and I hope you do."

The performer was well-received by those who came to see her, and many sang along. It was an afternoon full of entertainment, and Terrace Heights tenants and their friends can't wait for JP's return.

Robb & Kathy Blanchette

Before heading south for the winter, recording artists Robb and Kathy Blanchette made a stop at Terrace Heights to share their music ministry with tenants and friends. As the concert began, the audience was encouraged to sing along as they enjoyed songs such as *Blessed Assurance*, *Victory in Jesus*, *Amazing Grace*, and *Abide With Me*. To introduce each number, the couple read a portion of the Bible each song was related to. As described by Kathy, "This is music with a message - life of hope in Jesus."

There was a lot of diversity throughout the afternoon as the musicians performed songs in the styles of worship, polka, reggae, country, a capella, blues, and even some acoustic. One thing, however, was consistent, "Each and every song is inspired by words found in Scripture."

The concert concluded with a blessing and the encouragement for everyone to "Take the music with you in your hearts and be refreshed." Some in attendance did more than that; they also took the music - in CD form - with them when they left.

As they stayed to meet and talk with the performers, many audience members expressed their appreciation for the concert, as well as their desire to have Robb and Kathy come back when they return to Wisconsin in the spring.

These are just some of the many community events that Terrace Heights hosts each year. For more information about upcoming events, or to tour the facility, please call Terrace Heights Retirement Community at 608-847-2377.

Mark your calendars for Shari Sarazin, November 17 at 2 pm!

Pictured right: Robb and Kathy Blanchette



Mile Bluff introduces gynecology specialist Katherine Leigh Hilsinger, MD

Now seeing patients at Mile Bluff Clinic and
Mile Bluff - Delton Family Medical Center



Dr. Hilsinger comes to our area from WomenCare Health Center in Oregon, where she was the medical director. She earned her medical degree from the Medical College of Ohio, and is a member of a number of prestigious medical groups. Dr. Hilsinger is a Board-certified physician, and a member of the American Academy of Cosmetic Gynecologists.

Now seeing patients for:

- Hysterectomy alternatives
- Abnormal PAP smears
- Hormonal issues
- Urinary incontinence
- Infertility issues
- Menopause
- Bleeding problems
- More!

Dr. Hilsinger performs gynecological surgeries as well, and hopes to offer laser liposuction, facial fillers and botox in the future!

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milebluff.com
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DELTON FAMILY MEDICAL CENTER
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Tenants and visitors of Terrace Heights Retirement Community in Mauston are enjoying these festive decorations. They were put up by tenant Vicki Emery's daughters - Sharon, Helen and Mary - and have helped get everyone in the mood for the fall season!

Mile Bluff Medical Center's diverse medical staff



Timothy Bjelland, DO
Family Medicine



Randy Brandt, PA-C
Family Medicine



Robert Buss, MD
Family Medicine



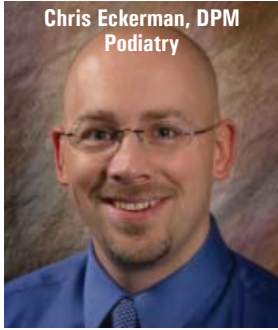
Charles Coffey, MD
Emergency Medicine



Cristina Custer, APNP
Family Medicine



Lee Dresang, MD
Family Medicine



Chris Eckerman, DPM
Podiatry



Dick Faust, PA-C
Family Medicine



Anne Fenwick, PA-C
Family Medicine



Susan Haack, MD
Gynecology



Eric Heaney, MD
Family, Internal & Geriatric
Medicine



Katherine Leigh Hilsinger, MD
Gynecology



Timothy Hinton, MD
Family Medicine



Ann Hoffmann, MD
Family & Geriatric Medicine



David Hoffmann, MD
Family & Geriatric Medicine



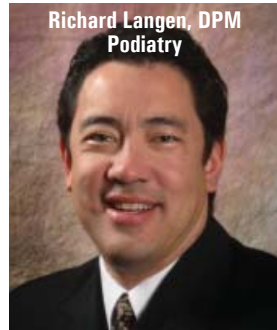
Brad Ingraham, PA-C
Family Medicine



Dan Kattenbraker, MD
Family Medicine



Cathy Kidd, PA-C
Family Medicine



Richard Langen, DPM
Podiatry



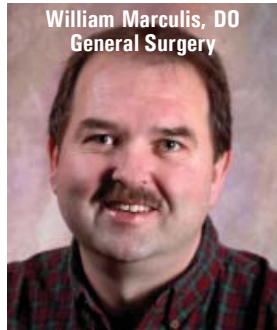
June Lewandowski, MD
Family Medicine



James Logan, MD
Family Medicine



Rodney Malinowski, MD
General Surgery



William Marculis, DO
General Surgery



Cathleen Murphy, APNP
Family Medicine



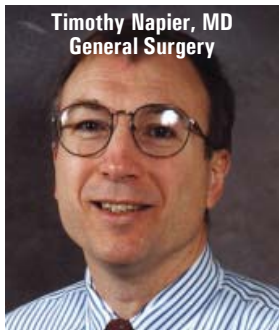
Moiya Murphy, DO
Family Medicine



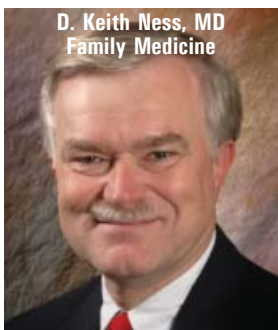
makes it easy to find the right fit for your family



Gloria Nachreiner, PA-C
Family Medicine



Timothy Napier, MD
General Surgery



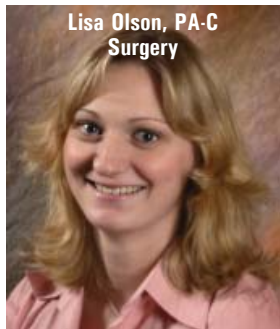
D. Keith Ness, MD
Family Medicine



Nancy Ness, MD
Family Medicine



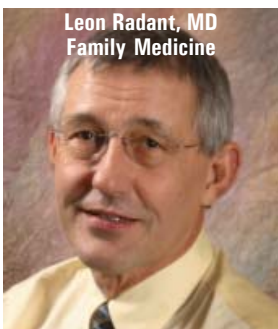
Angie Olson, PA-C
Urgent Care



Lisa Olson, PA-C
Surgery



Jane Peterson-Kattenbraker,
MD - Family Medicine



Leon Radant, MD
Family Medicine



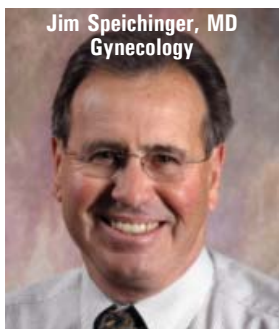
Robert Riedle, MD
Orthopedic Surgery



Kim Sabey, DO
Family Medicine



Tracie Schmidt, PA-C
Family Medicine



Jim Speichinger, MD
Gynecology



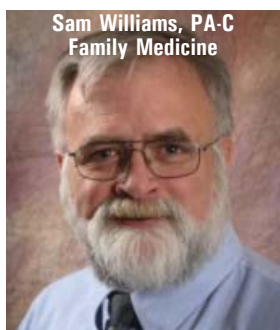
Carol Stodola, MD
Family Medicine



Jean Stransky, PA-C
Family Medicine



Brian Van Hoozen, MD
Emergency Medicine



Sam Williams, PA-C
Family Medicine



Todd Woodhouse, PA-C
Urgent Care

Please see page 2 for a listing of where these practitioners can be seen (in Mauston if not otherwise noted). Refer to page 3 for insight into why some of these providers have chosen to stay with Mile Bluff. For an explanation of what their credentials mean, and also what some of these providers see patients for, see the article on page 15. Most of Mile Bluff's family medicine providers are accepting new patients. Call to set up your appointments today!

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Lake Delton 608-254-5888
Mauston 608-847-5000
Necedah 608-565-2000
New Lisbon 608-562-3111

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- Palliative care
- Chemotherapy administration
- Symptom management
- Social services
- Dietary information
- Hospice referral



For information, call Rhonda Larson, RN

608-847-9877

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MBMC thanks Dibbert for years of service

by Amanda Emery

This past summer the congregation at Bethany Lutheran Church in Mauston said farewell to their pastor, Dan Dibbert, as he answered a call to serve at Grace Lutheran in Cambridge, Wisconsin. When he said good-bye to Mauston, he also left behind his position as a member of the board of directors at Mile Bluff Medical Center.

Pastor Dibbert said he enjoyed his work on the hospital board. "I thought the experience was challenging, informative and rewarding. I had a sense of helping the community on a larger level by having the ability to bring them top-quality healthcare."

During his seven years of serving on the board, Pastor Dibbert said he was able to be a part of some significant changes at Mile Bluff. One of the biggest events that occurred during his term was the hiring of a new chief executive officer (CEO). "I was able to serve on the committee that searched for a new CEO in the fall of 2005, and that was a very interesting process - to interview and make that kind of decision for the organization."

He continued to say that he will miss his duties at Mile Bluff. "I really enjoyed working with the other



Pastor Dan Dibbert

board members. It was refreshing to meet a group of people who had a heart to serve their community, and that kind of love to help others."

When asked what message he would like to leave the community with, he had this to say, "Mile Bluff Medical Center is a top-quality organization. A lot of dedicated people work there and are ready to serve you and your loved ones. I really enjoyed my time on the board because of the high standards Mile Bluff has set."

Pastor Dibbert will be missed by Mile Bluff Medical Center and the community as a whole, and the organization would like to take this opportunity to extend its heartfelt appreciation for his many years of service and leadership.

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9 a.m. - 4 p.m.

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- 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

McCulloch serves Mauston ENT patients

by Larry Arnold

Timothy McCulloch, MD - chairman of the Otolaryngology and Head and Neck Surgery Department at UW Health in Madison - sees patients at the UW Specialty Clinic in Mauston. He treats a variety of ailments, such as voice disorders, speech abnormalities, swallowing disorders, and tumors of the neck and larynx. The doctor also performs a number of surgeries, including: complex sinus surgery, trauma and reconstructive surgery (mostly head and neck related), as well as a smattering of general ear, nose and throat (ENT) ailments - mostly cancer-related of the head and neck.

Doctor McCulloch grew up between Lincoln, Nebraska, and Denver, Colorado. After graduating from high school in Lincoln, he attended Nebraska Wesleyan and graduated with a bachelor's degree. He then graduated from the University of Nebraska Medical School, completed his residency training in general surgery at the University of Washington in Seattle, and then spent six years of otolaryngology training at the University of Washington.

When asked what inspired him to pursue his specialty, he explained that his grandfather was a primary care physician, and his mother is an audiologist. His exposure to healthcare, as well as his contacts with



Timothy McCulloch, MD

the specialty physicians his mother worked with, influenced his interest in ENT practices at an early age.

Doctor McCulloch has been with UW Health for three years. Prior to that he was at the University of Washington in Seattle for five years, and at the University of Iowa for 11 years. He and his wife Michelle live in Madison. They have four children, and one on the way. He enjoys golf and other outdoor activities, as well as traveling, reading, and various social activities.

In describing his experiences in Mauston, the doctor commented, "The environment at Mile Bluff Medical Center is very positive. The clinic staff is extraordinarily competent, and the primary care physicians have the best interest of their patients at heart. They have wisdom to seek expertise for medical problems that need specialty care."

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Women's Night Out exceeds expectations second year in a row

Six hundred area women had the opportunity to *Live, Love, Laugh and Learn with Enthusiasm* for the second year in a row thanks to the hard work and dedication of the Women's Health Initiative of Juneau County - and the support of all the sponsors, exhibitors, donors, presenters, volunteers, caterers, musicians, and the Mauston High School.

Ladies who attended Juneau County's second annual Women's Night Out had the chance to catch up with friends, visit a variety of exhibits, enjoy refreshments, attend healthcare seminars, and be inspired to laugh by keynote speaker Patricia Lorenz. Her presentation, *Humor for the Health of it*, was definitely a highlight of the evening.

Using real-life stories and wacky props, Patricia illustrated that responding to a stressful situation with humor and laughter alleviates both physiological and psychological pressure. To close the evening, she encouraged the women with these words, "You don't stop laughing because you grow old; you grow old because you stop laughing."

Comments about Patricia:

- "I needed to hear this; I forgot how important humor is for health!"
- "I haven't laughed so hard in years!"
- "What a great stress reliever; I am really glad I came."
- "I needed a laugh. She was excellent! I feel very healthy!"

Other exciting parts of the evening included the over-70 exhibitors that had a chance to introduce women to area resources they may not have been aware of, or knew little about. Fitness experts shared exercise ideas in the *Movement for all Ages* demonstration area. Several women took advantage of and benefitted from the free health screenings provided by Phillips Pharmacy, Mile Bluff Medical Center, UW Health and Wisconsin Heart & Vascular Institute. Having Sue Ann Thompson - founder and president of the Wisconsin Women's Health Foundation - on-hand was another highlight of the night!

Doctors Kim Sabey and Katherine Leigh Hilsinger provided excellent information about stress management and menopause during their breakout sessions, while diabetes educator Brenda Krupa presented, *Why Everyone Should Care About Diabetes*.

Comments about sessions:

- "They were awesome! I got a lot of great information and ideas!"
- "I loved the sessions!"
- "It was very interesting and educational, and greatly appreciated."

The overall feedback from participants was overwhelmingly positive with many commenting that they can't wait for next year's event.

Comments about the event:

- "Thanks, this is greatly needed!"
- "This was a wonderful event for women of all ages!"
- "Many thanks go out to all who gave much and sponsored this event. It was interesting, entertaining and very informative!"
- "My friend and I look forward to this every year!"
- "Thank you for a beautiful evening!"

It truly was a beautiful evening, and the good news is that plans are already in the works for Juneau County's third annual Women's Night Out! The event will be held at Mauston High School Tuesday, October 5 (please note that this date is different than what was announced at this year's event). Save the date, and don't be left behind in 2010. Event tickets and exhibitor spaces have sold out the past two years, so be sure to get your tickets and reserve your booths as soon as you can next year!

**SAVE THE DATE
for the 3rd annual
Women's Night Out
Tuesday, October 5
2010!!!**



Keynote speaker Patricia Lorenz (pictured left with her sister Catherine Rueth) took time to talk with women before and after her presentation at Women's Night Out.



During Patricia's *Humor for the Health of it* presentation, there certainly wasn't a lack of laughter in the room.



The food was just one of the many wonderful things about the evening



Martha Airth-Kindree (left), member of the Juneau County Women's Health Initiative, was pleased to have Sue Ann Thompson (second from right) attend the event. The group is pictured here with the Wisconsin Women's Health Foundation booth.



SCOUT - GONE BUT NOT FORGOTTEN

Mile Bluff lost a cherished friend with the recent passing of therapy dog Scout. When owner Bob McKee brought Scout in, there were sure to be smiles wherever the pair visited - whether it was the dialysis unit, the hospital, speech pathology, or elsewhere. Scout will be truly missed throughout the organization.

As the holidays approach, Mile Bluff remembers the times a festive Scout (pictured above) graced the halls. This beloved therapy dog will be greatly missed. Mile Bluff extends a message of thanks to Bob for bringing joy to so many people through the love of Scout.

Mile Bluff hosts successful blood drive

More than 38,000 units of blood are needed by Americans each day. Because of the generosity of the Mauston community, a number of those lives will be saved.

Mile Bluff Medical Center recently held a blood drive in connection with the Blood Center of Wisconsin. From the 77 donors that participated, 61 units of blood, three units of platelets and four dual red units were collected.

An event like this cannot be put together without a lot of hard work and preparation. Mile Bluff's Laboratory Director, Stan Macheichok, wished to thank the medical center's Food and Nutrition Department for providing the tasty refreshments, Eastern Star for volunteering its services, the Public Relations Department for helping in the promotion efforts, and the staff from the Blood Center of Wisconsin for organizing the drive.

The Blood Center of Wisconsin is the only supplier of blood products to Mile Bluff, so those who gave at the recent drive may have helped to save the lives of people they know. Each gift has the potential to touch the lives of up to three people in the community, such as those who are undergoing chemotherapy, are an accident or burn victim, or are in need of an organ transplant

Mile Bluff Medical Center will be holding another blood drive January 4 and 5. Watch for further details.



Jessica Reichling gave the gift of life at Mile Bluff's recent blood drive.

MBMC trains medical student Rahman

by Kathy Behnke

"I have always been interested in healthcare, and have wanted to contribute in a scientific capacity" stated Irene Rahman. She continued, "In college I was trying to decide whether I wanted to work in pharmaceutical development or medicine, and decided on the latter because I enjoy patient interactions very much."

This fourth-year medical student recently completed a six-week rotation at Mile Bluff. While in Mauston, she studied under the supervision of doctors David and Ann Hoffmann, and Dr. Radant. Irene was able to gain experience in a rural family practice setting, as well as in the emergency room and in the UW Specialty Clinic.

Irene commented, "My mentors have been very instrumental in helping me practice my clinical skills. Patients have all been very friendly. The local resident who is 'hosting' me is absolutely wonderful, and I am very grateful to her for the accommodations and her company during my time in Mauston."

When asked what she is most looking forward to as a physician, Irene stated, "I am very happy with my career choice! I am excited to follow my patients' long-term care, which is why I am specializing in internal medicine. I plan on putting a strong emphasis on preventive medicine in my practice. I may also pursue a sub-specialty afterward, some



Irene Rahman

interests being endocrinology and infectious disease."

Irene was born in Bangladesh, and moved back and forth between there and the United States during elementary and middle school. Her family made the permanent move to America - Massachusetts - when Irene began high school. She earned her bachelor's degree in chemical engineering from the Massachusetts Institute of Technology, and will soon receive her medical degree from the University of Wisconsin - Madison School of Medicine and Public Health.

After graduation, Irene hopes to be able to move back to the northeast to be closer to her parents. Mile Bluff wishes her the best in her future medical practice.

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MD, DO, DPM, PA-C, ANPN...when you see these letters listed after a practitioner's name, do you know what they mean?

If you're like most people, these letters are nothing more than alphabet soup. You might know what an MD is, but you're among the minority if you can state what each set of the above initials stands for.

MD: *Doctor of Medicine*

This is a suffix that many are familiar with. When students receive a bachelor's degree and then attend medical school and complete three years of residency/internships, they graduate and earn this title.

DO: *Doctor of Osteopathy*

This is a medical doctor with some additional training in the relationship between muscles and bones.

DPM: *Doctor of Podiatric Medicine*

This is a podiatrist, a doctor who specializes in the care and treatment of the feet.

PA-C: *Certified Physician Assistant*

A PA is not a doctor, but works side-by-side with physicians to diagnose and treat patients. All Mile Bluff's PAs are certified by the state. They conduct physical exams, diagnose and treat illnesses, order and interpret tests, counsel on preventive healthcare, assist in surgery, and write prescriptions. They do not, however, deliver babies.

ANPN: *Advanced Practice Nurse Prescriber*

An ANPN is most commonly referred to as a nurse practitioner. These providers are registered nurses with special training in primary healthcare. Just as PAs, they can competently perform many of the physician's traditional tasks, but they too do not deliver babies.

Specialty surgeons

Some of the Mile Bluff medical staff members are specialized in certain areas of medicine, and see patients for only specific conditions. Doctors Speichinger, Haack and Hilsinger see patients for gynecological issues. Being able to see their patients at Mile Bluff allows them to conduct a consult, perform any necessary diagnostic testing, and if re-

quired, perform surgeries right in Mauston. Doctor Hilsinger also meets with patients at the Delton Family Medical Center.

Another Mile Bluff staff specialist is Dr. Riedle, orthopedic surgeon. He sees patients for evaluation and treatment of conditions that affect the bones, joints ligaments, tendons and muscles. Conditions can range from things such as arthritis, tendonitis, fractures, sprains and muscle tears. Doctor Riedle sees patients at Mile Bluff Clinic in Mauston and at the Delton Family Medical Center. There are three general surgeons on staff in addition to Dr. Riedle, doctors Malinowski, Napier and Marculis, all of whom see patients at Mile Bluff in Mauston.

In addition to these specialists, there are also two staff podiatrists (foot doctors), doctors Eckerman and Langen. Doctor Eckerman sees patients at Mile Bluff Clinic in Mauston, the Delton Family Medical Center and the Elroy Family Medical Center. Doctor Langen provides his services at Mile Bluff Clinic in Mauston, as well as the outreach facility in Necedah. Mile Bluff Medical Center also has two doctor who only see patients in the emergency room, Charles Coffey and Brian Van Hoozen.

Sub-specialties

Three of Mile Bluff's family practice physicians also hold sub-specialties. Doctor Heaney is certified in geriatric care as well as internal medicine. Doctors David and Ann Hoffmann are also certified in geriatric medicine. In addition to that, Dr. David Hoffmann explains, "I am also the only doctor in the county who is certified by Federal Aviation Administration to perform physicals on pilots in order to get their pilot's license."

With all of these providers and specialties, it is easy to see that the group of providers at Mile Bluff has something to offer everyone. Most are currently accepting new patients.

Please refer to page 2 for a full list of Mile Bluff providers and their credentials. See pages 10 and 11 for a picture directory of the medical staff.

2009-2010

Winter Walking Hours

For school days only

Mauston High School	6:30-7:30 am
Olson Middle School	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 www.maustonschools.org and click on the pool link.</i>
West Side Elementary School	4-7:30 pm
New Lisbon Schools	6-7:30 am & 4-6 pm <i>Use multi-purpose room entrance</i>
Necedah Schools	6-7:30 am & 6:30-8:30 pm <i>Use the main entrance at the front of the school</i>
Wonewoc-Center School	7-8 am & 4-6 pm <i>Use entrance by flag pole</i>
Wisconsin Dells High School	6:15-7:30 am & 4-6 pm
Royall High School Gym	7-8 am & 3:30-4:30 pm <i>Enter at front door</i>
Royall Middle School	3:30-6 pm
Adams-Friendship High School	5:30-7:30 am (T-F) 4-8 pm (M-F) <i>Enter at front door</i>

Call 608-847-1845 for more information.



Visit EFMC for routine laboratory test

by Kathy Behnke

If you need lab work done, and are looking to save a trip to your out-of-town doctor, visit Mile Bluff - Elroy Family Medical Center for your laboratory needs. Not only can you get the testing done locally, but the results can be sent to your provider the next day, and many times even the same day your blood work is drawn!

Appointments for blood sugar, thyroid, cholesterol, protime, and

other tests can be made weekdays from 8:30 am to 4:30 pm. Just call the healthcare professionals at Mile Bluff - Elroy Family Medical Center at 608-462-8466.

You might have a doctor in Madison, LaCrosse or Marshfield, but you don't have to leave town to have routine laboratory tests run. Call the Elroy Family Medical Center to find out about the services available to you locally, in between your out-of-town check-ups.

Autism Support Group

Tuesday, November 17 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

As daylight diminishes, so does vitamin D - be sure to get enough this winter

by Brad Ingraham, PA-C

Health magazines are talking about it, pharmacies are stocking it, and people are taking it. Vitamin D is in, and its here to stay. So why is there all this hype?

Vitamin D is essential to our bodies. It aids in the absorption of calcium and phosphorus, promoting bone formation. That's right, without adequate vitamin D your skeleton - which is made up of over 200 bones - can become weak and perform poorly. After all, bones are alive and have many functions such as providing our bodies with skeletal support, holding calcium and phosphorus in storage, and housing our bone marrow for blood and immune cell production.

Recently, there has been a great deal of research on other benefits of vitamin D. Studies have shown improved muscle strength and function, reduced cancer rates, improved immune function, and even increased longevity from vitamin D supplementation. Several studies are underway to help us better define these potential benefits.

Most people who have vitamin D deficiency will not have symptoms and don't require vitamin D level screening. Some deficient people may experience muscle aches, or be

found to have low calcium level on a blood draw. Certainly low vitamin D can contribute to the development of osteoporosis (weak bones). Low vitamin D levels in infants and young children can lead to rickets (poor bone development).

A large source of vitamin D is manufactured by our bodies when our skin is exposed to sun. This process requires us to have proper functioning kidneys, liver and skin. Also, the sun's rays of light have to be of a strong enough intensity. In Wisconsin, our sun is too low in the sky to make any vitamin D between October and February. That's right Packer fans, you can spend an entire December Sunday game at Lambeau Field with your shirts off, and not produce a speck of vitamin D!

During the summer months, lightly-pigmented individuals require about one hour of modest skin exposure to the sun each week, whereas darker pigmented individuals would require two to three times that duration for the same amount of vitamin D production.

There are very few food sources that have natural vitamin D. Some that do, include fatty fish, cod liver oil, and to a lesser extent, eggs. For many years now, our food has come fortified with vitamin D, the most common items are infant formulas and

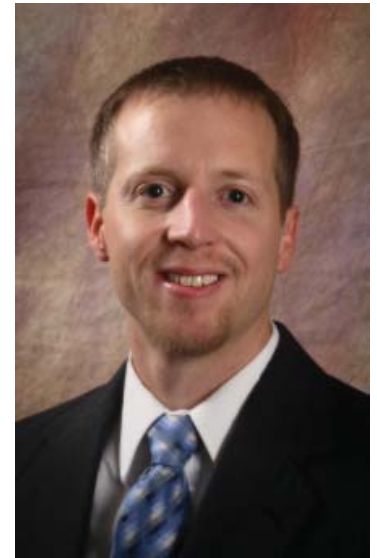
milk products. In many parts of the world, cereals and grains are fortified as well.

Adequate intake of vitamin D is considered to be 200 international units (IU) per day according to the Institute of Medicine. This is equivalent to about one quart of milk a day. The estimated requirement varies depending on sun exposure, vitamin D deficiency, and other health conditions.

Most experts are recommending higher quantities of vitamin D intake due to the prevalence of vitamin D deficiency, and the many health benefits this vitamin seems to provide. Children and adults should receive at least 400 IU per day if they aren't receiving adequate sun exposure. Because we live in Wisconsin, many of us become vitamin D deficient during the winter and early spring months. A more reasonable recommendation for children and adults in our area would be to consume 800 IU of vitamin D daily from October to February, and 400 IU March through September. Those who are over 65 should consider 800 IU daily all year round. Individuals who have health conditions that affect the function of their skin, gastrointestinal tract, kidneys, and liver, or those who have known osteoporosis, should consult with their healthcare provider

to help determine their needed requirements. Also, if you have been found to be vitamin D deficient already, your healthcare provider will recommend mega-doses to help you catch up. This needs to be monitored though, as toxicity can occur.

I encourage you to consider your own needs for vitamin D, and whether you should increase your intake or not. Talk with your healthcare provider for more information on the importance vitamin D.



Brad Ingraham sees patients at Mile Bluff - Elroy Family Medical Center. Call 608-462-8466 for appointments.



Are you looking for a great place to work?

Applications available at milebluff.com or by calling 608-847-6161 x4355

Mile Bluff Medical Center is an equal opportunity employer

Cook

Part-time position available at Crest View in New Lisbon. Approximately 46 hours per pay period. Benefits available.

Certified Nursing Assistants

Part-time positions available at Crest View in New Lisbon.

Unit Coordinator

Part-time position in OB/Surg for the PM shift.

Recreation Services Aide

Part-time position at Fair View in Mauston. Will work approximately 38 hours per pay period.

Traysetter

Part-time position available at Crest View in New Lisbon.

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 www.milebluff.com.

Forward applications to:

Sue Waffle, Human Resources
Mile Bluff Medical Center
1050 Division Street
Mauston, WI 53948

Join our team!



Doctor Mark Sager reports on Alzheimer's, dementia in Juneau County

by Larry Arnold

When I took a seat in the conference room at the Hatch Public Library, I quickly realized that I recognized a good share of the capacity crowd that had come to hear a lecture about Alzheimer's disease. Doctor Mark Sager, director of the Wisconsin Alzheimer's Institute and professor at the UW School of Medicine and Public Health, gave the presentation.

Doctor Sager said that he estimates that at least 650 Juneau County citizens are presently living with Alzheimer's or some other form of dementia. He explained that Alzheimer's is a progressive and fatal disease that destroys brain cells. It gradually destroys a person's memory and ability to learn and carry out daily activities. He continued by stating that there are no cures for Alzheimer's, and no way to predict how fast an individual will progress through the stages of the disease.

He emphasized the importance of early diagnosis of Alzheimer's, noting that there are some prescriptions that can help to slow the progress of the disease. "There is a high rate of the undiagnosed," he explained, adding, "Above all, don't ignore symptoms. If you think you may have a problem, see your doctor."

The doctor discussed the different forms of dementia, as well as mild cognitive impairment (MCI). He said that those with MCI have some memory problems but either minor or no functional impairment. Alzheimer's is the most common form of dementia, and there are a number



Doctor Sager recently spoke about Alzheimer's and other forms of dementia to a captive audience in Juneau County.

of methods employed to diagnose the disease. One unique test requires individuals to name as many animals as possible within a given time limit.

Following his presentation, audience members were encouraged to ask questions. It was clear - not only from the number of people in attendance, but also the many questions that were posed - that there is a desire for more information about dementia in the community.

*When it comes to Alzheimer's, "Don't ignore symptoms."
~ Dr. Mark Sager*

Most of my contacts with people who are in some stage of Alzheimer's or have a family member who is afflicted by the disease, came during

the 10 years I served as caretaker for my wife Arlis who was diagnosed in 1999. If you or a family member have Alzheimer's, take comfort in knowing that help is available in Juneau County. I've listed some of the resources that I found to be available and very useful.

Mile Bluff Medical Center

If a family member begins to have short-term memory problems, or moments of confusion and difficulty in making a decision, your first action should be to seek medical help; Mile Bluff Medical Center in Mauston is a good place to start. Consult your family healthcare provider or other caregiver. I have also found that the hospital's Social Services Department can assist you in making good decisions. For any of the resources at Mile Bluff Medical Center, call 608-847-6161.

Nursing homes

The two nursing homes that are affiliated with the hospital do an outstanding job of providing tender and loving care for patients suffering from Alzheimer's or other forms of dementia. During my daily visits with my wife - first at Fair View in Mauston and now at Crest View in New Lisbon - I have been greatly impressed with the people who care for these residents. Every facet of their care is done in a thoroughly professional manner but with a special touch of tenderness, when the resident gets an occasional hug or a kiss on the cheek.

Both facilities are well designed and beautifully furnished to provide a home-like setting. Each resident's health is carefully monitored by the nurses and nursing assistants, as well as the Mile Bluff physicians and other caregivers who make regular visits.

The housekeeping staff at the nursing homes does a tremendous job of maintaining the facility so that it not only looks sparkling clean; it also smells that way.

Fair View can be reached by calling 608-847-1290, and Crest View's number is 608-562-3667.

Juneau County

Heidi Randall, director of the Aging and Disability Resource Center of Southwest Wisconsin, and her staff at the Juneau County Aging Unit can be a great help to individuals who are looking for assistance. They can put you in touch with support groups, and other area resources that can be very helpful. For more information, call 608-847-9366.

4-H group brings the Juneau County Fair to Fair View Nursing Home



For the second year in a row, a group of area 4-H members brought a little extra joy to the residents of Mile Bluff - Fair View Nursing Home during the Juneau County Fair. Residents were greeted by a variety of different farm animals, along with their young owners.

It's not every day the residents have visitors, let alone those with four legs and fur, and while therapy dogs visit Fair View on occasion, these unique farm animals were a real treat. The residents will always remember the day the fair came to Fair View.

Quotes & Quips

A trucker went into a diner and said, "I want three flat tires, a pair of headlights and a pair of running boards.

The new waitress asked the cook, "What does he think this place is, an auto parts store?"

"No," the cook said, "Three flat tires are pancakes, a pair of headlights is two eggs sunny side up, and running boards are two slices of crisp bacon."

She thought for a moment, then scooped up a bowl of beans and gave it to the trucker, who asked, "What are the beans for?" She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"

* * *

Education is when you read the fine print. Experience is what you get if you don't.

~ Pete Seeger

* * *

Success is to be measured not so much by the position that one has reached in life as by the obstacles which one has overcome while trying to succeed.

~ Booker T. Washington

* * *

You have to do your own growing no matter how tall your grandfather was.

~ Abraham Lincoln

* * *

You can't build a reputation on what you are going to do.

~ Henry Ford

* * *

Amateurs wait for inspiration.

The rest of us just get up and go to work.

~ Chuck Close

* * *

In a world where the big things make little difference, it's the little things that make a big difference.

~ Peter Thomson

* * *

When you look in the mirror, you are looking at the problem, but remember, you are also looking at the solution.

~ Anonymous

Women received pink carnations at Mile Bluff during October

Breast cancer is the second most commonly diagnosed cancer among American women. In 2009 it is estimated that over 192,000 new cases of invasive breast cancer will develop among females in the United States.

A mammogram is an excellent source of early detection, which is the best protection. During Breast Cancer Awareness Month, the Medical Imaging Department at Mile Bluff Medical Center gave away pink carnations to every

woman receiving a mammogram. To schedule your mammogram, call Mile Bluff at 608-847-6161.



Under the direction of Public Relations intern Katie Mead (left), Mile Bluff participated in the Juneau County Fair parade, and even won an award. The theme of the parade was "Come Shine in 2009," and Mile Bluff went with the float theme of "Our Healthcare is Always Sunny." Participants enjoyed the beach-themed float, and spectators appreciated the freeze pops and lip balm that were passed out. Watch for Mile Bluff in the upcoming Christmas parade.

A note from Mile Bluff Clinic

We encourage you to carry a medication card with you at all times, but ask that you still continue to bring all medications with you to every clinic appointment - along with your medication card.

Thank you.

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.

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

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and Katie Mead
contributing reporters/photographers

Thank you!

We would like to thank everyone who submitted articles, helped out with the writing of any stories and assisted 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.



November, 2009 - February, 2010
Check out milebluff.com for additional information and updates!

Health Calendar

SPECIAL EVENTS

SHARI SARAZIN CONCERT

- Tuesday, November 17, 2 pm
at Terrace Heights Retirement Community
Call 608-847-2377 to reserve your spot!

FREE DIABETES MONTH EVENTS

- Wednesday, November 18, 2-7:30 pm
Diabetes health fair, 2-6:30 pm
 - Nutrition, exercise and foot care booths
 - Diabetes supplies and products
 - Door prizes and refreshments
- “Understanding Insulin” presentation, 6:30 pm
 - Hear from a ‘champion’ who has experienced the need to add insulin to his diabetes self-management program, and find out how it helped him control his blood sugar.

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

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, November 19, February 18, 7-11 am

MILE BLUFF - DELTON FAMILY MEDICAL CENTER

- Call 608-254-5888 for appointments.
- Thursday, December 17, 7-11 am

MILE BLUFF - ELROY FAMILY MEDICAL CENTER

- Call 608-462-8466 for appointments.
- Thursday, January 14, 7-11 am

MILE BLUFF MEDICAL CENTER

- Call 608-847-1845 for appointments.
- Thursday, January 21, 7-11 am

LOVE LIGHT TREE CEREMONY

- Sunday, November 29, 6:30 pm
Honor the memory of your loved one this holiday season with a Love Light. The event includes inspirational readings, songs, and the reading of names of those who have passed.
- Call 800-390-1416 for information.

FREE SCREENINGS FOR FARMERS

- Thursday, December 3, 8-11 am & 1-3 pm
at Mile Bluff Medical Center
Lung, blood pressure, hearing, blood sugar and cholesterol testing - no fasting required
Call 608-847-1845 for appointments!

COMMUNITY BLOOD DRIVE

- Monday, January 4 & Tuesday, January 5
Watch for further details.

PROGRAMS FOR PARENTS

Call 608-847-1013 to register.

OB DEPARTMENT TOUR

- Thursdays, December 17, January 28, 6:30 pm
at Mile Bluff Medical Center

HAND-IN-HAND PROGRAM

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

- Monday, November 9, 4:30 pm
Topic - Winter safety: First-aid for children
- Monday, December 14, 4:30 pm
Topic - Making memories and traditions
- Monday, January 11, 4:30 pm
Topic - to be announced
- Monday, February 8, 4:30 pm
Topic - to be announced

OB CLASSES

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

Moundview Memorial Hospital, Friendship,
Mondays, starting December 7 & January 18

Mile Bluff - Necedah Family Medical Center
Tuesdays starting December 8 & January 19

Mile Bluff Medical Center

The sessions starting in December will follow a unique schedule due to the holidays.
Thursdays, December 10 & 17
Wednesdays, December 23 & 30
Thursday, January 10

The next set of classes will resume the regular schedule: Thursdays starting January 21

BLOOD PRESSURE SCREENINGS

Mile Bluff - Necedah Family Medical Center

- Wednesdays, November 25, December 23,
January 27, February 24, 9-11 am
Blood sugar tests also available in November.

Mile Bluff - Delton Family Medical Center

- Tuesdays, December 1, January 5, February 2,
10 am - noon

Mile Bluff - Elroy Family Medical Center

- Bank of Mauston, Highway 82 in Mauston
- Thursday, December 3; Monday, January 4;
Wednesday, February 3; 1-3 pm

Bank of Mauston, Lyndon Station

- Fridays, December 4, January 8, February 5
8:30 - 10:30 am
Cholesterol tests also available in February.

OUTPATIENT COUNSELING

Group and individual counseling is available.
Call 608-847-6161 x4770 or x4792 for information.

SUPPORT GROUPS

GRIEF SUPPORT GROUP

- Every other Thursday, November 5 - December 17
7 pm at Mile Bluff Medical Center
Call Jeff Fairchild at 608-847-1285 for information.

FAMILY & FRIENDS CONNECTION

For family & friends of nursing home residents.
Call 608-847-6161 x4422 for information.

- Friday, November 13, 2:30-4 pm
at Mile Bluff - Fair View Nursing Home
Topic - Preparing for the holidays

- Wednesday, January 13, 2-3 pm
at Mile Bluff - Fair View Nursing Home
Topic - Available community resources

AUTISM SUPPORT GROUP

- Tuesdays, November 17, February 16, 7 pm
at Mile Bluff Medical Center
Call Jeff Fairchild at 608-847-1285 for information.

DIABETES SUPPORT GROUP

- Call 608-847-1845 for information and to register.
- December 14, 6:30 pm, Mile Bluff Medical Center
Topic - Season's eatings
 - New for 2010 - Diabetes days will be held quarterly, watch for details!

AA GROUP

Groups are closed with no smoking, and meet at Mile Bluff Medical Center.
• Sundays at 6 pm • 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.

NARCOTICS ANONYMOUS GROUP

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

GAMBLING ANONYMOUS GROUP

- Wednesdays, 7 pm at Mile Bluff Medical Center
Call 608-985-7167 for information.

PARKINSON'S SUPPORT GROUP

- Meets the third Thursday of each month at the Hatch Public Library in Mauston, 10 am to noon
Caregivers are welcome to attend.
Call Arlene at 608-847-6893 for information.

CLASSES

SMOKING CESSATION CLASSES

- Wednesdays in November and February
at Mile Bluff Medical Center; cost is \$25
Call 608-847-1845 for information.



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

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