



Mile Bluff Times

Delivering local healthcare news to your home!

Mauston, Wisconsin | milebluff.com | November, 2008

Purchase of VeinViewer made possible by auxiliary donation

Gifts from auxiliary total nearly \$825,000 since 1959

by Larry Arnold

Blood draws for a wide variety of laboratory tests and other medical procedures became more comfortable for Mile Bluff patients recently, thanks to an innovative device called a VeinViewer.

VeinViewer utilizes near-infrared light, a digital video camera and an image processing unit to build a picture of the patient's vasculature. The device then projects that image onto the patient's skin, using visible light and a digital projector. It works by differentiating red blood cells from the surrounding tissue, and after a computer digitizes that image from a video camera, it is projected onto the patient's skin showing the vein. This enables the practitioner to easily locate the vein from which the blood is to be drawn, making it much easier for the person doing the test and therefore making it much more comfortable for the patient.

"Although the VeinViewer can be used on patients of any age, it is particularly helpful for babies and elderly patients, whose veins are thin and flat and more easily damaged," said Kathy Marose RN, who has directed the purchase and installation of the VeinViewer at Mile Bluff.

The VeinViewer will be used in many areas of the hospital. The compact unit is very mobile, easily moved from one location to another. It will be kept in a hallway in the emergency department and transported when necessary. It will be extremely useful for many departments, ranging from the laboratory to surgery and labor and delivery.



A great new piece of equipment was purchased for Mile Bluff Medical Center by a wonderful bunch of ladies. Pictured above are a few of the members of Mile Bluff's auxiliary. The group raised money at their thrift shop in Mauston to go toward the purchase of a VeinViewer. This new piece of technology will go a long way in making sure needle sticks for blood draws and IVs are much more accurate and comfortable for patients.

Although performed frequently, venipuncture is commonly thought of as one of the most painful and anxiety-provoking invasive procedures. Experts estimate that more than 1 billion venipunctures are performed annually. While many of them are for blood draws for routine laboratory tests, a substantial number are for such procedures as IVs and PICC (peripherally inserted central catheter). The VeinViewer increases the chances to successfully perform these procedures on the first attempt.

Discussing the VeinViewer project, Kathy said the device cost \$29,000. Of this total, the Hess Memorial Hospital Auxiliary contributed \$20,000.

Ethel Neve, president of the auxiliary, said that since their organization in 1959, the auxiliary has donated a total of \$824,799.18 to Mile Bluff Medical Center, most of it representing profits from the sales at their thrift shop on Elm Street in Mauston.

Kathy also noted that comments from the Press Ganey patient satisfaction surveys were instrumental in focusing attention on this recently-developed device. In reading responses to the survey forms which patients are asked to fill out after their discharge from the hospital, it was noted that there were opportunities to improve the comfort of blood draws, IV insertions and other similar procedures.

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Healthcare evolving for life

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Robert Kriz, M.D.

Thomas Puchner, M.D.

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Call 608-847-6161

Joseph Bellissimo, M.D.

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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

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Ann Ruesch, RNNP

NEUROLOGY (nervous system)

Call 608-847-7355

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Brad Beinlich, M.D.

Douglas Dulli, M.D.

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Call 608-847-7355

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William Schelman, M.D.

OPHTHALMOLOGY

(eye disease & surgery)

Call 608-847-7355

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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.

Elizabeth A. Sisk, M.D.

Paul Staskowski, 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. Bruskevitz, M.D.

Mile Bluff's visiting specialty healthcare providers



Mile Bluff's Leon Radant named 2008 Family Physician of the Year

The Wisconsin Academy of Family Physicians (WAFP) announced October 1 that Dr. Leon Radant of Mauston is the recipient of its 2008 Family Physician of the Year Award. Radant has been a family physician in Juneau County since 1980.

"Dr. Radant exemplifies the very best of what Family Medicine has to offer in Wisconsin," said Lowell Keppel, M.D., president of WAFP. "Family physicians are an essential part of the fabric of their communities, both as doctors administering to their patients and as educators teaching new physicians. Dr. Radant has done an outstanding job bringing (high) quality healthcare to a previously underserved region. We are proud to present this award to him."

Radant grew up in Central Wisconsin and received his bachelor's of science and medical degrees from the University of Wisconsin. He also completed his residency in family medicine in Madison.

Radant has been recognized for excellence in primary care research by receiving the William Pickels Award in 1994. He has been involved in numerous initiatives to improve the quality of healthcare for

patients. Through his work with the Wisconsin Research Network, Center for Disease Control, National Institute of Health and the National Institute of Mental Health (NIMH), Radant has helped investigate childhood illness, monitor the regional occurrence of influenza, recruit and follow participants in clinical trials and aid in the development of guidelines for depression for the NIMH.

Radant's service to the community, his patients and his practice include positions on various health-focused committees to include co-chairing the Quality Improvement Committee for Hess Memorial Hospital from 1992 to 2000 and working to maintain high ethical standards with the Wisconsin Medical Society Committee on Ethics. He is an assistant clinical professor with the University of Wisconsin and the Medical College of Wisconsin and has been a preceptor for the Extern Program for the Wisconsin Academy of Family Physicians.

"I began practicing in the medically-underserved area of Juneau County in 1980," Radant said, "and have been fortunate to be a part of building the practice that has estab-



Dr. Leon Radant
Family Physician of the Year

lished clinics in Elroy, New Lisbon, Necedah and Lake Delton. Our Mile Bluff Clinic in Mauston has grown to accommodate the health needs of Juneau and surrounding counties. This award is not just for me but recognizes the caring and the care of the medical community of Mile Bluff Medical Center, its leaders and staff. That's what it is about."

The Wisconsin Academy of Family Physicians presents the annual Family Physician of the Year and Family Medicine Educator of the Year awards to recognize physicians and physician educators who serve their communities with compassion and comprehensive medical service. Recipients are involved in activities that enhance the quality of life in their communities, serve as healers to their patients and as teachers and educators to new physicians. Recipients also demonstrate a balance between career and family. This year's Family Medicine Educator of the Year award goes to Byron Crouse, M.D., of Madison.

The 2008 awards are presented at the Academy's 60th Annual Meeting & CME Event, November 7 and 8 at Glacier Canyon Lodge in Wisconsin Dells.

The Wisconsin Academy of Family Physicians was established in 1948 to promote and maintain high professional and ethical standards in the practice of family medicine, to encourage young people to prepare for active careers in family medicine and to help provide continuing education to family physicians. For information, visit <http://www.wafp.org>.

Hess Memorial Hospital Auxiliary Thrift Shop

LOCATED AT 222 ELM STREET IN MAUSTON



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

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

Saturdays
9 a.m. - NOON

We are looking for:

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

Leave donations in the enclosed entryway



All proceeds go to
benefit the health
of the community

Fair View vaccination efforts recognized

In September during Adult Immunization Week, state health officials praised the efforts of 107 healthcare facilities that immunized at least 80 percent of their employees against influenza last year and encouraged more to do so this year.

"Reaching an 80 percent immunization rate is a tremendous accomplishment, and we want to recognize such dedication to patient safety," said Secretary Karen Timberlake. "We also want to encourage more healthcare staff to get immunized. Sick healthcare workers can pose a serious threat to patients, and immunization of hospital and nursing home workers against influenza reduces the risk of illness, even death, for their patients."

In 2005, the Division of Public Health began its effort to help hospitals and nursing homes in the state immunize more of their employees

against influenza. That year, only 32 state facilities reached the 80 percent mark. In 2006, that number increased to 64. In 2007, a total of 107 hospitals and nursing homes reported that at least 80 percent of their employees were immunized against influenza. Mile Bluff Medical Center is proud to announce that its Fair View Nursing Home is once again on the list this year.

Mile Bluff continues to promote influenza vaccination to employees and is joining the American Lung Association's Influenza Prevention Program "Faces of Influenza" this year.

"Healthcare staff immunization is one of the most effective tools we have to reduce illness and mortality in Wisconsin," Timberlake said. "It's a message that we have to convey to all Wisconsin healthcare facilities."

A message from the president



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

Whether it's you, your parents, a spouse, child or friend, cancer will affect you at some point in your life. Because of this, Mile Bluff has expanded the care provided to cancer patients in our community, keeping you in town and closer to your family and support system when receiving treatment.

This leads me into the next topic I'd like to discuss - our medical staff. I'd like to begin by taking this opportunity to congratulate our very own Dr. Radant for being named Family Physician of the Year. It's the dedication and commitment of practitioners such as Dr. Radant that allows Mile Bluff to continue to serve you.

Along with our family practice physicians such as Dr. Radant, we are also privileged to have a number of physician assistants and nurse practitioners on our staff - each of which celebrate appreciation weeks this fall.

Also, the past few issues of the Mile Bluff Times we've been focusing on informing you about our surgical services and physicians. This issue we are highlighting our specialty staff physicians. Mile Bluff is proud to have gynecology, podiatry and orthopedic surgeons on staff. They too play a critical part in the continuum of care Mile Bluff provides.

Another exciting bit of news at Mile Bluff is the fact that our ER earned a level III trauma status. This is quite an honor for a hospital in a community of our size. The staff members of the ER have worked hard and undergone extensive training to ensure that we are able to provide you with this high level of care.

Also in an effort to serve you better, two of our outreach facilities have recently expanded their hours. Mile Bluff's Delton Family Medical Center is now offering late hours various days each month, and Mile Bluff's Elroy Family Medical Center is once again offering early morning hours.

In closing, as Thanksgiving approaches, I encourage you to look around and see how much we as a community have to be thankful for when it comes to healthcare services. Stay healthy this flu season and if you're looking for a way to stick with your resolutions, check out our Smart Balance weight management class!

Looking back on 2008 and seeing what we've accomplished causes me to positively look to the future. At Mile Bluff, we are committed to providing you with healthcare evolving for life. We look to your healthcare needs to show us what services we can add or expand on to best serve you.

One way we have recently done that is by purchasing a piece of equipment called a VeinViewer. It is used to help improve the accuracy of care we give when starting IVs and drawing blood. The purchase was made possible by the generous donations of the hospital auxiliary.

Another step we've recently taken to meet your needs is to enhance the way we serve women choosing to have their babies with us. We now offer the option of epidural anesthesia as a means of pain relief to all women giving birth at Mile Bluff.

Another measure we've taken to bring more comfort to procedures at Mile Bluff is the addition of the virtual colonoscopy. It is an effective, minimally-invasive screening tool for colon cancer and the service is now being offered in our Medical Imaging Department.

The next service I want to mention isn't new, but it's worth bringing up. Our Hess Home Health provides care to those who are homebound in Adams, Jackson, Juneau, Monroe, Sauk and Vernon counties. Mile Bluff's Hess Home Health is just one more way we as a healthcare provider can reach out to serve everyone in our community.

MILE BLUFF TIMES 4

Taking Control with the A1C Champions

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



WEDNESDAY, NOVEMBER 19

at Mile Bluff Medical Center

Diabetes health fair, 2 - 8 pm

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

A1C Champions presentation, 6:30 pm

Learn how you can live a **healthier life** from a real person with diabetes who has **walked in your shoes**.

Hear from A1C Champion, Larry Gottlieb. He has diabetes and understands the challenges you face!

Call 608-847-1845 to register for the presentation!

Attend special diabetes month event

Diabetes health fair, educational presentation November 19

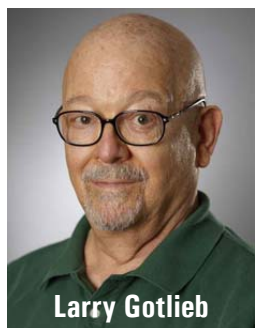
November is Diabetes Awareness Month and Mile Bluff Medical Center is offering an exciting event Wednesday, November 19 for anyone interested in learning more about diabetes - a free diabetes fair and educational presentation.

The diabetes fair will be held on the second floor of Mile Bluff Medical Center from 2 to 8 pm. Feel free to stop and browse the booths and talk to professionals about nutrition, exercise, foot care and heart disease. You will also have the opportunity to receive free products and samples of new diabetes supplies, enjoy refreshments, and register to win door prizes.

Be sure to join us in the community room that evening for the free presentation - "Taking Control" with the A1C Champions - at 6:30; registration is preferred. The program will be presented by A1C Champion, Larry Gottlieb, who will share dia-

betes self-management and lifestyle tips he's learned through extensive training and his own personal experiences with diabetes. Some of the topics that will be covered include: achieving good glucose control, establishing an effective self-management plan, developing a balanced, healthy lifestyle, planning and prioritizing diabetes management, overcoming fears surrounding diabetes, and finding resources for diabetes support.

Don't miss your opportunity to celebrate Diabetes Awareness Month with Mile Bluff Medical Center and A1C Champion Larry Gottlieb. Call 608-847-1845 to find out more about the events and to register for the presentation.



Larry Gottlieb

SMART BALANCE WEIGHT MANAGEMENT & NUTRITION PROGRAM

Classes begin in January.
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 Teri at 608-847-1296.

Mile Bluff offers diabetes screenings

Diabetes is a silent disease. You can have it for years and not even know. During this time harm to your eyes, nerves and kidneys can have been taking place for as long as seven to 10 years.

Your risk for diabetes goes up as you get older, gain weight and are less active. Other risk factors for diabetes include having high blood pressure (at or above 130/80), a family history of diabetes, diabetes during pregnancy or having a baby weighing more than nine pounds at birth. Your risk also increases if you

are African American, Latino, Native American, Asian American, or Pacific Islander.

Not sure if you are at risk for diabetes?

Think you may have diabetes?

Mile Bluff Medical Center can help you find out. Attend the free screenings offered at Mile Bluff's Necedah Family Medical Center Wednesday, November 26 from 9 to 11 am. You will receive free blood sugar screenings, blood pressure checks and diabetes risk assessments. No appointments are necessary.

Epidurals now available for childbirth

Childbirth at Hess Memorial Hospital became somewhat less painful for mothers on September 1, when epidural anesthesia became an option for them. Ken Hallwood, who heads up the five-man anesthesia department, said: "The epidurals provide excellent relief for pain."



Ken Hallwood, anesthesiologist

In describing the advantages of the anesthesia, Ken said: "When the doctor and mom know that she is in labor, a catheter is inserted into the epidural space. This permits us to put medication into the space, which numbs the nerve roots and blocks the pain pathway."

When asked about possible complications, Ken said: "While there is a possibility of complications in almost every medical procedure, the rate is very low for epidurals."

Ken, who has been at Mile Bluff Medical Center for five years, studied at St. Mary's University in Minneapolis where he attained a master's of science and anesthesia degree, which required an intense 30 months of study after his bachelor's degree. The other members of the department include: Lyle Wernimont, Ron Dixon, Don Hart, and Robert Velazquez.

Why should you care about diabetes?

by Kasey Gegenfurtner

accounting for 44 percent of new cases in 2002.

Diabetes is the leading cause of heart disease, stroke, kidney disease, blindness and amputation, yet nearly 25 percent of people who have it don't even know it. This November, during Diabetes Awareness Month, the American Diabetes Association is asking "Why should you care about diabetes?"

Chances are, you or someone you love has been affected by diabetes in some way. Even if you haven't been affected by diabetes, you need to know that it is the biggest public health crisis of this century, and it continues to grow to epidemic proportions.

Nearly 24 million children and adults have diabetes, including 256,000 in Wisconsin and approximately 1,427 in Juneau County. The death rate for diabetes has continued to grow since 1987.

Having diabetes places a person at increased risk for a number of serious - even life-threatening - complications, including:

Heart disease and stroke - Adults with diabetes have heart disease death rates about two to four times higher than adults without diabetes.

Blindness - Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year making diabetes the leading cause of new cases of blindness in adults 20 to 74 years of age.

Kidney disease - Diabetes is the leading cause of kidney failure,

Amputations - More than 60 percent of non-traumatic lower-limb amputations occur in people with diabetes.

Remembering the 'ABCs of diabetes' can help to prevent or delay the onset of these serious diabetes complications:

A1C - For most people with diabetes, it is important to keep their A1C (average blood glucose level over two or three months) less than seven percent.

Blood Pressure - People with diabetes should have a target blood pressure of less than 130/80 mmHg.

Cholesterol - LDL (bad) cholesterol should be below 100 mg/dl; HDL (healthy) cholesterol should be above 40 mg/dl for men and 50 mg/dl for women; triglycerides should be below 150 mg/dl.

For more information about Diabetes Awareness Month, visit the American Diabetes Association online at www.diabetes.org, or call 888-DIABETES (888-342-2382). Information from both these sources is available in English and Spanish.

To learn more about the services provided by Mile Bluff's nationally-recognized diabetes self-management program, call 608-847-1845.

Information can also be found at www.milebluff.com.

Stay active this winter by walking

Don't let cold weather stop you from being active. Maintain and even improve your health and overall wellness by keeping fit with indoor winter walking.

You don't have to go outside these next few months to get exercise, area schools have set aside times on school days for you to come and enjoy walking in the warmth of the indoors. Schools in Mauston, New Lisbon, Necedah, Wonewoc, Wisconsin Dells, Elroy and Adams participate in the program. Mauston's Olson Middle School also offers a variety of programs in the pool.

For information or to request a flyer with walking times and locations, call Mile Bluff Medical Center's Health Promotion Department at 608-847-1845. Details can also be found on page 17.

Along with the cold winter comes the desire to stay cooped up inside your home. Generally, those who don't leave the house very often aren't very active. Don't let the cold weather keep you on the couch. Get up, stay active and start taking steps to a healthier you!

MILE BLUFF TIMES 5

Hess Home Health still serving Adams

Mile Bluff's Hess Home Health offers you professional healthcare in the comfort of your home. Our services allow you to function at your optimal level while remaining in your own familiar surroundings. You don't have to give up the comforts of home when you are sick or in need of special assistance; Hess Home Health can help you stay in your home!

Mile Bluff's Hess Home Health services include: skilled nursing care (registered nurse), physical therapy, medical/social services, home health aides, occupational therapy, insurance claims services, wound VACs and telehealth – our newest technology. Telehealth is a web-based home monitoring system that reads weight, blood pressure and oxygen levels in your blood through a portable unit at your home. The reports are monitored by our nursing staff via the internet.

You are eligible for Hess Home Health if you: have a qualifying skilled diagnosis and doctor's order for services, have an unmet need for the services we offer (as determined by a nurse or therapist), have an approved treatment plan from a physician, have someone who is willing to assist with your care, require only intermittent or part-time services (services do not include daily continuous cares, instead they should require only about one to two hours of nursing care one to three times a week), have an adequate home environment that

supports home care, or are homebound or normally unable to leave home unassisted. This means that leaving home takes considerable and taxing effort. A person may leave home for medical treatment or short, infrequent absences for non-medical reason, such as trip to barber or to attend church. You must, however, be assisted by another person. If you are active and/or driving yourself, you will not qualify for skilled services in the home.

Our offices are located in Mauston and we serve a total of six counties including: Adams, Juneau, Sauk, Jackson, Monroe and Vernon. Our services are licensed by the state of Wisconsin, certified by Medicare and accredited by the Joint Commis-

sion. If you would like more information on Mile Bluff's Hess Home Health, call us at 608-847-1480 or toll free at 800-252-4377 x4212.

You may obtain services by requesting home care through your physician or hospital social worker. A physician must approve a plan of care. Payment options include Medicare, Medicaid, private insurance, private pay and Medicare HMO.

Home health visits can be scheduled between 8 am and 4:30 pm Monday through Friday, and by pre-arrangement on weekends. Let the professional healthcare team at Mile Bluff's Hess Home Health care for you!

Mile Bluff Cancer Care Services

The Cancer Care Department at Mile Bluff Medical Center is dedicated to providing the best possible care to you and your family.

We offer

- Cancer screening and testing
- Chemotherapy administration
- Therapeutic infusions for cancer patients
- Cancer information and brochures
- Oncologist visits at UW Specialty Clinic
- Symptom management
- Dietary information
- Social services
- Hospice referral
- Palliative care

For information, call Rhonda Larson, RN at 608-847-9877.

Cancer care services expanded at MBMC

by Larry Arnold

Cancer patients who need chemotherapy or other infusion treatments can utilize the new Cancer Care Department at Mile Bluff Medical Center. The department began treating patients on July 1, continuing to make it possible for people to receive these treatments without driving to Madison or LaCrosse. Chemotherapy was previously offered on a limited basis at Mile Bluff Clinic and is now given at the hospital five days each week.

Rhonda Larson, director of the new department, said: "Our goal is to provide more services to the patient; in addition to these treatments, our department offers social services support, dietary and nutritional support, and pain management. We also have a connection with hospice and palliative care."

She explained that palliative care is available to patients that may not need hospice but have health conditions that may require additional assistance in their daily activities. "A nurse comes to the patient's home to evaluate their situation; to suggest what help is available."

When a patient's primary care provider diagnoses cancer, the patient is then referred to a UW Health oncologist who decides on a course of treatment. When chemotherapy or other infusion is recommended, it is given in the Urgent Care Department at Mile Bluff. The treatments can take from 15 minutes to six hours.

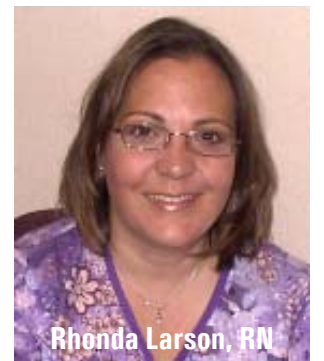
Should surgery be required, most procedures are done by general surgeons on Mile Bluff's medical staff: Tim Napier, William Marculis or Rodney Malinowski.

When asked what the most common cancers are in this area, Rhonda said: "I would say that the most common cancers we are treating are breast

and colon cancer; but we also see a significant number of patients with lung and prostate cancers."

The department director, when asked if there were any new treatments for cancer, said: "We see a lot of changes in how patients tolerate chemotherapy. New medications before and after a treatment can help patients lead a very normal life. Many of them continue working through their treatment. We are finding that new cancer drugs are being developed each year."

"Our department is a good option for cancer patients. It allows them to have chemotherapy and other treatments



Rhonda Larson, RN

done locally, which cuts down on travel time and saves the patients both time and money. The convenience is important to our patients and their families," commented Rhonda.

After completing high school in Mauston, Rhonda studied at UW LaCrosse and Wisconsin Technical College to get her nursing associate degree. She is now working on her bachelor's and master's degrees in nursing at UW-Madison. As the director of the new department, Rhonda takes care of the administrative work and develops policies and procedures. She also administers the chemotherapy to patients. She will soon be joined by another registered nurse to assist in chemotherapy administration.

Mile Bluff Medical Center is pleased to have the opportunity to serve patients with this newly-expanded service line.

Crest View's cafe is now open!



Serving great food to our employees, friends, families, residents and the general public
MONDAY - FRIDAY
11 am - 1 pm

Closed Thanksgiving Day, Christmas Day and New Year's Day.

Call 608-562-7259 for more information and for menu details

Post-operative infection is rare at MBMC

by Larry Arnold

A recent report released by the Surgical Care Improvement Project (SCIP) showed Hess Memorial Hospital's rate for post-operative infections was much lower than the national average for 2006 and 2007.

The national standard for post-operative infections was five percent during those two years. Statistics for Hess Memorial Hospital's surgery department showed a rate of less than half the national standard. In 2006 the rate was just 1.7 percent and the 2007 rate was 2.01 percent.

That portion of the SCIP report which rated Hess Memorial Hospital for its surgical infection prevention practices, as compared to other hospitals in the Rural Wisconsin Health Cooperative, shows that Hess Memorial had the best score of any of the 35 hospitals in the health cooperative in six of seven categories.

Kathy Noe, RN, who is Mile Bluff's Infection Control Practitioner, described the statistics and reports as "A part of a huge national project to track surgical wound infections; such infections range from simple skin infections at the incision site to infections that are deeper in the tissues of the patient's body."

She noted that minor infections are tracked for 30 days after surgery, while infections that follow knee or hip replacement are kept under observation for a year following the surgery.

When asked about staph infections, she noted that staph is present

on most of our skins, so a patient can have a simple staph infection from a pimple or minor cut. These are usually treated with oral antibiotics.

When infection occurs after a knee or hip replacement, the patient is usually treated aggressively with antibiotics - usually administered intravenously - to prevent problems with the new joint.

In addition to strict standards of cleanliness and sanitation, other procedures to lessen the chance of post-surgical infection, include:

1. The body temperature of the patient is monitored and an effort is made to keep it as close to normal as possible.
2. Care is taken to properly clean the skin at the surgical site.
3. If the patient has diabetes, every effort is made to keep blood sugar levels within normal range.
4. Most physicians prescribe a pre-operative antibiotic when doing major surgery, so that the antibiotic will be into the patient's system before the surgery begins. The timeline for the antibiotic is an hour or less prior to the surgery.

In conclusion, Kathy noted that "Patient education regarding proper care of the wound after surgery is very important." She added: "We work hard to give the patient the best possible experience by maintaining the national standards for surgery practice; we are all extremely proud of what this report says about Hess Memorial Hospital's surgery department."



Director of Quality, Tricia Price (left) and Infection Control Practitioner Kathy Noe are pleased to report that Mile Bluff's post-operative infection rate is well below national averages. This is due in part to the dedicated work of Mile Bluff's surgical staff.

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Hearing loss now the third most common US health problem

by Kathy Behnke

Hearing loss reportedly affects more than 36 million Americans. Although hearing problems are commonly associated with the normal aging process, more than half of all hearing-impaired persons are younger than 65. With the increased use of personal audio devices and earbuds, the number of Americans experiencing hearing loss at a younger age is growing.

Most Americans don't know how to recognize symptoms, and they don't know who is qualified to diagnose and treat them. Fortunately for our community Mile Bluff offers a full spectrum of audiology services in four locations throughout the area at Mile Bluff's Delton Family Medical Center, Hess Memorial Hospital, Mile Bluff's Elroy Family Medical Center and Mile Bluff's Necedah Family Medical Center.

Reasons to see an audiologist:

- dizziness or vertigo (whirling)
- ringing, buzzing or other noises in the head, or ear(s)
- existing hearing loss
- pain in either ear
- frequent exposure to loud noises
- drainage from either ear
- sudden and/or fluctuating hearing
- gradual hearing loss in either ear

If any of these symptoms are present it is important to have your hearing evaluated to help determine if your ear/hearing/balance problem requires medical treatment or whether hearing instruments would help. Call Mile Bluff's Audiology Department or talk to your healthcare provider if you notice or have any of these symptoms or problems.

Not all hearing and balance issues require the same treatment. It is important to see professionally-trained audiologists to help identify, prevent and manage your hearing and balance problems. Mile Bluff's staff will lead you in the right direction, seeking help from hearing instruments, or even medication, physical therapy and/or surgery.

Mile Bluff's audiologists are trained to assess, diagnose, and treat hearing disorders, as well as fit and clean hearing instruments. They each have earned a master's degree in audiology or higher, and collectively have over 25 years of experience as audiologists. They have earned their nationally-recognized Certificate of Clinical Competence in Audiology, and are licensed by the state as audiologists. Call 608-847-1414 for information or to make an appointment.

MILE BLUFF TIMES 7

Mile Bluff's healing garden has undergone tremendous change over the past few months thanks to the help of many generous volunteers.

The area has been utilized not only by visitors and patients, but humming birds and butterflies have taken up residence thanks to the improvements that have been made. As we head into the winter months we are still looking for volunteers - specifically those willing to make monetary donations for future improvements. The biggest plan in the works is to replace the current walkway with a more stable surface. If you are able to help us continue to improve the healing garden, please contact Kristy at 608-548-0399.

Tuley joins medical staff as surgical PA

by Larry Arnold

Rebecca Tuley, a physician assistant, recently joined the medical staff at Mile Bluff Medical Center where she assists Dr. Rodney Malinowski in his practice as a general surgeon.

Her duties include seeing general surgery patients and those who are referred for colonoscopies and endoscopies. Dr. Malinowski also does a lot of hand surgeries, and Rebecca sees many of these patients, both pre-operative and post-operative.

Rebecca and her husband Michael and two children moved to Mauston three years ago when Michael joined the Juneau County Sheriff's Department as a deputy. Rebecca has been active in community affairs, including serving three years as a member of the Mauston School Board and being involved in the PTC. Her two children are nine-year-old Emily, who is in fourth grade, and three-year-old Caleb.

"After graduating from the UW-LaCrosse physician assistant program earlier this year with a master's degree, I knew we wanted to stay in Mauston. At that time there were no PA openings, but when Dr. Malinowski joined the staff there was an opportunity for a physician assistant and fortunately it was in my field, surgery," she said.

"I felt very fortunate to be able to join the staff here" Rebecca commented. "From my two months experience during my family practice rotation, I realized that Mile Bluff has a lot going for it; the technology for a relatively small hospital in a community this size is amazing, as is the staff."



Rebecca Tuley, PA-C

"What I like best about surgery here," she said, "is the fact that I get to do such a variety of things, unlike in a big-city hospital."

Rebecca grew up in the Wausau area, where she attended D.C. Everest High School. She was involved in many things including swimming, and track - where she competed in throwing events such as the discus and shot put. Rebecca also worked on the yearbook and school newspaper staff. She later attended UW-Eau Claire, where she studied for her undergraduate degree.

She is not the only family member involved in healthcare. Her mother is a women's healthcare practitioner in a Wausau hospital.

Rebecca's interest in a healthcare career began at an early age. Her first job was as a housekeeping aide, and when she was 17 years old she joined the Army National Guard, and became a medic. "I knew that I loved healthcare; I just had to figure out in what capacity I would be involved," she said.

Please join Mile Bluff in welcoming Rebecca Tuley, PA-C to the staff.

Jimmy Fish joins staff as new CFO

by Larry Arnold

Jimmy Fish, new Chief Financial Officer, joined the staff of Mile Bluff Medical Center on August 4.

A native of North Carolina, he had spent the past five years as the Director of Finance at the Allen Health System, a 235-bed acute care facility in Waterloo, Iowa, which included a college of nursing, and a foundation.

"While Mile Bluff is somewhat smaller than the situation I was in, I feel the opportunity for professional advancement is greater here," he said. "Plus, I can immediately get involved in activities in a smaller community while that's more challenging in a bigger city."

When the interview for this article was conducted, Jimmy had not found housing for his family as yet. "I look forward to having my wife Ann, and our sons, nine-year-old Noah, and six-year-old Benjamin, join me here. We feel that Mauston will provide an environment that will be a great place to raise our family," he said.

Jimmy graduated from West Carteret High School in Morehead City, North Carolina and then studied for his bachelor of science degree in accounting at Elon College in central North Carolina.

When asked what attracted him to Mile Bluff, he said, "My impression is that Mile Bluff staff really care about the community and the people they serve. Everyone has been extremely welcoming and I look forward to meeting all of you," he said.

Jimmy was asked what he likes to do with his leisure time and re-

plied: "I grew up on the beach, so the lakes near Mauston are appealing; I like to spend quality time with my family, time on the water and riding my motorcycle."

He was asked the question: *If you were Obama or McCain, what would you recommend doing to address the problem of that significant portion of our population that can't afford health insurance?*



Jimmy Fish

His reply: "In my opinion, the focus needs to be on the Medicare and Medicaid programs, to see how they can be changed to better serve this segment of our population. Those who have no coverage should be a top priority." He added: "We can have a state-of-the-art facility but if our population doesn't have the ability to pay or cannot qualify for a federally or state-funded program, we have a significant crisis on our hands."

Mile Bluff is pleased to add Jimmy to the staff.

Shari Sarazin to perform November 18

Join us Tuesday, November 18 at 2 pm in the dining room of Terrace Heights in Mauston for a free and unforgettable holiday performance by Shari Sarazin.

One of Shari's most treasured privileges is sharing her art with others. She is a vocalist, composer and a Celtic folk harpist, and has been performing and experiencing the thrill of musical expression since the age of five. She encourages you to come to Terrace Heights to "...indulge in

the sweet, lyrical sounds of the Celtic folk harp as it lulls you to a simpler place and time, warming year heart and soothing your soul."

The concert is open to the public, but space is limited. Call Shari at 608-847-2377 for information and to reserve your spot for an afternoon of great entertainment Tuesday, November 18 at 2 pm. Terrace Heights is located across from the armory in Mauston, next to Mile Bluff Medical Center.

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

Her friends call her "Scooter"

by Larry Arnold

It was 40-some years ago when a customer at the Elks Club Dining Room in Seattle, Washington gave his favorite waitress an unusual nickname.

He was a businessman and frequently brought some of his employees to the Elks Club for lunch. For the life of him, he couldn't remember this lady's name, so one day he called her "Scooter." The name stuck with her fellow workers and soon her family began calling her "Scooter" too.

Madeline Young moved into an apartment at Terrace Heights on April 1, 2007, and her fellow residents quickly became accustomed to greeting her as "Scooter."

She was born and raised in the Tomah area in Monroe County, attending the Bear Creek Grade School in rural Monroe County. As an adult, she spent some time in Miami Beach, Florida, in Indiana and Minneapolis, before moving to Washington which she described as the best place in the world to live. "The climate there is great; it is green the year around," she said.

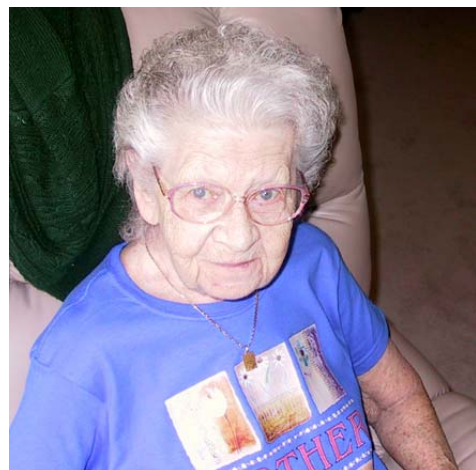
What brought her back to this area was the desire to be near her sister, Doris Modjeski of rural New

Lisbon. She has a son and a daughter but neither lives in the area.

Scooter enjoys living at Terrace Heights. "It's a very fine place to live; the staff and residents are all very friendly," she said.

She doesn't have a car or use the Terrace Heights bus. "My sister takes me where I want to go and when she isn't available, the Mauston cab service is very good. I have some breathing problems so I appreciate being close to the clinic and hospital," she said.

She enjoys hiking on the nearby trail which runs next to Mile Bluff, just west of the hospital. "The staff is very nice, and Shari (the manager) is so good to all of us," she said.



Madeline Young (Scooter) enjoys life at Terrace Heights Retirement Community.

Medical Imaging to be all-digital by spring

by Larry Arnold

Most of the images produced in Mile Bluff's Imaging Department are computerized and can be sent directly to off or on-site specialists through a picture archiving and communications (PAC) system. They are also immediately available to any staff physician or other staff member who is a part of the hospital's information network. This includes CT Scans, MRI, ultrasound, PET, and nuclear medicine.

The only gap in the system is that of general radiographic examinations (X-rays). This will soon be eliminated, when a PAC system is installed. These X-rays account for over 51 percent of all medical imaging patients.

They are presently transported to other locations for primary interpretation. They are sent to clinics to be read by ordering physicians, or taken by the patient to a specialist (usually in Madison, LaCrosse or Marshfield).

After an X-ray is reviewed by the physician who ordered it at his or her own office, it must be physically carried back to the Imaging Department to be interpreted by a radiologist and then filed. Every time an X-ray is transported, there is a risk of damage to the film, loss of the film, or even simple misplacement or delay in transfer.

In the very near future, hardware and software for a computed radiography (CR) system will be installed in the department and this will make the department's imaging completely

digital and available to authorized medical personnel on the internal computer network, as well as to specialists at major medical centers.

A portion of the cost will be paid by a grant from the Public Service Commission of Wisconsin in the amount of \$73,288. The application for the grant was submitted by Mile Bluff Medical Center Grant Writer Martha Airth-Kindree.

Commenting on the new system, Imaging Department Director Julie Lynch said: "This equipment will probably be ready for use by next spring." She estimated the cost of the system at \$250,000.

She noted that privacy concerns are built into the system. "The system will comply with all HIPAA privacy regulations; it will allow us to do more patients faster because there won't be a darkroom." There will be a substantial savings because there won't be any film or chemicals to buy.

Asked about training for the imaging staff, the director said: "The successful vendor will provide what little training is required; because our system is already half computerized, the staff is pretty well acquainted with the system."

The department director is presently in the process of selecting a vendor. "There are a number of companies out there who can provide this type of equipment," she said.

The addition of this technology is one more way Mile Bluff provides you with healthcare evolving for life.

FREE Early Childhood Screenings

Thursday, December 4 at Mile Bluff Medical Center



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

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Mile Bluff specialty surgeons provide healthcare evolving for life

While the largest percentage of surgeries performed at Mile Bluff Medical Center are done by the general surgeons on the hospital staff, a number of other staff physicians perform surgeries that are related to their specialties.

This article will focus on seven of these specialists: podiatrists Richard Langen and Chris Eckerman, gynecologists Everett Roley, Susan Haack and Jim Speichinger, and orthopedic surgeons Robert Riedle and Stewart Taylor.

Richard Langen, DPM

Richard Langen is a veteran of 18 years as a staff podiatrist at Mile Bluff. He is board certified in foot and ankle surgery by the Board of Podiatric Medicine. A native of



Richard Langen - Podiatry

Onalaska, he studied at UW-LaCrosse for his bachelor of science degree and then earned his Doctor of Podiatric Medicine (DPM) from the College of Podiatric Medicine and Surgery at Des Moines, Iowa.

The surgeries Dr. Langen performs are mostly on the forefoot, where he performs elective reconstructive surgery, as well as surgeries for trauma. He also does diabetes ulcer care and debridements (the surgical removal of lacerated or contaminated tissue).

When asked to identify the most challenging task he does in his pro-

fession, the doctor said: "I would say that treating diabetic patients is a real challenge; they present a host of complications not seen in the rest of the population."

In addition to his podiatry practice, Dr. Langen is interested in sports medicine, particularly for student athletes at the high school level.

Speaking about the operating room (OR) facilities at Mile Bluff, Dr. Langen said: "It is a pleasure to work in the surgery department here; the facility and equipment are very much state-of-the art, and I am so impressed with the fact that the physicians, as well as the staff, spend a great deal of time on continuing education."

"I am very much impressed by the fact that the administration here is constantly upgrading every aspect of our technology, thus always staying abreast of the newest and best; I am proud to be a part of Mile Bluff," he said.

Dr. Langen and his wife, Barb, have enjoyed raising their three children in Mauston. Their children are, Angela, 25, Laura, 22 and Greg, 20. The doctor enjoys outdoor activities such as tennis and racquetball, and works out and lifts at Lynn and Gina's at New Lisbon.

Chris Eckerman, DPM

Chris Eckerman has been a staff member at Mile Bluff for six years. After attaining his bachelor's degree at UW-LaCrosse, with a major in microbiology, he enrolled at the



Chris Eckerman - Podiatry

Scholl College of Podiatric Medicine, graduating from there as a Doctor of Podiatric Medicine.

"I enjoy treating patients with ankle trauma and doing flat foot reconstruction; I would say the most challenging part of my practice is working with diabetic ulcers," he said, adding: "It can be difficult to control blood sugars; nutrition has to be controlled. If all this doesn't fall into place the ulcers never heal; it can be frustrating."

When asked what sets Mile Bluff apart from other rural facilities, the doctor said: "We have a very fine group of family doctors here and this is supplemented by the many fine specialty doctors we have on staff. Most patients can be treated here rather than having to travel to big-city medical center."

A native of Stewartville, Minnesota, Dr. Eckerman first learned about Mile Bluff from his college roommate Randy Brandt, who is a physician assistant on the staff. "It is a great facility, and the staff here is really good and very helpful."

The doctor and his wife, Bobbi, have enjoyed raising their children in the Mauston area. Their kids are Joshua 6, Sadie 5 and Bre 3. He stays in shape by running half-marathons and competing in mini triathlons.

Everett Roley, MD

Everett Roley, a Board certified obstetrician/gynecologist (OB/Gyn), has been seeing patients at Mile Bluff Medical Center since 1994. He started out as a visiting specialist and became a member of Mile Bluff's medical staff in August of 2000.

When asked for his opinion of the surgical facility and staff at Mile Bluff, Dr. Roley said: "The facility and OR staff are excellent, and the care patients receive here is superb."

Commenting on the fact that Mile Bluff has the latest and best in technology, including CT scan, MRI, ultrasound and PET scan, which is truly remarkable for a small-town medical center, he said, "We have the leading edge of modern technology for diagnosis here."

He noted that the surgeries he, Dr. Jim Speichinger and Dr. Susan Haack (Mile Bluff's other two staff gynecologists) perform can be divided

into two categories, major and minor. Major procedures include caesarean sections, hysterectomies, procedures for ovarian disease, and urinary incontinence. Minor procedures include: dilation and curettage (D&Cs) to control heavy menstruations, balloon ablations, and laparoscopic procedures to look at anatomy and disease process.

Dr. Roley also sees patients at Mile Bluff's Delton Family Medical Center, with regular hours on Wednesday from 9 am to 1 pm. His schedule is flexible to accommodate patients at different times of the day.

Dr. Roley's late wife Joanne was a Mauston native, and was a daughter of the late Clint and Helen Nelson who operated a gift shop in downtown Mauston. She was a registered nurse, who worked with Dr. Vedner for many years. She passed away in 2001.



Everett Roley - Gynecology

"I was around to see the Mauston Hospital and Clinic grow and develop from its downtown location and its move to the present site," he said. "It has truly been remarkable," he added.

He was born in Burlington, Iowa, where he lived until the family moved to Camp Point, Illinois when he was 10, and later to St. Joseph's, Missouri. He graduated from medical school at Creighton University and did his residency at UW-Madison.

Specialty surgeons

continued from page 10

Dr. Roley has an unusual hobby - he has a kennel of sled dogs at Antigo in northern Wisconsin, and during the winter season enjoys mushing around and overnight camping in the snow. When asked how many dogs he has, he replied: "There was some unexpected breeding which gave us 12 extra puppies that we didn't need; we kept them anyway," he said, "this brings the total to 36."

Susan Haack, MD & Jim Speichinger, MD

A husband and wife team of OB/Gyn physicians, Jim Speichinger and Susan Haack, became members of the Mile Bluff medical staff in 2003. They came to Mauston after practicing in Williamsport, Pennsylvania. Dr. Speichinger and Dr. Everett Roley had been partners in a Madison practice from 1976 to 1989.

Dr. Haack is presently on a sabbatical and is attending Trinity University in Chicago, where she is studying for a master's degree of divinity. She will return to her practice in May of 2009.

When asked for his opinion of Mile Bluff Medical Center, Dr. Speichinger had this to say: "I had worked in five other facilities before coming here, and in my opinion Mile Bluff has the best equipment and the most cooperative staff I've ever had the pleasure of working with."

He added: "The facility and medical technology here are very unusual for a rural medical center; here the patient comes first and everyone is committed to (high) quality care."



James Speichinger & Susan Haack
Gynecology

"We perform many hysterectomies, either abdominal or vaginal. We also perform a significant number of surgeries on benign or cancerous tumors, as well as sacrospinous ligament repair, procedures for prolapse and incontinence." The doctors also see many patients for bleeding problems, infertility, and abnormal PAP smears.

Dr. Speichinger has had his pilot's license for 37 years. He has a Gruman Tiger in which he flies on recreational trips all over the country. "When I retire I hope I can spend a lot of my free time flying" he said. He added: "I don't fly out of the United States; I recently took a fishing trip to Canada and would have flown up there but it is such a hassle to comply with all the regulations that I decided to drive." Dr. Haack also has a pilot's license.

The doctors reside in Cottonville, outside of Friendship, and enjoy the outdoor activities there including running, skiing, biking, archery hunting; both are accomplished golfers.

Robert Riedle MD

Robert Riedle, an orthopaedic surgeon, joined the medical staff at Mile Bluff Medical Center in July. His arrival was a happy occasion for the administration which had been recruiting for an orthopaedic surgeon for a number of years.

After finishing high school in Mt. Dora, Florida, he enrolled at Grinnell College in Iowa, where he graduated magna cum laude with a degree in chemistry. He then went to Rush Medical College and after graduating with his medical degree, he did a general surgery internship at Ohio State University Hospitals in Columbus, Ohio, followed by an orthopedic surgery residency at Ohio State University Hospitals and Riverside Methodist Hospital in Columbus.

Dr. Riedle has an interesting background. He spent six years in the Air Force, which included a three-year orthopedic surgery residency at Ohio State, then three years as an orthopedic surgeon at Hill Air Force Base in Utah; two of those years were spent as a flight surgeon for a test group, where he attained the rank of major.

From 1990 to 2004, he served as a team physician for a number of professional sports teams, including 2.5 years with the LaCrosse Catbirds, a

member of the Continental Basketball Association.

From January, 2004 to January, 2007 he was a full-time missionary. He served on the staff of a mission hospital in Chad, Africa as an orthopedic surgeon and missionary general practitioner. He also served as a medical missionary in Indonesia, in Kibagora Hospital in Rwanda, in the Congo, in Haiti and in the Republic of South Africa.



Robert Riedle - Orthopedics

"I'm a general orthopedic surgeon," the doctor replied when asked what types of surgeries he performs. "I don't narrow my focus to any particular field."

He performs many arthroscopic (scope) procedures to take care of torn cartilage. He treats hip, hand and other fractures, performs shoulder repair such as for a torn rotator cuff, as well as knee procedures.

When asked about back surgeries, Dr. Riedle said: "While I don't do back surgeries, I do treat people with back problems." He explained that most people with back problems don't need surgery. "We can take care of their problems without surgery. Should surgery be necessary, I refer them to a back specialist," he said.

Scope surgery was just getting started while Dr. Riedle was doing his training in the '80s, "Yes, I've been doing it for 20-some years," he said.

The advantage of scope surgery, according to Dr. Riedle, includes a smaller incision resulting in less pain and a speedier recovery for the patient. He also noted that the surgeon can see the problem better with the camera in the arthroscope than can a

surgeon who is looking through an open incision.

The doctor was asked if there were any significant changes in orthopedic surgery in recent years. He mentioned that better materials have been developed for use in joint replacement. Using these materials, such procedures as a knee replacement can last for the patient's lifetime.

He also pointed out that there have been improvements in the surgeon's ability to fix broken bones. "The latest materials provide better stability and support, giving a fracture a better chance to heal before a possible failure of the hardware used to repair the fracture," he said.

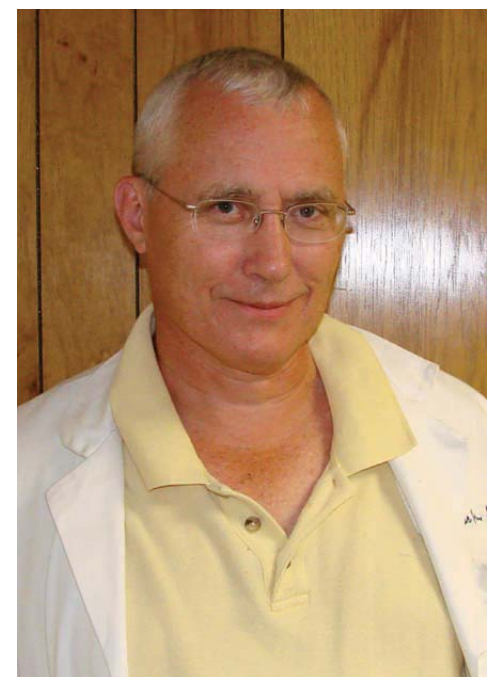
The doctor and his wife, Sara, have two sons. Mathew just graduated from high school and is enrolled at Purdue University. Michael is a freshman at Mauston High School.

Dr. Riedle said his decision to come to Mile Bluff was based partly on his family's desire to live in a rural area like Juneau County. "I was tremendously impressed with the facility and the very modern technology available here, but I guess what was especially impressive was the medical staff. They are like a family here; there's truly a family atmosphere at Mile Bluff," he said.

Stewart Taylor, MD

Growing up in a medical family (the history goes back over 135 years) is one of the main reasons Dr. Stewart

continued on page 12



Stewart Taylor - Orthopedics

Specialty surgeons

continued from page 11

Taylor went into medicine. He was raised in Portage where he eventually began his medical practice after attending college in Beloit and medical school in Chicago. Dr. Taylor now shares his time between Mile Bluff Medical Center and the hospital in Portage.

Dr. Taylor has been serving patients in Mauston since 1980 and is impressed with the development and advancement of the orthopedic surgical services over the years. He stated, "Now the quality of the equipment that is available just makes performing procedures wonderful."

In discussing Mile Bluff's operating room Taylor commented, "It's a very enjoyable place to work. The OR has state-of-the-art equipment and the staff is class-act."

Performing surgeries to correct trauma is something Dr. Taylor finds very gratifying. He stated, "You know that the person you help will end up being much better off than before having the surgery." He continued, "In my practice lifetime there has been a great deal of focus on improving trauma care products that have revolutionized the field. I feel reinforced and invigorated by what has been accomplished now that couldn't be accomplished before."

Some of the common things Dr. Taylor sees patients for include: fractures of upper and lower extremities, injuries to the nerves and tendons, and arthritis. He performs procedures such as: reconstruction of upper and lower extremities such as hips and knees, and replacement and fusing of joints and other ailments in the hand. He has extensive experience repairing hip fractures and also works on degenerative knee injuries and carpal tunnel.

Mile Bluff is thankful to have had Dr. Taylor seeing patients in Mauston for close to 30 years, and looks forward to the future with him continuing to serve the community as an outstanding orthopedic surgeon.

Watch for future articles featuring some of our visiting specialty surgeons!

MILE BLUFF TIMES 12



Mile Bluff's Crest View Great Lakes CBRF assisted living facility is located on View Street in New Lisbon and is now accepting new residents.

A caring environment for your loved one

by Kathy Behnke

Mile Bluff's Crest View Great Lakes CBRF has been serving the community since 2001 and currently has openings.

Great Lakes is an assisted living facility located at 612 View Street inside Mile Bluff's Crest View Nursing Home in New Lisbon. It houses 12 residents and is open to persons with a form of irreversible dementia such as Alzheimer's disease, as well as those needing care for advanced aging. The homelike environment promotes socialization and interaction

between individuals, and the facility also offers residents the use of a beauty shop, library and sidewalk café. A security system is in place to ensure resident safety.

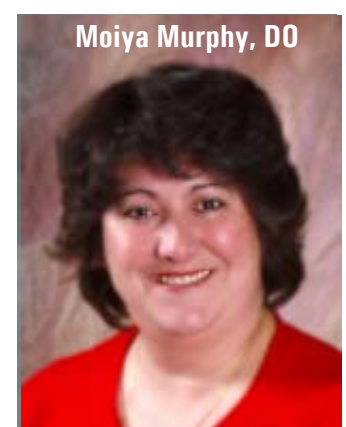
Residents enjoy the use of common living areas such as the kitchenette, living room, dining area, activity room, parlor and laundry area. There is also a secure patio area used for walking, gardening and enjoying the outdoors.

If you would like to set up a tour of Crest View's assisted living facility or would like a brochure sent to you in the mail, call Kathi Rasmussen at 608-562-7255.

Early hours are back at EFMC

If you're looking for excellent healthcare during the week but don't want to take time off work to attend an appointment, Mile Bluff's Elroy Family Medical Center is the place for you.

Whether you're in need of a family practice physician or specialty services such as obstetrics, laboratory, gynecology, x-ray, podiatry (foot), vasectomy, nutrition or audiology (hearing), the Elroy Family Medical Center has it all!



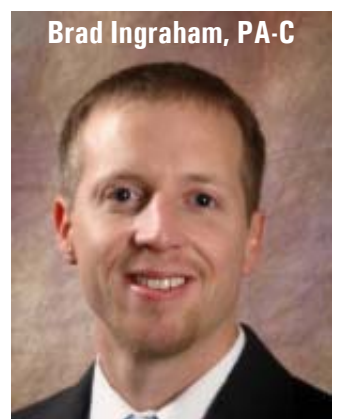
Moiya Murphy, DO

Don't worry about fitting into our schedule, we're changing our hours to work around yours!

To help meet your needs, Mile Bluff's Elroy Family Medical Center is now offering early morning appointments three days a week.

Appointments can now be made to see Dr.

Dr. Moiya Murphy as early as 6 am every Tuesday through Thursday, and Brad Ingraham



Brad Ingraham, PA-C

is available until 5 pm Monday through Friday. Lab hours will remain 8:30 am to 4:30 pm Monday through Friday, and staff members will continue to schedule patient labs.

The medical center has been serving the community since 1991, is conveniently located next to the schools, and proudly provides you with healthcare evolving for life. For more information and to schedule an appointment, call 608-462-8466. Practitioners are now accepting new patients, so call today. Let the staff of Mile Bluff's Elroy Family Medical Center care for you.

NOW OFFERING EARLY MORNING APPOINTMENTS!

Appointments can now be made to see Dr. Moiya Murphy as early as 6 am every Tuesday through Thursday!

Lab hours will remain 8:30 am to 4:30 pm Monday through Friday.

Dr. Moiya Murphy and Brad Ingraham, PA-C are both now accepting new patients!



For appointments, call

608-462-8466

1515 Academy Street | www.milebluff.com



Juneau County's first annual Women's Night Out exceeds expectations

by Martha Airth-Kindree
Ann Raabe & Kathy Behnke

The first annual Juneau County Women's Night Out was a huge success. Over 500 women spent the night at Mauston High School being encouraged to live, love, laugh and learn with enthusiasm. Participants had the chance to catch up with friends, visit vendor booths, enjoy refreshments, hear from a panel of healthcare professionals and be inspired by Mary Marcdante.

To recap the event, it was wall-to-wall women as participants made their way to the nearly 70 exhibit booths representing local businesses and services. Several participants commented that the exhibitors did an excellent job introducing them to area resources they may not have been aware of, or knew little about. Some women also took advantage of the free health screenings being offered.



Women's Health Initiative members were busy 'behind-the-scenes' at Women's Night Out. Pictured above (l-r) are Martha Airth-Kindree, Shari Hanson and Ellen Hardy.

mative answers - as well as the touch of humor they brought to the table!

The Women's Health Initiative - the group that organized the event - would like to extend a heart-felt "Thanks" to everyone involved.

"First and foremost our gratitude is extended to our sponsors and exhibitors who made the event a reality. Also, many thanks to the Mauston High School for hosting the event - the facilities were ideal! We'd also like to thank the high school custodial service, Galen Lingl (our audio-visual technician), the high school food service for providing fantastic hors d'oeuvres and drinks, Catering Cousins for delicious desserts, our piano players for providing a soothing and warm atmosphere, our medical panelists, and all the other volunteers we don't have room to name who freely gave of their time. Everyone did a terrific job! Most of all we thank the wonderful women of Juneau County and surrounding ar-



The enthusiasm of keynote speaker Mary Marcdante was infectious as she had women participate in exercises such as the happy dance (pictured above), a 16-second smile and belly-laughing.

Many women commented on how much they appreciated the chance to visit in a relaxed, social environment with community members they hadn't seen in years - the great food helped with that aspect of the night as well!

A highlight of the evening was the uplifting and humorous keynote speaker, Mary Marcdante. In her own words she stated, "What an awesome, awesome night we had! I'm still smiling. Thank you again for such a wonderful experience."

The medical panel was much appreciated for their thorough, easy-to-understand, interesting and infor-



Participants enjoyed the desserts, including the chocolate fountain.

Without your support, encouragement and participation, none of this would have been possible."

The feedback from participants was overwhelmingly positive with

many commenting that they can't wait for next year's event. Following are a few things they had to say.

"I am so very impressed that we have this type of event in the Juneau County area. What a wonderful opportunity for women to go and enjoy themselves!"

"Thanks for having such an affordable, awesome venue for women concerned about their health."

"Excellent - it made a difference in my life. Can't wait until next year!"

It truly was an unforgettable evening, and the good news is that plans are already in the works for Juneau County's second annual Women's Night Out. Watch future issues of the Mile Bluff Times newspaper for details about the event that will take place in 2009, as well as additional pictures and further information from this year's Women's Night Out event.



Medical panelists (l-r) Rodney Malinowski, Everett Roley, Cathy Murphy, Kim Sabey and Gary Ludvigson, were very informative when answering participant questions.

After her presentation, Mary Marcdante (second from right) took time to talk with participants.



Two blood drives to be held this winter

by Kathy Behnke

You may not see their faces, but when you donate blood at Mile Bluff Medical Center, the people you help in your community are very real. Please join us December 22 and February 18 from 9 am to 2 pm for blood drives hosted by the Blood Center of Wisconsin - the only provider of blood to Mile Bluff.

The Blood Center is in need of all blood types, so please take the time to donate. Encourage your friends and family to come out and donate as well!

There is no substitute for the blood that is needed every day in our community. Your donation could be used to help a chemotherapy or open-heart surgery patient, an accident or burn victim, or even someone needing an organ transplant. Your donation will do more good than you know, and will touch the lives of up to three people in our community.

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

Requirements for donating blood:

- * Must be 17 years or older, no upper age limit
- * Must weigh at least 110 pounds
- * Should be free of any cold, flu, or allergy symptoms the day of donation
- * Must never have had hepatitis
- * Should not have any risk factors associated with HIV or AIDS
- * Know the names and doses of all of your medications (most prescription medications are acceptable)

Tips to remember:

- * Bring along a photo ID such as a drivers license
- * Drink plenty of fluids prior to and following your donation
- * Eat a nutritious meal prior to donating
- * Following your donation avoid strenuous physical exercise until the next day

Please join us December 22 and February 18 for the life-saving blood drives at Mile Bluff Medical Center.



Mile Bluff physician assistants from left to right: Dick Faust, Tracie Schmidt, Gloria Nachreiner, Eric Nuebel, Cathy Kidd, Randy Brandt, Brad Ingraham, Lisa Olson, Anne Fenwick, Sarah Jabs and Rebecca Tuley. Not pictured: Kathy Nuebel, Jean Stransky, Sam Williams.

PAs make their mark on healthcare

Working with physicians, patients

Physician assistants (PAs) are licensed health professionals who practice medicine as members of a team with their supervising physicians. They deliver a broad range of medical and surgical services to diverse populations in rural and urban settings. As part of their comprehensive responsibilities, PAs prescribe medication, conduct physical exams, diagnose and treat illnesses, order and

interpret tests, counsel on preventive healthcare, and assist in surgery.

In October, PAs around the United States – including the 14 PAs at Mile Bluff Medical Center – celebrated National Physician Assistant Week. Mile Bluff has PAs serving patients at the Delton Family Medical Center, Elroy Family Medical Center, Hess Memorial Hospital, Mile Bluff Clinic, Necedah Family Medical Center and New Lisbon Clinic.



Blood recipient Kathy Bauer (center) of Mauston knows first-hand just how valuable the blood donated at Mile Bluff Medical Center is. With sincere gratitude she attended a recent blood drive at the hospital to thank as many donors as she could. Please consider giving at upcoming blood drives at Mile Bluff; your donation will go to help someone in our community such as Kathy. Kathy is pictured with Stan Macheichok (left) Mile Bluff's Laboratory Director, and a Blood Center staff member.

Love Light Tree ceremony Nov. 30

Mauston and Adams-Friendship area residents can remember a family member or friend during a special holiday event scheduled at Mile Bluff Medical Center in Mauston.

The annual Tomah Memorial Hospital Hospice Touch "Love Light Tree" ceremony will be held November 30 at 6:30 pm at Mile Bluff Medical Center in Mauston.

The program includes inspirational readings and songs plus the public reading of names of area residents who have passed away. Residents can have names added to the list by purchasing an individual "Love Light" for \$5 or a "String of Lights" for \$25.

Purchase forms are available at Mile Bluff Medical Center's reception desk, the Hospice office in Mauston and Phillip's Pharmacy Mauston and Roche-A-Cri locations. Lights should be ordered by Novem-

ber 24 to be included in the Mauston ceremony.

Additional information about the program can be obtained by contacting Hospice Touch at 608-374-0250.



Honor your loved one this holiday season with a Love Light!

Your partner in health, the NP

The role of the nurse practitioner (NP) is showcased in November as NPs across the country celebrate more than four decades of practice and research during National Nurse Practitioner Week.

This distinguished group of healthcare professionals numbers approximately 125,000 strong with an additional 6,000 NP students graduating in our country each year. Mile Bluff Medical Center is proud to have four NPs in Mauston. Cathy Murphy and Cris Custer serve as primary healthcare providers, Ann Ruesch is a visiting nephrology specialist, and Brenda Krupa is Mile Bluff's diabetes educator.

Nurse practitioners provide high-quality, cost-effective and personalized healthcare. They offer a unique combination of nursing and healthcare

service to patients. Focusing not only on diagnosing and managing acute and chronic illnesses, NPs integrate health promotion, disease prevention, counseling and patient education to help patients understand their complete health picture.

In a population that is aging, with baby boomers becoming seniors in growing numbers over the next ten years, having choices about healthcare providers will become even more important. National Nurse Practitioner Week brings visibility to the role of the NP, helping consumers make wise choices when selecting their healthcare provider.

To find out more about Mile Bluff's nurse practitioners, visit us on the web at www.milebluff.com or call 608-847-6161 (hospital) or 608-847-5000 (Mile Bluff Clinic).



Mauston's nurse practitioners from left to right: Cathy Murphy, Ann Ruesch, Cris Custer and Brenda Krupa.

Farmer screenings at MBMC December 4

Free health screenings for farmers will be held at Mile Bluff Medical Center Thursday, December 4. Appointments are available between



8 and 11 am, and 1 and 3 pm.

Farmers will receive free cholesterol, blood sugar and blood pressure testing. Hearing and lung screenings will

also be conducted. There is no fasting or fee required for any of the tests.

Mile Bluff offers the screenings 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.

These free screenings are just one of the many ways Mile Bluff works to keep our area farmers healthy. For information and to register for the screenings, call 608-847-1845.



URGENT CARE HOLIDAY HOURS



Thanksgiving: November 27, 9 am - 9 pm

Christmas Eve: December 24, 9 am - 9 pm

Christmas Day: December 25, noon - midnight

New Year's Eve: December 31, 5 pm - midnight

New Year's Day: January 1, 9 am - 9 pm



Regular hours

Monday through Friday, 5 pm - midnight
Saturday and Sunday, 9 am - 9 pm

Victory Over Depression group to meet

Coping with and helping out a loved one who struggles with depression is not an easy task. Whether it's your spouse, child, parent, grandparent or friend; their depression hurts you too.

If you are looking for support from others in similar situations, join the Victory Over Depression support group at Mile Bluff Medical Center in Mauston. Topics to be discussed include: what is depression?; what a loved one can do to help; the purpose of depression; types of depression; treatment options; and how diet

aids in recovery and prevention. Other subjects will also be explored as determined by the needs of the group.

The Victory Over Depression group at Mile Bluff has been formed to provide tools to the loved ones of those dealing with depression, enabling them to conquer it. Upcoming meetings will be held at 7 pm in Mile Bluff Medical Center November 11, December 2, 16 and 30, and January 13 and 27. Call Reverend Fairchild at 608-847-1285 for more information.

NOW OFFERING EXTENDED HOURS

We're changing our hours to fit your busy schedule

- Do you need to get to the doctor but can't get off work for an appointment?
- Do you wish you could get a check-up without having to interrupt your daily routine?

Don't worry about fitting into our schedule, we're adjusting our hours to work around yours!

Now offering extended hours on select days of the month. Call for details.

family practice | obstetrics | x-ray | laboratory | audiology (hearing) | gynecology | physical therapy
podiatry (foot) | speech | nutrition | general & orthopedic surgical services also available!

254-5888



28 Commerce Street
Across from Wal-Mart
milebluff.com

Mile Bluff's licensed athletic trainers: Taking care of student athletes

by Jason Nuttall, LAT

The Mile Bluff Medical Center athletic training outreach program has grown considerably in the past few years. This year has been no exception. Under the supervision of Darcy Gaston, MS, LAT, the program now consists of five full-time licensed athletic trainers covering the athletic events at seven area high schools.

Athletic trainers are unique healthcare providers in that they are typically involved in all aspects of an athlete's injury including immediate response, assessment, treatment and rehabilitation, and return to play progressions. They work with the athletes, parents, coaches, and other healthcare professionals to afford athletes with high quality care during an injury.

Mile Bluff athletic trainers, however, do more than cover sports practices and games for local schools. They are also directly involved in the employee wellness programming and employee injury prevention training at Mile Bluff, they teach exercise and community wellness classes such as Wet & Well aquatic fitness in Mauston and Necedah.

In the past few months some new faces have been spotted around Mile Bluff Medical Center and in the area schools. Jean Dutton and Shawn Bloyer are the two newest athletic trainers to join the staff.

Jean Dutton is the licensed athletic trainer for Necedah High School. She is a graduate of UW-Eau Claire with a degree in athletic training. She obtained her master's of science degree in sports manage-



Jean Dutton, LAT

ment from St. Cloud State University where she worked as a graduate assistant certified athletic trainer for two years covering women's softball and assisting with men's hockey at the university. She is excited to work with high school athletics, and is looking forward to the successes of the Necedah High School athletic programs.

Shawn Bloyer is the licensed athletic trainer for Hillsboro, Wonewoc-Center, and Weston high schools. He is a graduate of Winona State University with an undergraduate degree in athletic training. He obtained his master's of science degree in exercise science - sport administration from UW-LaCrosse. Prior to joining the staff at Mile Bluff, Shawn worked as an athletic trainer for Mishicot High School.

If you have any questions about the healthcare professional that is taking care of your child, or would like additional information about athletic training or the programs that Mile Bluff offers, please feel free to contact the athletic training staff by calling the Rehabilitation Services Department at 608-847-1422.



Shawn Bloyer, LAT



Mile Bluff wishes you and your family a Happy Thanksgiving!



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

Outreach Clinic Director

Full-time position to oversee Mile Bluff's three outreach facilities in Elroy, Lake Delton and Necedah.

Respiratory Care Practitioner

Full-time position available. Day/pm shift. Includes 10 hour shifts and rotating call coverage. Must have current WI license and BLS/ACLS certifications. Experience with EKG and treadmill testing preferred. Benefits available.

Dietary Aide

Part-time position at Crest View. Must be able to work days or nights, rotating holidays and every other weekend.

Registered Nursing:

- Part-time position in the Med/Peds Department. PM shift, benefits available.
- Part-time charge nurse needed in the OB/Surgical Department. Day/PM shifts.
- Part-time (RN or LPN) position at Crest View. Seven shifts a pay period, includes every other weekend.

Resident Care Assistants

Part-time positions at Crest View. CBRF certifications required.

Certified Nursing Assistants

Part-time positions at Crest View for all shifts.

Physical Therapist

Occupational Therapist

Physical Therapist Assistant

Full-time positions available. Current WI licensure and graduation from an accredited program required. Benefits.

Utilization Review Nurse

Part-time position. Requires current WI RN license and minimum of three years clinical experience. Benefits available.

Housekeepers

Part-time positions available at Crest View. Includes every other weekend. Benefits.

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

If interested in any of the positions, application forms may be obtained at the front desk of Mile Bluff Medical Center, by calling the number above, or at milebluff.com.

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

Join our team!



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 Christine Schaefer at 608-847-6603 x3305 or visit www.mauston.k12.wi.us 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	6:30-7:30 am & 4-5:30 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)
<i>Enter at front door</i>	
4-8 pm (M-F)	

Call 608-847-1845 for more information.

2008-2009

Early childhood screenings December 4

by Kathy Behnke

Would you like to know what the average age is for a child to begin: crawling, speaking words, walking, putting sentences together, running, reading, or skipping?

It is normal for parents to wonder if their children are developing at the rate of others their age. It is all right for parents not to have all the answer too. That is why Mile Bluff Medical Center in Mauston offers free early childhood screenings twice a year.

The next screening day is set for Thursday, December 4. The event will be held in the Community Room of Mile Bluff Medical Center. You don't have to think there's a setback with your child to attend. All parents with children birth to five years of age are encouraged to make an appointment.

A speech/language pathologist, occupational therapist, physical thera-

pist and audiologist will assess your child's motor and communication skills. Children will visit each of the stations and parents will have the opportunity to ask questions, take any literature that they might need, and enjoy refreshments. To follow up the screenings, 'report cards' are sent out and doctor referrals are obtained if needed.

The purpose of the screenings is to educate each parent on where their child's development stands. If a challenge is identified early on, intervention can take over and in many cases children will be up to speed in no time. Mile Bluff has offered these screenings in the past, and many children have been able to benefit from some sort of follow-up care.

Attend the free early childhood screenings at Mile Bluff Medical Center Thursday, December 4. Call 608-847-1414 for your appointment. Spots are filling up quickly, so call today!

ER earns level III trauma status

by Kasey Gegenfurtner

Traumatic injuries are the leading cause of death and disability among people between the ages of one and 34 in Wisconsin and across the nation. Trauma is considered to be any life-threatening problem such as chest pain, shortness of breath, and any major injuries or serious ailments.

Luckily for Juneau County, Mile Bluff Medical Center's emergency room (ER) has earned a level III trauma designation – this is one of the highest levels of trauma care available in a rural community. For an ER to earn a level III designation it must be capable of providing assessment, resuscitation, stabilization and emergency surgery for any trauma patient, and it must be able to arrange the transfer of the patient to a level I or level II facility for definitive surgical and intensive care as necessary. Also, there must be a general surgeon on the premises at all times, and the hospital should be able to provide rehabilitation services for patients after they have been discharged.

The levels of designation are determined by the Wisconsin Department of Health. To acquire a certain level, a hospital must apply for and meet all of the requirements for that level. These requirements are met through a day-long evaluation by a team made up of physician evaluators, process evaluators, nursing

evaluators and a trauma advocate. Once the hospital has acquired a certain status, they must maintain the services needed to keep that level of designation.

Mile Bluff has a quality improvement process and must also present this report quarterly to the Wisconsin Department of Health to maintain their level III status. The ER is re-evaluated every three to four years to ensure it is keeping up with the necessary services.

As part of adhering to its level III status, Mile Bluff Medical Center also offers rehabilitation, education and therapy for patients after surgery. When necessary, emergency surgeries can also be performed for trauma patients before they are transferred to another hospital. When sent to another facility, Mile Bluff patients are transferred to St. Joseph's in Marshfield (level II), Gunderson Lutheran in LaCrosse (level II), or UW Hospital and Clinics in Madison (level I). If the patient is not stable enough to be transferred, sometimes Mile Bluff will have specialists flown in from one of these hospitals to assist in surgery.

If traumatic injuries cause you to seek emergency care, know that you're in good hands with Mile Bluff's ER team. The level III services are available 24 hours a day, seven days a week. For non-life-threatening injuries, urgent care services are available evenings and weekends.

Virtual colonoscopy offered at MBMC

Virtual colonoscopy (VC) is a medical imaging procedure which uses x-rays and computers to produce two and three-dimensional images of the colon (large intestine) from the lowest part (the rectum), all the way to the lower end of the small intestine, and display them on a screen. The procedure is used as a screening tool for colon cancer. The procedure is performed via computed tomography (CT), sometimes called a CAT scan.

Mile Bluff is proud to announce that it now offers VC technology in its Medical Imaging Department. The examination takes about 10 minutes and does not require sedatives or the

use of a colonoscope. With this new technology, patients are able to return to their usual activities or go home after the procedure without the aid of another person. However, if abnormalities are found, a conventional colonoscopy must be performed (even that same day) so a radiologist is able to take tissue samples (biopsy) or remove polyps.

Talk to your healthcare provider about scheduling your VC at Mile Bluff today. Check with your insurance provider to see if the procedure is included in your coverage.

Quotes & Quips

by Larry Arnold

A true friend never gets in your way unless you happen to be going down.

~ Arnold Glasgow

* * *

Goals are dreams with deadlines.

~ Diana Scharf Hunt

* * *

The most called-upon prerequisite of a friend is an accessible ear.

~ Maya Angelou

* * *

Money is like manure; it's not worth a thing unless it's spread around encouraging young things to grow.

~ Thornton Wilder

* * *

She was at a loss for words...

Dear Abby, I was married to Joe for three months. I didn't know he drank until one night he came home sober.

Dear Abby, You told a woman whose husband lost interest in sex to send him to a doctor. My husband lost interest in sex and IS a doctor. What can I do?

Dear Abby, I have a man I can't trust. He cheats so much I'm not even sure the baby I'm carrying is his.

Dear Abby, I joined the Navy to see the world. I've seen it. Now how do I get out?

* * *

These days by the time you can make ends meet, they move the ends.

* * *

Did you ever notice that it is easier to get forgiveness than permission.

* * *

Blessed are they who can laugh at themselves for they shall never cease to be amused.

* * *

Experience is wonderful. It enables you to recognize a mistake when you make it.

Save Lids to Save Lives

Starting in October, Mile Bluff Medical Center's Nutrition Services Department began collecting pink Yoplait® Yogurt lids as part of the 'Save Lids to Save Lives'™ campaign.

Look for the pink collection bins through the end of December at the following six Mile Bluff locations: hospital lobby, Delton Family Medical Center, hospital dining room, Elroy Family Medical Center, Crest View Nursing Home's café, and Necedah Family Medical Center.

For every pink lid collected, Yoplait® will donate 10 cents to Susan G. Komen for the Cure®, up to \$1.5 million.

If you would like to assist in raising money for breast cancer research, let Mile Bluff help you by collecting and sending in your pink Yoplait® lids for you. For more information, call Teri at 608-847-6161 x4630.

Help us fight breast cancer!

Drop off your pink Yoplait® lids today!

Mile Bluff Clinic launches 'Earn-a-smile' program



Have you ever...
seen an elderly person seem so very lost?

Have you ever...
seen someone very ill struggling just to walk?

Have you ever...
given up your time to help someone for a smile?

Have you ever...
just lent a hand to earn a smile?

Mile Bluff Clinic would like to invite you to share your time and help those who need a caring, friendly smile to help them get the care they need. Participants will have flexibility in hours to greet patients and help them to and from their appointments, the lab and X-ray.

Sometime we all just need a little extra help getting around and locating other services of-

fered throughout the clinic. If you are interested in 'earning a smile' or would like more information about this program, please contact Lynn Neve at 608-847-5000.

Volunteers are also needed at Mile Bluff Medical Center, it's nursing homes and retirement community. Interested individuals are encouraged to call 608-847-1285 for information.

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 Hess Memorial Hospital, its outreach medical centers, 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**

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

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*Reporter, Photographer,
Designer*

Thank you!

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

**Hess Memorial Hospital is a not-for-profit hospital serving
Juneau County and the surrounding communities.**

Delivered to 44,000 homes in central Wisconsin.



November, 2008 - February, 2009
Check out milebluff.com for additional information and updates!

Health Calendar

SPECIAL EVENTS

FREE ENTERTAINMENT

- Tuesday, November 18, 2 pm at Terrace Heights
Shari Sarazin sings and plays the harp
- January - Katherine Bakke - watch for details!
Call 608-847-2377 to reserve your spot!

DIABETES FAIR & PRESENTATION

- Wednesday, November 19
at Mile Bluff Medical Center
Health fair - 2-8 pm **Presentation** - 6:30 pm
Call 608-847-1845 for information. See page 4.

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'S NECEDAH FAMILY MEDICAL CENTER

- Call 608-565-2000 for appointments
- Thursday, November 20, February 19, 7-11 am

MILE BLUFF'S DELTON FAMILY MEDICAL CENTER

- Call 608-254-5888 for appointments
- Thursday, December 18, 7-11 am

MILE BLUFF'S ELROY FAMILY MEDICAL CENTER

- Call 608-462-8466 for appointments
- Thursday, January 8, 7-11 am

MILE BLUFF MEDICAL CENTER

- Call 608-847-1845 for appointments
- Thursday, January 15, 7-11 am

EARLY CHILDHOOD SCREENINGS

Thursday, December 4 at Mile Bluff Medical Center
Free physical and cognitive testing of children birth to 5 years of age. Appointments are required.
Provided by Mile Bluff's Audiology, Speech Pathology and Rehabilitation departments.
Call 608-847-1414 for information and appointments.

FREE FARMER SCREENINGS

- Thursday, December 4, 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 information and appointments.

COMMUNITY BLOOD DRIVE

- Monday, December 22, 9 am - 2 pm
 - Wednesday, February 18; 9 am - 2 pm
- Events are held on the second floor of Mile Bluff Medical Center. For information and to register, call the Blood Center at 888-310-7555. A sign-up sheet will also be in Mile Bluff's dining room the weeks prior to the drives. All are encouraged to participate in these life-saving events! See page 14 for details.

PROGRAMS FOR PARENTS

Call 847-1013 to register

HAND-IN-HAND PROGRAM

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

- Monday, December 8, 4:30 pm
Topic: Making memories and traditions
- Monday, January 12, 4:30 pm
Topic: Infant CPR & choking
- Monday, February 9, 4:30 pm
Topic: Immunization update

OB CLASSES

Five classes covering the topics of prepared childbirth, feeding your baby and after delivery. Classes are taught by Mile Bluff's OB staff.

- **Moundview Memorial Hospital, Friendship,** Mondays, starting November 24, January 5 & February 16, 7-9:15 pm
- **Mile Bluff's Necedah Family Medical Center** Tuesdays starting November 25, January 6 & February 17, 7-9:15 pm
- **Mile Bluff Medical Center** Thursdays starting November 20, January 8 & February 19, 7-9:15 pm

OB DEPARTMENT TOUR

Provided by the Mile Bluff OB staff

- Thursdays, December 4, January 15 & February 26, 6:30 pm at Mile Bluff Medical Center

CLASSES

SMOKING CESSATION CLASSES

- Wed., Nov. 5, 12, 19 & 26 at Mile Bluff Medical Center. Call 608-847-1845 for information.

SMART BALANCE

Weight management & nutrition classes begin in January. Call 608-847-1296 to register.

BLOOD PRESSURE SCREENINGS

Mile Bluff's Necedah Family Medical Center

- Wednesdays, November 26, December 17, January 28, February 25, 9-11 am
Blood sugar testing will be available in November!

Mile Bluff's Delton Family Medical Center

- Tuesdays, December 2, January 6, February 3
10 am - noon

Bank of Mauston, Highway 82 in Mauston

- Wednesday, December 3; Friday, January 2;
Tuesday, February 3; 1-3 pm

Mile Bluff's Elroy Family Medical Center

- Wednesday, December 3; Friday, January 2;
Tuesday, February 3; 1-3 pm

Bank of Mauston, Lyndon Station

- Fridays, December 5, January 2, February 6
8:30 - 10:30 am
Cholesterol testing will be available in February!

SUPPORT GROUPS

VICTORY OVER DEPRESSION SUPPORT GROUP

For those with loved ones who have depression.
Tuesdays, November 11, December 2, 16 & 30, January 13 & 27, 7 pm at Mile Bluff Medical Center
Call Rev. Fairchild at 608-847-1285 for information.

IBS SUPPORT GROUP

Thursday, November 13, 7 pm
at Mile Bluff Medical Center
Call 608-847-7355 for information.

GRIEF SUPPORT GROUP

Thursdays, November 13, December 4 & 18, 7 pm
at Mile Bluff Medical Center
Call Rev. Fairchild at 608-847-1285 for information.

AUTISM SUPPORT GROUP

Tuesdays, November 18 & February 17, 7 pm
at Mile Bluff Medical Center
Call Rev. Fairchild at 608-847-1285 for information.

FAMILY & FRIENDS CONNECTION

For family & friends of nursing home residents.

- Friday, November 21, 3-4 pm
at Mile Bluff's Fair View Nursing Home
Topic: Preparing for the holiday
- Friday, January 9, 3-4 pm
at Mile Bluff's Crest View Nursing Home
Topic: Understanding dementia
Call 608-847-6161 x4422 for information.

DIABETES SUPPORT GROUP

Call 608-847-1846 for info. and to register for events at Mile Bluff's Delton Family Medical Center

- Monday, December 15, 6:30 pm
at Mile Bluff Medical Center
Topic: Holiday survival tips
- Monday, January 19, 6:30 pm
at Hatch Public Library in Mauston
Topic: New year resolutions - Setting goals that you can meet!
- Monday, February 16, 2 pm
at Mile Bluff's Delton Family Medical Center
Topic: What's new in diabetes care for 2009?

AA & AL-ANON GROUPS

Both groups meet (separately) at Mile Bluff Medical Center Mondays at 7 pm
Call 608-847-5214 for information,
or call the AA Hotline at 608-222-8989.
AL-ANON, call 608-562-5611.

GAMBLING ANONYMOUS GROUP

Meets at Mile Bluff Medical Center
Wednesdays at 7 pm.

NARCOTICS ANONYMOUS GROUP

If you're interested in attending a group or receiving NA resources, call Dennis at 608-562-6223.



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