

SUMMER 2018

HealthScene



'A Rebirth'

Knee Replacement at BDCH

BDCH

for all of us

From the desk of Kim Miller, President & CEO

As many have heard me say, there is nothing small about a rural hospital.

Especially during this time of rapid change in health care, our challenges are great but so too are the opportunities. One of the achievements I'm most proud of at BDCH is our ability to successfully overcome short-term obstacles while maintaining a long-term vision that ensures our region's residents will have access to the safest, highest quality care possible, close to home for years to come.

This is accomplished through the combined effort of a committed, skilled and diverse team of professionals dedicated to the health and wellness of our communities. From the Board of Directors, to my colleagues on the Executive Team, to our physicians, advanced practitioners, nurses, support staff and volunteers, everyone plays a critical role in the positive outcomes we see each day.

Today, it means everything to me that when you need to be cared for at Beaver Dam Community Hospital, you can be assured that you'll be cared for by a team that has earned five consecutive 'A' Grades for Patient Safety from the Leapfrog Group.

While ensuring you're receiving great care today, we've also planned for the future. We continue to emphasize the importance of primary care providers as critical partners in helping prevent and manage chronic disease. And we were thrilled to bring the Blue Zones Project® to Dodge County, helping make healthy choices easier while creating an environment that could encourage improved health and wellness for generations.

We anticipate more challenges, but we also eagerly await new opportunities.

In good health,



Kim Miller, FACHE
BDCH President & CEO



Treatment for Peripheral Artery Disease Available at BDCH

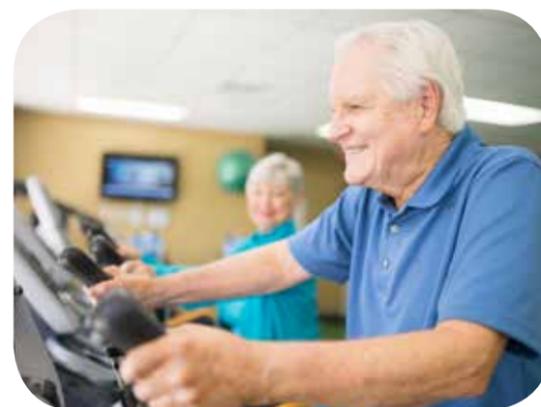
Living with Peripheral Artery Disease (PAD) can be a painful proposition. And a dangerous one as well.

PAD is when you develop narrow, weak or blocked arteries and is typically the result of fat or cholesterol buildup, which can prevent normal blood flow to your legs and arms. Untreated, it can cause a heart attack or stroke.

High blood pressure and cholesterol, diabetes, smoking and obesity increase the risk of developing PAD. It does not always cause symptoms, but as it worsens you may develop pain or cramps, experience numbness or a weak and heavy feeling in your legs as well as sores on your feet.

Once diagnosed by your health care provider, BDCH can help reduce your pain as well as your risk for heart attack, stroke or amputation with its Supervised Exercise Training program (SET PAD). Trained professionals develop an individualized exercise program and provide educational classes covering nutrition, medications, stress management, CPR, blood pressure, heart rate and home exercise. Obvious benefits are usually seen within 4-8 weeks.

For more information, visit
bdch.com/peripheral-artery-disease.



BDCH Adds Training Programs for All Athletes

The Licensed Athletic Trainers with the BDCH Orthopedics & Sports Medicine Clinic have developed a series of targeted programs that will enhance your performance and get you back into the game.

Individualized Performance Enhancement Program

- Put your best foot forward with our individualized performance enhancement program that can be tailored to specific sports and prevent injury.
- For \$285 you receive one 2-hour session and 10 1-hour sessions.
- Each initial 2-hour session includes goal setting, musculoskeletal exam and personalized nutrition consultation and creation of a customized performance plan. One-hour sessions include supervised, hands-on performance exercises with our licensed athletic trainers.



Coming Soon!

We have some exciting changes in the works! If you're suffering from conditions that cause you pain, limit your movement and reduce your quality of life, you'll soon be able to visit one convenient location for all of your care. Whether you require surgery, a minor procedure, physical therapy or preventive care, we'll guide you through the entire process, from consultation to completion.

We're excited about our progress and look forward to opening our doors sometime in late fall!

Return to Sports/Function Program

As an athlete, the worst place to see the game is from the sideline. Our Return to Sport/Function Program offers a comprehensive customized training regimen that will get you back on track. This program is completed in three phases and provides:

- Individual training
- Strength training that is centered on the particular demands of the sport or activities of daily living (ADLs)
- Skills training that focuses on your sport or particular ADLs and improves form and technique
- Nutrition and hydration
- Sports psychology that helps you mentally focus on achieving your goals and prepares you to return to full activity/competition

Concussion Program

Concussions are the result of sudden, traumatic movements that can cause the brain to move or bounce around inside the skull, damaging brain cells and creating chemical changes within the brain. Football has received the most publicity about concussions as of late, but they can occur in nearly every sport.

After a concussion, the brain is more sensitive to further damage. Severe or repeated concussions may lead to long-term problems with motor and cognitive function and can diminish quality of life.

Using the advanced ImPACT Concussion System, we perform baseline testing before the onset of activity as well as post-injury testing to measure major areas of cognition likely affected by concussions. This offers peace of mind and determines when it is safe to return to activity.

For more information visit
bdch.com/training-programs or call 920-219-4009.



Knee Replacement at BDCH

'It's Like a Rebirth'

Eileen Goodman is Back Doing What She Loves Most

Eileen Goodman isn't one to sit on the sidelines.

The retired school teacher loves to travel, tend to her garden and express herself through painting, drawing, wood carving and other artistic endeavors.

Those passions had to take a back seat, however, beginning in 2011 after a trip to Orlando and four days of walking made it clear her knee pain was a serious matter. Imaging indicated the cartilage in both knees

was wearing away, and while therapy and injections could provide short-term relief, she would eventually need replacements for both knees if she wanted to avoid life in a wheelchair.

In 2014, that inevitability seemed like it would soon become a reality as her knees continued to degenerate. At the same time, however, Eileen was needed to care for her mother, who was in failing health. After her mother's passing in October 2014, Eileen spent another two-and-a-half years putting off surgery as

she handled the responsibilities as the executor of her mother's estate, including the family farm.

"There was a lot of cleaning and hard work that had to be done as I got ready to sell, and my knees didn't like it one bit," Eileen said.

As the estate settlement neared completion, Eileen began researching knee replacements and solicited feedback from people she knew who had already had the procedure.

"I spoke to a lot of different people and heard a lot of really great stories about Dr. (Joseph) Puccinelli at the BDCH Orthopedics & Sports Medicine Clinic," Eileen said. "Considering everything I had heard along with the fact I could stay at Hillside Manor, which has an excellent reputation, for my transitional care, it became an easy choice. Being able to receive such great care so close to home so friends could come and visit was great."

After her initial meeting with Dr. Puccinelli Eileen felt her decision was validated.

"I was immediately impressed by his manner, his attention and his sense of humor, which I really appreciated," Eileen said. "He made me feel very comfortable. I could ask him anything and he always gave me answers I could understand and he never rushed me. I always felt he had my best interests in mind, and I knew he was the fellow I wanted to be working with."

Eileen had her right knee replaced in April 2017 and her left knee replaced in February 2018. After each procedure, she spent time at Hillside Manor's Transitional Care Unit recovering and receiving therapy.

"The attention I received was excellent and everyone was extremely pleasant, helpful and caring," Eileen said. "There was always someone right there whenever I needed anything. One night when I couldn't sleep a nurse walked with me up and down the floor, keeping me company and helping me with much-needed exercise. She was amazed at how well I was walking and I was appreciative of the time she spent with me."

"I can wear shorts again and get back to my activities. It's like a rebirth. That means the world to me."



Working on her artistic endeavors is much easier for Eileen Goodman after having both knees replaced by Dr. Joseph Puccinelli

For most of her life, Eileen's legs had always been a little crooked, a condition that worsened over the years. With two successful knee replacements, that is a thing of the past.

"I'm grateful to have straight legs for the first time at age 71," Eileen said. "I can wear shorts again and get back to my activities. It's like a rebirth. That means the world to me."

Just a few months removed from her left knee replacement, Eileen is doing so well her main concern is doing too much, too soon. She has a terrace flower bed in her front yard calling her name, a painting she's in the process of finishing and trips to New Zealand and Australia and the Albuquerque Balloon Festival planned for later this year.

"I'm really anxious to get out there and do things," Eileen said. "I've always believed in setting goals, and those trips are the pot of gold at the end of this rainbow. It's motivating me to make sure I heal completely."

"People see me walking and they knew how bad my knees were before. They can't help but comment about how well I'm moving around. I recommend Dr. Puccinelli to anyone who will listen. And it's not just the surgery. The entire team at the clinic that took care of me during consultations and follow-ups, my case manager, the caring staff at Hillside Manor, and the therapists who pushed me to do my best in the rehabilitation department were all amazing. It was like a one-stop shop of coordinated services."

To learn more about BDCH's comprehensive list of services, visit bdch.com. To schedule an appointment with the BDCH Orthopedics & Sports Medicine Team, call 920-219-4009.

SUMMER 2018 EVENTS & CLASSES

Beaver Dam Community Hospitals, Inc. reserves the right to cancel courses due to insufficient enrollment three days prior to the date of the class. Some class sizes are also limited to a maximum number of participants. For registration, or information on BDCH classes, visit our website at bdch.com and click Events and Classes.

Sports & Fitness Center

The fitness center provides an independent environment for members to exercise. The Sports & Fitness Center is located in the BDCH Rehab Services Department on the ground floor of Hillside Manor. **920-887-4114.**

1:1 Fitness for You

Enjoy the benefits of a personal consultation with a Certified Personal Trainer. An introductory package fee is \$35 and includes two 30-minute sessions, with ongoing training packages also available. **920-887-4114.**

Massage Therapy

Licensed massage therapists offer relaxation, hot stone & sports massages in the Rehab Department. **920-887-4039.**

Expecting a Baby?

Preparing for Childbirth

Taught by our experienced childbirth instructors and OB nurses, the two-session class meets on consecutive Mondays and covers labor and delivery, relaxation and pain management and newborn care and costs \$45. **920-887-4007.**

Breastfeeding Class

Our Lactation Consultant will share information to help you get the best start in breastfeeding. The class costs \$10. The next class is Tuesday, June 12 from 6 to 8 p.m. **920-887-4007.**

For Kids And Teens

American Academy of Pediatrics Babysitting Clinic

For ages 11-15. Teaches safe, responsible care of children. **920-887-4639, Ext. 103.**

Stay Home Safe Program

This program teaches children how to stay home safe when home alone. **920-887-4639, Ext. 103.**

CPR/First Aid

CPR classes offered at BDCH or in the community. For more information regarding CPR options, dates and cost, call the Community Training Coordinator at **920-887-5926** or visit bdch.com. Classes include Heartsaver CPR and First Aid, Healthcare Provider Course and CPR for Family and Friends.

Specialty Services

Foot Clinic

Foot Clinic provides toenail trimming, and routine foot care by registered nurses and certified nursing assistants. Clinics occur every week at 148 Warren St., Lower Level - and every month at the BDCH Medical Clinics in Horicon and Waupun, the Columbus Senior Center and the Mayville American Legion. **920-887-4191.**

Pacemaker Clinic

Qualified professionals monitor pacemaker function, battery status and lead function. **920-887-4122.**

Cardiac Rehab

Cardiac Rehab is a comprehensive medically-supervised program that is designed to help people with heart disease reach their highest level of wellness. Cardiac Rehab meets three times a week so that patients can be supervised during exercise. Education classes included. A physician referral is required. **920-356-6526.**

Pulmonary Rehab

The Pulmonary Rehab program provides treatment for a wide range of lung conditions including emphysema, chronic bronchitis, asthma, and other forms of lung disease. A physician referral is required. **920-887-4153.**

Glucose Meter Accuracy Check

All blood-glucose meters should be checked for accuracy annually by comparing results to a lab result. Minimum of 4-hour fast required. Appointments required by calling Laurie Schroeder at **920-887-6631**. Fee is \$2.

Disposal of Used Needles and Syringes

BDCH is a registered Sharps Collection Station and will accept delivery of these articles in appropriate containers for disposal. **Open Monday through Friday from 6 a.m. – 5 p.m. Location: Outpatient lab draw station just inside the front entrance of the hospital.**

Self-Requested/Walk-In Testing

Tests offered at a reduced price and without a physician's order include: glucose, cholesterol, triglycerides, blood type ABO/Rh, urine pregnancy, and serum pregnancy.

Open Monday through Friday from 6 a.m. – 5 p.m., Saturdays from 7-11 a.m. Location: Outpatient lab draw station just inside the front entrance of the hospital.

12th Annual Don Reilly Cardiac Run



The Don Reilly Race the Parks Cardiac Run/Walk is now in its 12th year of honoring the memory of Don Reilly, increasing awareness of heart disease and raising funds for heart-related community programs. The run will be held, rain or shine, on Saturday, Sept. 29 beginning at 8 a.m. by the family of Don Reilly. Registration begins at 7 a.m.

There will be a 10K/5K run, a 5K walk and a Kids Fun Run. The start and finish of the adult events will be at Swan City Park, South University Avenue in Beaver Dam, and the Kids Fun Run will go through the Park.

The importance of preventing and managing heart disease is a cause dear to the family of Don Reilly, and all proceeds of the event will benefit the Beaver Dam Community Hospitals Foundation, Inc. Automated External Defibrillator and Cardiac Rehab funds.

Awards are given to the top male and female finishers in the 10k and 5k runs and finisher medals will be given to all 10k and 5k runners and 5k walkers.

For more information, or to register online, visit bdch.com/event/don-reilly-run.

Support Groups

Grief Support Group

Anyone who is grieving the death of a loved one is invited to join this free 6-week educational support group. The next session will be held on Tuesdays from 3:30 to 5:30 p.m. from Oct. 9 to Nov. 20. **920-887-5983.**

Diabetes Support Group

If you have diabetes, or are interested in learning more about diabetes, you are welcome to attend a free support group with Teresa Hill, Clinical Dietician, CDE the second Monday of each month, September through May, from 10 to 11 a.m. **920-887-6609.**

Pre-Diabetes Classes

A BDCH Diabetes Educator reviews tips for modifying existing eating habits to healthier choices and provides general guidelines on how to safely increase your activity level. Participants are referred by their physician. The next class is scheduled for June 14 at 10 a.m. **920-887-6609.**

Chronic Pain Support Group

This group, held the 4th Wednesday of the every month at 5 p.m., is for people who have activity-limiting chronic illness and pain. It focuses on self-directed healing using positive, supportive methods and techniques aimed at empowering individuals to overcome the symptoms of their chronic conditions. **920-887-5957.**

Tremble Clefs Support Group

This support group is for people with Parkinson's Disease and other neurological diseases. A speech therapist leads the group in therapeutic singing and moving as a fun and casual way to reinforce voice and movement the second Thursday of every month from 6 to 7 p.m. **920-887-4039.**



BDCH's Outpatient Lab is open Monday-Friday from 6 a.m. to 5 p.m. and on Saturdays from 7 to 11 a.m.



Be on the Lookout for New Medicare Cards

There is a change coming with your Medicare cards.

To help prevent fraud, fight identity theft and safeguard taxpayer dollars, the Centers for Medicare & Medicaid Services (CMS) are removing Social Security numbers from all Medicare cards between now and April 2019.

CMS has already started issuing new Medicare cards with a new unique, randomly assigned number called a Medicare Beneficiary Identifier (MBI) to replace existing Social Security-based Health Insurance Claim Numbers (HICN) both on the cards and in the various CMS systems in use.

The process to update all Medicare cards is being handled on a flow basis based on geographic locations, among other factors. Newly eligible people on Medicare, regardless of location, were among the first to receive the new cards beginning in April 2018. In Wisconsin, new Medicare cards are expected to be mailed after June 2018.

Please keep in mind:

- Medicare will never contact a beneficiary and ask for their Medicare number, and beneficiaries should not share their Medicare number over the telephone, email, or in person, unless they have given permission in advance.
- If you receive a call and are asked for your Medicare number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).
- Medicare beneficiaries should never loan out their Medicare number or accept payment for the use of their Medicare number.
- Medicare beneficiaries should review their Medicare Summary Notices (MSNs) to be sure they are only being charged for items and services they have received.

To sign up for status update emails, visit Medcare.gov/NewCard.

HealthScene

The information in *HealthScene* is intended to supplement the advice of your physician or provider.

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**Call 920-887-7181 or visit
online at www.bdch.com**

 Like us!



Urgent Care Now Open 24/7

Beaver Dam Community Hospital is constantly working to better meet the needs of our patients, which is why we extended our Urgent Care availability to 24 hours a day, every day.

BDCH Urgent Care is an excellent, timely resource when you or a loved one presents with symptoms of sore throat, simple colds, urinary complaints, ear pain, minor burns or bites, flu symptoms, simple injuries and minor skin rash.

When you arrive, your condition will be assessed to ensure you receive the appropriate level of care you require.

If you present with symptoms requiring Emergency care, you can rest assured knowing you're being cared for by skilled, compassionate providers in a hospital recognized nationally for its safety and quality and an Emergency Department that is a Level IV Trauma Center.

For more information on BDCH's Urgent Care and Emergency Services, visit bdch.com/emergency-services