

Local people. True stories. Real advice.

# Momentum

ANNUAL REPORT EDITION

July 2014

## Inspired to Inspiring



**BLACK RIVER**  
MEMORIAL HOSPITAL



# LIFE SAVING AND LIFE CHANGING

Imagine being rushed to the ER. You're gasping for air. You're scared and anxious. But then, you see a familiar face.

This is why Kim Mendez always chooses BRMH.

Kim has always had sensitive lungs, with no clear diagnosis. It's not simply asthma or COPD, but a combination of factors that lead to the quick onset of pneumonia and other serious respiratory illnesses.

In May 2013, Kim's condition sent her on one of these frantic trips to the BRMH emergency room. Dr. Esteban Miller, one of BRMH's hospitalists, was there to care for her.

"When Dr. Miller met me in the ER, the first thing he did was ask me how I was feeling and what I needed, which doesn't usually happen at a larger facility," Kim says. "He truly listened to what I said, believed me and then made aggressive steps to start my treatment."

The BRMH team was able to stabilize Kim's breathing and oxygen levels, but Dr. Miller felt she was going to get worse before she got better—and she did. BRMH helped Kim transition to more specialized respiratory care only available at a larger health system. However, if Kim hadn't come to BRMH first, fluid buildup in her lungs could have taken her life.

"We are extremely lucky to have BRMH in our community because I've almost experienced first-hand that the extra 45-60 minutes to get to a larger hospital can cost you your life," Kim says.

But BRMH not only saved Kim's life, it also helped rebuild it.

## REBUILDING HEALTH

Recovering from this respiratory illness in 2013 took a toll on Kim's overall health. Her body was drained, and she lost

most of her strength and stamina. It was clear she'd need assistance getting back to living normally. And once again, she chose BRMH to help her.

The first step was physical therapy that strengthened her muscles and got her moving. Kim also worked with BRMH's dietitian to implement diet changes that would support her strength training and healing.

While these services helped Kim recover from this situation, what she really needed was to learn how to control her respiratory condition. So, she turned to the BRMH respiratory department and used two of its outpatient services:

1. Pulmonary Rehab
2. Tobacco Cessation Class

"The two things I worked on with Kim during her pulmonary rehab were helping her watch for the warning signs of her condition and then learning little things that can help prevent it from escalating," Kim Schlifer, respiratory therapist, says. "But the biggest thing was instilling the confidence in her that she can overcome her condition."

After all the help from each BRMH department, Kim has made significant improvements—she's lost 42 pounds and is able to walk three times the distance than when she started her physical therapy and pulmonary rehabilitation.

"I believe BRMH's care is superior because the staff is part of the community—their kids play sports with yours and you run into them at the grocery store," Kim says. "They know and care for you as more than a patient; they treat you like family." ■

# A REAL PAIN IN THE BACK

Getting out of bed. Reaching down to tie your shoes. And simply walking. These everyday tasks—the ones we don't even think about doing—can become painful or impossible with back pain.

Why? Because the back is one of the body's main structures, and it affects your flexibility and movement.

And while back pain can prevent us from moving properly, most cases are caused by minor muscle strains that will heal with rest and over-the-counter medications. However, sometimes a more serious underlying condition is to blame.

For Ruth Buswell, she lived with lower back pain for many years. After typical at-home pain relieving methods didn't work, she tried physical therapy at Black River Memorial Hospital with Carmen Liebelt, PT, DPT, WCC, DWC, to help alleviate the pain and increase her back's mobility. This helped for a while, but in mid-2012, Ruth's pain became more severe and began to affect her ability to live normally.

"My husband and I had a trip to Paris planned for April 2013, but it became clear in January that I wouldn't be able to walk around," Ruth says. "So the trip was canceled and an appointment at the doctor's was scheduled."

That's when Ruth discovered she had spinal stenosis, which is a narrowing of the open spaces around the spinal cord caused by normal aging, herniated disks, injuries or arthritis. Spinal stenosis puts extra pressure on your spinal cord and nerves and results in pain, numbness and weakness.

## BACK ON HER FEET

To treat her condition, Ruth was scheduled for a back surgery at another health facility in May 2013. Unfortunately, it took more than just one. The first surgery was unsuccessful and

left Ruth needing additional care to recover. She found it in BRMH's swing bed program.

"Right after that first surgery, I needed more help than my husband could handle at home, but I didn't need full inpatient care," Ruth says. "I used BRMH's swing bed service for about four days, and it was the perfect step between my surgery and going home."

Ruth's second back surgery was in October 2013, where she underwent spinal fusions to permanently join some of her vertebrae together to prevent movement. It was successful, and Ruth moved forward to physical therapy to get her up and moving again.

"I was so impressed with Carmen and the entire BRMH rehabilitation staff from my first experience that I immediately knew I wanted her to help me again," Ruth says. "And no other place I've received therapy from has ever matched the quality I've received at BRMH."

Ruth completed three weeks of in-home physical therapy and then 10 weeks of therapy with Carmen at the hospital. Together, they increased her arm, leg and core strength through the use of resistance bands and cardio. Since her sessions have ended, Ruth continues to do the exercises at home and has started taking BRMH's chair yoga classes to maintain her strength and mobility.

"Before my physical therapy, I couldn't even sit up from lying down; now, I can comfortably walk and do things around the house," Ruth says. "And there's still hope of rescheduling our Paris trip." ■

Ruth Buswell



"I immediately knew I wanted her to help me again."

BRMH Physical Therapist Carmen Liebelt





## GETTING BACK TO YOUR ROOTS

For Ruth Lahmayer Chipps, MS, RD, CD, her path to becoming Black River Memorial Hospital's registered dietitian began before she was even born.

It all started when her mother Jeanette, a Kentucky native, developed a passion for organic gardening and healthy home cooking.

With her mother's rural inspiration, Ruth expanded her own interests in healthy eating by setting out for San Diego to explore west coast trends and complete her undergraduate education in dietetics.

From California, Ruth's career has taken her to Atlanta, where she worked with a health center and fitness club, to being a national spokesperson for the Academy of Nutrition and Dietetics—where she did national interviews on healthy eating with news outlets like USA Today and the LA Times.

Eventually her path brought her closer to home when she worked at a major medical center in La Crosse and hosted a weekly healthy eating television segment for local TV affiliates. Recently, in April, she came all the way home to Black River Falls by becoming the dietitian at BRMH.

With all this experience under her belt, Ruth helps our community in many ways:

**1. Medical Nutrition Therapy**—Ruth provides guidance and

advice for people needing heart healthy diets, managing celiac disease or dealing with food allergies. She also speaks at and coordinates speakers for BRMH's Diabetes Education Support Group.

"The first step I take when working with people is determining what their biggest challenges are, and from there we are able to set realistic goals and develop small steps to reach those goals," Ruth says. "Once we celebrate one success, we repeat the process for the next challenge."

**2. Inpatient Nutrition Services**—Ruth ensures the nutritional needs of patients staying at BRMH are met.

**3. Weight Management and Healthy Living Consultation**—From BRMH's own employees to local businesses and the community at large, Ruth provides educational opportunities and resources to help people maintain healthy lifestyles.

This usually involves taking her services outside of the hospital and into the community itself as well as becoming involved with groups such as the Jackson in Action Coalition.

"One of the unique initiatives of Jackson in Action is the pallet garden project, which gives families the opportunity to start their own vegetable gardens in a 4'x4' pallet," Ruth says. "The kit comes with care instructions and a variety of

plants, so it is a great starting point for people looking to grow their own healthy food.”

But Ruth’s commitment to healthy living isn’t just a job for her; it’s actually her way of life.

Cooking has been a personal and professional passion for as long as she can remember. She loves experimenting and testing recipes in her cast iron AGA range. Her current focus is root vegetables like beets and rutabagas, which have high nutritional benefits.

She is also putting together a cookbook with her mom.

“The focus of the book is ‘getting back to your roots,’ or cooking and eating the way my mom did when she was growing up and raising our family—from the garden,” Ruth says. “Most of the recipes are tried and true, tested personally by mom, but I’ll have a few of my own recipes included as well as some chapters on nutrition.”

Outside of the kitchen, Ruth can be found walking around with her Excerstriders® (Nordic walking poles) or tending to her Earth house’s rooftop vegetable garden. ■



What’s one of Ruth’s favorite healthy ingredients?  
Sardines! Because they are packed with omega-3s.

## Ratatouille

Four Servings (Approx. 1 c. ea.)

This is garden-goodness at its best. A great way to use up seasonal veggies from the garden or farmers market — green pepper, zucchini, garlic, onion, tomatoes. Consider adding additional broth and freeze for enjoyment in the winter.

### Ingredients:

- 2 TBSP. olive oil
- 1-1/2 tsp. garlic cloves, minced
- 1 large or 2 small green peppers
- 1-1/2 c. onion, sliced
- 1-1/2 c. zucchini, sliced
- 1 c. sliced, fresh mushrooms
- 1 c. thick tomato sauce
- 1/2 c. ripe olives, cut in half or sliced
- 1/3 c. dry bread crumbs with herbs
- 1/4 c. grated parmesan cheese
- 4-oz. mozzarella cheese slices (or shredded)
- 1/2 tsp. each of salt, oregano, basil, pepper and parsley, or to taste (or use Herbs d’Provence blend)
- 2 TBSP. seasoned bread crumbs
- 1/2 lb. cooked Italian sausage (optional)

**Method:** Heat frying pan to medium heat; add olive oil, garlic and vegetables and sauté until tender-crisp (do not over-cook). Add tomato sauce, olives and seasonings. Add a little water, if sauce is too thick. Add the optional cooked sausage and stir. Top with mozzarella cheese, adding parmesan, bread crumbs, herbs and seasonings on top of the cheese. Turn the heat to low, so it barely simmers. Leave on heat until cheese just starts to melt. Serve with crusty Italian bread or cornbread.

Approx. 295 Calories, Total Fat: 18g, Carbs: 23g, Fiber: 5g, Protein 13g, Sodium: 683 mg

### Black River Falls Farmer’s Markets:

#### Scholze’s Ace Home Center

County Rd A & Hwy 12/27  
Tues 2-6 p.m. & Sat 9 a.m.-1 p.m.

#### Downtown Black River Falls

Thursday 5-7 p.m.

#### Countryside Market - Hwy 54W

Tues & Thurs noon-6 p.m.  
Sat 9 a.m.-1 p.m.

### Hixton Farmer’s Market

#### Hixton Travel Plaza

Thurs & Sat 10 a.m. - 2 p.m.  
715-533-8905

### Taylor Farmer’s Market

County N and P, Taylor  
Mon & Wed 2-7 p.m.  
715-662-5622

### Melrose Farmer’s Market

#### Corner of Washington & Hogg St

Saturday 8 a.m.-1 p.m.  
608-488-4700

For more details on farmer’s markets and Community Supported Agriculture visit [JacksonInAction.org](http://JacksonInAction.org) and select “resources.”

# EMPLOYEE SPOTLIGHT



When Carrie walks through the BRMH hallways, she always has a smile on her face. Because she never knows when her smile might help someone forget, for just a moment, the difficult time they may be going through.

became BRMH's ancillary services assistant and then transitioned to be the executive assistant. Last winter, she also assumed the position of medical staff coordinator.

In her administrative roles, Carrie provides clerical support for the CEO, senior leadership team and the Board of Directors. She likes being able to lend a helping hand to anyone who needs extra support and working to make processes easier and more efficient.

One example of this is Carrie's involvement in implementing electronic board packets. This idea had been discussed in the past, but after a conference Carrie attended, she brought back a way to make it happen. Now all board members have iPads to easily access the packets online.

After the BRMH board adopted the process, Carrie presented the idea at a Rural Wisconsin Health Cooperative roundtable discussion. From that presentation, she's been asked to help implement the process at other facilities.

Outside of the hospital, Carrie also is active in her church, which has opened more doors to serving others. It started with one trip to "Feed My Starving Children" with her son's confirmation class and then another with her sisters. Those trips have ignited a passion to do more with the program throughout the year. In addition, she helps with Interfaith Caregivers' Project Christmas, packing up donations and delivering gifts to families.

And as a mom of two athletic boys, Carrie takes hundreds of pictures at all their athletic events and shares about 100 pictures per game on Facebook so that all the players' families have access to them.

"My motivation for my involvement is simply to make others happy," Carrie says. "One of my favorite songs is Jimmy Durante's 'Make Someone Happy' because the lyrics are absolutely true—when you make others happy, you can't help but be happy yourself." ■

*"Make someone happy. Make just one someone happy. And you'll be happy, too."*

It often takes a difficult situation to help us see what's truly important in life. Unfortunately for **Carrie Farnsworth**, it was losing both her parents to cancer—most recently her mother six years ago.

Carrie spent most of her mother's last days with her at a facility she describes as similar to Black River Memorial Hospital in terms of the compassionate way patients are treated.

"Not only did the staff care for my mom but also my sisters and me," Carrie says. "There was one housekeeper that came in everyday to cheer us up."



This experience touched Carrie so deeply that she wanted to give back for the care her mother and her family received during that challenging time.

That's when she began working at Black River Memorial Hospital.

Knowing she couldn't do direct patient care, Carrie

# COMMUNITY SPOTLIGHT

For many of us, a return to our high school alma mater is a short visit. But that wasn't the case for **Jason Janke**. He returned to Black River Falls High School 19 years ago and has been walking the halls everyday since—as a social studies teacher and now as an assistant principal.

Education has always been important to Jason. He spent most of his childhood in a very rural community and was the first person in his family to graduate from college, thanks to two important role models: his father and a high school basketball coach.

“Both my dad and this particular teacher pushed me out of my comfort zone and wouldn't accept anything than my best effort,” Jason says. “So while they maybe weren't my favorite people everyday, I always respected them for wanting me to be a better student, athlete and person.”

It was in part because of these two mentors that Jason decided to become a teacher.

## *On and off the field*

Participating in track and field, basketball and football at various times throughout his high school and college years, Jason understands how important athletics can be to students. So he ultimately chose to become a high school teacher so he could also be a high school coach.

Since Jason's been at Black River Falls High School, he's been an assistant football coach—the past 13 years as offensive coordinator—and he also was the boys' basketball coach for nine years.

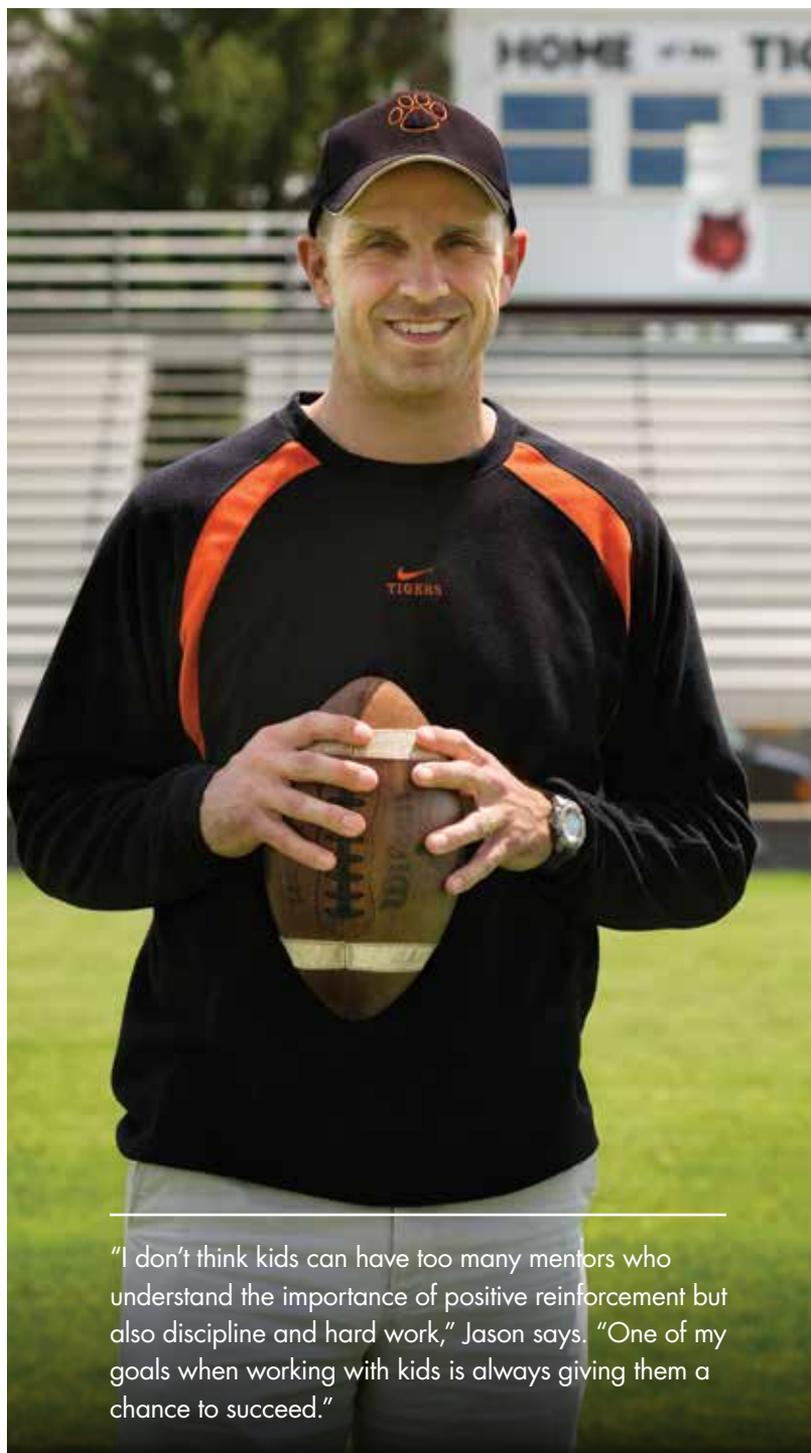
“I've always believed that being a teacher at the same school you are coaching for is important,” Jason says. “It allows me to help the athletes understand that how they perform in school is just as important as how they perform in a game.”

In addition to coaching at the school, Jason is a community youth baseball and basketball coach and helps with local football camps. He also serves on the Jackson Little League Board and the Tiger Youth Basketball Club Board.

“One reason I've become so involved is that I have three young kids, and I want them to have a great education and the ability to participate in sports if they want

to,” Jason says. “And I've stayed involved because I've developed great relationships that keep me wanting to come back.”

Outside of coaching, Jason's love for athletics extends to his family life as well. He and his wife run half-marathons together, and he continues to play basketball and softball with a group of friends. ■



“I don't think kids can have too many mentors who understand the importance of positive reinforcement but also discipline and hard work,” Jason says. “One of my goals when working with kids is always giving them a chance to succeed.”

# Black River Memorial Hospital 2013 Annual Report

## Report from the Chief Executive Officer Mary Beth White-Jacobs



After working at Black River Memorial Hospital for 32 years, I am honored to have the opportunity to lead our organization as President and CEO. It is a reward to be a part of a group of professionals who put our patients and community first.

Black River Memorial Hospital has made a pledge to our community to provide “Excellence. Always,” which is our promise to keep BRMH a progressive and responsive organization and maintain a level of excellence in the services we offer. It’s a strong commitment and a challenge that requires dedication from all of us to be the best.

How do we know if we are measuring up? Throughout this annual report and in all areas of the hospital, you will see evidence of the measures we use to track our progress on our “Excellence Always” journey. We track our key processes and the outcomes we achieve through five main pillars:

**Service:** We evaluate patient and community perceptions and experiences in all areas of the hospital. We use surveys, thank you cards, social media, phone calls and direct conversations with our customers to improve care.

**People:** We evaluate the experiences and satisfaction of our staff, physicians and volunteers as team members. We survey

these groups, encourage open communication and follow-up on concerns and issues.

**Quality:** We evaluate our adherence to recognized standards of care and outcomes for our patients. Data are collected and compared with other healthcare providers and industry standards. Quality data are also publicly reported.

**Finance:** We evaluate stability and stewardship of our resources to ensure we are here to serve our community in the future. Financial statements, audits and evaluations by external experts are some of the tools we use.

**Growth:** We assess the healthcare services our community needs to achieve health and well-being. We track the total number of patients served and the percentage of individuals in our community who use our services.

In 2013, we were recognized nationally as: “Top Performer” in the care of surgical and pneumonia patients; “Top 100” (out of over 1,300) Critical Access Hospital; “Top 100 Best Places to Work in Healthcare”; and top award winner for employee satisfaction. It takes a committed and aligned effort from our whole team to achieve these types of recognition, but more importantly it shows we are providing the best care for our patients.

*Healthcare is changing, and we are moving forward to meet the needs of the communities we serve.*



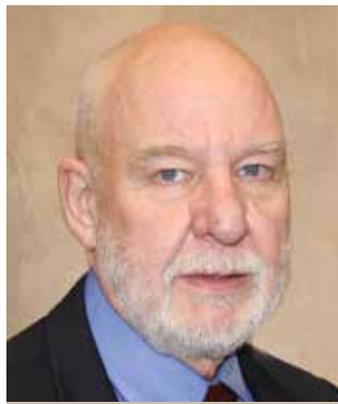
Board of Directors

Back Row (l-r)  
Dennis Eberhardt  
Paul Millis  
Lea Coville - Chief of Staff  
John Drace  
Elliot Garvin

Front Row (l-r)  
Beth Smetana  
Ellen Moldenhauer - Treasurer  
Barbara Brower - Board Chair  
Mary Beth White-Jacobs - Secretary  
Kay Finch - Vice-Chair



Lee Hofer, MD



James Dickman, MD

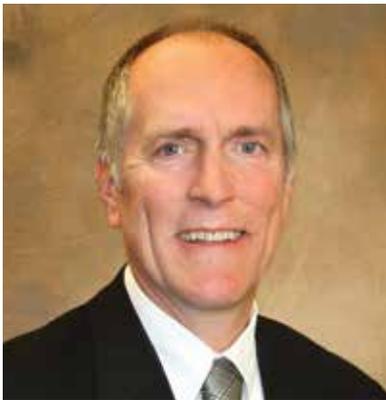


Chris Buntrock, MD



Smita Rajasekaran, MD

## Report from the Chief of Medical Staff Dr. Jerry Kitowski



Just when you think there can't possibly be many more changes in how healthcare is delivered here in Black River Falls, the changes keep coming. 2013 was no different as the medical staff said good-bye to long-term doctors, Jim Dickman,

MD, and Lee Hofer, MD, with their well-deserved retirements. It would be impossible to list all the contributions they have made to healthcare in Jackson County, and they will be truly missed.

We also saw additions to our medical staff with Dr. Smita Rajasekaran and Dr. Chris Buntrock. They bring valuable skills and state-of-the-art medical treatments to our emergency and ophthalmology services. Our medical staff also welcomed Mary Beth White-Jacobs as our new CEO, while wishing Stan Gaynor a

great retirement. The smooth transition is a tribute to the excellent job both have done for our hospital.

With all these changes, one thing has remained the same—the professional, caring and always up-to-date ways our medical staff strives to deliver healthcare to patients. With the dedicated people we have working here at BRMH, our community can be assured that this will never change. And while I am sure 2014 will bring additional changes, I am very confident we are well positioned to handle them and to continue providing the highest quality care our patients have come to expect and deserve!



Stan Gaynor's Retirement

### Facts and Statistics for Fiscal Year Ending December 31, 2013, 2012 and 2011

	2013	2012	2011
Total # of Patients Served (all patients, regardless of type)	19,630	20,093	18,949
Number of Employees (end of fiscal year)	317	309	297
Total Charity Care	\$756,000	\$737,000	\$391,000
Number of Births	135	155	156
Number of Procedures in Surgical Services	1,098	991	956
Number of Rehabilitative Therapies	33,826	31,448	33,501
Number of Respiratory Therapies	18,854	20,000	19,702
Number of Diagnostic Exams (tests performed in Laboratory and Imaging)	99,190	101,816	94,766
Emergency Room and Urgent Care Visits	10,995	11,056	9,872

# Report from the Chairman

## Barbara Brower, BRMH Board Chair



2013 was a year of transition for Black River Memorial Hospital. The word “transition” can evoke feelings of fear, uncertainty and anxiety for some. This however, wasn’t the case for the transition of the Chief Executive Officer for BRMH. While we

said goodbye to Stan Gaynor—a twenty-year leader of the organization—the CEO role was filled by Mary Beth White-Jacobs. White-Jacobs held a variety of positions over her tenure, most recently as vice-president of patient care services.

The longevity of employees at BRMH is not only represented by the leadership; many of the employees have spent their entire careers here. This speaks volumes to the great culture within the organization. Your community hospital sets itself apart by investing not only in the infrastructure, but also in its employees. In addition, engaged employees have been the force that has created a truly successful organization. While many rural hospitals are struggling to keep up with the demands of the constant changes in the healthcare system, BRMH remains strong and viable.

As the healthcare industry propels into the future, the strengths of BRMH will sustain the upcoming challenges. Remarkable culture, strong leadership and engaged employees equals a recipe for continued success.

### Statement of Operations

	2013	2012
<b>Revenue</b>		
Net Patient Service Revenue	\$39,946,000	\$38,595,000
Other Operating Revenue	1,599,000	1,086,000
<b>TOTAL REVENUE</b>	<b>\$41,545,000</b>	<b>\$39,681,000</b>
<b>Expenses</b>		
Salaries & Wages	\$16,584,000	\$15,583,000
Employee Benefits	6,666,000	5,904,000
Professional Fees	3,114,000	3,673,000
Supplies & Other	8,903,000	8,650,000
Depreciation	2,227,000	2,162,000
Interest	647,000	677,000
<b>TOTAL EXPENSES</b>	<b>\$38,141,000</b>	<b>\$36,649,000</b>
<b>Net Income from Operations</b>	<b>\$3,404,000</b>	<b>\$3,032,000</b>
<b>OTHER INCOME</b>		
Investment Income	\$551,000	\$456,000
Contributions	31,000	55,000
<b>TOTAL OTHER INCOME - NET</b>	<b>\$582,000</b>	<b>\$511,000</b>
<b>Revenue In Excess of Expenses</b>	<b>\$3,986,000</b>	<b>\$3,543,000</b>

### 2013 Officers and Board Members of Partners

President - Barb Brower  
 President Elect - Ann Pederson  
 Secretary - Laura Pentecost  
 Treasurer - Nancy Hindes



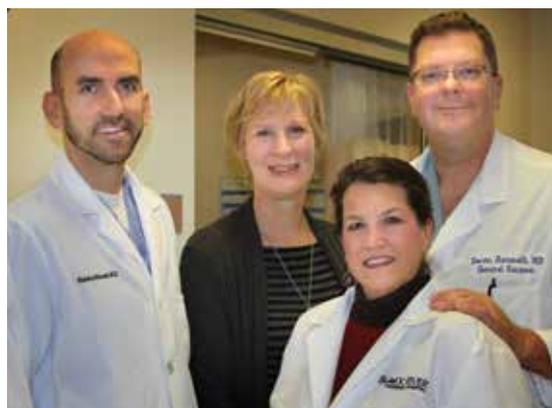
Partners Holiday Tea

## HCAHPS Survey of Patients' Experiences

	BRMH	WI Average	National Average
Patients who reported that their nurses "Always" communicated well	86%	82%	79%
Patients who reported that their doctors "Always" communicated well	88%	83%	82%
Patients who reported that they "Always" received help as soon as they wanted	77%	72%	67%
Patients who reported that their pain was "Always" well controlled	77%	72%	71%
Patients who reported that staff "Always" explained about medicines before giving it to them	70%	68%	64%
Patients who reported that their room and bathroom were "Always" clean	75%	79%	73%
Patients who reported that the area around their room was "Always" quiet at night	72%	63%	61%
Patients who reported that YES, they were given information about what to do during their recovery at home	92%	89%	85%
Patients who gave their hospital a rating of 9 or 10 on a scale from 0 (lowest) to 10 (highest)	82%	74%	70%
Patients who reported YES, they would definitely recommend the hospital	82%	74%	71%



Easter Bunny Visits Pediatric Patient



Top Performer in Surgical Care by the Joint Commission

## Community Benefits For the year ended, December 31, 2013

Charity Care at Cost	\$755,574
Unreimbursed Medicaid and Other Government Programs	\$1,667,414
Community Health Improvement Services	\$94,439
Community Health Education	
Healthcare Support Services	
Health Professions Education	\$154,603
Nursing and Medical Students	
Subsidized Health Services	\$900,446
Emergency and Trauma	
Women's and Children's Services	
Subsidized Continuing Care	
Financial and In-Kind Donations	\$41,312
Community Building Activities	\$19,872
Community Benefits Operations	\$13,182
Community Collaborations and Partnerships	
<b>Total Community Benefits</b>	<b>\$3,646,842</b>



Licensed by:

Wisconsin Division of Health

Accredited by:

The Joint Commission

Certified By or Member of:

Provider Hospital Health Insurance Program (Medicare)

Rural Wisconsin Health Cooperative

Shared Health Services Corporation

Western Hospital District

Wisconsin Department of Health and Social Services

Wisconsin Hospital Association



Visit our website at [www.brmh.net](http://www.brmh.net) for a full list of hospital events and to view our latest videos.

## HOSPITAL EVENTS 2014

July 8-31, 9 – 10 a.m.

(Tuesdays and Thursdays)

### Senior Stay Fit Exercise Class

Jackson County Bank Community Room

Register by calling: 715-284-1330

Tuesday, July 8, 6:30 – 8 p.m.

### Breastfeeding Class

Dorothy Halvorson Conference Room

Wednesday, July 9, 10:30 – 11:30 a.m.

### Diabetes Education & Support Group (DESG) Monthly Meeting

Dorothy Halvorson Conference Room

Monday, Aug. 4, 12 – 1 p.m.

### Better Breather's Club Meeting

Dorothy Halvorson Conference Room

Aug. 5-28, 9 – 10 a.m.

(Tuesdays and Thursdays)

### Senior Stay Fit Yoga

Jackson County Bank Community Room

Register by calling: 715-284-1330

Aug. 8-9, 6:30 – 9 p.m. and 9 a.m. – 1 p.m.

### Two-day Childbirth Education Class

Dorothy Halvorson Conference Room

Wednesday, Aug. 13, 10:30 – 11:30 a.m.

### Diabetes Education & Support Group (DESG) Monthly Meeting

Dorothy Halvorson Conference Room

Wednesday, Aug. 27, 11:30 a.m. – 5:30 p.m.

### Partners of BRMH Blood Drive

BRF Armory

Tuesday, September 9, 6:30 – 8 p.m.

### Breastfeeding Class

Dorothy Halvorson Conference Room

September 4-30, 9 – 10 a.m.

(Tuesdays and Thursdays)

### Senior Stay Fit Exercise Class

Jackson County Bank Community Room

Register by calling: 715-284-1330

Wednesday, Sept. 10, 10:30 – 11:30 a.m.

### Diabetes Education & Support Group (DESG) Monthly Meeting

Dorothy Halvorson Conference Room

Thursday, September 18, 9 a.m. – 4 p.m.

### Partners Purse Sale

Dorothy Halvorson Conference Room

Monday, October 6, 12 – 1 p.m.

### Better Breather's Club Meeting

Dorothy Halvorson Conference Room

October 7-30, 9 – 10 a.m.

(Tuesdays and Thursdays)

### Senior Stay Fit Yoga

Jackson County Bank Community Room

Register by calling: 715-284-1330

Wednesday, October 8, 10:30 – 11:30 a.m.

### Diabetes Education & Support Group (DESG) Monthly Meeting

Dorothy Halvorson Conference Room

Oct. 10-11, 6:30 – 9 p.m. and 9 a.m. – 1 p.m.

### Two-day Childbirth Education Class

Dorothy Halvorson Conference Room