



Make Friends with the Cold

Become a fan 

HOSPITAL EVENTS 2012

January 31st, 6:30 p.m.

Community Education Event – Hips “It’s Hip to Feel New”

Dorothy Halvorson Conference Room

February 8th, 10:30 a.m. – 11:30 a.m.

Diabetes Education & Support Group Monthly Meeting

“Pay Attention to Your Mental Wellness”

Dorothy Halvorson Conference Room #2

February 10th, 6:30 p.m. – 9 p.m. &

February 11th, 9 a.m. – 1 p.m.

Weekend Childbirth Education Series

Dorothy Halvorson Conference Room

February 22nd, 12:00 p.m. – 5:30 p.m.

Partners of Black River Memorial Hospital Blood Drive

Armory – Black River Falls, WI

March 6th, 13th, 20th & 27th,

6:30 p.m. – 9 p.m.

Childbirth Education Series

Dorothy Halvorson Conference Room

March 10th, 7 a.m. – 10:30 a.m.

Breastfeeding Class

Dorothy Halvorson Conference Room

March 14th, 10:30 a.m. – 11:30 a.m.

Diabetes Education & Support Group Monthly Meeting

“Artificial Sweeteners: What You Need to Know.”

Dorothy Halvorson Conference Room #2

Visit our website at www.brmh.net

for a full list of hospital events and to
view our latest videos.

WINTERIZE Your Life!

The days are short. The nights are long. How do Black River Falls-ians keep up their health, fitness, safety and sanity during the winter months?

It's not as difficult as you might think, according to Becky Windsor, PTA and Nicole Schweitzer, OTR, if you practice a few simple suggestions.

STAY ACTIVE

As obvious as it seems, we all have a choice: embrace the beauty and order of Mother Nature's changing seasons, or get moody and ornery because of your heating bills and those icy gray chunks accumulating on the fenders behind your vehicle's wheels.

It's your choice. Either way, you still get winter.

If you choose to find the good in what some people consider the worst season, it's unlikely you'll become a Prisoner Of Weather. "Get out and walk, jog, or make angels in it," Becky suggests. "Look forward to the hot bath, some hot chocolate, your toastiest socks or a good read, phone call or movie waiting for you."

Even in winter, outdoor exercise often trumps the gym with sweaty Stairmaster aficionados breathing on you! Winter outdoor activities help put more sunshine into your life, keep you fit, improve your mood and burn off those holiday treats.

On Cover: Becky Windsor, PTA and Fitness Trainer stays in shape during the winter season by taking full advantage of snow sports, like snowshoeing.



Studies suggest that walking in nature can also boost your immune system and memory, and provide other mental health benefits. In addition, natural sunlight enables your body to make vitamin D to support bone health as well as other health benefits.

What's not to love?

"Embrace the beauty and order of Mother Nature's changing seasons."

Becky offers inspiring suggestions for staying active to kindle (or rev up) your friendship with Old Man Winter:

- Enjoy the exhilaration of snowshoeing and cross-country skiing on over 40 miles of trails in the Levis/Trow Mound Recreational Area and the Black River State Forest. (For trail maps, visit blackrivercountry.net and click on "Recreation.")
- Brace yourself for the excitement at Bruce Mound Winter Sports Area: awesome snowboarding, downhill skiing, tubing and sledding! (Call 715-743-2296 for snow conditions and other information.)
- While Lunda Community Park offers loads of winter outdoor fun – sledding, tubing, ice skating, snowboarding – the nearby Lunda Community Center has loads of indoor activities, including a walking track, swimming pool, racquetball and weightlifting, plus a variety of classes where you can stretch and "peace out" with yoga, shake the monotony out of your aerobics with Zumba, and more. (Call 715-284-2315 for more details.)

- Go for a winter stroll through your neighborhood – or walk the scenic 4.1-mile Foundation Trail encircling Black River Falls. (Visit blackriverfalls.com for details.)
- Check out your favorite at-home workout videos at the public library.
- Burn calories with everyday, around-the-house activities like cooking (72 calories per half hour), snowblowing (160 calories per half hour), and splitting wood or snow shoveling (200 calories per half hour).

Nicole Schweitzer, OTR wears Yaktrax foot traction devices to keep her safe during icy winter conditions.



STAY SAFE

Nicole Schweitzer, OTR says a wise winter safety inventory starts with a good look at your shoes. "Make sure they're well-fitting. Check their traction. Avoid wearing shoes showing excessive wear or with smooth soles."

She especially cautions those walking out the door in dress shoes – notorious for smooth sole slippage. "Wear something safe to and from your special indoor event."

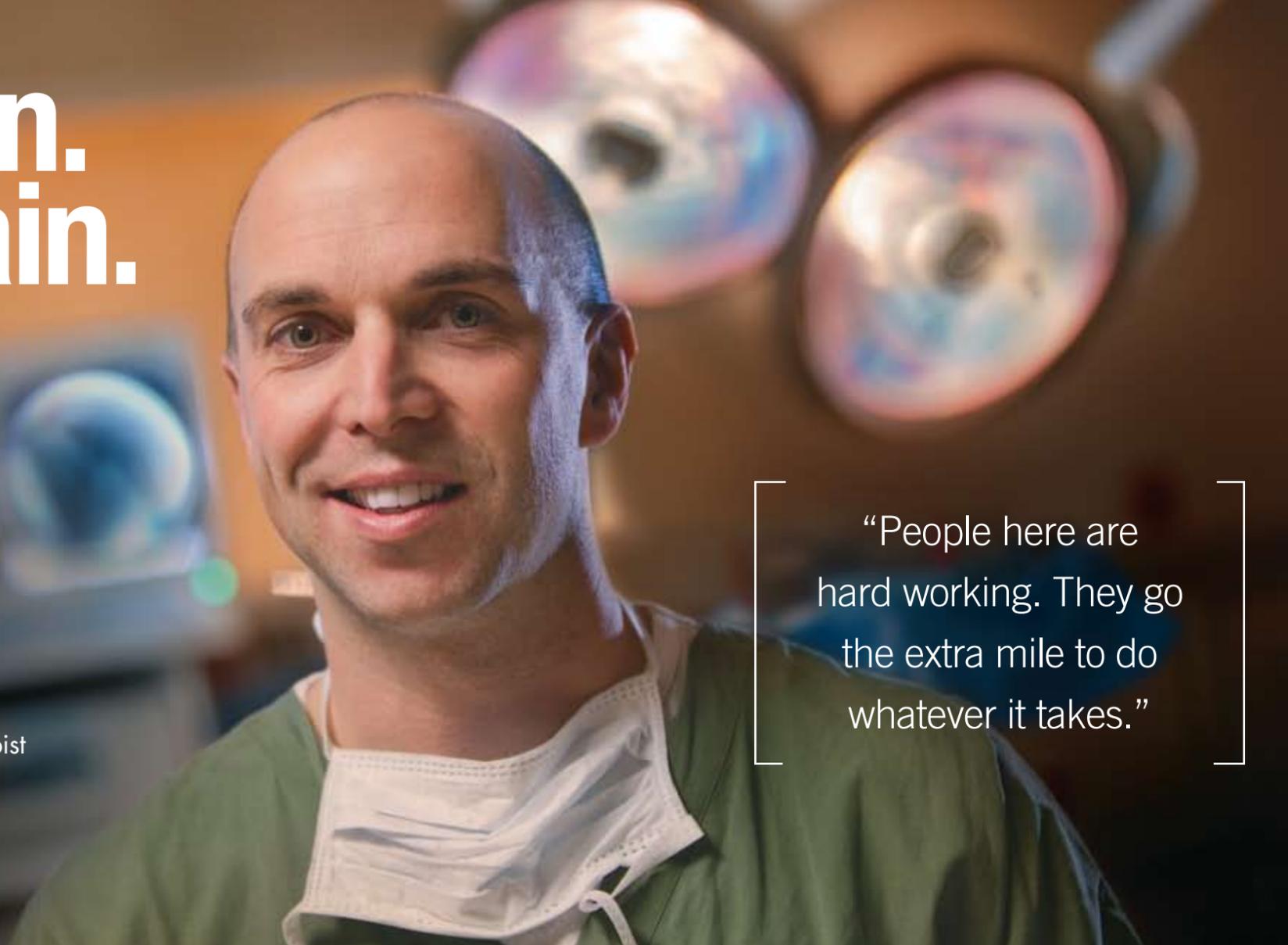
In addition, she recommends Yaktrax® foot traction devices for enhanced safety on icy surfaces. Made of wire coils that easily slip on and off, they fit just about any shoe for everyday wear or running (yaktrax.com, about \$20).

Beyond your feet, Nicole has more useful tips for safe passage through winter:

- Keep your mobile phone with you when you're out and about.
- Avoid unnecessary road travel when conditions are sketchy – and allow extra time so you can maintain an appropriate pace. Clear windows, mirrors, headlights and taillights of snow and ice before embarking.
- Keep snow shovels and ice-melter near your home's entry so they're at hand when you venture outside.
- If you use any type of assistive device, find out how it can be modified for winter conditions. For example, if you need a cane, it can be retrofitted with a retractable pick for greater traction.
- "Be mindful when removing snow," Nicole suggests. "Take frequent breaks and lighter loads per scoop. Lift with your legs and knees. Vary your body position to keep your spine upright while avoiding stooping and twisting."

For more tips on fall prevention, Nicole recommends a visit to the American Occupational Therapy Association's website (aota.org). ■

LESS Pain. MORE Gain.



Beginning his career as a physical therapist Todd Duellman, M.D. says he pursued orthopaedic surgery because it *restores* people – it fixes the structural problem to help regain function and reduce pain.

He says he's inspired when a high school student returns to athletics following a knee ligament injury, when an equestrian can jump back on her horse, when a construction worker can return to his heavy lifting, or when an older person can be freed from debilitating knee pain that threatened her independence.

Treating patients in Wisconsin since 2006, Dr. Duellman specializes in minimally invasive procedures that allow patients to return to their normal activities faster and with less pain than afforded by conventional surgeries. "There's less trauma and smaller incisions leading to less pain, faster healing, shorter hospital stays, and easier rehabilitation."

He travels nationwide, sharing his expertise with other physicians about anterior hip replacement, a minimally invasive technique that's less traumatic and affords quicker recovery.

So what would an expert like Dr. Duellman be doing in a place like Black River Falls? There are plenty of good reasons.

"First," he says, "it's a community hospital," making a distinction from the large healthcare systems. "I grew up in this area. Our values here mean people have the best interests of each other at heart. We put the welfare of our patients and the community first."

He also appreciates the staff. "It's a happy, well-run hospital. People here are hard working. They go the extra mile – to do whatever it takes – in caring for patients."

"It's not as common as some people think."

The positive attitude reaches beyond the hospital, he adds. "We have excellent primary care in Black River Falls.

"People here are hard working. They go the extra mile to do whatever it takes."

Todd Duellman, M.D. travels nationwide to share his expertise of minimally invasive procedures with other physicians.

These strong, highly engaged physicians are better able to identify and prepare their patients for positive outcomes."

Another reason Dr. Duellman enjoys practicing in this area is his love of outdoor activities. "I enjoy golfing, skiing, fishing and playing basketball, hockey and football," says Dr. Duellman, who spends the rest of his free time with his wife and two children, ages five and seven. ■

WHAT HE DOES

SHOULDER AND KNEE ARTHROSCOPY

To view, diagnose, and treat joint problems, instruments are inserted into a small incision. Arthroscopic surgery allows for quicker recovery and shorter rehabilitation.

ANTERIOR HIP REPLACEMENT

Compared with the conventional approach, the incision is smaller, risk is reduced, and rehabilitation time is shortened.

KNEE REPLACEMENT

With a smaller incision than conventional knee replacement, Dr. Duellman's minimally invasive procedure leaves more tissue around the knee intact, which means a shorter hospital stay and recovery, and significantly less scarring.

Dr. Duellman is also experienced with sports medicine, work-related injuries and ACL injuries and prevention.

Join us for an educational presentation about less invasive hip replacement.

IT'S HIP TO FEEL NEW

Tuesday, January 31st

6:30 p.m. - Registration

7:00 p.m. - Program begins

Seating is limited. Call 715-284-5361 to register. Learn more at brmh.net.

Dr. Duellman's minimally invasive procedures mean you can get back to what you love faster.



A resident of Black River Falls since 1951, Lorraine Calhoun works in the Partners of Black River Memorial Hospital Gift Shop every week and devotes her time to many other volunteer organizations.

A lot.

"I love to see people – both familiar and new faces. I get to visit with people I probably wouldn't otherwise meet. I enjoy interacting with the patients' friends and family, the nurses and hospital staff. We talk about their lives. I help them make gift selections."

The Partners of BRMH is a volunteer organization at the hospital. They recently pledged to fund the purchase of medical equipment for the hospital from proceeds from the Gift Shop and fundraising activities such as Brunch with the Easter Bunny, Holiday Tea, and Love Lights.

"I hope my story plants a seed so others can discover the joy of helping people."

She says Partners reaches beyond the hospital, out to the community. They sponsor health education programs for school children, like Teens Against Tobacco Use (TATU) and Poison Prevention.

Another favorite of Lorraine's is Bookworms, a program in which Home and Community Education (HCE) volunteers read to pre-school children, then present them with a copy of the book. "I read stories to them. I watch their faces light up and get to see the wheels turning in their heads. It's just fun!"

She also volunteers through Interfaith Volunteer Care Givers, a cooperative community service, taking people shopping (or doing the shopping herself and delivering goods), taking them to appointments at the hospital or clinics, and running other necessary errands.

If that's not enough, Lorraine also volunteers with Clio Club, an organization that generates financial support for Black River Falls residents, specifically to benefit less fortunate community members. Recent projects include donations to the local food pantry, the Black River Falls public library, Bolton Refuge House, and the Jackson County Animal Shelter.

"I hope my story plants a seed so others can discover the joy of helping people," Lorraine says. "It improves everyone's quality of life."

Thank you, Lorraine Calhoun. Thank you for your energy, smiles and dedication to worthy causes – causes strengthened by your passion to serve others. ■



Lorraine Calhoun is ready to brave the cold this winter in order to continue her volunteer services, including reading to area children.

Bill Larkin, MSPT
Physical Therapist
Black River Memorial Hospital

Bill Larkin says his best work starts with each patient's voice – and his ears.

"An open and honest conversation gets us on the same page," he says. "You can have all kinds of textbook training and equipment, but good communication is vital to setting goals and working together as a team."

He says goals are as varied as each patient's personality: regaining range of motion, reducing pain, losing the walker, improving balance, recovering the ability to work, drive, golf, garden, use stairs or play with the grandkids... the list goes on. It's important to figure out where each patient is, and start from there.

"I like to think and hope I can help anyone who comes in the door. Honesty is important. If someone tells me they don't understand or are having trouble finding the time for their at-home exercises, it's helpful and useful to know that so we can address it and re-prioritize for a more productive approach. We discuss options.

"There's no rushing through things," he adds. "Both patients and therapists are fortunate here that we're encouraged to take the time we need to set goals and be productive."



Bill Larkin, MSPT, works with a patient to restore her range of motion.

Nicole Schweitzer, OTR is Rehabilitation Services Manager at BRMH. "We've been very fortunate to have Bill return to his hometown. He's highly recognized for his clinical skills, especially with respect to sports and orthopaedics. He's inspiring, optimistic and energetic."

She remarks how people who are born and raised in Black River Falls usually return home. "We are doubly fortunate because Bill's wife, Katie, is another great physical therapist on our staff. We got a two-for-one deal." ■

PAIN CLINIC OPENING

Black River Memorial Hospital recently introduced a new pain clinic to serve the Black River Falls community. Daniel Sipple, D.O., will be offering his services to patients dealing with chronic pain. He specializes in interventional pain medicine, electrodiagnostics, and ultrasound guided injections.

Dr. Sipple is board certified by the American Board of Physical Medicine and Rehabilitation in Subspecialty Pain.

He enjoys spending time with his wife, Tena, daughter, Ruby, and his yellow lab; as well as reading and the outdoors.

Dr. Sipple began seeing patients in the hospital Specialty Outreach Services Area early January. If you are experiencing chronic pain, talk to your doctor for a referral. Learn more at brmh.net/painrelief. ■