

Local people. True stories. Real advice.

Momentum

Summer 2018



Excellence. Always.

Expanding Podiatry Services at BRMH



Bean Vesely, DPM
Foot & Ankle Surgery



BRMH Continues to Grow with the Community

It seems like only yesterday, but it's actually been more than 11 years since Black River Memorial Hospital was renovated. With our 50th anniversary this year, we are excited to be renovating and expanding our main building.

Matthew Streeter, CFO and project manager for the expansion says, "This project reinvests in our community and the patient, without increasing the cost of care."

Streeter adds that there has been a "significant shift" from inpatient services to outpatient services, both within BRMH and healthcare in general. Hospital volumes have also grown significantly. The hospital will adapt to better meet the needs of patients and bring care as close to home as possible.

"We are committed to our mission of 'Serving you with excellence,' and this compels us to continue to improve and expand our services we provide locally," says CEO Mary Beth White-Jacobs.

The 2016 community health needs assessment revealed mental health as a concern for the residents of Jackson County. "We realize the need for mental health services and the struggles families and patients have in finding that

care," says Mary Beth. We are working with community partners to see exactly where gaps are and determine what our role will be in that care to create the space that is needed for our patients and the community."

The project includes additions in:

- Surgical and specialty services
- Rehabilitation and outpatient services
- Behavioral health
- A new outpatient entrance with access to Urgent Care

Renovations include:

- Cafeteria and kitchen will add more seating and create better flow for customers and staff
- The Gift Shop will be remodeled to decrease storage for more retail space and updated furnishings
- Main lobby will be remodeled for privacy and to address noise concerns
- Diagnostic Imaging and Lab will be reconfigured for better flow with other outpatient departments
- OB will be renovated for technological improvements
- And many other small projects throughout the building

The project will be completed by spring of 2020. ■

Welcoming New Podiatrist to BRMH

Black River Memorial Hospital (BRMH) is pleased to introduce new podiatry options! We welcome Dr. Beau Vesely who brings with him a wealth of experience and expertise.

Dr. Vesely comes to BRMH after working at a private practice in Texas. A native of Iowa, he's excited to be back in the Midwest. Dr. Vesely performs bunion surgery, treats ankle fractures, performs ankle scopes, joint implants, and operates on smaller joints in the foot. He also treats wounds and conditions associated with trauma, arthritis, and diabetes.

Dr. Vesely brings a new cutting-edge procedure to BRMH: A type of joint procedure for arthritis patients. "It's a new treatment, where we implant the same material as a contact lens—only thicker—to delay the need for joint fusion."

Most podiatry procedures are outpatient or same day. Patients whose health isn't as good may require more time in the hospital.



No referral? No problem! You can be referred to Dr. Vesely by your doctor, or you may request an appointment by calling **715-284-3678** or visiting www.brmh.net/foot-and-ankle.

Helpful tips to enjoy summer with your best foot forward



Beware of Barefoot: Yes, it feels good to have your feet in the sand, but be careful where you go barefoot. Glass and other dangers lurk, so be sure to protect your feet when the situation calls for it.



Closed Toes When You Must: Sure it's hot out, and yes, your sandals might seem fine, but when doing more strenuous activities like hiking, wear close-toed shoes to protect your toes from danger.



Choose Your Pedicures Wisely:

Who wouldn't want their toes looking their best? Pedicures are great for summer sandal season, but be sure you're going to a place with clean instruments and a strict adherence to sanitation guidelines.



Sunscreen: Don't forget your feet when you're loading up on SPF! Tops of feet can burn, which can be very painful and dangerous.



For comfortable, stylish, and supportive summer sandals, be sure to check out the wide variety of Vionic® sandals at the B-Home store, located at 311 County Rd. A, Suite 2, Black River Falls, WI 54615.

Orthopedic Surgery

All About You

During **Madysen McCormick's** junior year at Black River Falls High School, an injury at a basketball game against Mauston had her sidelined. After a few days of crutches and light drills, another fall sent her in for an MRI. Mady, captain of the team, had torn her ACL and meniscus in her left knee.

"I was completely devastated," she says. "That meant I was done with basketball for the rest of the season and wouldn't be playing over the summer. It's something that you don't believe will happen to you until it actually does."

Mady met with Dr. Duellman at Black River Memorial Hospital (BRMH). "When I first met Dr. Duellman, I really felt that he cared and wanted me to get back to sports just as much as I did," she says.

Since her surgery, Mady has been working hard with Dr. Duellman and BRMH physical therapists to get her knee back into shape. "At my first post-op appointment, Dr. Duellman was honest with me and told me that I needed to do more of my exercises," she says. "I have been working really hard since then to make sure that I'm on the right path to a full recovery."

Mady should be able to make it back to volleyball her senior year and, fortunately, has plenty of other things to keep her busy in the meantime. "I have lots of travel plans, including a trip to Costa Rica," she says. "I also watch my younger brothers, spend time with friends and family, and go hiking and to the beach."



Dr. Duellman's Tips for Keeping Joints Safe

Start Slow: If you're just getting into an exercise regimen, that's great, says Dr. Duellman. "Start slow, enjoy yourself, know what you're capable of, and have fun."

Know Where to Go: If it's been six weeks, you've consulted your primary care provider, and your injury doesn't seem to be improving, it's time to call an orthopedic provider.

It's All Right Here: "State-of-the-art care is right here in Black River Falls," says Dr. Duellman. "We do some of the newest and most innovative techniques in the state."

Think an orthopedic procedure may be right for you? Attend our community education event with Dr. Duellman on **Wednesday, October 17th at 6 p.m.** in the Dorothy Halvorson Conference Room #1 at BRMH. To RSVP, please call **715-284-3629** or fill out the online form at **brmh.net/orthopedics**.

4 Things to Know About Breastfeeding

Support makes all the difference: “Even though infants are born with reflexes that are used in breastfeeding, there is a bit of a learning curve for both mom and baby to figure out how to breastfeed,” says Charlene Galston, OB nurse and breastfeeding consultant. “Support comes in many forms: Emotional and physical support, especially in the early days when the new mom is tired, is most important.”

Moms can make their own choices: “It’s our job to provide information to moms on breastfeeding and the many health benefits for her and her baby,” Charlene informs. “However, we respect a mother’s choice and understand that breastfeeding isn’t for everyone. If a mom wishes to give her baby formula, we will assist her with that as well.”

Myths abound: “The misconceptions about breastfeeding are many. Myths include: Breastfeeding ties a mother down, it’s painful, you have to give up certain foods, breastfed babies cry more, etc. Attending a class and getting educated helps clear up these misconceptions.”



BRMH has resources to help—anytime: “We offer breastfeeding classes six times each year,” notes Charlene. “All nurses have training in helping a mom to breastfeed, and now we have three lactation specialists on staff.” But most important, Charlene states, is that mothers know they can always find help at BRMH. “I would like women to know that they are not alone. They should not be afraid to reach out to someone and ask for help. We are always here for them, even at 3 a.m.”

Your Medicare card is getting safer!

New cards were sent out starting in April 2018, so be on the lookout for yours. Here’s what you need to know:

- Cards will no longer have sensitive patient information on them—patient social security numbers, sex, and signature will be removed.
- There are a lot of people to cover: You may not receive your card at the same time as family members and neighbors.
- Get rid of your old card as soon as your new one arrives.
- Your new card will be paper, making it easier for healthcare professionals to copy and use for your records.
- Your doctor knows it’s coming, so at your next appointment they may ask if you’ve received it.

Guard your card! Your Medicare card should be kept safe and disposed of safely when you have gotten your replacement. Only give your new Medicare number to doctors, pharmacists, other health care providers, your insurers, or people you trust.

EMPLOYEE SPOTLIGHT

"I tell people I'm the 'I've fallen and can't get up' girl," says **Sara McCullough** of her job as Personal Emergency Response System Coordinator at Black River Memorial Hospital (BRMH). "I help our 250 clients—mostly the elderly—get the assistance they need when they call for help."

When Sara first heard about the job, she says, "I knew it was something I wanted to apply for. Helping the elderly has always been a passion for me."

It all goes back to her youth, explains Sara. "My parents used to take me around to our local nursing homes. My dad would play the guitar and I would sing. As a child I was painfully shy, but my mom said when I was around the people in the nursing home I would open right up and talk to all of them."

Sara, who started at BRMH as a clerk in Fiscal Services, loves her current role assisting clients with the PERS program.

“My favorite thing is the relationships that I have made with my clients. I have no living grandparents of my own but thanks to my job, I have plenty!”

"I thought, 'wouldn't it be nice to send out a hand signed birthday card to each client?' The first week I sent out cards, I got a call from a client who told me she hadn't received a birthday card in years! That moment made me realize how much of an impact I could have with just a birthday card."

In addition to her job, Sara is a Hixton First Responder. "I was looking for a way to volunteer my time, and my husband is a volunteer for the fire department, so this just seemed like a perfect fit," she says. She also helps with her husband Dave's towing

and repair shop. "I'm the one who gets to go out and get people off the interstate when their vehicle needs to be towed. I help them get to a hotel or back home."

Sara doesn't reserve her love and care only for the elderly or those in crisis. She has a grown son, a daughter, two grandchildren, and a cat. "Bandit the cat is very protective of our family. I don't know if they make a 'Beware of Cat' sign, but they should!" she says.

Family is important to Sara. And, not surprisingly, anyone can qualify as family to her. "On Fridays, we meet at the Hixton Travel Plaza. The rule is there is no personal invite, we meet at 6:45 and whoever is there, that is the 'family' for that Friday." ■





Compassionate, kind, resourceful, and extremely helpful are words that not only apply to the Interfaith volunteer program, but to two of the organization's volunteers in particular: **Sheryl and Joel Gilbertson.**

"Joel and Sheryl believe whole heartedly in community," says Lori Chown, Program Director for Jackson County Interfaith Volunteer Caregivers. "It is their love for Melrose and their neighbors that I believe drives them to do so much for others."

Joel and Sheryl have been married for 49 years and have lived in the area for over 40 years. "This is Joel's hometown," says Sheryl. "We were in Milwaukee when we were first married, but then moved back to help with the family business."

Sheryl and Joel have been volunteering with Interfaith for about 11 years. Interfaith's mission is to help older adults, people with disabilities, and people with special needs maintain their independence and dignity. Interfaith coordinates over 200 volunteers to offer over 6,000 hours of friendly visits, light housekeeping, transportation, lawn care, delivering groceries, library visits, and many other programs that allow individuals to live independently.

"It's a wonderful group that does so many satisfying things to help people," says Sheryl. "Interfaith connects with people that need assistance—often

they don't have cars or can't easily get groceries, need housing, or just need a hand with other errands and activities. We work on getting them the services they need."

Before their retirement, Sheryl was a nurse and Joel ran the local Chevrolet dealership. Sheryl says they have always felt connected to the community because of this. Their working lives have taught them about volunteerism and benefits them in more ways than one. Sheryl, for instance, uses her nursing knowledge to help community members with insulin and other self-care activities; Joel drives people to radiation and chemotherapy appointments.

Sheryl is involved in a new program from Interfaith called "Time for You" which offers caretakers the opportunity to have a break from caring for their loved ones, leaving them in the good hands of Sheryl and her fellow volunteers. "It's a great program for everyone involved," she says.

Sheryl says all you need to do is call Interfaith. "If you want to volunteer, or if you or a loved one could use their services, just give them a call at 715-284-7058. It's been so meaningful for us to be involved. Once you get to know people, you know this could be their only connection," says Sheryl. "That's why it's so important for us to be there for them." To learn more about Interfaith, visit www.jcivc.org. ■



Visit our website at www.brmh.net for a full list of hospital events and to view our latest videos.

Nondiscrimination statement:

Momentum complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-715-284-5361. LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-715-284-5361.

For full disclosure, visit www.brmh.net/nondiscrimination/english.

HOSPITAL EVENTS 2018

AUGUST

CPR Re-certification

Class: \$60. Book: \$10.
Mon. Aug. 20, 2018, 5:00pm - 9:00pm
BRMH - Dorothy Halvorson Conference Room
Call 715-284-3626

Partners Blood Drive

Wed. Aug. 29, 2018, 12:00pm - 5:30pm
BRMH - Dorothy Halvorson Conference Room

SEPTEMBER

Senior Stay Fit Strength

Sept. 4 - 27, 2018
Tuesdays & Thursdays, 9:00am - 10:00am
Lunda Community Center, BRF
Register at 715-284-1379

Tai Chi for Rehabilitation

Sept. 10 - 28, 2018
Mondays & Fridays, 10:30am - 11:30am
Lunda Community Center, BRF
Register at 715-284-1379

Breastfeeding Class

Tues. Sept. 11, 2018, 6:30pm - 8:00pm
BRMH - Dorothy Halvorson Conference Room

Diabetes Education & Support Group

Wed. Sept. 12, 2018, 10:30am - 11:30am
BRMH - Dorothy Halvorson Conference Room #2

Partners Scrub & Shoe Sale

Wed. Sept. 12, 2018, 7:00am - 3:00pm
BRMH - Dorothy Halvorson Conference Room

Onward & Upward Chair Yoga

Sept. 20 - Nov. 8, 2018
Thursdays, 10:30am - 11:30am
Lunda Community Center, BRF
Register at 715-284-1379

Better Sleepers Support Group

Thurs. Sept. 27, 2018, 12:00pm - 1:00pm
B-Home Services & Supplies -
Calhoun Conference Room
Call 715-284-3685

OCTOBER

Better Breathers Support Group

Mon. Oct. 1, 2018, 10:30am - 11:30am
BRMH - Dorothy Halvorson Conference Room
Call 715-284-1313

Senior Stay Fit Yoga

Oct. 2 - 27, 2018
Tuesdays & Thursdays, 9:00am - 10:00am
Lunda Community Center, BRF
Register at 715-284-1379

Diabetes Education & Support Group

Wed. Oct. 10, 2018, 10:30am - 11:30am
BRMH - Dorothy Halvorson Conference Room #2

Childbirth Education Class

Fri. Oct. 12, 2018, 6:30pm - 9:00pm &
Sat. Oct. 13, 2018, 9:00am - 1:00pm
BRMH - Dorothy Halvorson Conference Room
Register at 715-284-1329

Joint Health Event with Dr. Duellman

Wed. Oct. 17, 2018, 6:00pm - 7:00pm
BRMH - Dorothy Halvorson Conference Room #1
Register at www.brmh.net/orthopedics or
call 715-284-3629.

Partners Book and Gift Fair

Wed. Oct. 24, 2018, 7:00am - 4:00pm
BRMH - Dorothy Halvorson Conference Room

NOVEMBER

Diabetes Fair - The Happy Factor: From Surviving to Thriving!

Learn simple, stress busting tools, boost your well-being and have fun at the annual Diabetes Fair. Register at www.brmh.net/happy or call 715-284-3629. Sat. Nov. 3, 2018, 9:00am - 12:00pm
Comfort Inn & Suites - Black River Falls

Momentum is published by Black River Memorial Hospital. The information contained in the magazine is to educate consumers about various health subjects and is not intended to replace professional medical advice or service. Personal health concerns should be brought to the attention of your physician or health professional prior to any change in medical treatment, routine exercise or diet.