

Local people. True stories. Real advice.

Momentum

Fall 2018

CELEBRATING

50
YEARS

Black River
MEMORIAL HOSPITAL

Providing Solutions
for Urinary Conditions
at **BRMH**



Take Care and Prevent Type 2 Diabetes

Tips from our dietitian

November is Diabetes Awareness Month, and while there isn't yet a cure for Type 1 Diabetes, Type 2 may be preventable. We asked BRMH dietitian **Ruth Chipp**s what people should know about the disease and its prevention.

Q: How do people develop Type 2 Diabetes?

A: *Type 2 Diabetes is a lifestyle condition. If you aren't eating right or exercising, you are at risk. The condition starts with resistance to the hormone insulin—when the muscle, liver and fat cells are challenged with using insulin. The result is that the body begins to require more insulin to help glucose (energy) enter cells. The body can have difficulty meeting the increased demand. Blood sugars then may rise in the bloodstream as they are not effectively getting into the cells.*

Q: What can Type 2 Diabetes do to you?

A: *Long-term effects of elevated blood sugar can include damage to blood vessels, leading to increased risk of heart attack and stroke as well as problems with the eyes, feet, kidneys and nerves.*

Q: What kinds of lifestyle changes can they make to avoid getting it?

A: *Increased physical activity, healthy diet and weight loss are the primary recommendations for prevention and treatment of diabetes. Even a modest five to ten pound weight loss can have a powerful effect.*

Q: Is it possible to reverse Type 2 Diabetes?

A: *Individuals who have made lifestyle changes such as weight loss, healthy eating and regular physical activity have been able to reverse their condition (remission) and in some cases, no longer have required medications to control their blood sugars. Following closely with your provider is critical to managing diabetes. See the back cover for details on our next Diabetes Education Support Group Meeting.*



Roasted Brussels Sprouts

Ingredients

- 22-24 (about 2 pounds) fresh Brussels sprouts
- 1 med. red onion, sliced thin
- 1 Tbsp. minced garlic
- 1 Tbsp. extra virgin olive oil
- 3 bacon strips, cooked (not fully crisp), cut in small pieces
- Salt and freshly ground black pepper
- ¼ cup walnuts, roughly chopped
- 1 tsp. maple syrup (optional)
- ¼ cup dried cranberries
- ½ tsp. salt
- ½ tsp. pepper

Directions

- Preheat oven to 375°F.
- Clean and trim Brussels sprouts and cut them in half.
- Add Brussels sprouts to a cooking tray lined with parchment paper.
- Add remaining ingredients except the cranberries.
- Bake for 25-30 minutes until Brussels sprouts are tender and golden brown on edges.
- Cool and stir in the dried cranberries--enjoy!

Join us for a Free event!

The free Diabetes Fair event, "Happy Factor: From Surviving to Thriving," on November 3rd, 9:00am - 12:00pm at the Comfort Inn & Suites, BRF, promises to heighten one's zest for life. Speaker **Dr. Christy Secor** will bring humor, stories and science together for a motivating and inspiring experience. Register at www.brmh.net/happy or call **715-284-3629**





Urinary Issues? BRMH is here to help



Josiah Nelson, M.D.

“We have wide-ranging urology services here at Black River Memorial Hospital,” says urologist Josiah Nelson. “If you are having an issue, chances are good that we can take care of it here.”

Dr. Nelson and the urology team diagnose and treat conditions of the male and female urinary-tract system. This includes incontinence, kidney stones, and more.

“One of the most common issues is urinary incontinence,” says Dr. Nelson. “There is a stigma with leakage, and people think that it happens as they get older, so it’s a natural part of aging. But that’s not necessarily true. It can occur in both men and women but women have a higher rate of leakage.”

In men, urinary incontinence is caused by an overactive bladder as a result of obstruction from the prostate, or by neurological causes. For most women with urinary incontinence, it’s caused by childbirth.

“There are a lot of things we can do to prevent and treat urinary incontinence,” says Dr. Nelson. “Medication, pelvic floor therapy, incontinence procedures, slings, bladder repairs, prolapse repairs, nerve stimulators, and Botox® can all help or solve urinary incontinence.”

Another area of Dr. Nelson’s expertise is kidney stones. “We offer many different non-invasive treatment options for kidney stones, such as shockwave lithotripsy, which uses pressure waves to break apart kidney stones, as well as using a scope to find and remove kidney stones. We also offer laser lithotripsy, which is a procedure that uses a powerful laser to break apart kidney stones.”

Dr. Nelson says that most urological procedures are same-day procedures. Patients whose health isn’t as good may require more time in the hospital, but the majority of patients will be able to go home right after their procedure. ■



No referral is necessary.
Make an appointment by calling
715-284-3678.



Falls happen, but they don't have to

One might not think that a simple trip over a cord or a tumble over the rug could be dangerous—but they very well could be.

“Fall-related injury is one of the leading reasons people end up in the Emergency Room in this area,” says Katie Larkin, PT, DPT, a therapist at Black River Memorial Hospital. “Falls are highly associated with fractures of the hips, lower extremities, and arms.” Katie adds that head injuries are also possible in a fall.

Falling is a significant risk factor for seniors. This is because older people tend to have decreased muscle strength and sensory cues that don't perform as well as they used to. The information transmitted from a person's inner ears, eyes, and feet and ankles isn't as reliable as it would have been in their youth.

Luckily, says Katie, these factors can be addressed. “An example is making sure your vision is the best it can be,” says Katie.

What you can do to reduce your fall risk

Make Your Home Safer

- 1 Keep floors free of clutter
- 2 Secure rugs or remove them
- 3 Wear sturdy supportive shoes, not slippers
- 4 Avoid having cords on floors; they are a tripping hazard
- 5 Be sure pets don't get underfoot
- 6 Make sure furniture is stable & not piled high
- 7 Be sure your home is well lit

Talk to Your Doctor

- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy

Have Your Eyes Checked

- Be sure to update your prescription if needed

“Other things include making your home as safe as possible: install grab bars, secure or remove rugs, and make sure there are no slippery surfaces.” For those who would like to have their home evaluated for fall risks, Katie says that most insurance covers a one-time in-home fall risk assessment where an occupational therapist will visit and evaluate your home.

Another option for the elderly is to get involved with programs sponsored by Black River Memorial Hospital. “We have one-on-one options, as well as group options to help older people work on their balance and strength,” says Katie.

Therapy Minutes Away, Not Miles Away

Recovering from an illness or an injury, or working on improvements to your quality of life takes time, energy, and a good attitude. What it does not take; however, is hours on the road and miles on your car. The rehabilitation department at Black River Memorial Hospital offers a variety of therapy services right here at home.

Physical therapy, occupational therapy, speech language pathology, and athletic training services are all available from the team at Black River Memorial Hospital. Whether you're recovering from surgery or need assistance learning how to communicate, highly qualified rehabilitation specialists offer a full range of therapies for neurological, developmental, muscle, soft tissue, bone and joint injuries; post-surgical recovery; injury prevention education, and more.



BRMH's Closer-to-home Therapy Options



Physical Therapy

Most people think of physical therapy when they think of rehabilitation services. Physical therapy helps patients recover from an injury, surgery, or hospital stay. In some cases, physical therapy can prevent the need for surgery altogether.



Pulmonary rehab

For individuals with chronic lung conditions, pulmonary rehab can make a major difference. Therapists work with patients in a variety of ways to help them achieve their lungs' fullest potential. With education and exercise, pulmonary rehab can help improve overall quality of life.



Speech therapy

Speech therapy encompasses a great deal more than what people might initially think. In addition to helping patients with articulation problems, speech language pathologists help with fluency problems and feeding and swallowing problems. Speech therapy is used primarily for children, but elderly patients recovering from strokes or suffering with Parkinson's may also benefit.



Occupational therapy

Occupational therapy helps people live independently and carry out the activities of daily living as easily as possible. Occupational therapy can help anyone from a patient with developmental delays to the elderly.



Even on the phone, you know **Jesse Manske** is smiling. You can hear it in her voice.

“I’m just a friendly person,” she says. “If I walk into a room, I’ll smile at you. I like to make people feel comfortable.” It’s the friendly atmosphere that initially drew Jesse to Black River Memorial Hospital for a job as a laboratory technician. Originally from the area, Jesse and her husband lived in Platteville, but always knew they wanted to come back home.

“The second I saw an opening at BRMH, I jumped at the chance. We knew we wanted to be part of this community,” she says. “Now we’re in Melrose, and our two children, Juniper (5) and Ronan (3), will be in the same school district I went to as a child.”

“We’re a great team,” Jesse says, of her coworkers at BRMH. “When you walk into the lab, everyone is smiling. I never dread going into work; everyone is always positive. From my first interview with BRMH, I knew it was for me.”

Jesse has been with the lab for over five years. She recently completed additional education for her Bachelor of Science, so she’s come up from lab tech to lab scientist. “The ‘scientist’ part definitely adds to the cool factor,” she says.

In addition to her work in the lab, Jesse coordinates student programs for future lab scientists. “It’s fun,” says Jesse. “And a lot of the students come work for us after graduating. It’s almost like a six month long interview process. It’s a win-win!”

Jesse goes to the source when it comes to recruiting the best students for BRMH’s programs. “I’m on the student advisory committee for Western Technical College and UW-Stevens Point. The students go through an interview process there that I’m a part of, so we are all familiar with each other before they even start at BRMH.”

Also a member of the Employee Forum committee, it’s the diversity of her job that makes Jesse especially happy in it. “I get to do a little bit of everything,” she says.

When she’s not bringing positive energy and encouragement to her colleagues, she’s doing so at home with her husband Jake and their two children.

“I love to be outside,” she says. “I’ve been outside more this summer than ever before in my life! We have a garden, goats, and two dogs. It’s so much fun. We try to grow a lot of our own food. It’s hard, but worth it. Ultimately, I love the life that I lead; not many people can say that.” ■

"I'm living proof that you don't have to have had a good example to do good things," says **Nancy Hindes**. Nancy didn't have the best role models or the easiest time growing up: her mother was sick and she experienced a lot of death at an early age. "I think I've become the person I needed when I was little."

"I've been volunteering since I was about ten," she says. "Mother wasn't very healthy, so she asked the ladies who helped with funerals at church if I could go in her place. Near that same time, my aunt was dying of cancer, so I would visit her frequently and do what I could for her."

Nancy helps those nearing the end of their lives as well as many other people in need: When her three children were small, she helped with Cub Scouts, Bluebirds and Sunday school. And now, in addition to being a hospice and transition volunteer, Nancy serves as a member of the Partners of Black River Memorial Hospital as current President and volunteers at the Partners gift shop, blood drives, various fundraisers, health education programs (such as *Poison Prevention*, *Teens against Tobacco Use*, and *Truly Me*) and makes calls for Tele-Care. Locally, she volunteers at the food pantry, United Methodist Church, and serves as trustee for the village of Merrillan.

"I have the philosophy that if someone calls me up and asks me for something, I will say yes quicker than I will say no," she says. "I'm going to be older someday, too, and I am hoping that someone will do the same for me."

Nancy has more than enough going on, but her calling is truly end-of-life care. "Everybody has their little niche; hospice and transition care is mine," she says.

After being trained as a hospice volunteer, Nancy retired from her day job as a teller at Jackson County Bank to commit her services fulltime.

"It's sad," she says. "Of course it's sad. But helping people transition from life, I understand more what the dying process is. I know what death is about. For me, it's a comfort knowing that when my time comes, it's going to be okay. The last moments are okay. I've

been there, I've seen them. The last moments are okay."

People often ask Nancy how it can be okay when it's so sad—especially in cases where someone is taken too soon. "There are bad situations," she says. "But given the choice between someone suffering and someone being at peace, who wouldn't want peace?"

The work takes its toll on Nancy, but when she feels depleted she has plenty of ways to recharge. "If you don't go into something with the idea that you're going to do the very best you can do it, then you best not do it," she says.

So when Nancy needs a break, she travels, plays cards and Scrabble™, and she spends time with her children, grandchildren and great-grandchildren. When she's not helping the dying, Nancy truly lives. And when she is helping those in transition, she makes sure she is at her best for them.

"Everyone deserves to have somebody there with them," she says. "And I feel I've done the best I can if I can be there and help them know it's going to be okay, even in their last moments." ■





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

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HOSPITAL EVENTS 2018

NOVEMBER

Diabetes & Wellness Fair – The Happy Factor: From Surviving to Thriving!

See more information on page 2
Sat., Nov. 3, 2018
9:00am – 12:00pm
Comfort Inn & Suites, BRF

Senior Stay Fit Strength

Nov. 6 – Dec. 4, 2018
Tuesdays & Thursdays
9:00am – 10:00am
Lunda Community Center, BRF
Register at 715-284-1379

Harvest of the Month - LIVE

Tues., Nov. 13, 2018
4:00pm on WEAU-TV 13
with BRMH Dietitian/Nutritionist Ruth Chipps.

Breastfeeding Class

Tues., Nov. 13, 2018
6:30pm – 8:00pm
BRMH – Dorothy Halvorson Conference Room
Call 715-284-1329 to register.

B-Home Services and Supplies Open House

You could win a free pair of Vionic® Shoes!
Thurs., Nov. 15, 2018,
8:30am – 6:00pm
311 County Highway A, BRF

Partners Holiday Tea

Enjoy handcrafted items from local artists, a tea table, bake sale, raffles, gift shop, and much more!
Thurs., Nov. 15, 2018, 9:30am – 3:00pm
BRMH – Hospital Wide

Harvest of the Month - Winter Squash

Tues., Nov. 20, 2018, 11:30am - 12:30pm
BRMH Café

Evergreen Memorial Service

A time to pause and remember family and loved ones. Please bring a holiday ornament to place on our evergreen tree in remembrance of your loved one.
Thurs., Nov. 29, 2018, 7:00pm
BRMH – Dorothy Halvorson Conference Room
RSVP by calling 715-284-3662

DECEMBER

Love Lights Ceremony

Sun., Dec. 2, 2018, 5:30pm
BRMH – Cafeteria

Better Breathers Support Group

Free support group that allows patients to stay connected with the respiratory team, ask questions and continue to expand their knowledge of their respiratory condition. For more information, call 715-284-1313.
Mon., Dec. 10, 2018, 10:30am – 11:30am
BRMH – Dorothy Halvorson Conference Room

Hospice Gift Wrapping

Bring your holiday gifts and Hospice Volunteers will wrap them for a free will donation.
Wed., Dec. 19, 2018
9:00am – 2:00pm
BRMH – Dorothy Halvorson Conference Room #1

Community Blood Drive

Fri., Dec. 28, 2018
10:00am – 3:00pm
BRMH – Dorothy Halvorson Conference Room

JANUARY

Diabetes Education & Support Group

Wed., Jan. 9, 2019, 10:30am - 11:30am
Calhoun Conference Room
B-Home Services and Supplies
311 County Highway A, BRF

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.