

Local people. True stories. Real advice.

# Momentum

Winter 2019



Excellence. Always.

**Cared for  
Like Family**  
at BRMH





# Getting *Heart Smart*

February is Heart Health Month. Find out more about heart disease, prevention, and what you can do to keep your heart healthy all year long.

## All about heart disease

Heart disease is the broad term for conditions of the heart including coronary artery disease, congestive heart failure, stroke, high blood pressure, and cardiac arrest.

Heart disease is the number one killer of men and women in the United States—it's responsible for one out of every four deaths. Luckily, there are steps to take to reduce your chances of developing heart disease.

Knowing your risk factors is very important. People with a family history of the disease, people who smoke, and those who are overweight are all at higher risk for a cardiac event. Early signs of the disease mean it's time to take action.

Your body may be warning you if you experience:

- Chest pain
- Nausea, heartburn, or stomach pain
- Pain spreading to your arm
- Dizziness
- Jaw/throat pain
- Being easily winded
- Snoring
- Abnormal sweating



## BRMH offers Calcium Scoring

Calcium scoring is an examination of the heart via a CT scan. This non-invasive procedure checks for any plaque or calcium buildup in the coronary arteries, which causes heart disease and can lead to a heart attack. Calcium scoring is a better predictor of coronary events than cholesterol screening or other risk factors.

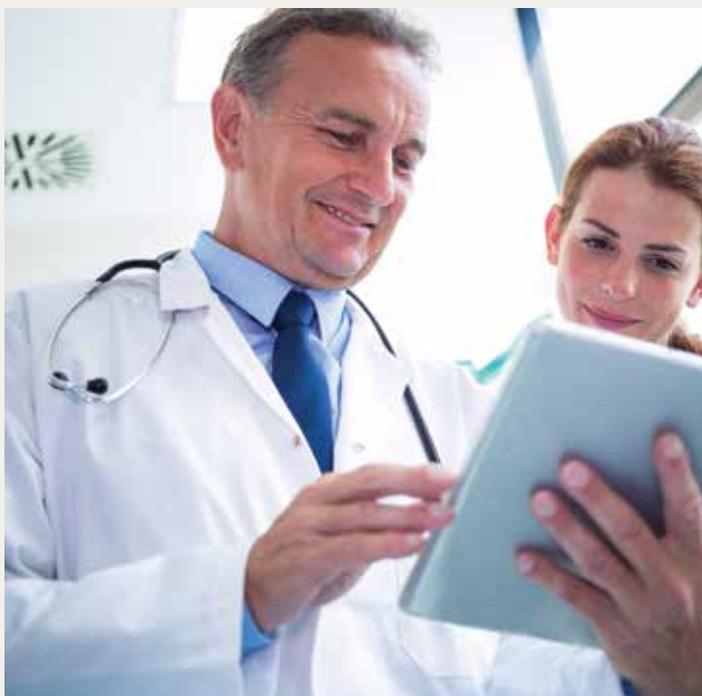
# New Monitoring System for Expectant Mothers

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Having a baby isn't something that happens on your time—or your doctor's. To help make pregnancy a little more predictable, and to give your doctors all the tools he or she needs to assist you in making the best choices, Black River Memorial Hospital is pleased to introduce the **FetaLink+® system**.

The system is a mobile application that gives OB providers access to an expectant mother's latest health information, including fetal heart rates and contraction data. The information can be accessed by smartphone or tablet and can be viewed anywhere cellular or Wi-Fi signals are available. All information is cloud-based and secure.

FetaLink+® is yet another way BRMH is here for patients. Soon-to-be mothers appreciate that their providers have the latest information on their pregnancy, and providers can quickly and confidently monitor their progress. To learn more, visit [www.brmh.net/OB](http://www.brmh.net/OB). ■



# BRMH Earns Wisconsin Forward Award

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Black River Memorial Hospital (BRMH) received the **Wisconsin Forward Award of Excellence** in December 2018. This is the highest level of achievement possible. This award was created by the Governor's Council on Workforce Investment to advance Wisconsin organizations and to support continuous improvement.

Recipients are considered industry leaders and role models for others. BRMH has been recognized as an excellent place to receive care as well as a best place to work.

There are three levels of the Wisconsin Forward Award. BRMH was first recognized in 2010 at the Proficiency level. In 2012, BRMH earned the next level, Mastery. Six years later, BRMH reached the Excellence level.

“This award is important for our ‘Excellence Always’ journey. It helps us focus on areas that impact our patients, employees and community. Our customer service, quality of care and employee engagement are leading the industry. Our team works hard so that the community has access to the ‘best community hospital in the nation.’”

- Mary Beth White-Jacobs, CEO at BRMH



## Genuine Care from the BRMH Team

Not eating solid food for two weeks following her TIF procedure and hernia repair was a challenge, says Mary Keck, but it was a cakewalk compared to the terrible pain she had been experiencing.

“The pain was horrific,” she said. “It was like a heart attack. I knew there was a problem. I had experienced pain like this on and off for years. I always treated it with pills and then it would go away.”

One day last summer; however, it was the last straw—or should we say burger?—for Mary.

“I had a hamburger and it flared up again. I knew it was time to do something,” she says.

Mary met with Dr. Nick Kitowski at Black River Memorial Hospital. Dr. Kitowski discovered that the pain was from gas building up in Mary’s gallbladder.

“Dr. Kitowski said there was sludge in my gallbladder,” she says. “That had to go.”

Mary and Dr. Kitowski agreed that the best course of action was for Mary to have a TIF procedure, a minimally invasive treatment for GERD, as well as a repair for a hernia on her esophagus.

Throughout the process, Mary says she was well taken care of.

“They have a sign at Black River Memorial Hospital that says they are one of the top 100 small hospitals in the US. I have to agree with that. Everyone there genuinely cared.”

Mary describes attentive nurses and extra care from Dr. Kitowski: “They like to take care of you,” she says. “They asked a lot of questions and stayed with me. Dr. Kitowski swooped in the next morning to follow up with me. There’s comfort in knowing that the people take care of you like family.” ■

# Breast Health *Starts with You*

Find out your risk for breast cancer by taking our free assessment today. You could win a \$100 Amazon gift card. Deadline: March 31, 2019. Visit: [brmh.force.com/pro/breastcancer](http://brmh.force.com/pro/breastcancer).



Know your health history



Practice self-exams once a month



Eat plenty of whole grains & antioxidants



Stop smoking



Exercise regularly



## your perspective

Check out Kathy's "Your Perspective" video to learn about her experience with breast cancer and the team at BRMH. Visit [brmh.net/perspectives](http://brmh.net/perspectives).

## See Clearly with Modern Cataract Surgery

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Cataracts used to be a fact of life, just another part of the aging process. Cataracts are caused by cloudy buildup on the lenses of one's eyes, causing a person to have foggy, unclear vision. Cataract surgery is one of the oldest known procedures—and luckily the technology has come a long way. BRMH provides the latest technology in cataract surgery, that has excellent outcomes. The procedure is quick, low-risk, and heals within a few days. Most patients report better vision immediately, with full results taking effect within four to five weeks.



To learn more about eye procedures, please call **715-284-3678**





They say a good man is hard to find, but **Mark Nordahl** has always been right here. He has officially been with BRMH for five years, as a service technician for B-Home Services and Supplies, but he's been helping people in the community much longer than that.

*“I've always enjoyed helping people, I've been doing it since I was young. It's something that's a part of me: wanting to help and do good.”*

Mark attributes his enthusiasm for helping people to his upbringing. “It was my parents and my grandparents, my family here in Wisconsin. They instilled a sense of duty in me.”

In addition to helping customers of B-Home Services and Supplies, Mark is the Third Assistant Chief with the Black River Falls Fire Department, and has been on the Black River Emergency Medical Services team for 18 years.

“When I was little, my babysitter's stepfather was part of the fire department,” he says. “I got to tour the fire department and I was hooked. It was what I wanted to do ever since. When I was 18, I joined.”

These days, a typical day for Mark involves delivering oxygen to patients and delivering or repairing other equipment. “I could be anywhere in a 35-mile radius,” he says. Mark also checks on patients to make sure they are doing well. If there are problems, he contacts the team at B-Home to get the care that patients need out there.

“Part of my job also involves picking up equipment after the passing of a hospice patient,” Mark explains. “I like to visit and give what support I can to the families.”

In his work—and his life—Mark lives by the golden rule. “Providing our patients with excellent care and treating them how I would like to be treated is a passion of mine. I will always help people as much as I can.”

When he's not working, Mark enjoys spending time with his wife Jessica and his son Thomas (6). “We spend time outdoors and spend time with each other,” he says. “That's what life's all about.” ■

It was never a question of if **Dennis Ruda** was going to “give back.” It was just a matter of how.

“I grew up in a family-owned store where I learned, at an early age, the importance of helping people,” says Dennis. “I spent time making deliveries, shoveling snow, and doing yard work. Helping others is a part of me.”

After his retirement from teaching music, Dennis and his wife Marie recalled the help they received from Interfaith Volunteer Caregivers.

“When Marie and I were working full-time, Interfaith helped us in caring for our aging family,” says Dennis. “We were so grateful for the help; we knew we would volunteer when we retired.”

Nowadays, Dennis can be found driving for Interfaith and helping countless friends and neighbors. “The best thing about being involved in the community is that it’s something I can do with Marie,” he says.

Dennis was also in the news recently for creating an entire indoor mini-golf course for the Black River Falls

Public Library. Organizers say they didn’t expect more than “barebones,” since Dennis was already doing them a great favor, but Dennis wouldn’t hear of it. Instead, he built a course complete with themes and features for each hole for the library’s annual fundraiser.

Dennis no longer teaches music at the Lincoln and Black River Schools, but music still plays an important part in his life, as evidenced by his involvement with: The Black River Area Community Band, Dixieland Express, Black River High School musicals, and the Pine Tones Barbershop Chorus.

“These groups give me the opportunity to share my love of music with others,” says Dennis. “The Black River Falls area has very active groups of people that make it fun to be involved.”

Other passions Dennis has are gardening and woodworking. “I design for and work with the Karner Blue Garden Club,” he says. “What spare time I have I enjoy maintaining my hosta collection, singing with the Stouthearted Men’s Chorus, and doing woodworking at home.” ■





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

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For full disclosure, visit [www.brmh.net/nondiscrimination/english](http://www.brmh.net/nondiscrimination/english).

## HOSPITAL EVENTS 2019

### JANUARY

#### Better Sleepers Group Meeting

Ruth Chipps, BRMH's Registered Dietitian, will discuss foods that have been found to be beneficial in helping with quality of sleep and what foods you should avoid if you want a good night's sleep. To join this support group, call 715-284-3685.

Thurs., Jan. 31, 2019, 12:00pm – 1:00pm

B-Home Services and Supplies  
Calhoun Conference Room

### FEBRUARY

#### Senior Stay Fit Strength

Feb. 5 – 28, 2019

Tuesdays & Thursdays, 9:30am – 10:30am  
Lunda Community Center, BRF  
Register at 715-284-1379

#### Childbirth Education Class

Fri., Feb. 8, 2019, 6:30pm – 9:00pm &

Sat., Feb. 9, 2019, 9:00am – 1:00pm

BRMH – Board Room, Register at 715-284-1329

#### Diabetes Education & Support Group

Wed., Feb. 13, 2019, 10:30am – 11:30am

B-Home Services and Supplies  
Calhoun Conference Room

#### Senior Stay Fit Strength

March 5 – 28, 2019

Tuesdays & Thursdays, 9:30am – 10:30am

Lunda Community Center, BRF

Register at 715-284-1379

#### Breastfeeding Class

Tues., March 12, 2018, 6:30pm – 8:00pm

BRMH – Board Room

#### Diabetes Education & Support Group

Wed., March 13, 2019, 10:30am – 11:30am

B-Home Services and Supplies

Calhoun Conference Room

### APRIL

#### 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., April 1, 2019, 10:30am – 11:30am

B-Home Services and Supplies  
Calhoun Conference Room

#### Senior Stay Fit Strength

April 2 – 26, 2019

Tuesdays & Thursdays, 9:30am – 10:30am

Lunda Community Center, BRF

Register at 715-284-1379

#### Diabetes Education & Support Group

Wed., April 10, 2019, 10:30am – 11:30am

B-Home Services and Supplies

Calhoun Conference Room

#### Childbirth Education Class

Fri., April 12, 2019, 6:30pm – 9:00pm &

Sat., April 13, 2019, 9:00am – 1:00pm

BRMH – Board Room

Register at 715-284-1329

#### Brunch with the Easter Bunny

SAVE THE DATE

Sat., April 20, 2019

#### Babysitting Clinic – FREE

This event teaches students to be responsible, creative and safety conscious while babysitting. Students must be enrolled or have completed the 6th grade to participate. Lunch will be provided. Registration is required. Class size is limited.

Sat., April 27, 2019, 10:00am – 3:00pm

Black River Falls Middle School

Register at [www.brmh.net/babysit](http://www.brmh.net/babysit)

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.