

Local people. True stories. Real advice.

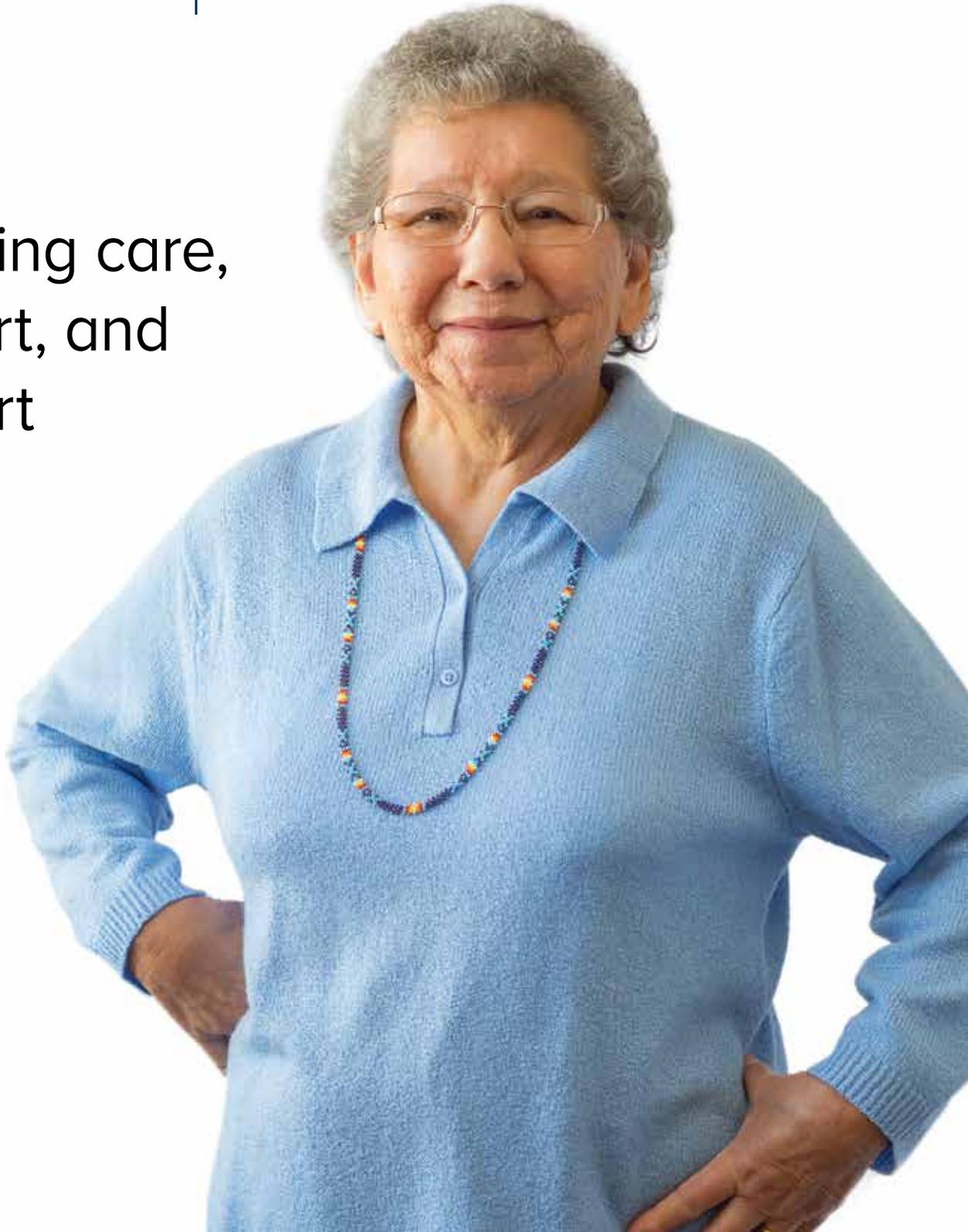
Momentum



Excellence. Always.

Winter 2020

Providing care,
comfort, and
support





Letter From our CEO

Mary Beth White-Jacobs
Chief Executive Officer
BRMH



Dear Readers,

2020 will be an exciting year for Black River Memorial Hospital. The construction project that began in 2018, will be wrapping up later this year. The updates and additions will enhance the level of care we will be able to provide to the citizens of Jackson County. An exciting new venture for us will be the opening of the new Black River Healthcare Clinic. Based on the survey we conducted with staff, the board of directors, providers, and the community, the Black River Healthcare Clinic name was selected. Black River Memorial Hospital's name will stay the same, as will B-Home Services and Supplies at our Highway A location. Our legal name for all three entities will remain Black River Memorial Hospital, Inc.

Opening the clinic in July will allow access for patients with behavioral health needs, such as mental health and substance misuse disorder. Primary care will also be available and will help provide a holistic approach to healthcare for our patients. Stay tuned for information on an Open House that will include tours of the new clinic and the opportunity to meet clinic leadership and providers.

Thank you to everyone who gave input on naming our new facility and your patience through our latest building project. This is your community hospital and we will continue to innovate and collaborate with our community partners to bring you the very best in excellent care. As always, I welcome your comments and suggestions and wish you all a happy and prosperous 2020.

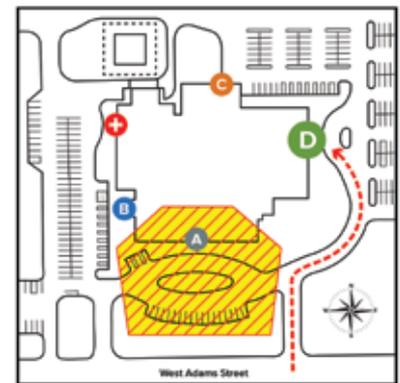
Sincerely yours,
Mary Beth White-Jacobs



Reminder Entrance A Closure

Sat., Feb. 1, 2020

The entrance facing Adams Street will be closed for a brief period while the lobby is remodeled. Please use Entrance D when coming to the hospital.



Construction Updates

Check out our new Emergency Department (ED) registration.



It's *good* to Home.

For most patients with a chronic illness or terminal disease, “there’s no place like home” when it comes to where they’d prefer to stay. That’s why BRMH is proud to offer homecare, palliative, and hospice services to help patients remain in their homes as long as possible.

The Homecare Program brings care to you and your loved ones in the comfort of your own home. Home health aides can help with meal preparation, light housekeeping and personal care such as bathing. Other services include skilled nursing services that can include assessments and procedures. In-home therapy such as physical therapy and speech therapy are also available.

BRMH’s Palliative Care Program helps patients manage pain and other symptoms of a serious, chronic or life-threatening illness – at any stage of their illness. Patients who receive palliative care are not necessarily on hospice. Palliative care provides a team-based support system to help patients and their families better cope with illness and connect with community resources and is always provided for those who are enrolled in the hospice program.

Hospice services are generally available to patients who have been diagnosed with six or fewer months to live. Patients and their families receive the personal attention of a team of BRMH doctors and nurses, social workers, chaplains, home health aides, and trained volunteers. These compassionate caregivers not only help ease physical pain, they also provide much-needed psychological, social, and spiritual support to both the patient and family.

While some patients utilize all three home-based services, at the end of her life, Velma Lewis received two of them—palliative and hospice. Her sister, Bernice Blackdeer, also benefited from these services. “We were so grateful to have such good care for Velma,” stated Bernice.

As power of attorney for her sister, Bernice initially enrolled Velma in the B-Home Palliative Care program. “The staff was able to find things about my sister’s



Bernice with Tamara Insteness, NP

illness that helped her get the care she needed, like adjusting her medications to help her anxiety,” says Bernice.

As Velma approached the end of life, BRMH was there to provide much-needed hospice care services. “What they did for us were things we could not do for her,” says Bernice.

“Kevin and other staff came the last few days and helped us walk through all the steps. We were so grateful.”

-Bernice Blackdeer

B-HOME SERVICES AND SUPPLIES

In addition to homecare, palliative, and hospice services, BRMH makes it easy to get the home medical equipment and supplies you need, with the assistance of knowledgeable staff.

Our retail store offers respiratory equipment, wheelchairs, lift chairs, canes, walkers, compression stockings, and more.

Stop in:

Monday - Friday: 8:30 a.m. to 5:00 p.m.
Phone: 715-284-3670
311 County Highway A
Black River Falls

COMMUNITY SPOTLIGHT

What would it be like to have the best job in Black River Falls? Just ask **Lori Chown**.

“I have the best job in the whole community,” says Lori. “I get to work with over 200 volunteers that love to help others.”

As program director at Jackson County Interfaith Volunteer Caregivers (Interfaith), Lori gets to help match volunteers with needs in the community as they arise. Volunteers drive people to medical appointments, assist with shopping, provide respite care, and just about anything in between.

“I think anyone who is involved with volunteering sees first-hand that it’s as rewarding for them as it is for the person they’re helping,” says Lori. “I know that sounds cliché, but it’s 100% true.”

If anyone knows the rewards of volunteering, it’s Lori. In the past, Lori volunteered hundreds of hours to help create a local Disaster Action Team through the American Red Cross. Currently, she serves on the Educational Enrichment Fund Board of Trustees and delivers Meals on Wheels twice a month for Black River Memorial Hospital. Lori’s involvement with the Meals on Wheels program led her to meet 93-year-old Dorothy Ott. Dorothy says that it’s her love for her family that keeps her going. But if you ask her family, it is Dorothy that keeps them going.

She is just one of the wonderful people Lori gets to visit while delivering meals.

Lori also enjoys volunteering with her husband, Brad, and son, Dylan. Each spring, they join Friends of the Black River in cleaning up trash along the waterway. After losing their 12-year-old “puppy,” Lori and Brad got involved in the Can Do Canine program. Through the program, inmates at the local prison train puppies to become assistance dogs. As “foster” volunteers, Lori and Brad take a puppy over the weekend to help socialize it outside of the prison walls.

Lori’s compassion for others—whether it be for family, neighbors, community members or four-legged friends—is reflected in her writing and photography. Lori has self-published a series of children’s books. The first book, “I See a Miracle,” sets the tone for the others in the series.

“I just think everyone is so much better off when they see the brighter side of things,” says Lori. “When you focus on uplifting people and helping people, it just makes everyone happier. So, my books are just a way to share a little faith, hope, and inspiration.”

Not only does Lori inspire those who read her books, but she also encourages others every day to become the best they can be by serving others and giving back.



Have a talent or time you’d like to share?

You can call Interfaith Volunteer Caregivers for more information: **715-284-7058**.

“Whatever your skill, talent or desire to help, we have a way for you to do something,” says Lori. “It can be one hour a week or one hour a month; each hour is valuable.”



Blueberry Swirl Smoothie

Serving Size: 1 cup

Makes 4 Servings

Nutritional Facts: Approx. 130 Calories, 1.5g Fat, 4g Protein, 29g Carbohydrate, 5g Fiber

NUTRITION FACTS:

Calories – 110

Total Fat – 0g

Total Carbohydrate – 31g

Dietary Fiber – 4g

Protein – 0g

INGREDIENTS:

- 1 banana
- 4 ice cubes (if using fresh fruit)
- 1 cup strawberries
- ½ cup orange juice
- 1 cup blueberries
- ¾ cup vanilla yogurt
- 1 cup cherries or raspberries
- ½ teaspoon honey (optional) or other sweetener
- 1 Tbsp ground flaxseed

DIRECTIONS:

- Place banana, strawberries, blueberries, cherries, and ice cubes into a blender.
- Pour in the orange juice, vanilla yogurt, and honey.
- Puree until smooth.

Note: Can use frozen or fresh fruit.

Harvest of the Month is a partnership between Black River Memorial Hospital, Ho-Chunk Nation, Jackson County Public Health, Jackson County Forestry and Parks, local school districts, UW Extension, local law enforcement, Lunda Community Center, Boys and Girls Club, Friends of the Library, Hansen's IGA, Together for Jackson County Kids, and community members.

For more Harvest of the Month recipes, visit www.BRMH.net/recipes.

Safety Tips for the Cold Weather

Ready or not, winter is here. These tips can help you stay safe and healthy at home and in your travels.

At Home

- Have your heating system professionally serviced to make sure it's working correctly and has proper ventilation.
- Inspect and clean fireplaces and chimneys.
- Be prepared for weather-related emergencies:
 - Keep food on hand that isn't required to be cooked or refrigerated.
 - Stock up on bottled water or store some in clean containers.
 - Make sure your cell phone is fully charged.
- Beware of Carbon Monoxide (CO) poisoning:
 - Install a CO detector. If you already have one, check the batteries.
 - Know the symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion.

On The Road

- Keep your gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula for windshield washer fluid.
- Follow these safety rules if you become stranded in your car:
 - Stay with your car unless safety is no more than 100 yards away.
 - Raise the hood—if it's not snowing, turn the inside overhead lights on when your engine is running.
 - Wrap your entire body, including your head, in extra clothing, blankets, or newspapers.
 - Stay awake and keep moving; even when you're sitting.
 - Run the motor—and heater—for about 10 minutes every hour, opening one window slightly to let in air.
 - Make sure there is no snow blocking the exhaust pipe (to reduce the risk of carbon monoxide poisoning).
- Prepare a winter emergency kit to keep in your car. For example, blankets, food and water, booster cables, flares, a bag of sand for traction, first-aid kit, and a flashlight.

Winter Walking Safety

- Wear the right footwear—snow boots, shoes with deep treads, or removable ice grippers. Avoid wearing high heels outdoors.
- Promptly remove snow and ice and apply salt (or other surface treatments) to parking areas and sidewalks.
- When exiting your vehicle, hold on to the door securely while checking the surface for slippery areas.
- Walk slowly and take shorter steps to maintain your balance.
- Always be on the look-out for icy patches and choose the best path accordingly.



Vaping: What You Don't Know Can Hurt You

Vapes, JUULs, pens, mods ... whatever you call them, are not the safe alternative to cigarettes as they are advertised to be. “‘Safer’ doesn’t necessarily mean ‘safe,’” cautions Kim Schlifer, respiratory therapist and tobacco treatment specialist at BRMH.

No tar. No smoke. No harm. Right? *Not even close.*

“What is coming out of people’s noses and mouths when they exhale isn’t really a water vapor,” says Kim. “It’s actually an aerosol, making it closer in comparison to hairspray. Many of the particles contain different amounts of toxic chemicals, which have been linked to cancer and respiratory disease.”

Kim recommends parents, teachers and guardians visit the Wisconsin Department of Health Services “Tobacco Is Changing” website: www.dhs.wisconsin.gov/tobaccochanging. “The website also gives you ideas on how to talk to kids about vaping,” says Kim. “I encourage parents to educate themselves about these products. Sit down with your children and go through the information together—empower your teen to make informed decisions on their personal choices. Help them to understand that these choices may have severe negative consequences—both short-term and long-term.”

Kim also invites parents, teachers, and students to contact her at the hospital with any questions. Call **715-284-1330** or email schliferk@brmh.net.

The Real Facts about Vaping

There are many misunderstandings about vaping products. Kim believes that education is the best defense against the growing vaping crisis. She shared these insights to help families get the real facts about vaping.

Fact: E-liquids may contain fewer ingredients than commercial cigarettes and may be FDA approved in their liquid form—but the chemical components change as soon as they are heated and aerosolized. “Not only do these chemicals wreak havoc on your lungs, but the volume of nicotine in these products is much different than cigarettes and users are becoming addicted within days to weeks of using them”, says Kim.

Fact: Vaping has been around for over a decade—but its popularity exploded in 2017, including high schools and middle schools in the Jackson County area. “Within the last two years, the number of kids vaping has increased by over 78%,” says Kim. “And its usage is often among the kids you’d least expect to be vaping.”

Fact: As the cases of vaping related health problems has risen, the CDC has labeled the outbreak of vaping related illness “EVALI” (*E-cigarette and vaping associated lung injury*). Initial symptoms typically include nausea, vomiting or diarrhea, followed by a fever, chills, a productive or persistent cough, and shortness of breath. “It may feel like the common cold or flu at first,” says Kim. “But, the severe changes in the lungs, which may not be reversible, can happen very quickly.”

EMPLOYEE SPOTLIGHT

Within months of joining the service in 1989, **Rob Stapel** was deployed to Saudi Arabia as part of Operation Desert Storm. “I experienced things there that set me on the course for servant leadership,” says Rob.

As a noncommissioned officer at a young age, Rob was responsible for the health and welfare of other soldiers. “That experience created a sense of responsibility for others,” he says. “It’s why I have such a passion for Human Resources and for people—because people are the most important resource in any organization.”

While Rob’s journey to Black River Memorial Hospital (BRMH) was anything but direct, each major life experience played a role in leading him to his current position as Human Resources Director. Prior to joining BRMH in 2016, Rob enjoyed a career in law enforcement. “As an officer, I not only brought people to the hospital, but due to the hazards of my occupation, I was sometimes a customer,” he says. “So, I was very familiar with the hospital and the quality of care provided.”

But it was an event that took place nine years ago that caused Rob to reevaluate his career and what was truly important in life. “My wife was diagnosed with Leukemia which started us on our journey,” says Rob. “She needed a bone marrow transplant, so we had to be close to a hospital on a daily basis for nearly six months.

During that time, I got to see healthcare from a different perspective.”

After 27 years in law enforcement, Rob decided to make a career change. “It was the perfect opportunity to make a move where I felt more connected with people; where I was still able to serve them but absolutely be in a caring and warm environment,” says Rob. “That’s what led me here.”

Rob is still indirectly involved in law enforcement, serving on the Black River Falls Police Committee. He is also a member of the Lions Club. But what he most enjoys when he’s not at work is spending time on the lake and the Skyline golf course with his wife and best friend, Kristin Stutz—and spoiling his new granddaughter, Eleanor. “Being a grandparent is even more wonderful than people told me it would be,” he says.

Anyone who knows Rob also knows that he is immensely proud of his HR team and the entire staff at BRMH. But what many people may not be aware of is Rob’s “PGA Tour Caddy” claim to fame.

“My wife’s brother qualified for the 2007 PGA Championship in Tulsa, Oklahoma,” says Rob. “So, for a brief period in 2007, he asked me to be his tour caddy. It was one of the greatest experiences of my life and something I’ll always remember.”





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

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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 2020

FEBRUARY

Childbirth Education Class

Fri., Feb. 7, 2020, 6:30pm – 9:00pm &
Sat., Feb. 8, 2020, 9:00am – 1:00pm
BRMH – Oak Room
Register at 715-284-1329

Diabetes Education & Support Group (DESG) Meeting

Wed., Feb. 12, 2020
10:30am – 11:30am
B-Home Services and Supplies

MARCH

Breastfeeding Class

Tues., March 10, 2020
6:30pm – 8:00pm
BRMH – Board Room

Diabetes Education & Support Group (DESG) Meeting

Wed., March 11, 2020
10:30am – 11:30am
B-Home Services and Supplies

APRIL

Better Breather's Support Group

Mon., April 6, 2020
10:30am – 11:30am
B-Home Services and Supplies

Diabetes Education & Support Group (DESG) Meeting

Wed., April 8, 2020
10:30am – 11:30am
B-Home Services and Supplies

Childbirth Education Class

Fri., April 10, 2020, 6:30pm – 9:00pm &
Sat., April 11, 2020, 9:00am – 1:00pm
BRMH – Oak Room
Register at 715-284-1329

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.



Here's to another happy
and healthy year!

It's that time of year where we get 12 new months to make healthy choices, achieve new goals, and enjoy quality time with family and friends. Thank you for choosing us for your healthcare needs. We're grateful to provide quality care to this wonderful community that we share. Here's to 2020!
May it be your happiest — and healthiest — year yet!

