

# MOMENTUM

A collage of various healthcare professionals and medical equipment, including nurses, doctors, and a heart monitor, arranged in a triangular shape. The collage features a mix of individuals in clinical settings, some holding awards or certificates, and others with medical equipment like a heart monitor and a microscope. The overall theme is healthcare and medical excellence.

With more resources and access to local, excellent care, we are all **Healthier as 1.**

# HEALTHIER AS



# Where Technology & Healthcare Meet

## Big Technology Upgrades Improve Patient Experience at BRMH

When it comes to having an MRI performed, anyone would be hard-pressed to say they enjoy the experience. Just like holding a phone camera still to avoid a blurry photo, patients must remain completely still for 3-4 minutes, even holding their breath at times to prevent any "blur" caused by breathing on the MRI images. Not exactly a comfortable situation to be in. But for some patients, an MRI is essential and can produce lifesaving results.

So, how do you make this an easier experience for patients? Diagnostic Imaging at Black River Memorial Hospital dove headfirst into a solution: an MRI upgrade. From gradient coils to the table, the cover, and beyond, the only original part of this new MRI system is the magnet itself. But the true star of the show is in the software—an artificial intelligence system called AiCE.

Think of AiCE as an app that can help get rid of blurriness from a photo. Except instead of touching up a family photo, AiCE is adjusting the image quality of lifesaving technology. Now all of a sudden, radiologists have sharper, clearer images to read, which can help make scanning and diagnosis easier and faster. But this AI system doesn't just help the radiologists; it can also help patients. While we can't eliminate the need for patients to be as still as possible, with AiCE, patients don't have to hold still for as long or hold their breath, which is much more comfortable.

The MRI isn't the only new technology being implemented at the hospital. Pyxis and Instymed have also been introduced to make medication management easier and more secure. Pyxis, a medication storage system used for inpatient care, has been upgraded. It can be customized by staff to improve accessibility, which allows staff to deliver medications to patients even faster than before.

Getting medication isn't just easier on the back end. With the new Instymed machine, patients can pick up their prescribed medication by entering their medication number. Instymed works like a typical vending machine. The best part? You can get the medication you need right away, 24/7. No more waiting in the lobby for someone to fill a prescription for you, or waiting for a pharmacy to open. All you need to do is visit the Instymed machine! You can find the Instymed machine in the Emergency Department entrance at Black River Memorial Hospital.

In a world where technology is constantly evolving, Black River Memorial Hospital is committed to staying ahead of the curve to enhance patient care. These upgrades are just a part of an ongoing effort to provide the community with the best healthcare experience possible.



MRI Team (from left to right): Heather Olson, Mark Thompson, and Fran Zahrte.

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# Cut the Travel, Heal Close to Home

*Black River Memorial Hospital Delivers Compassionate Cancer Care*

Your doctor asks you to sit down, to share some news regarding your recent test results. The word “cancer” lingers, as your mind races with questions and concerns. In this overwhelming moment, you learn you will not have to travel far for treatment, which brings relief.

With Black River Memorial Hospital’s comprehensive oncology services, you are not just another patient in a distant, unfamiliar place—you are cared for right here in your community, where comfort and support can be just as important as the medical care you receive.

The medical care provided in collaboration with Krohn Clinic primary care providers, surgeons, and Dr. Oettel, Medical

Oncologist, is nothing short of exceptional. From early detection through advanced diagnostic tools such as a PET CT scan and MRI to ongoing treatment, including chemotherapy and infusion therapy in the BRMH Infusion Center, every aspect of your care is managed with precision and compassion. Should surgery be part of the treatment plan, the surgical team at BRMH and Krohn Clinic are able to provide the necessary intervention. Under the guidance of Dr. Oettel, a treatment plan is tailored specifically to your needs.

The advantage of having these comprehensive services locally goes beyond medical care—it is about the peace of mind that comes from knowing you won’t have to endure long, exhausting trips for treatment and care management. For many patients, the convenience of receiving care close to home makes an enormous difference, particularly during a time when energy and well-being are at a premium.

“Dr. Oettel is very good at communicating. Some doctors rush you through, but he gives you all the time you need. He’s very friendly. I just love the fact that he’s here.”

— BRMH Patient



Dr. Oettel,  
Medical Oncologist



**This community-driven approach ensures patients and their families have access to the resources they need during a difficult time.**

Dr. Oettel brings extensive experience in cancer care and has worked for over a decade in the Jackson County community. Patients can rest easy knowing he and his staff are exemplary representatives of BRMH’s core values, with exceptional expertise and a compassionate bedside manner embodying the hospital’s commitment to providing top-tier, personalized care.

“Dr. Oettel is very good at communicating,” raves one of his patients. “He takes a lot of time with you. Some doctors rush you through, but he gives you all the time you need. He’s very friendly. I just love the fact that he’s here.”

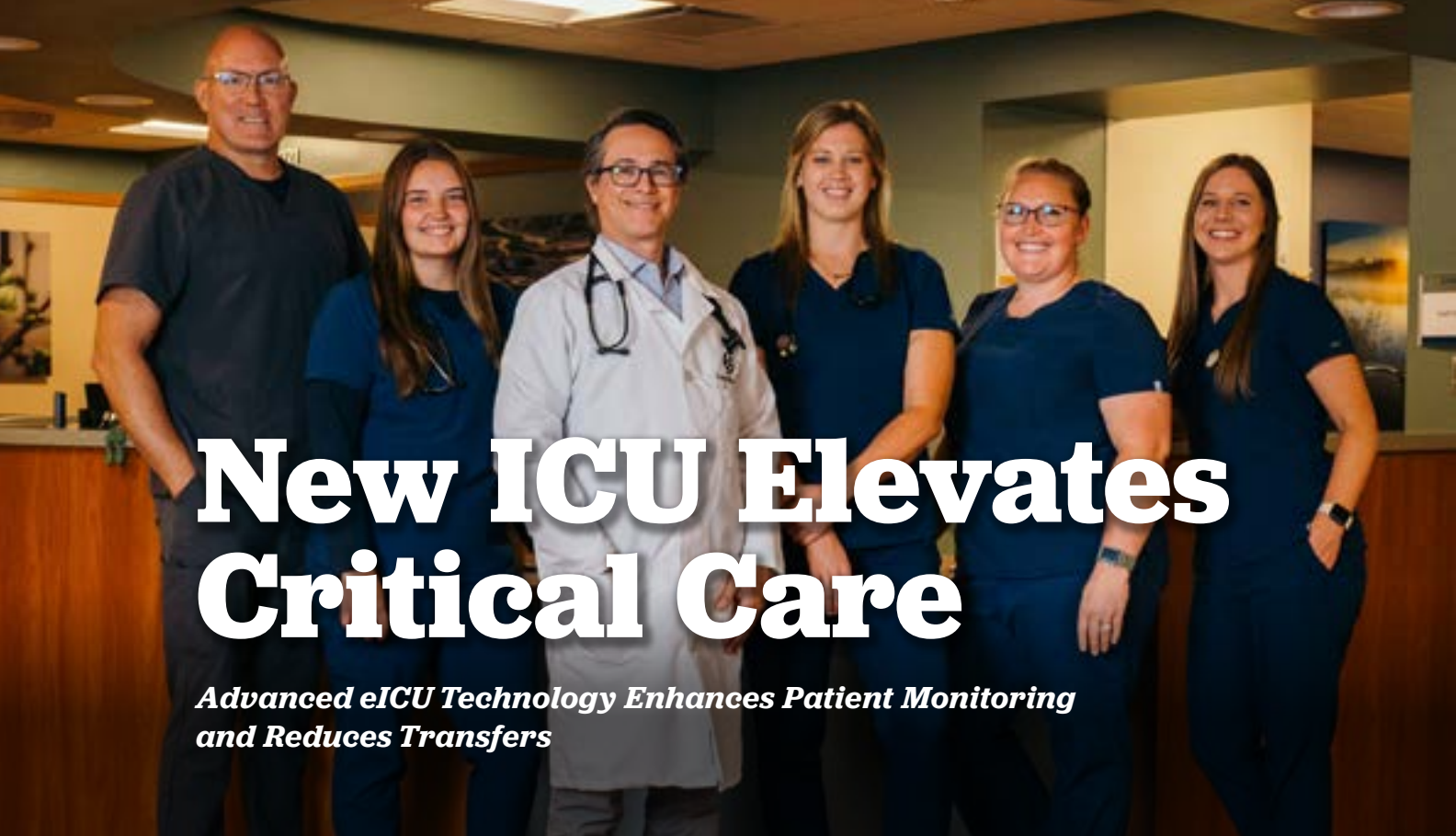
In addition to medical care, BRMH leverages the strength of the community to provide support services for oncology patients. The hospital collaborates with various agencies to assist patients with rides, grocery shopping, and other needs. This community-driven approach ensures patients and their families have access to the resources they need during a difficult time.

Nicole Schweitzer, Executive Director of Provider and Clinical Services, stresses the benefit of comprehensive, personalized care. “In healthcare, we must constantly adapt to provide the most advanced clinical care locally,” Schweitzer says. “Our goal is to keep excellent care close to home.”

Comprehensive cancer care services done in collaboration with BRMH, Krohn Clinic and Dr. Oettel are available to make advanced cancer care accessible to our communities, ensuring patients can spend more time on the connections that matter most.

Visit [brmh.net/oncology](https://brmh.net/oncology) to learn more about BRMH’s oncology services, or call 715-284-3355 to schedule an appointment.





# New ICU Elevates Critical Care

*Advanced eICU Technology Enhances Patient Monitoring and Reduces Transfers*

There's a lot of excitement around Jackson County as Black River Memorial Hospital opens its new intensive care unit (ICU). The service line offers care for conditions such as low blood pressure, respiratory failure, severe infections, severe pneumonia, heart failure, conditions requiring ventilator support, and hypertensive emergencies. Highlighting the initiative is a collaboration with UW Health on the electronic intensive care unit (eICU) aspect of the service line.

Here's a look at how this exciting new venture benefits the community:

## Who

Who is this for? The simple answer is the community, specifically those who need critical care and closer monitoring. Previously, patients requiring ICU care were transferred out of the community to a tertiary facility an hour away. This was tough on patients and difficult for family and loved ones who traveled to visit.

## What

ICU with eICU support adds an extra level of care with around-the-clock monitoring. Higher acuity patients in

the ICU receive top-notch care from in-person staff, while an additional intensivist and eICU nurse monitor vitals, laboratory results, and heart rhythms 24/7 remotely from UW Health. If the UW Health team notices changes, it immediately notifies the bedside nurse.

According to Julia Smith, Executive Director of Patient Care Services, one of the most impressive aspects of the eICU is how it works. The UW Health eICU care team monitors patients' vitals through a secured, high-tech camera. They can check an IV to ensure it's functioning correctly, zoom in to see which fluids are running and verify the rates, and check ventilator settings. The camera is so advanced that it can zoom in on the patient's pupils. Smith believes the integration of eICU technology will further elevate the hospital's already exceptional level of care.

## When

A lot of work was done in preparation prior to the Oct. 1 launch date. Members of the staff have gone through simulations and training, including time spent in an ICU at a tertiary facility eager to apply their skills and critical thinking in new ways.

## Where

ICU with eICU support is located at Black River Memorial Hospital, allowing higher-acuity patients who previously needed to be transferred to a tertiary facility to stay in Black River Falls, close to home and loved ones. While certain conditions may still require transfers to another facility, many patients will benefit from this new service.

## Why

Simply put, the hospital is responding to a community need. Often, the nearest tertiary facility beds are on diversion (meaning they are unavailable to outside transfers), and with a nearby tertiary facility having closed, there are fewer critical beds available. BRMH is taking the necessary steps to serve the community.

It all comes down to Black River Memorial Hospital's mission statement: Helping to improve your life through compassionate, community-based care.



Nurses setting up and testing ICU equipment prior to the launch date.

Patients have an around-the-clock intensivist as well as an in-person hospitalist and care team.







# Count Sheep, Not Miles

## Whole-Body Health Starts with a Good Night's Sleep

A bad night's rest doesn't just end once you wake up. Mental fatigue, heart issues, weight gain—there are many consequences of chronic sleep difficulties.

But accessing care can be difficult in rural Wisconsin, often with long drive times that make going to see your sleep therapist a day-long event. The Sleep Center at Black River Memorial Hospital aims to make it easier than ever for patients to receive high-quality care without needing to drive long distances.

The BRMH Sleep Center is dedicated to diagnosing and treating various sleep disorders. Everything from sleep apnea to narcolepsy is taken care of by our compassionate sleep team. Our team helps patients understand their sleep disorders, learn about treatment options, and discover ways to improve their sleep habits.

So how can you tell if it's time to talk with your doctor? There are a few common factors that could indicate it's time to schedule an appointment: excessive daytime sleepiness, snoring, gasping yourself awake, or experiencing periods where you stop breathing during the night. If you exhibit any of these symptoms, you may want to speak with your doctor about scheduling a sleep study.



Sleep technologist Paula Voskuil in one of the hospital's comfortable sleep study spaces.

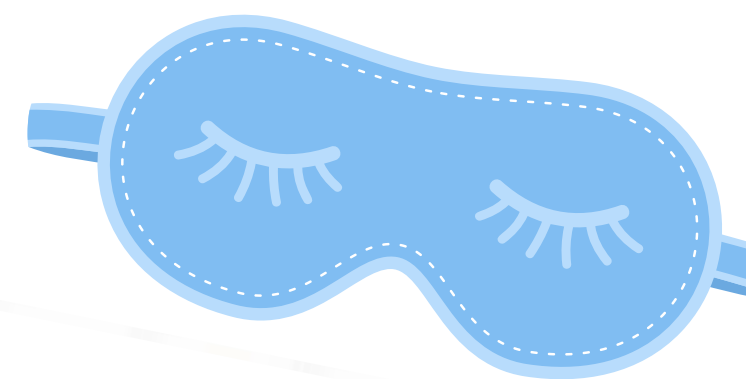
Once you've scheduled your appointment and received your results, you may be encouraged to use a CPAP (Continuous Positive Airway Pressure) or BiPAP (Bilevel Positive Airway Pressure) machine. That is where BRMH's Home and Respiratory Equipment department steps in. If you are diagnosed with sleep apnea or another condition requiring equipment, you can access essential tools and related supplies right here locally. CPAP therapy is a common and effective treatment for sleep apnea, and having local access to this equipment means you can start your treatment quickly and avoid the hassle of long-distance travel.

It may seem weird to use a machine or mask to help you sleep at night, but the resulting good night's sleep can actually help your entire body.

"Snoring is often dismissed, but few people know it can actually be detrimental to your health if it is accompanied by other symptoms."

— Tessa Sherman,  
Respiratory Program Manager

Mary Beth, Home and Respiratory Equipment Lead Therapist, shared with us some common results she's heard from patients who use a CPAP or BIPAP machine. "I recently had someone stop in who's only been on therapy for two weeks. They've been able to come off all their high blood pressure medicine due to how well the therapy is working. We've also seen patients lose weight because they're sleeping better and have more energy. We hear



common phrases from our patients, such as 'I'm feeling better,' 'I'm not falling asleep as early,' 'I can play with my kids longer,' 'I can go for a walk,' and 'I don't fall asleep right after eating supper.' Sleep affects your whole body, head to toe."

Sleep disorders often require follow-up appointments for mask fittings and adjustments. Black River Memorial Hospital is dedicated to ensuring patients can make those appointments right here in Black River Falls.

Visit [hospital.brmh.net/sleep-center](https://hospital.brmh.net/sleep-center) to learn more about BRMH's Sleep Center, or call 715-284-5361 to schedule an appointment.





# Meeting Patients Where They Are

*Telehealth Services  
Make Mental Health Services  
Accessible to All*

Mental health is a crucial aspect of your overall well-being, deserving the same attention and care as physical health. Just as you wouldn't ignore a heart issue, it's essential to address mental health concerns through proper care and support. In today's fast-paced world, ensuring everyone has access to the mental health services they need, when and where they need it, is paramount. How does a healthcare provider do this? Black River Healthcare Clinic just might have the answer.

Meet Mayra Damien. She is a licensed clinical social worker and behavioral health therapist at Black River Healthcare Clinic. Mayra cares deeply for all of her patients here in Jackson County, and her patients appreciate the care Mayra offers — from her remote office. Mayra is at the forefront of BRHC's telehealth initiative, providing essential care to patients who are unable to attend appointments in person.

All a person needs is a private space and a device to connect to the internet. Many patients attend their sessions from home or work, and some even from their parked car. In addition to those types of virtual



Behavioral health therapist Mayra Damien bridging the gap in mental health care in the hospital's dedicated telehealth room.

consultations, BRHC has a dedicated telehealth room for patients who do not have an available space at home, but prefer to utilize telehealth services. The room offers a comfortable, confidential, and convenient setting. A staff member helps a patient log in and connects them with their therapist virtually. It's all about making it easier for patients.

**"I think telehealth has taken over. It's just easier for patients to access."**

— Mayra Damien,  
LCSW, BRHC  
Behavioral Health  
Therapist

Tommy Moize is a licensed marriage and family therapist at BRHC who sees a benefit of telehealth outside of convenience. "It could help certain people feel a little bit more secure where they normally wouldn't want to come in because they feel being in the proximity of a person might be a little too difficult for them," he says. "So, it does provide a little bit of a safety barrier for them."

Whether it's virtual counseling from home, through the telehealth room, or seeing a therapist in person, BRHC is dedicated to making mental health care accessible to everyone.

"Patients can have a lot of different obstacles that they face coming to our office," Mayra says. "Whether it's lack of transportation, being too far, or being physically unable to leave their home, ensuring behavioral health equity involves addressing barriers and working to create a system that is inclusive and accessible to all."

Through its innovative approach to telehealth and unwavering commitment to patient care, Black River Healthcare Clinic ensures that quality mental health services are within reach for everyone in the community.

Visit [clinic.brmh.net/behavioral-health](https://clinic.brmh.net/behavioral-health) to learn more about BRMH's mental health services, or call call 715-284-3355 to schedule an appointment.



Licensed marriage and family therapist Tommy Moize offers in-person therapy sessions at his office in the hospital.

# Wounds to Wellness



**Bridging Advanced Wound Care with the Jackson County Community**

*For the wound care team, effective care extends beyond treatment—it's the journey to recovery.*

Chronic wounds often require close monitoring and effective management, which can mean multiple hospital visits each week for months. At BRMH, patients are treated by a team with specialized training to identify the best care techniques for various wound types.

Four years ago, this would not have been possible. Patients would have needed to drive forty minutes to the nearest wound care center for specialized treatment, frequently costing them precious time and money.

Now, BRMH serves as a small but mighty center that keeps wound treatments local. Using cutting-edge technology like bio-engineered skin substitutes and vacuum-assisted wound closures, the seven-person wound care team paves the way for our community to access top care without the long drive.

"We've had three patients in the past two months where we've used bio-engineered skin substitutes," says Beth Stankey, the wound care lead at BRMH. "Typically, chronic wounds can take 40 weeks to heal.

We've had these patients heal in less than half that time."

## Top 3 wounds cared for at BRMH

### Diabetic ulcers

Some diabetic patients don't have much feeling in their feet. For example, they may not notice if they've been walking around with a pebble in their shoe all day, which can lead to a wound. The wound care team emphasizes the importance of using a mirror to check the bottom of their feet and between their toes at the end of each day to look for wounds.

### Vascular-related wounds

A vascular wound occurs when a patient has poor blood flow. The wound care staff educates patients on small changes they can make to help heal the wound and decrease the chances of it reoccurring. Simple things like increasing how much protein they eat can go a long way.

The wound care team collaborates with other specialists, including vascular surgeons, podiatrists, general surgeons, therapists, and imaging/diagnostic teams, to create a comprehensive action plan for healing the wound. Additionally, they engage with patients to understand the level of support they receive

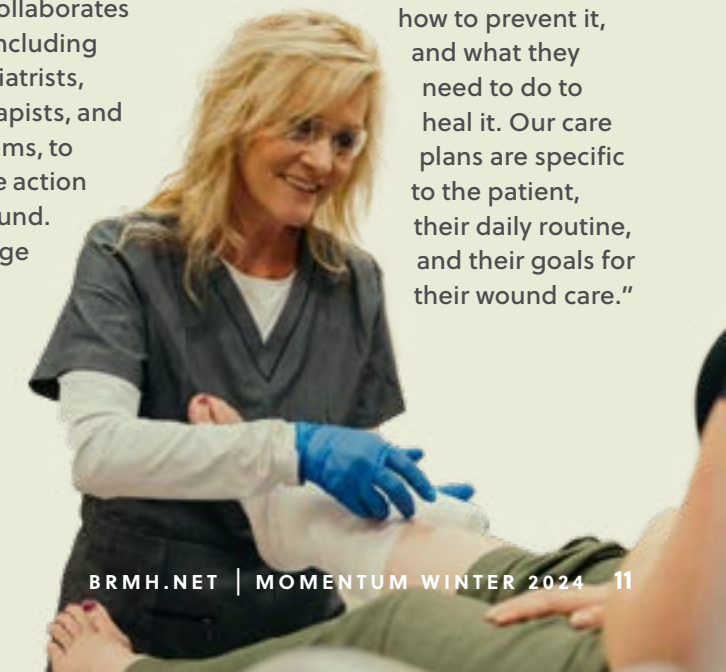
from friends and family and take time to teach the caregivers how to care for the wound at home.

### Pressure wounds

Pressure wounds develop from pressure points or friction. A patient who can't get out of bed is more likely to develop pressure ulcers than one who can change positions. The wound care team educates their caregivers on the importance of frequent position changes to prevent pressure wounds. For wheelchair-bound patients, the team assesses cushions and sitting positions to reduce the risk of pressure wounds.

The BRMH wound care team always stays in communication with the patient's primary care provider to keep them informed and collaborate on the patient's recovery.

"Education is a huge part of our job," says Stankey. "We help our patients be more aware of what causes their wound, how to prevent it, and what they need to do to heal it. Our care plans are specific to the patient, their daily routine, and their goals for their wound care."



Visit [hospital.brmh.net/wound-care-center](https://hospital.brmh.net/wound-care-center) to learn more about BRMH's Wound Care Center, or call (715) 284-5361 to schedule an appointment.





# HEALTHIER AS ONE

Welcome to  
**Black River Health**

**K**rohn Clinic and Black River Memorial Hospital have collaborated for many years to provide high-quality healthcare to our community. Effective December 30, 2024, they are combining to form **Black River Health**, a union driven by a shared vision to meet the evolving health needs of Jackson County residents more effectively and comprehensively. We spoke with **Dr. Michelle Clark-Forsting** and **Carl Selvick, PharmD**, who will lead Black River Health as Chief Physician Executive and Chief Executive Officer, respectively, to discuss the vision and goals for this exciting new chapter in our community's healthcare.

**What sparked the initial discussions of this union, and how long has it been in the works?**

**Carl Selvick:** You could say this has been in the works for the past 20 years, where both organizations have continuously been evaluating ways of collaborating together.

**Dr. Clark-Forsting:** That's true. Loose discussions of officially joining together began in 2023 when we started working on some joint projects, such as developing a new model of service delivery for oncology to ensure that care remains available in our community. Then, in early 2024, we started looking at financial and organizational modeling.

**What is the main vision behind uniting Krohn Clinic and BRMH?**

**Dr. Clark-Forsting:** The vision is straightforward: We want our patients to receive top-notch, local, and comprehensive healthcare.

**Carl Selvick:** Absolutely, it's about providing excellent care close to home. We aim for sustainable, high-quality healthcare for the community, now and into the future. The main objective for both organizations has always been to provide the best care possible for this community and to remain independent. This way, we can ensure that the decisions impacting our community continue to be made locally.

**Dr. Clark-Forsting:** We also wanted to continue caring for all our employees, offering excellent benefits and competitive wages. It's about creating an organization that people want to be a part of, while providing the community with local, high-quality healthcare services.

**How will joining together benefit the community and patients?**

**Carl Selvick:** Our collective goal is to ensure that the health outcomes of those living in this community are no different from those in more urban settings. By coming together as one organization and collective community, we can significantly improve our health outcomes. There's no reason why, if we all work together, we can't become one of the healthiest communities in Wisconsin.

What has been great about working through our plans to build this healthier future together is that all these ideas of what is possible when we combine our resources just started flooding in. We want to recruit more providers, offer additional medical specialties, and positively impact more lives every year. The health of the community and the health of the organization are intricately linked.

**Dr. Clark-Forsting:** Together, we will be more nimble as we look at providing additional service lines, bringing in specialty providers, and adjusting our current care models to fit what our patients and community need. By partnering with key community stakeholders and organizations, we can better understand and address the factors affecting our community's health.

**How will patient services be enhanced?**

**Dr. Clark-Forsting:** Going through this process and creating something new together has allowed us to start thinking about how we can be creative and innovative in addressing health needs. There's renewed enthusiasm for areas like obstetrics, behavioral health, pain management, and weight management. We've learned that collaborating as two independent organizations can be cumbersome and expensive at times. By working together as one, we can eliminate the go-between, making everything much smoother.

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The vision is straightforward: We want our patients to receive top-notch, local, and comprehensive healthcare.

- Dr. Michelle Clark-Forsting







**Carl Selvick:** The word we've been using a lot is "seamless." As we integrate our services, care at both organizations will have fewer barriers, less paperwork, and fewer restrictions as people and employees move through the system together.

**What steps are being taken to ensure a seamless transition for current patients?**

**Carl Selvick:** We kicked off a project to ensure that as of December 30, 2024, all care provided at both organizations is billed from one entity: Black River Health. We also reviewed the health insurance offerings accepted by both organizations to ensure there would be no reduction in care for patients at Krohn Clinic or Black River Memorial Hospital.

**Dr. Clark-Forsting:** We are working diligently behind the scenes to anticipate and address the questions and needs of our patients.

**What financial impacts will be seen as a result of combining the two organizations?**

**Carl Selvick:** One of the key objectives for us as an organization these past few years was to ensure we became operationally sound for many years to come, so that we can focus on providing excellent healthcare for our community and meeting the health needs of the communities we serve. We're very proud that, as an independent hospital, we've achieved that mission and are now coming together with our partners at Krohn Clinic from a position of financial stability and strength.

**Dr. Clark-Forsting:** It's going to future-proof our organization against the challenges and threats we foresee in healthcare. It allows us to work proactively on problems and ensures sustainable margins to remain independent long-term. The positive financial impact means we can worry less about finances and focus more on innovation, piloting new programs and services without immediate financial concerns.

**What will be the strategic goals of Black River Health?**

**Carl Selvick:** Our goal is to be the market leader for healthcare delivery in Jackson County. We've seen a lot of care leave town due to a lack of service offerings or healthcare providers, and we're determined to bring that care back with excellence,

locally. One major focus over the next five years we know will be on our OB and labor and delivery services. With six labor and delivery departments closing in Wisconsin in the past two years and more closures expected, we're committed to breaking that trend. We're recruiting another clinician to join our team and investing heavily to make our OB department the community's top choice. Additionally, we've been investing in capital improvements and equipment to ensure our community has access to excellent facilities close to home, and we plan to continue this investment in the coming years.

**Dr. Clark-Forsting:** I agree. Our investment in obstetrical care is a testament to our commitment to supporting growing families

with personalized care during the most important moments of their lives. While obstetrics will be a key focus, we're also excited to develop broader strategic goals to improve healthcare for Jackson and surrounding counties.

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By coming together as one organization and collective community, we can significantly improve our health outcomes.

- Carl Selvick



This union signifies a new era of healthcare for Jackson County, with **Black River Health** poised to deliver enhanced, comprehensive, and patient-centered care. Together, Dr. Clark-Forsting and Carl Selvick are committed to guiding this integrated organization toward a brighter future knowing we are all **Healthier as 1**.



As seen on the cover, the “Healthier as 1” graphic represents the unity and strength gained by the joining of Krohn Clinic and BRMH, and underscores that we are all in this together to ensure a healthier community.





Visit our website at **BRMH.net** and  
check out our Better You Blog!

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Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-715-284-5361. For full disclosure, visit brmh.net/nondiscrimination-english.

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.

# Nutrition for your body and mind

## Sconnie Speak

Can you find all the Wisconsin  
slang in this puzzle? Look and  
see if you can find all 12 words!



J	F	G	O	P	A	C	K	G	O	Z	A
F	R	I	N	B	R	E	H	L	D	O	S
B	G	A	S	O	C	R	P	A	I	B	R
U	G	C	F	H	E	Q	E	O	R	T	E
C	U	R	D	S	F	H	T	T	A	A	W
K	Y	B	T	R	E	R	L	R	D	R	E
S	D	Z	X	S	F	U	Y	E	F	B	R
W	N	S	E	T	T	C	K	L	F	P	B
G	Y	E	A	H	C	T	E	B	U	O	Y
L	H	F	X	O	Z	M	A	B	Y	N	J
C	V	P	A	Q	U	G	A	U	F	L	Y
L	T	R	O	N	P	U	J	B	G	E	Y

BUBBLER	UP NORT	YOU BETCHA
CHEESEHEAD	GO PACK GO	OPE
CURDS	FISH FRY	BRAT
UFFDA	BUCKS	BREWERS



## Mediterranean Tomato & Feta Dip

This tomato feta dip recipe is perfect for holiday parties! This beautiful dip is absolutely delicious and easy to make. You can serve it as a salad or use it as a topping for scrambled eggs or omelets.

Time: Prep: 20 min. | Cook: 0 min. | Total: 20 min. | Servings: 6 to 8

### Ingredients:

- 2 pints (4 cups) cherry tomatoes, quartered (we love a mix of red and yellow)
- ½ cup pitted Kalamata olives, thinly sliced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons oil-packed sun-dried tomatoes, rinsed and chopped
- 2 cloves garlic, pressed or minced
- 1 teaspoon balsamic vinegar
- 10 twists of freshly ground black pepper
- 6 ounces feta cheese, crumbled (don't buy pre-crumbled; buy a block of feta!)
- ⅓ cup chopped fresh basil
- Accompaniments: Toasted crostini or pita wedges, crusty bread, pita chips or sturdy crackers

### Instructions:

1. Combine the quartered tomatoes and sliced olives on a large serving platter or in a medium-sized serving bowl. Set aside.
2. In a small bowl, combine the olive oil, lemon juice, sun-dried tomatoes, garlic, vinegar and pepper. Whisk until blended. Drizzle all of the mixture over the tomatoes and olives, and toss to combine.
3. Sprinkle the crumbled feta and chopped basil over the tomatoes. Gently toss a few times to combine. Serve immediately, with accompaniments of your choice. This dip is best when fresh, since the tomatoes continue to release their juices over time, but leftovers (covered and chilled) are still good for a day or two.