

LOCAL PEOPLE. TRUE STORIES. REAL ADVICE.

MOMENTUM

SUMMER/FALL 2025

**WITH YOU FOR
EVERY STEP**



Black River Health

Letter from the Chief Physician Executive & Chief Executive Officer

We are pleased to share our first Momentum as co-executives of Black River Health.

Over the past six months, we have worked diligently to implement a unified integration plan. By combining the strengths of Krohn Clinic and Black River Memorial Hospital, we've made significant strides in enhancing existing services, improving facilities, expanding specialty care and technology, and boosting operational efficiency to support sustainable growth.

This progress would not have been possible without the expertise, dedication, and compassion of our incredible staff, the collaborative efforts of our partners, and the trust of the community we are privileged to serve.

We've also begun laying the foundation for a clear, forward-thinking mission, vision, and strategic plan — one that will guide us in delivering exceptional care close to home, now and into the future.

Our shared commitment to innovation and growth ensures that we continue to provide patient-centered care that evolves with the needs of our community. For more details on our journey and achievements, please visit page 10.

Sincerely,

Michelle Clark-Forsting

Michelle Clark-Forsting, MD
Chief Physician Executive

Carl Selvick

Carl Selvick, PharmD
Chief Executive Officer



WHAT'S INSIDE...



BRH Welcomes New CFO.....3
A Career of Integrity.....3
Orthopedics.....4
She Knew What to Do.....6
Living Fully Again.....8
Open Practices.....9
Together, We Are One.....10
Recipe & Puzzles.....12



Black River Health Welcomes New Vice President of Finance & CFO, **Cathy Bukowski**



Black River Health's drive to stay independent and deliver exceptional care to the community was the spark that prompted Cathy Bukowski, new Chief Financial Officer, to join the Black River Health (BRH) team. Working closely with BRH leadership and staff, Cathy will help ensure the health system remains financially strong and able to deliver the high-quality care the community depends on.

"I'm proud to serve at Black River Health," Cathy said. "Everyone here is deeply committed to enhancing the well-being of the community."

Cathy is known for her strategic approach to financial management and her passion for helping health systems thrive while staying true to their local roots.

On a personal note, Cathy recently moved to Black River Falls with her rescue dog, Charli. She is already enjoying the area's trails and parks, and looks forward to connecting more with the community — especially over a good game night with friends and family.

Celebrating a Career of Integrity and Impact: **Holly Winn Announces Retirement**

After decades of dedicated service, Holly Winn, former Chief Finance and Operating Officer and current Senior Advisor, has announced her retirement at the end of 2025. Her time with Black River Memorial Hospital — and more recently, Black River Health — has been marked by a deep commitment to the organization, its people, and the communities it serves.

What began as a chance opportunity, sparked by a newspaper ad shared by her father, blossomed into a remarkable journey. With no prior experience in healthcare, she stepped in with determination and a willingness to learn. Over the years, she took on new responsibilities, embraced change, and helped lead the organization through some of its most transformative moments.

From uniting BRMH and Krohn Clinic into Black River Health to strengthening financial operations and supporting culture-building efforts, Holly played a meaningful role in shaping where we are today. Along the way, she also pursued numerous degrees and certifications — more than we have room to list — demonstrating her relentless pursuit of growth and excellence.

As she looks ahead to retirement, Holly is excited to spend more time traveling, enjoying life with her granddaughter and nephew, and embracing a new chapter beyond the office.

As we prepare to say farewell, we're grateful for Holly's steady presence, thoughtful leadership, and the impact she's made over the years. Her influence will continue to be felt — and appreciated — for a long time to come.



ORTHOPEDICS: MORE THAN JUST SURGERY

DR. LAWRENCE YENNI ON ORTHOPEDIC CARE, EDUCATION, AND PREVENTIVE HEALING

As much as Dr. Yenni values treatment, he’s a strong advocate for prevention. “Surgery should be the last resort,” he says. “Maintaining your health through low-impact exercise, good posture, micro-breaks during long workdays — these small steps can save people from major procedures down the line.”

Now bringing his care to rural areas where access is often limited, Dr. Yenni sees his work not just as a service, but as a relationship. “In smaller

communities, people really value that human connection. It’s not just about what procedure you can offer — it’s about how you treat people while you’re doing it.”

In the end, that’s what has kept Dr. Yenni on this path for over 20 years. Not the tools, not the titles, but the people. “There’s no replacement for face-to-face care. If I can help someone move better, live better, and feel heard — that’s a good day.”

BEYOND THE OPERATING ROOM

Orthopedics can often be misunderstood. “People tend to think it’s all about surgery, all the time,” he says. “But the truth is, out of every 30 patients, only two or three are actually at the point where they need surgery.”

For the rest, care looks more like education, lifestyle changes, physical therapy, and pain management. That is why Dr. Yenni always begins with a conversation. “I never tell

someone they have to have an operation. My job is to help them understand their options and decide what’s best for their life, their goals, and their comfort.”

WHAT IS A GENERAL ORTHOPEDIC SURGEON?

While some orthopedic surgeons specialize in one area, say, the hip or knee, Dr. Yenni chose to remain a generalist. “I wanted to treat the whole community,” he says. “Kids with broken arms, athletes with torn ligaments, older adults recovering from falls; I like to help anyone who walks through the door.”

That choice also allows him to stay close to what he considers the core of his mission: patient education. Whether it’s explaining

why aquatic therapy can help with joint pain or clarifying myths about knee replacements (no — it isn’t taking your whole knee out!) Dr. Yenni is passionate about helping his patients truly understand what is happening with their bodies, and what they can do to take their life back from pain, and get back to what they love doing.

WHEN SHOULD I SEE AN ORTHOPEDIC SPECIALIST?

Patients should see an orthopedic specialist if they’re experiencing persistent pain in areas like the back, knees, shoulders, or hips. Diagnostics like X-rays or MRIs may help pinpoint the cause, and from there, Dr. Yenni builds a treatment plan — often being able to avoid surgery.

HOW DO I PREVENT JOINT PROBLEMS?

Taking care of yourself goes a long way: keep yourself at a healthy weight, take up a low-impact hobby like walking or swimming, and use proper lifting techniques and sitting postures while you’re working. Remember - small changes can prevent big problems!

In a world of orthopedics, surgery is just one piece of the puzzle. With thoughtful care, patient education, and a focus on creating and maintaining healthy habits, Dr. Yenni is helping our community move forward — one step at a time.



3

The number of orthopedic surgeons practicing at BRH

4

The number of orthopedic nurse practitioners at BRH

Did you know...

You don’t need a primary care doctor’s referral to schedule an orthopedic appointment. Call 715-284-1900 to get started.

Direct Access appointments are also available for physical therapy for some insurance plans. You can call the Physical Medicine and Rehabilitation Department directly for more information at 715-284-1330.

11

The number of physical and occupational therapists at BRH

79.3

The percentage of patients who don’t need surgery to help with their joint pain*

* According to a study from the National Institute of Health (NIH).

"She Knew What to Do Before It Happened"

Ashley's Life-Changing Obstetrics Experience at BRH

When Ashley Dobson found out she was pregnant with her first child, she didn't have an OB provider. As she flipped through profiles at BRH, one name stopped her in her tracks—Dr. Abigail Miller. "She just seemed so caring and trustworthy. It felt like she really knew what she was doing," Ashley recalls. That instinct led to a connection that would shape not just one birth experience, but two.

Dr. Miller delivered both of Ashley's children, Luke and Gracelynn. And for Ashley, the continuity of care made all the difference. "She remembered things I told her months ago — little personal details that weren't even in the chart," Ashley says. "I could message her with random questions, and she'd always get back to me. She never rushed a visit."

During Ashley's pregnancy with her son, Luke, she discovered she had a uterine fibroid — something that increased her risk of postpartum hemorrhage. Dr. Miller took note and never forgot. "She didn't need to check my file. She remembered," Ashley says. "She was ready."

And when Ashley did, in fact, begin to hemorrhage after Luke's delivery, Dr. Miller moved immediately. "They had the medication on hand. She tried three different ones until it worked," Ashley recalls. "It was terrifying, but she stayed calm. If she hadn't stopped the bleeding, I might not be here — and I might never have had Gracelynn."

That moment sealed a bond of trust that carried through her second pregnancy. "There was never a question. I knew I'd be going back to BRH, and I knew I wanted Dr. Miller again," Ashley says. "She saved me, and my ability to even have Gracelynn."

The second time around, with Gracelynn, Dr. Miller gave Ashley preventative medication ahead of delivery — and this time, there was no hemorrhage.

I felt safe, seen and completely supported

Ashley's birth experiences at BRH weren't just safe — they were personal. "It felt like home. I was relaxed, soaking in a tub during labor, and when it was time to push, everything just flowed," she shares. From honoring Ashley's birth plan to preserving the surprise of each baby's gender, Dr. Miller and the BRH team made sure every detail aligned with Ashley's wishes. "I felt empowered," Ashley confides. "I felt seen, safe, and completely supported."

Today, Ashley says there's no question where she'd go again. "Dr. Miller didn't just deliver my babies — she protected my life. If I have another baby, it will be with her [Dr. Miller]. I wouldn't want to do this without her."



For Every Step
of Your Journey...

90

The percentage of patients at BRH whose baby is delivered by the same provider who saw them throughout their pregnancy.

Living Fully Again

Veronica's Story of Strength, Healing, and Hope

Most mornings, Veronica's house is already buzzing before the sun rises. She's gathering snacks, checking backpacks, and getting ready for a busy day with her two grandchildren – and sometimes a few grand-nieces and nephews, too. Later, she'll head off to work her shift as a waitress. In between, she might find a few quiet moments to pick up her crochet hooks and work on one of her blankets – a passion she's had since her aunt taught her when she was just sixteen.

To anyone watching, Veronica is an unstoppable force of nature. But not so long ago, her days looked very different.

For years, she struggled with fibromyalgia. The fatigue was crushing, the pain relentless. Brain fog clouded even the simplest tasks. "There were days I was in tears," she reflects. "I didn't have the energy to get through the day,

let alone enjoy it. I couldn't even crochet anymore."

This changed with just one conversation: a recommendation to schedule a visit with Dr. Kirk Lane. This marked the beginning of a partnership that would transform Veronica's life.

From the beginning, Dr. Lane approached her care with compassion. "He didn't just write a prescription and send me on my way," Veronica recalls. "He listened. He cared. He wanted to understand what I was going through."

When conventional treatments weren't bringing relief, Dr. Lane didn't give up. He stayed engaged, thinking critically about alternatives and encouraging Veronica to be an active participant in the process. When Veronica came across information about

Low Dose Naltrexone (LDN) – a relatively unconventional treatment for fibromyalgia at the time – she brought it to him. Rather than dismissing it, Dr.

Lane dove into the research himself.

"He came back to me not just with an open mind, but with real insight," she says. "He had done the homework. He understood the risks, the potential benefits, and believed it was worth a try."

That decision was a game-changer.

Together they found a treatment that worked. "The pain eased, the brain fog lifted. I could move, I could laugh, I could play with the kids again. I didn't need to nap before work anymore – I finally had energy to enjoy the things I love."

Today, Veronica is thriving. She's back to crafting, keeping up with her grandkids, and savoring every part of her full, busy life.

"It's not just healthcare," Veronica insists. "It's trust. It's support. He [Dr. Lane] remembers your name. He asks about your life. That kind of care, it changes everything."



ABIGAIL MILLER, MD
Originally from Oregon, IL, Dr. Miller's plan since third grade has been to practice medicine in a small rural community. She completed medical school at the University of Illinois College of Medicine, and her residency in Waukesha, WI. She enjoys baking sweet treats, being involved in church, and doing outdoors activities such as horseback riding.
Areas of Interest: Obstetrics, women's health, pediatrics, joint injections and other in-office procedures, preventative health



DEL ROGERS, MD
Dr. Rogers is originally from DeKalb, IL. He attended medical school at Rush Medical College of Chicago, and completed his residency in Oak Park, IL. He is also a Black River Falls team physician. Dr. Rogers, his wife, Heather, and their two children live in Black River Falls. He enjoys golfing, hiking, sports and reading.
Areas of Interest: Adolescent medicine, sports medicine, dermatology



JESSE SUSA, MD
Dr. Susa completed medical school at the University of Minnesota Twin Cities and his residency in Duluth, MN, where he received training in caring for families of all ages and backgrounds. Dr. Susa and his wife, Emily, enjoy spending their time outdoors with their dogs, local music, and being involved in community sports.
Areas of Interest: Obstetrics, tubal ligations, vasectomies, chronic disease management, preventive health



KAITLYN CUNNINGHAM, MD
Dr. Cunningham grew up in Ashland, WI, before attending medical school at the Caribbean Medical University and completing her residency in Des Moines, IA. In her free time, she enjoys spending time with her family and her dog, the outdoors, music, and traveling. She is also fluent in Spanish and looks forward to seeing Spanish-speaking patients.
Areas of Interest: Full-spectrum medicine (pediatrics, adults, geriatrics), obstetrics



KEVIN ANDERSON, MD
Originally from Colorado, Dr. Anderson received his medical degree at Saint Louis University in St. Louis, MO, and completed residency at North Colorado Family Medicine. Prior to joining Krohn Clinic, he was a flight surgeon for the United States Air Force. When time permits, he enjoys motor sports and outdoor activities.
Areas of Interest: Endoscopy, occupational medicine, obstetrics



STEPHANIE BANTELL, MD
Originally from Waterloo, WI, it has been her plan to become a doctor since she was 16 years old. She received her medical degree from Ross University School of Medicine, Miramar, FL, then completed residence in Janesville, WI. Dr. Bantell and her husband, Adam, live in Black River Falls with their two boys. Dr. Bantell enjoys Community Theater, gardening, cooking, and sewing.
Areas of Interest: Full-spectrum medicine, diabetes care, women's health, obstetrics

Together, We Are One

2025 marks an exciting new chapter as Krohn Clinic and Black River Memorial Hospital join together to form Black River Health with a shared goal to better serve our community through stronger, more patient-centric care.

Making Every Moment Count for Your Health

At Black River Health, we're streamlining the way we provide care, so it works better for you. That means fewer delays, easier scheduling, and stronger coordination among departments. The result? Less time waiting and more time living life on your terms.

Here for You Every Step of the Way

We deliver more than babies at Black River Health, we deliver peace of mind. We offer parents the peace of mind of having the doctor you choose at the beginning of your pregnancy deliver your baby. Parents enjoy personalized care and support through every stage of their pregnancy journey, including postpartum, so you can focus on what matters most, your baby. Every birth is a privilege and we are honored to be a part of yours.

Smarter Imaging. Faster Answers. Excellent Care.

We've upgraded our imaging technology to serve you better. Our enhanced MRI and brand-new CT scanner deliver faster, clearer images, helping your care team make better informed decisions with greater confidence. That means fewer delays, quicker answers, and more time focused on your health.

Building Better Spaces for Better Care

Black River Health is investing in smarter, safer, and more comfortable spaces. One major improvement is enhancing our inpatient pharmacy to continue the efficient and safe dispensing of medications to every patient we serve.

Helping Kids and Parents Rest Easier

We've expanded access to our robust Sleep program to include children. Black River Health uses advanced diagnostics and tailored treatment options designed just for kids. Our experts are helping adults and children find answers and restful nights, so they can awaken ready to thrive.

More Mental Health Support

We are making it easier to get care that supports your whole self, including your mental well-being. We've expanded our mental health program with more services, providers, and convenient telehealth appointments, to keep care local.

We Are Dedicated to Our Community

Caring doesn't stop at our doors. Black River Health is out in the community, too: in schools, providing outreach and education and participating in community events. We strive to bring good health to all we serve. Being well isn't just about appointments, it's about commitment, trust, and showing up for each other — every day.

Our Commitment to You

At Black River Health, caring for you is more than our job. It's our calling. With compassion, commitment, and high-quality care, we put you at the center of everything we do, because your health is our priority. Our commitment by the numbers:



8.3

Average tenure, in years, of BRH employees



128.2

Number of miles employees have been known to travel round-trip



60+

Number of work shifts offered at BRH, providing employees with flexibility to maintain a healthy work-life balance



413

Number of employees creating our BRH community

2024

2024 BLACK RIVER MEMORIAL HOSPITAL ANNUAL REPORT

2024 marks the end of an era, and the beginning of a brighter future where Krohn Clinic and Black River Memorial Hospital are stronger together. Read the last Annual Report of Black River Memorial Hospital as a singular entity at brmh.net.



Visit our website at
blackriverhealth.com!

Nondiscrimination Statement:

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

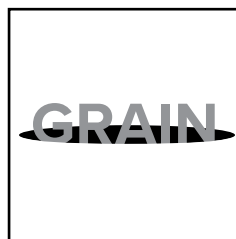
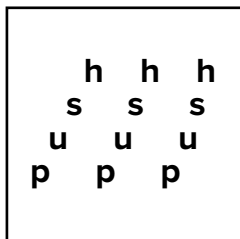
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-715- 284-5361. LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-715- 284-5361. For full disclosure, visit brmh.net/nondiscrimination-english.

Momentum is published by Black River Health. 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.



Health & Nutrition Rebus Puzzles

Answers on the website: blackriverhealth.com



Bell Pepper and Cheese Egg Cups

Ingredients:

- 4 medium bell peppers, any color
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 8 large eggs
- ¼ cup Mexican-blend shredded cheese
- Chopped fresh cilantro for garnish (optional)

Did you Know?

Peppers contain high amounts of vitamin C and vitamin A, which helps to reduce inflammation that can relieve the symptoms of arthritis. They contain antioxidants which can help protect your cells from changes that can lead to cancer.

Instructions:

- Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.
- Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut-side up and sprinkle with 1/8 teaspoon each salt and pepper.
- Bake the peppers for 15 minutes. Remove the baking sheet from the oven and crack 1 egg into each pepper cup. Season with the remaining 1/4 teaspoon each salt and pepper, then top each with 1/2 tablespoon cheese.
- Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.



Adapted by BRH clinical dietitian, Ilkay Baseski, from: eatingwell.com