

Momentum

Local people. True stories. Real advice.

Fall 2017



Excellence. Always.

**Our surgical team
fights cancer
year-round**



October is Breast Cancer Awareness Month



Think **pink** and decrease your **risk**



For **Dr. Nick Kitowski**, breast cancer awareness is a year-round endeavor. As a general surgeon who grew up in a small town, he enjoys living in Black River Falls and loves getting to know his patients and their families on a more personal level. That includes providing them with preventative education.

According to Dr. Kitowski, it's important to know your family medical history, because certain conditions and cancers can run in families. He advises regular self breast exams to help women be aware of any subtle breast changes and concerns. He encourages women to be proactive and openly communicate any changes with their doctor.

He also advises that a healthy diet, exercise, and lifestyle is the best way to decrease the chance of getting most types of cancers, including breast cancer. In higher risk women, sometimes medication and certain procedures that reduce female hormones will lessen the risk of breast cancer. In extremely high-risk women, mastectomies may be performed to remove the breast tissue to prevent breast cancer.

In most average risk women, a healthy lifestyle, mammograms and regular physical exams are the best route. According to the American Cancer Society, when breast cancer is detected early, the five-year relative survival rate is 100 percent. ■



your perspective

Kathy's Story

Kathy has always been diligent about her yearly physicals. But in October 2014, her routine health check-up uncovered an abnormality. Unfortunately, Kathy had breast cancer. The good news, however, was that it was caught early.

Dr. Nick Kitowski helped Kathy and her husband understand her treatment options, and ultimately, performed Kathy's mastectomy. To learn more about Kathy's story, go to www.brmh.net/perspectives/kathys-surgery-story/.

Patient satisfaction is the icing on the cake for surgical nurse, Molly Thorson

From oven mitts to surgical scrubs, **Molly Thorson** took an unusual path to nursing.

"After high school I got my degree in baking and pastry arts," she says. While Molly's first love was baking, after working in the field for some time, she decided to hang up her apron and go back to school for nursing.

At first, nursing school proved to be a challenge. "I had tough instructors. Getting my nursing degree is one of my proudest accomplishments professionally. My mom really pushed – and sometimes bribed – me to keep going!"

Today, one of Molly's favorite things about working at BRMH is her co-workers.

“It's not difficult to get up and go to a job that you love every day. We have such highly skilled staff in our hospital.”

Molly not only has experience as an employee of BRMH, she's also been a patient. "I was born at Black River Memorial Hospital," she says. "My second daughter was born here as well. As both an employee and as a patient, I have complete trust in everyone's ability to do their jobs well."

When asked how she felt about trading in her scrubs for a patient's gown, Molly laughs, "Nurses don't always make the best patients. I definitely prefer being on the other side!"

Molly says the most satisfying part of her job is making sure her patients have a good experience. She especially likes working in the operating room. "In surgery, patients who have elective procedures are in generally good health. When we can help them



with a procedure that makes them feel better, such as gallbladder removal or hernia surgery, that's very rewarding."

"Most people are nervous about having any surgery," says Molly. "But afterwards, patients often say they would have done it much sooner if they'd known how much better they'd feel afterwards."

When she's not in the operating room, Molly enjoys spending time outdoors and doing crafts with her two young daughters. While work and family keep her busy these days, Molly says she still finds time to whip up birthday cakes for her family. ■



Lois Armson with caregiver Joy Dickie

It's *good* to Home.

When given the choice, most people facing old age or a chronic medical condition would rather stay close to home. Hospice and homecare services take this preference into consideration by making it as safe and easy as possible to stay in the comfort of one's own home. Whether it's care for a short time after surgery, an accident, stroke or heart attack, or ongoing care for assistance with daily living activities, skilled and compassionate care is available in the comfort of home. November is Hospice and Homecare Month. Find out about options available through Black River Memorial Hospital, proudly recognized as a top 500 Homecare Elite Provider in 2016.

Hospice

When medical care cannot offer a cure, we provide care, comfort and support for people with life-limiting conditions as well as for their families. Each individual we care for receives the personal attention of a team that includes doctors, nurses, social workers, chaplains, home health aides and trained volunteers. These compassionate caregivers not only ease physical pain, they also provide psychological, social and spiritual support.

Palliative

Palliative Care is a medical specialty that focuses on improving quality of life and providing comfort to people

of all ages with serious, chronic, and life-threatening illnesses. This program assists with symptom management, open discussion about disease progress and improves quality of life.

PERS and Tele-Care

When living at home, it's important for both you and your loved ones to know you're safe. BRMH offers solutions for safer independent living.

Personal Emergency Response System (PERS) provides 24-hour assistance for people of all ages and abilities. A device is worn around your neck or wrist, and with just the push of a button, a phone call is placed into the Care Center.

With Tele-Care, volunteers provide daily telephone contact with health-impaired, older adults who live alone to check on their well-being.

The choice is yours

Dealing with an illness or the limitations as we age can be challenging. BRMH is here to make it easier with a range of options that let you and your loved ones be in control of your care.

Staying Home Longer

Lois Armson receives homecare services through B-Home Services and Supplies from Black River Memorial Hospital. She says it's wonderful to get to stay in her home longer. Lois gets assistance with personal care, supportive care, and medication management—all of which have helped keep her in the comfort of her own home.

"It's been really good," says Lois. "Someone comes in every day to check on me and make sure I'm safe and have the right medications."

Lois says she sees a lot of different people and likes the variety of care workers coming to visit her. "They have been great. Everything has been great. I've had people coming in to help for a while now, and it's been a blessing." Lois appreciates the peace of mind it gives her and her loved ones.

“I get to stay at home, and it's a safe option thanks to Black River Memorial Hospital”

-Lois Armson



The right medical grade equipment and safety items are essential for you or a loved one who wishes to stay safer at home, says Mary Beth Olson, respiratory care practitioner for B-Home Services & Supplies. "We offer many products to help patients stay in their homes," she says. The most popular products for home safety include the following—all available at B-Home.

- Canes
- Walkers
- Wheelchairs
- Lift chairs
- Bath safety items
- Braces
- Compression stockings

A new addition to B-Home that Mary Beth is particularly excited about is a line of orthotic shoes for men and women. "Vionic® shoes are stylish and support natural alignment with built-in orthotic support," says Mary Beth. "They're an effective treatment for heel pain and plantar fasciitis."

Whatever the need, Mary Beth and her colleagues are committed to solving problems and helping patients be safer and more comfortable at home.

Visit the store at 311 County Road A, in Black River Falls or shop online at www.bhomemedical.net. Open Monday through Friday, 8:30 a.m. to 5:00 p.m.

A teacher, coach, and social butterfly

When **Mary Danielson** learned she would be the community spotlight for this issue of Momentum, she was pleased with the honor, but also puzzled.

"I said, 'Why me? Other people do what I do,'" she recalls. And Mary had a point: Other people teach fourth grade. Other people teach swimming lessons. Other people coach. Other people are passionate about raising the next generation to be good, competent people. And other people are committed to their community, willing to help out wherever needed.

But no one does all of these things quite like Mary.

A self-described hometown girl, it didn't take many years of being away from Black River Falls for Mary to realize that home was where she wanted to be. Mary attended Carroll University in Waukesha and after graduation, returned to Black River Falls for a long-term substitute teaching job.

"I bought a place down the street from my parents," she laughs. "My brothers live out of town, so it's good to be close to them. I've actually lived in five different places on the same street."

Mary's original intentions at Carroll—aside from being an athlete—were to become a physical therapist. But after she spent the summer as a lifeguard and swim teacher, Mary found that she missed the kids and wanted a teaching career instead. A lifelong athlete, minoring in coaching was a natural choice for her.

"It's fun to watch kids grow," she says. "I've taught swimming for 28 years, which is particularly rewarding because you want kids to be safe. My passion for coaching and teaching comes from the fact that I was into everything as a kid. I was super lucky to have the teachers and coaches I had. A lot of people 'raised' me, in the sense that it takes a community to raise a child. I love what I do now, and it's partly because I can pay back the community that's done so much for me."

While coaching and teaching is a year-round, full-time job for Mary, she doesn't put her feet up in her free time. She likes being social—she can talk to anyone about anything and never hesitates to strike up a conversation—as well as being active and ambitious (she painted her own house this summer). "I also like to golf, and spend time with family—including four nephews—and friends," she says.

In spite of Mary's protestations that "other people do what I do," she is exceptional. Every community should be so lucky to have at least one Mary. Fortunately for Black River Falls, the original is here. ■



Mary at Skyline Golf Course

Healthy Seasonal Sides

Abundant fall produce means delicious menu options

Dropping temperatures are no excuse for rising calories and fat content. Check out this yummy and healthy recipe from resident nutritionist Ruth Lahmayer Chipps, MS, RDN, CD. For more ideas, visit www.JacksonInAction.org/recipes.



Butternut Squash Soup - Makes 7 (one cup) Servings

Ingredients

- 2 T. butter
- ¾ c. onion, chopped
- ¼ c. red pepper, chopped
- ¼ c. green pepper
- 2 - 14 oz. cans chicken broth
- 2 c. (or more) cooked or baked squash, cut in bite sized pieces
- ¼ c. whipping cream
- 2 tsp. cumin (or more)
- 1-1/2 tsp. fresh minced garlic
- ¼ tsp. white pepper
- 1/8 tsp. tabasco

Directions

Cook the onion, red and green pepper in 2 Tbs. butter on medium heat, until soft and tender. Add broth and simmer slightly. Add squash and cream. Heat only - do not boil. For a thicker soup, puree in blender or use an immersion blender.

Serve with slices of a granny smith apple if you wish.

Nutrition Information per cup:
100 calories, 7g. Fat, 10g. Carb., 3g. Fiber, 2g. Protein



Laugh Your Way to Better Health

Dr. Stuart Robertshaw (aka "Dr. Humor") will reveal how laughter really is the best medicine and teach us how humor reduces stress, boosts immunity, and so much more!

Join us for this free event Nov. 4th!

Comfort Inn and Suites, Black River Falls

9:00 a.m. - 12:00 p.m.

Plus Exhibits, Cooking Demos & Prizes



Register today at brmh.net/humor or call **715-284-3629**

Here When You Need Us BRMH Emergency Room



Short wait times



Hours that work for you



Caring staff

Short wait times, hours that work for you, and caring staff can all be found in the BRMH Emergency Department. When you don't have a second to spare, save time—and get better sooner—with BRMH.



To learn more, go online to www.brmh.net/emergency-care



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

Nondiscrimination statement:

Momentum complies with applicable Federal civil rights laws and does not discriminate on the basis of 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 www.brmh.net/nondiscrimination/english.

HOSPITAL EVENTS 2017

Overpower Your Pain

Community Education Event
Wednesday, October 25, 6:00 p.m. - 8:00 p.m.
Dorothy Halvorson Conference Room

Better Sleepers

Thursday, October 26, Noon - 1:00 p.m.
B-Home Services & Supplies
311 County Highway A

Grief Support Group

Tuesday, October 31, 3:00 p.m. - 4:30 p.m.
B-Home Services & Supplies
311 County Highway A

Healing Power of Humor & Wellness Event

Saturday, November 4, 9:00 a.m. - Noon
Comfort Inn & Suites Conference Center, BRF
To Register: www.brmh.net/humor
or call 715-284-3629.

Scrub Sale

Monday, November 6, 7:00 a.m. - 5:00 p.m.
BRMH - Dorothy Halvorson Conference Room

The Great American Smokeout

Wednesday, November 8, 11:00 a.m. to 1:00 p.m.
Carbon Monoxide testing, open to the public
BRMH Cafeteria

Senior Stay Fit Yoga

November 7 - December 5
Tuesdays and Thursday, 9:00 a.m. - 10:00 a.m.
Lunda Community Center, BRF
Register by calling 715-284-1330

Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, November 8, 10:30 a.m. - 11:30 a.m.
BRMH - Dorothy Halvorson Conference Room

Breastfeeding Class

Tuesday, November 14, 6:30 p.m. - 8:00 p.m.
BRMH - Dorothy Halvorson Conference Room
Register by calling 715-284-1329

Holiday Tea

Thursday, November 16, 9:30 a.m. - 3:00 p.m.
BRMH - First Floor Hospital

Evergreen Memorial Service

Thursday, November 30, 7:00 p.m. - 8:00 p.m.
BRMH - Dorothy Halvorson Conference Room

Love Lights Ceremony

Sunday, December 3, 5:30 p.m. - 7:00 p.m.
BRMH - outside by the pine trees

Better Breather's Club Meeting

Monday, December 4, 10:30 a.m. - 11:30 a.m.
BRMH - Dorothy Halvorson Conference Room

Childbirth Education Class

December 8 & 9, 6:30 p.m. - 9:00 p.m.
& 9:00 a.m. - 1:00 p.m.
BRMH - Dorothy Halvorson Conference Room
715-284-1329

Heartsaver CPR/AED Certification Class

Tuesday, December 12, 4:00 p.m. - 8:00 p.m.
BRMH - Dorothy Halvorson Conference Room
715-284-1330

Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, December 13, 10:30 a.m. - 11:30 a.m.
BRMH - Dorothy Halvorson Conference Room

Partners Gift Wrapping

Monday, December 18, 8:30 a.m. - 3:30 p.m.
BRMH - Dorothy Halvorson Conference Room

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.