

Local people. True stories. Real advice.

Momentum



Excellence. *Always.*

REPORT TO THE COMMUNITY EDITION

Spring 2019



Helping you get a
better night's sleep

Resting Easier

WITH SLEEP STUDIES AT BRMH

Richard Halverson wasn't exactly *thrilled* about having a sleep study done.

"I'd been seeing a cardiologist for my AFib [*atrial fibrillation*] and the cardiologist wanted to rule out sleep apnea," says Rich. A lot of people who have AFib also have sleep apnea, which puts them at higher risks for heart issues. So, even though it wasn't something Rich was looking forward to, he knew a sleep study was necessary. His doctor referred him to the Sleep Center at Black River Memorial Hospital.

The Sleep Center defied all of Rich's expectations. "I always had a hard time getting to sleep or sleeping in strange places. They hooked up all these wires, but somehow I managed to get a lot more sleep than I thought I was going to," he says.

Paula Voskuil, respiratory sleep technologist at Black River Memorial Hospital, says that patients are often surprised by the Sleep Center. "People coming in for a sleep study have a lovely, comfortable room to stay in. It's very much like a hotel. We have queen sized Sleep Number® beds, and patients are encouraged to bring their own PJs, pillows, and snacks to feel more at home," she says.

The sleep study revealed that Rich did indeed have sleep apnea. He was fitted with a CPAP machine, and Rich is now sleeping better than ever. To anyone who is as hesitant as he was, Rich says, "Look at the positives and realize it's going to be better for you in the long run if you have the sleep study."

All about sleep studies

Paula says that sleep studies can help with all kinds of conditions. "The Sleep Center is for any adult that has concerns about their sleep," she says. "Whether it's insomnia, narcolepsy, or obstructive sleep apnea, your primary care provider can refer you, or you can self-refer to the Sleep Center," she says. The Sleep Center is accredited by the American Academy of Sleep Medicine, which demonstrates BRMH's dedication to excellence in sleep medicine.

"The Sleep Center is held accountable for tracking patients for a year after their sleep study," says Paula. "Also, we must evaluate our methods and timeliness for communicating with patients. These methods are constantly evaluated and improved."

What makes the Sleep Center special, however, is more than just its accreditation and board certified medical director, says Paula. "It's our team approach,"

she says. "Sometimes our patients come to be evaluated for their sleeping because they were an inpatient at our hospital."

The nurses and respiratory therapists have been trained to recognize sleep apnea and talk to patients about possibly being evaluated for sleeping issues. Then the patients can be easily referred to the Sleep Center after the patient has been discharged. After a patient has been tested for their sleep disorder, we work closely with B-Home Services and Supplies for any follow up equipment needed."



WIN
2 Contour
Cloud® Pillows

Join us for a Sleep Education Event on June 5th

Learn more about sleep disorders and sleep studies at our **Looking for Sleep Event** on Wednesday, June 5, from 6:00 - 7:00 pm at the B-Home Conference Room at 311 County Road A, Black River Falls. You could win two **Contour Cloud® pillows** valued at over \$50! Register at brmh.net/sleep or call 715-284-3629.

Health Works, a Major Employee Benefit

Health Works is the next big thing in employee care. If you're employed in the Black River area, chances are you may be eligible for this program.

The Health Works program offers services in the areas of occupational health, infection prevention, health and wellness, and educational training. It's a partnership between Black River Memorial Hospital and the Krohn Clinic. "We have worked very hard to be a resource for local employers," says Michaela Bemis, Occupational Health and Wellness Coordinator at BRMH. Even better, says Michaela, in some cases, the services come to you. Health Works can schedule on-site services or presentations in some situations. This helps employees by cutting down on time traveling to medical centers farther away for screenings or services.

Whether it's keeping employees healthy or helping injured employees recover more quickly, the program's goal is to provide the highest quality care to keep you and your coworkers safe, healthy, and performing at your best.

To learn more about the Health Works program, visit www.healthworks.life or call **715-284-3626**.



Rendering of new Registration Area



SATURDAY, MAY 18, 2019

Wazee Lake Recreation Area
Black River Falls, WI

**Pace and Pedal Duathlon
5K Wazee Color Fun Run/Walk
Youth Color Run - Free!**

On Your Mark, Get Set, Get Healthy!

Black River Memorial Hospital is once again partnering with Jackson in Action to host Pace and Pedal, a Duathlon/5K. New this year: All participants who are 12 and under will receive finisher medals for the 5K Run/Walk and Youth Run!

To register for the 6th Annual Pace and Pedal, visit brmh.net/paceandpedal.

Win a \$10
Kwik Trip
Gas Card!



We Need Your Help!

To continue to serve you with excellence, Black River Memorial Hospital needs your input! Our goal is to be the best community hospital in the nation—and that means we need to know what we're doing right, and what we could be doing better. Please take a few minutes to share your opinions about BRMH and our community's health needs.

The first 500 to submit responses will receive a **\$10 Kwik Trip gas card!** To participate in our questionnaire, visit brmh.mmisurvey.com, and enter the 5-digit code found on your mailing label. Deadline for survey responses is Friday, May 31st, 2019, at 11:59pm.

Quitting Tobacco

Before It's Too Late

To find out more about our smoking cessation programs, including Teens Against Tobacco Use (TATU), call **715-284-5361**.



Everyone knows that one of the best things you can do for your health is to quit smoking—or better yet, never start.

According to the World Health Organization, tobacco kills more than 7 million people each year. More than 6 million of those deaths are the result of direct tobacco use, while around 890,000 are the result of non-smokers being exposed to second-hand smoke. Black River Memorial Hospital is here to help with resources on how to quit and to discourage youth from becoming addicted. **Kim Schlifer**, is a respiratory therapist and certified tobacco treatment specialist at BRMH and recently answered some questions about the programs available at BRMH.

Q: What is the Tobacco Cessation Program at BRMH?

A: This program includes one-on-one sessions with a certified Tobacco Treatment Specialist. Support is provided through counseling, education, and identifying resources and replacement therapy options to help each individual through their journey to quit using tobacco products. Whether an individual is thinking about quitting, preparing to quit, or in need of more information to help stay quit, we are here to help.

Q: How can a person join the Tobacco Cessation Program?

A: It all starts with a referral from their primary care provider. Then the individual will be contacted by our staff. Most insurance companies cover these programs; however, check with your insurance provider for specific coverage and co-pays.

Q: What trends are you seeing among youth tobacco use?

A: Youth tobacco use has drastically changed over the last decade. The good news is that smoking cigarettes has become a thing of the past. Unfortunately, more students are using electronic cigarettes and vaping, which is the term for any form of an electronic cigarette. Since 2015, JUUL is the most widely used e-cigarette brand today. And despite being illegal for use under the age of 18, JUUL remains the most popular tobacco product used among teens. Two thirds of teens that use JUUL do not realize that there is nicotine in JUUL pods. They also do not realize that the nicotine content in one JUUL pod is the equivalency of 1 pack (20 cigarettes) of cigarettes. Many teens are going through more than one pod a day, and exposing themselves to lethal levels of nicotine.

Q: What can parents, educators, and the community do to prevent teen and other usage of tobacco and nicotine?

A: Learn about the e-cigarette products and talk with your teens about the dangers if they use them. Education, identifying risks, explaining the consequences, and setting a good example is key to youth prevention in tobacco use. Everyone plays a key role, no matter your age or your job when it comes to preventing kids from starting this deadly habit.

COLONOSCOPY SAVES A LIFE

Lonnie Simplot knew she was overdue for a colonoscopy. She also knew—as her doctor did, too—that colon cancer killed her father. “My family practice doctor encouraged me to get a colonoscopy, so I finally did it,” says Lonnie. As it turned out, that procedure she’d been putting off saved her life.

Dr. Nick Kitowski performed the colonoscopy at Black River Memorial Hospital and discovered that Lonnie was in the early stages of colon cancer.

“I was scared when Dr. Kitowski told me,” says Lonnie. “‘Cancer’ isn’t a word you ever want to hear, but Dr. Kitowski has such a calming presence, we moved right on to discussing next steps and what we could do.”

The next step for Lonnie was to have a CT scan to determine if the cancer had spread (it hadn’t), followed by surgery to remove the cancerous part of her colon. The procedure was successful, and now Lonnie is cancer-free. Lonnie feels fortunate that she could receive her treatment locally at BRMH. “All along, I felt cared for and lucky. You never want to go through this, but when you do, you’re grateful you’re here and at home,” she says.

Lonnie knows that her colonoscopy is the reason she’s here today. She also knows that it prevented her from having to endure radiation and chemo. “It was caught early enough,” she explains. “I’ll have years of surveillance ahead of me, but as of now I have no cancer.” Instead of chemo or radiation, Lonnie was to treat her diagnosis with a healthy diet and plenty of exercise. “I love it,” she says. “I’m normally very active, so it was perfect. It was a real blessing.”

Lonnie has just one message for those feeling uncertain about getting a colonoscopy:

“*The procedure isn’t that bad and it’s so, so worth it.*”



Dr. Kitowski on Colonoscopy

According to Dr. Kitowski, Lonnie “had no symptoms and was healthy” when they discovered she had early stage colon cancer. Early detection is critical, and the American Cancer Society recently updated its guidelines to recommend receiving a colonoscopy starting at age 45. “The medical community is seeing more advanced colon cancers at younger ages,” says Dr. Kitowski.

Despite the new guidelines, insurance providers may not cover colon cancer screenings before age 50 at this time. It’s a good idea to contact your insurance provider to review coverage before scheduling your colonoscopy.



Get screened today!

If you’re over 45, it may be time to schedule your colonoscopy. Call **715-284-3678** or visit us online at brmh.net/coloncancer today.



Every day, we read headlines about people hacking into our private information. Having Information stored online can certainly be useful, but it comes with risks. That's why Black River Memorial Hospital has **Brett Spafford**. Genuine and passionate about her job, Brett is here to keep information safe.

"She's a fantastic employee!" says her director, Chris Plaisance, business intelligence director at Black River Memorial Hospital. Brett's roles include Information Security Specialist and Health Insurance Portability and Accountability Act (HIPAA) Security Officer in the Business Intelligence Department. "My goal is to make sure BRMH is protecting patient information," she says.

A typical day for her includes updating online security policies, reviewing and responding to alerts, and keeping up with industry threats. "I assess risks for new and changing information systems, and I develop HIPAA and cyber security training for BRMH staff," she explains. But that's not all: Brett is also a member of the Environment of Care Committee so her work on

information and cyber risk aligns with overall organizational risk management efforts. And finally, if you need computer help, Brett is on call to provide user support.

Brett has been with BRMH for eight years, and she's been working with HIPAA compliance since she moved to the area 20 years ago. She has a Bachelor of Arts Degree in International Business Administration and a Master of Science Degree in Information Assurance and Cyber Security.

Brett says the support she receives within the hospital for her role demonstrates the importance BRMH places on patient information safety. "I am very proud of the BRMH team for understanding and embracing the importance of protecting confidential information and incorporating information security as a critical part of patient care," she says. "The staff, business intelligence team and leadership all play a significant part in keeping information safe."

When Brett isn't on the job, she enjoys spending time at home with her family, friends, and pets. "I am very thankful to be a part of such a caring, compassionate team and an amazing community," she says.

COMMUNITY SPOTLIGHT

They call me ‘Mr. Patriotic,’” says Kenneth Schoolcraft, with a good-natured laugh. “Anytime there’s anything—a parade, a demonstration, a talk—they call me.”

Kenneth, who goes by “Bud” when he’s not being referred to as “Mr. Patriotic,” didn’t intend to become the face of the American Armed Forces in the Black River Falls area, but it happened anyway.

Bud served his country in the Air Force from 1964 to 1968. In 1966, he was stationed in Vietnam. After, he returned to Jackson County where he got a job as a custodian for the school district and carried on with civilian life. In 1975, two major life events happened: Bud joined the American Legion and married Lu Anne Haldeman. In the early 80s, a World War I veteran asked him to become more involved.

“He asked if I could take over the Veterans’ Day and Memorial Day programs,” says Bud. “There were a lot of programs in the elementary schools, but there wasn’t too much going on in the high schools.” Bud organized speakers, support, and structure. Now the programs are in all the schools. “In the high school, it’s gotten to the point where the kids put it on themselves,” says Bud.

Bud appreciates the enthusiasm the community has for these programs and knows there aren’t many communities like it. “When I meet with other Legions from across the U.S., I like to brag about Black River,” he says. “They’ve been so cooperative over the years, the staff, the school administration, the kids. I’ll see grown adults around town and they’ll say, ‘Hi Mr. Bud! I’ll never forget your Veterans’ Day program.’ So you know something’s working.”

He is retired from the school district now, but he’s far from retired when it comes to his patriotism. His current project is making sure every cemetery where a veteran is buried has an American flag. Donations have allowed Bud to put up 32 flagpoles in Jackson County. The veterans cemetery flag project started in Adams Co. in 2012.

Bud keeps himself busy by delivering groceries to homebound seniors and performing funeral honors as part of the firing squad at veteran’s funerals. He also sits with sick veterans at the VA in Tomah. “There’s a group of about 30 of us that do it,” he says.

“If they were willing to die for their flag, they should have one there.”



Bud and Lu Anne remain happily married and have three grown children who have children of their own. “My family, wife, kids, and grandkids all respect the people who serve this country,” says Bud. “They all know how important Veterans’ Day and Memorial Day are. When you’re a veteran, these are the two most important days. *Give them the respect they deserve.*”

2018 REPORT TO THE COMMUNITY



Report from the Chief Executive Officer Mary Beth White-Jacobs

2018 marks the 10th year of Black River Memorial Hospital's *Excellence Always Journey*, an effort to focus all of our energy on ensuring that our community receives the high quality care and service they deserve.

For us, the journey is synonymous with our mission of "Serving YOU with Excellence." It means that everything we do, every day, is focused on our patients, their families and our community.

You can see it in the behaviors and action of our team as they live out our values:



Excellence: BRMH was recognized by the Wisconsin Center for Performance Excellence, the state organization that evaluates a business' ability to succeed and be a role model for others. Vince Lombardi said it best, *"Perfection is not attainable, but if we chase perfection we can catch excellence."*



Progressive: We began an 18-month building and remodeling project that will increase access to services locally; our commitment to ensuring we stay ahead of the healthcare curve.



Integrity: We are trusted with a very important community resource, our hospital. We are stewards of this facility and you can rely on us to strengthen and ensure its sustainability for generations to come.



Collaboration: Working with our community is one key to our success. If you cannot supply a service yourself, connect with someone who can. An example of this is the development of Health Works with the Krohn Clinic to serve local businesses to meet their work-related healthcare needs.



Compassion: Caring for and respecting every patient, every time, in the way that you would want yourself or your family members to receive care. Maya Angelou shared an idea that I think embodies our work, *"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*



We set very challenging goals for ourselves. Goals that are designed to not only respond to the needs of our community, but anticipate the services and access they may require in the future. Our community contribution, financial outcomes and service volumes illustrate the scope of our work in 2018.

When I am asked about the keys to our success, my answer has never changed. It is our people. Their commitment, engagement, ownership and teamwork shine through on a daily basis. They are here because they want to make a difference for our patients, their families and communities. You can count on them to be highly trained, caring and available to you.

For us, it's personal; every time.

Report from the Chief of Medical Staff Nicholas Kitowski, MD



As the Chief of the Medical Staff at BRMH, I am humbled and blessed to work with highly-qualified surgeons, doctors, and practitioners who serve our patients. Staying current on new practices and working with patients to determine the best care and solution is important to us.

We said farewell to podiatrist Dr. Paul Helstad who retired in April after 25 years of service to our community. We welcomed several new faces to our medical staff:

2018 New Team Members

- Edward Zhovtis, CRNA, *Anesthesia*
- Tamara Insteness, APNP, *Hospice and Palliative Care*
- Jennifer Hanson, APNP, *Hospitalist, Hospice, and Emergency Medicine*
- Troy Sennholz, MD, *Emergency Medicine*
- Katie Cannon, MD MPH, *Psychiatry*
- Beau Vesely, DPM, *Podiatry*
- Stephanie Bantell, MD, *Family Medicine*
- Stephen Dal Cerro, PhD, *Psychology*

In February of 2018, we expanded our endoscopy service line. We performed 769 colonoscopies and GI procedures last year. Colonoscopies are the best method for screening and preventing colon cancer and are recommended at age 50 for those at average risk. To be able to detect cancer and treat it immediately and then hear from our grateful patients are just some of the rewards of being able to provide this important service to our community.

The construction improvements started in the summer of 2018 and will bring additional patient rooms, a consultation area, a new waiting area and an endoscopy suite to the Surgical Services Department.

We continue to offer a full service OB Department when many facilities our size close these units. We know this service is essential to the families of Jackson County. Our private labor and delivery suites and exceptional staff offer a personalized experience. Epidurals, C-sections, whirlpool tubs, and much more are all a part of the care offered in OB.

Our medical staff continues to give back to the community in many ways like education events to improve health, charitable activities, coaching and mentoring youth, and more. We thank you all for your service.

Report from the Partners' President Nancy Hindes



The Partners participated in several events like Advocacy Day in Madison where we learned more about what is going on with health care at the state capital and had meetings with our legislators. We also attended the spring district meeting in Richland Center, where several of us were introduced to our Partners of WHA State President, Jan Molaska. At the Partners State Convention in Stevens Point, we qualified,

again in 2018, to receive the "Honor Points Award" given for outstanding services during the past year. We are grateful to the Volunteer Services Department for hosting another great Volunteer Recognition Banquet.

At the end of 2018, the Partners had 138 members, plus 26 summer Volunteers. Our Partners volunteer in many ways:

- Providing beverages from the coffee cart
- Working in the Gift Shop
- Escorting patients and visitors
- Running fundraisers
- Setting up Personal Emergency Response Systems
- Calling to check on people through our Telecare program
- Coordinating blood drives
- Sponsoring programs like the Babysitting Clinic and Diabetes Education and Support Group.

Together, our volunteers contributed 8,399 hours of service to the hospital and community in 2018. With the value of the volunteer hour set at \$24.69 in 2018, the Partners contributed \$207,371 worth of time to BRMH. Partners also gave back \$63,842 to BRMH to fund specialized equipment, scholarships and to support various hospital-based programs. Thank you to all volunteers for sharing your time and talents. You make Partners a success!

Partners Officers 2018

Nancy Hindes - President
Patricia Franks - President-Elect

Linda Nandory - Treasurer
Jackie Shankey - Secretary



2018 REPORT TO THE COMMUNITY

Report from the Chairman Brad Chown, BRMH Board Chair

In my first year as Board Chair, we celebrated many successes. We are grateful for our employees who serve our patients and community with excellence every day. To be recognized as one of the Best Places to Work by Modern Healthcare is an outstanding achievement and validation of the culture the leadership team has created and maintained for over a decade.

BRMH continues to grow and that has led to our Construction Project of 2020 which broke ground in August of 2018. We are excited to see the completion of our Rehabilitation Services remodel and addition in May and will begin the next phases of our project which will bring improvements to the lobby, cafeteria, emergency and urgent care and some minor remodeling in OB, Respiratory and Med/Surg.

2018 brought on a new service line of an outreach lab which has provided an excellent opportunity for growth for BRMH. Our hard-working lab staff performed 329,105 labs, up from 117,140 in 2017. An outreach lab performs tests for other healthcare facilities and we are serving several facilities across the country.

We purchased 17.31 acres from the Black River Falls Municipal Utilities located on County Highway A. While we do not have immediate plans to develop the property, this purchase is an investment and will allow us opportunities to expand services years from now should the need arise.



Statement of Operations (Year Ended December 31)

	2018	2017
Revenue		
Net Patient Service Revenue	\$62,158,000	\$47,698,000
Other Operating Revenue	\$1,268,000	\$1,353,000
TOTAL REVENUE	\$63,426,000	\$49,051,000
Expenses		
Salaries & Wages	\$24,573,000	\$21,850,000
Employee Benefits	\$10,523,000	\$8,618,000
Supplies & Other	\$19,759,000	\$14,860,000
Depreciation	\$2,542,000	\$2,407,000
Interest	\$503,000	\$531,000
TOTAL EXPENSES	\$57,900,000	\$48,266,000
Net Income from Operations	\$5,526,000	\$785,000
OTHER INCOME		
Investment Income	\$774,000	\$627,000
Contributions	(\$6,000)	\$4,000
Net Asset Disposal	\$30,000	(\$10,000)
TOTAL OTHER INCOME (Loss) - NET	\$798,000	621,000
Revenue in Excess of Expenses	\$6,324,000	\$1,406,000

Community Benefits For the year ended, December 31, 2018

Financial Assistance	\$1,656,000
Unreimbursed Medicaid and Other Government Programs	\$3,221,000
Community Health Improvement Services	\$113,000
Community Health Education	
Healthcare Support Services	
Health Professionals Education	\$126,000
Nursing and Medical Students	
Subsidized Health Services	\$9,114,000
Emergency and Trauma Services	
Women and Children's Services	
Subsidized Continuing Care	
Palliative Care	
Financial and In-Kind Donations	\$144,000
Community Building Activities	\$74,000
Community Benefits Operations	
Community Collaborations and Partnerships	
Total Community Benefits	\$14,448,000

Medicare Survey of Patients' Experiences	BRMH	WI Average	National Average
Patient survey summary star rating ★ ★ ★	3 out of 5		
Patients who reported that their nurses "Always" communicated well	84%	83%	80%
Patients who reported that their doctors "Always" communicated well	87%	81%	82%
Patients who reported that they "Always" received help as soon as they wanted it	77%	74%	70%
Patients who reported that their pain was "Always" well controlled	77%	73%	71%
Patients who reported that staff "Always" explained medication before giving it to them	72%	69%	66%
Patients who reported that their room and bathroom were "Always" clean	80%	80%	75%
Patients who reported that the area around their room was "Always" quiet at night	68%	66%	62%
Patients who reported that YES, they were given information about what to do during their recovery at home	93%	90%	87%
Patients who "Strongly Agreed" they understood their care when they left the hospital	61%	57%	53%
Patients who gave their hospital a rating of 9 or 10 on a scale from 0 (lowest) to 10 (highest)	79%	78%	73%
Patients who reported YES, they would definitely recommend the hospital	79%	76%	72%

Facts and Statistics for Fiscal Year Ending December 31, 2018, 2017 and 2016	2018	2017	2016
Total Number of Patients Served*	9,498	8,963	8,937
Number of Employees (end of fiscal year)	355	357	350
Number of Births	133	136	137
Number of Procedures in Surgical Services	2,231	1,206	1,169
Number of Rehabilitative Visits **	8,958	8,526	8,439
Number of Respiratory Therapies	13,304	15,035	14,390
Number of Diagnostic Exams (tests performed in Laboratory: 329,105 and Imaging: 12,626)	341,731	157,990	160,323
Emergency Room and Urgent Care Visits	11,504	11,624	11,401

*Reporting change from previous years from encounters to unique patients, excluding outreach lab.

**Reporting change from previous years from number of rehabilitative therapy units

2018 Board of Directors



Brad Chown,
Chair



John Drace,
Vice-Chair



Ellen Moldenhauer,
Treasurer



Mary Beth White-Jacobs,
Secretary



Nicholas Kitowski, MD
Chief of Staff



Tim Kunes



Elliott Garvin



Shelly Severson



Dan Diehn



Kathy Potter



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 2019

APRIL

Senior Stay Fit Strength

April 30 – May 23, 2019

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

Lunda Community Center – Studio AB, BRF

Register at 715-284-1379

MAY

Better Sleepers Support Group

Thurs., May 2, 2019, 12:00pm – 1:00pm

B-Home Services and Supplies

B-Home Conference Room

Diabetes Education & Support Group (DESG) Meeting

Wed., May 8, 2019, 10:30am – 11:30am

BRMH – Oak Room

Hospital Week

May 12 - 18, 2019

We honor all of our staff for the excellent care they provide to our community.

Breastfeeding Class

Tues., May 14, 2019, 6:30pm – 8:00pm

BRMH – Oak Room

BRMH Annual Meeting

Thurs., May 16, 2019, 6:00pm – 7:30pm

BRMH – Oak Room

Pace and Pedal – 6th Annual

See more information on page 3.

Sat., May 18, 2019

Wazee Lake Recreation Area, BRF

www.brmh.net/paceandpedal

JUNE

Senior Stay Fit Strength

June 4 – 27, 2019

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

Lunda Community Center – Studio AB, BRF

Register at 715-284-1379

Lionne Jewelry Sale

Tues., June 4, 2019

8:30am – 4:00pm

BRMH – Oak Room

Looking For Sleep Event

Wed., June 5, 2019, 6:00pm – 7:00pm

B-Home Services and Supplies

B-Home Conference Room

Childbirth Education Class

Fri., June 7, 2019, 6:30pm – 9:00pm &

Sat., June 8, 2019, 9:00am – 1:00pm

BRMH – Oak Room

Register at 715-284-1329

Diabetes Education & Support Group (DESG) Meeting

Wed., June 12, 2019, 10:30am – 11:30am

BRMH – Oak Room

Shoe Sale

Thurs., June 20, 2019

BRMH – Oak Room

JULY

Better Breather's Support Group

For more information, call 715-284-1313.

Mon., July 8, 2019, 10:30am – 11:30am

BRMH – Oak Room

Breastfeeding Class

Tues., July 9, 2019, 6:30pm – 8:00pm

BRMH – Oak Room

Senior Stay Fit Yoga

July 9 – Aug. 1, 2019

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

Lunda Community Center – Studio AB, BRF

Register at 715-284-1379

Diabetes Education & Support Group (DESG) Meeting

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

BRMH – Oak Room

AUGUST

Senior Stay Fit Strength

Aug. 6 – Aug. 29, 2019

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

Lunda Community Center – Studio AB, BRF

Register at 715-284-1379