

Momentum

Local people. True stories. Real advice.

BLACK RIVER
MEMORIAL HOSPITAL

January 2014



Back to the Bench

THREE STRIKES AND YOU'RE OUT

- 1. A stiff-armed block to a defender.
- 2. Sliding head first into home base.
- 3. An aggressive weightlifting routine.

What do these three things have in common? Alec Erlandson's left shoulder.

And it was these three strikes against Alec's shoulder that led to a surgery at Black River Memorial Hospital in November.

JOURNEY TO SURGERY

Alec has been involved in some sort of sport for as long as he can remember—from baseball to track, football and basketball. And with such a high level of athletic activity comes an increased risk of injury. Which Alec is no stranger to.

His first two shoulder injuries—strikes one and two—occurred during his time as a wide receiver on the Black River Falls football team and in 2012 at a co-ed softball

game. These resulted in minor to moderate sprains that only required rest and at-home exercises to keep him on the field.

The third and final strike, however, wasn't as easy to overcome.

The incident happened in June 2013, after one of Alec's normal weightlifting workouts; he woke up the next morning and couldn't move his left arm. Thinking he probably went a little too hard in the gym and irritated his old injury, Alec decided to rest his shoulder and see if it would heal on its own—as it had in the past.

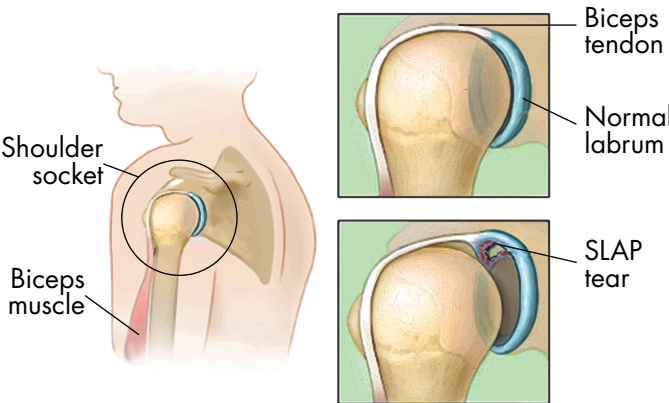
But when it didn't improve by the end of August, Alec knew it was time to get his shoulder checked out. He had an MRI in September, and from that, he was diagnosed with a SLAP tear.

WHAT IS A SLAP TEAR?

The shoulder is a ball-and-socket joint made up of the upper arm bone, shoulder blade and collarbone. A ring of strong, fibrous material called the labrum surrounds this socket.

A SLAP Tear occurs at the top of the labrum and is most common in athletes who use repetitive overhead movements such as throwing, catching or weightlifting.

So Alec was the perfect candidate.



After discovering the tear, Alec found that some everyday activities like getting dressed or putting his backpack on were uncomfortable at times, but overall he was able to get around fairly easily. Alec was even able to continue participating with the intramural basketball team. He just had to remember to take it easy.

But his weightlifting was a different story. Alec continued going strong with leg and arm workouts, but shoulder work was out of the question.

"It was difficult not being able to lift to my full capacity," Alec says. "Weightlifting had become not only a great way for me to stay fit, but also a great stress reliever."

To help him get back to the bench—bench press that is—Alec decided to have surgery to repair his labrum. And despite the fact that he currently goes to Fox Valley Technical College in Appleton, he had his surgery in

TO DOWNLOAD TIPS FOR INJURY PREVENTION VISIT: BRMH.NET/SPORTS-AND-REHAB

- Proper warm up and cool down exercises
- Techniques to treat minor injuries
- Latest treatments for sports injuries

November in his hometown of Black River Falls with Todd Duellman, MD, at Black River Memorial Hospital.

"I chose BRMH because it is my hometown hospital," Alec says. "I had a lot of people recommend Dr. Duellman, and I've always had great experiences with the hospital and its staff."

Alec also was able to have an arthroscopic surgery at BRMH. This meant his procedure was less invasive than a traditional surgery; in fact, it only required four, one-inch incisions. Alec returned home a few hours after his surgery was complete, and the next day he was even able to eat Thanksgiving dinner with his family.

ROAD TO RECOVERY

Another benefit of Alec's minimally invasive procedure was a quicker recovery. He left the hospital in only a sling and instructions to avoid movement with his arm for the next six weeks. Dr. Duellman gave Alec a few light stretching exercises to do at home, and he only needed to go through a few sessions of rehabilitation.

But the part Alec was most excited for was his prognosis of a full recovery in six months.

"May 27, 2014 is the day I can start weightlifting again," Alec says. "And I can't wait to walk in the gym that day knowing I can hit the bench at 100%." ■

Even though Alec's three shoulder injuries may have limited his athletic activity, he said he never let it completely stop him from doing the things he enjoyed.

Green is the New Black

Reduce. Reuse. Recycle.

We've all heard these three words many times since "going green" continues to be the hot trend. It has individuals and businesses constantly striving to be greener and more environmentally friendly.

Black River Memorial Hospital discovered an innovative way to set an example of being green for the community.

It was about six months ago that two surgical technicians—Evelyn Stoker and Penny Goldsmith—introduced a way to reuse BRMH's surgical instrument sterilization wraps. They suggested making them into reusable tote bags, similar to the now popular fabric shopping bags.

"The wrappers are used only once and only touch clean surgical instruments, so Penny and I thought transforming them into something else would be a fantastic way to recycle," Evelyn says.

To actually produce the bags, BRMH turned to its volunteers and found a sewing group located in Humbird that was willing to help.

"It's great that we can provide a needed service for the hospital by just doing something we love," says Sue Theiler, founder of the sewing group. "Our group is always willing to provide our time to a great cause."

Once the group received its first load of the surgical wraps, Cindy Jaeschke, another member of the sewing group, determined the size of the bag, figured out how to cut the material to its best advantage and created the pattern.

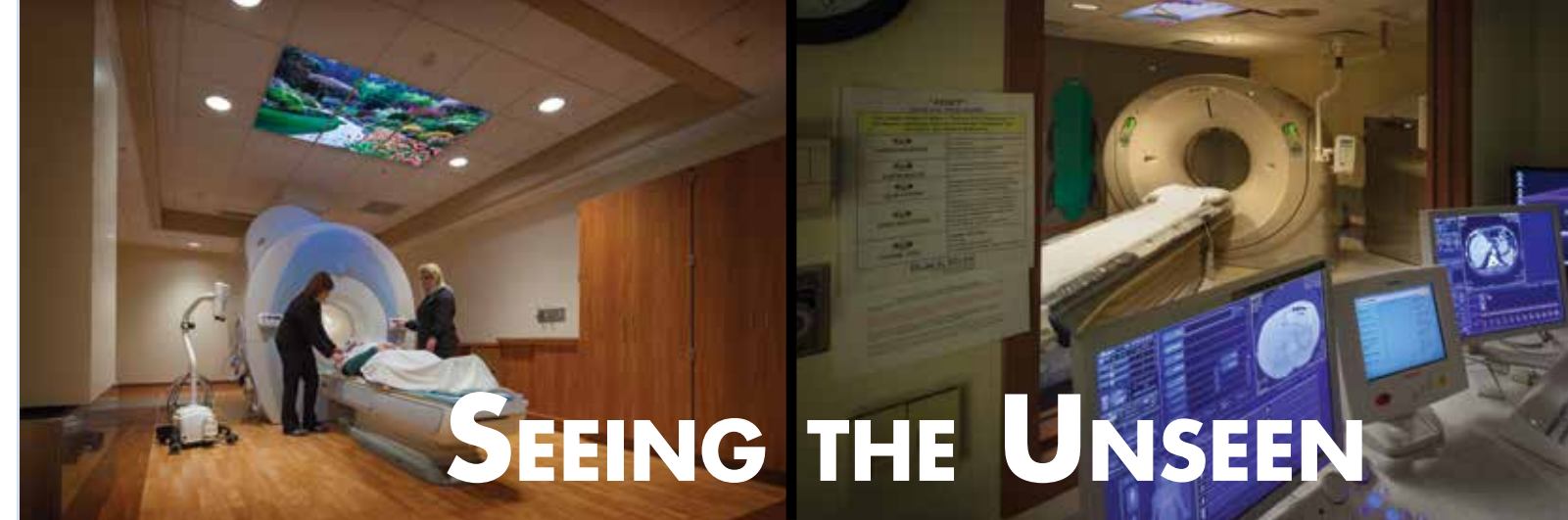
"Even though the material is between a fabric and paper, the finished bags are a good size and sturdy enough to use for groceries," says Mary Duerkop, another sewing volunteer.

All together, the sewing group has already produced about 100 bags for BRMH's surgical services department who will be distributing them to patients for their personal belongings.

"We are currently buying plastic bags for patients to use, but our goal is to eventually stop buying those and only hand out the recycled bags," Evelyn says. "So in addition to recycling material and providing patients with a reusable bag, the program can help reduce costs for the hospital." ■



The Humbird sewing group has about 15 members who meet every Tuesday and who've also created quilts for BRMH's hospice and dialysis patients. Right: Surgical technicians Evelyn and Penny showing off the recycled bags.



SEEING THE UNSEEN

When your symptoms are sneezing, coughing, runny nose and congestion, your diagnosis will be easy—you have a cold.

But sometimes when you're not feeling well, the underlying cause isn't so obvious because you can't see the key symptoms. That's why diagnostic imaging is important. It allows your doctor to actually look at organs, tissue, bones and other parts of the body to determine the why and what of your condition.

Black River Memorial Hospital offers advanced diagnostic services right here in Black River Falls to ensure our

community has close-to-home access to a quick and accurate diagnosis.

Here are some of our diagnostic imaging services:

- MRI
- CT
- Nuclear Medicine

No matter which technology is used, all of BRMH's diagnostic images are stored electronically, enabling technicians to instantly send images to on-call radiologists.

"Our radiologist partners are available 24/7 and strive for a one hour turn around on test results," says Mary Jo Ewing, diagnostic imaging manager.

The electronic storage also makes transferring images to other physicians or facilities easier.

"By making these investments in our diagnostic imaging department, we are able to save patients time and money because they don't have to travel to get these tests," Mary Jo says. "But more importantly, we are able to get patients the quick and accurate diagnosis they need to start getting better." ■

Pictured above are BRMH's spacious MRI room (left) and in-house CT scanner (right).

Varicose veins have your legs undercover?



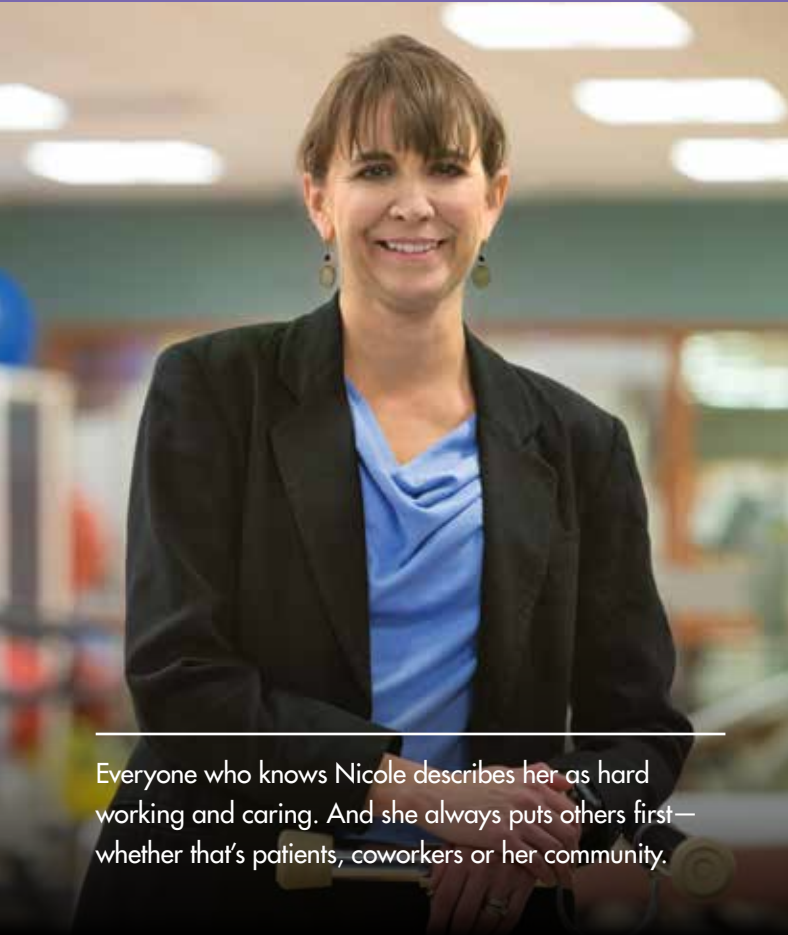
Attend our educational event with Nick Kitowski, MD, to learn how to ditch the disguise with Endovenous Laser Therapy—a 45-minute, outpatient procedure that eliminates embarrassing and painful varicose veins.



January 13, 2014
Black River Memorial Hospital
Sign-in at 6 p.m. Program starts at 6:30 p.m.

BRMH's registered dietitian will also be at the event sharing cooking tips for a healthy new year.

Visit BRMH.net/Undercover or call **715-284-1325** to register. Walk-ins welcome.



Nicole Schweitzer, OT
Rehabilitation Services Manager
Black River Memorial Hospital

With eight registered nurses, four occupational therapists, four dentists, one chiropractor, and the rest of her family teachers, Nicole Schweitzer was genetically destined to work in either healthcare or education.

But being the overachiever she is, Nicole found a way to do both. She became an occupational therapist.

"I decided to go into the therapy profession because I liked the idea of working directly with patients to achieve their personal goals," Nicole says. "I'd also have more time with each patient to actually teach them about their injury or condition and their recovery plan."

This is how Nicole started her career at Black River Memorial Hospital 18 years ago. She was a staff therapist specializing in upper extremity orthopaedic conditions—injured wrists, elbows or shoulders—as well

as occupational therapy—helping patients develop or recover daily living and work skills.

After four years in the staff therapist role, Nicole moved to her current position of Rehabilitation Services Manager. And with a change in title, Nicole's main responsibilities shifted from patient care to overseeing the operations of rehabilitation services in the hospital and the community.

But she never forgets where she came from.

"Even though my focus for the last 14 years hasn't been entirely direct patient care, I still like to be involved with it occasionally so I don't forget what it feels like to be a therapist with a busy case load," Nicole says. "I think this type of servant leadership helps managers stay more in tune with their team and be a better leader overall."

In addition to her significant involvement at the hospital, Nicole has a staggering list of community organizations she works with, including:

- **Lunda Community Center Board**, Vice President—A group overseeing the building of a multigenerational community center that will provide facilities and programming to support the well-being of Jackson County residents.
- **Jackson in Action**—A coalition formed to create a healthier Jackson County, targeting healthy lifestyle initiatives for the prevention of chronic diseases.
- **Jackson County Board of Public Health & Human Services**—Which protects the health of Jackson County residents and provides essential human services.
- **Special Olympics coach** for basketball and gymnastics.
- **Boys and Girls Club and youth coaching.**

"I'm passionate about helping create a healthier society, which is why I'm involved in all of these groups," Nicole says. "I also love learning from the expertise of others and sharing my knowledge to help the community."

On top of her work and community responsibilities, Nicole ensures she still has plenty of time to spend doing anything outdoors with her family. ■

As we near the end of life, whether from old age or a serious illness, we enter a time when comfort and support are needed most. Some of us will be lucky to have friends and family who can be by our side, but others may be less fortunate.

This is why **Marie Eddy** became a hospice volunteer with Black River Memorial Hospital.

Marie's involvement started after she retired from her 27-year career as a teaching assistant. Her friend and Volunteer Services Manager for BRMH, Cindy Clark, approached her about being a hospice volunteer, and Marie knew she couldn't say no.

"My mother lived in a nursing home for two years, and I saw how happy it made her when I came to visit," Marie says. "During that time, I also saw residents who never seemed to have visitors, so I knew I'd be able to make a positive impact on others' lives by saying yes."

Marie has been a hospice volunteer for five years now. She makes home visits to provide companionship and comfort to hospice patients as well as their family and friends. She also helps in the hospice office making copies and packets and doing whatever she can to assist the full-time staff members.



"The staff and other volunteers are all very nice, and I've made several great friends," Marie says. "But the main reason I got involved and have stayed involved is that I get such a great feeling each time I visit a patient and am able to make their day better."

In addition to her hospice volunteering, Marie is very involved with her church, St. Joseph's. She's been a Sunday school teacher for over 30 years, and she loves working at events or dinners and taking the church's shifts at the food shelter. She also shares the commitment and passion she has for her hospice work with her church by visiting some of the homebound and elderly members.

And while she is retired, she also continues to help the school district assisting teachers with projects.

"We are fortunate to live in such a nice community," Marie says. "I stay involved as much as possible to do my part to keep it nice and ensure current and future residents are able to enjoy it as much as I do."

Just as important to Marie as all her volunteer work is her family. She and her husband take full advantage of Black River Falls' outdoor activities like nature walks in the forest. And she loves spending time reading, cooking and crafting with her five grandkids. ■

Marie has always enjoyed living and giving back to her small communities. She was born and raised in Hixton, and after only five years out of the area, she and her husband moved to Black River Falls to raise their own family.



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

HOSPITAL EVENTS 2014

Tuesday, Jan. 7, 5 – 6 p.m.

Waterbirth Class

Dorothy Halvorson Conference Room

Tuesday, Jan. 7, 6:30 – 8 p.m.

Breastfeeding Class

Dorothy Halvorson Conference Room

Jan. 7 – 30

JCB Exercise Classes

Tuesdays and Thursdays

9 – 10 a.m.

Jackson County Bank Community Room

Register by calling: 715-284-1300

Wednesday, Jan. 8, 10:30 – 11:30 a.m.

Diabetes Education & Support Group Monthly Meeting

Dorothy Halvorson Conference Room #2

Monday, Jan. 13, 6:30 p.m.

Varicose Vein Education Event

Dorothy Halvorson Conference Room

Monday, Jan. 20, 8 a.m. – 4:30 p.m.

New Hospice Volunteer Training

Dorothy Halvorson Conference Room

Jan. 23 – Mar. 27

Healthy Lifestyles and Weight Management Program

10-week Program with the EXPERTS:

Thursday Evenings: 5 – 6 p.m.

Dorothy Halvorson Conference Room

Register by calling: 715-284-1348

Monday, Feb. 3, 12:00 – 1 p.m.

Better Breather's Club Meeting

Dorothy Halvorson Conference Room

Feb. 4 – 27

Senior Stay Fit Yoga Classes

Tuesdays and Thursdays

9 – 10 a.m.

Jackson County Bank Community Room

Register by calling: 715-284-1300

Feb. 7 – 8, 6:30 – 9 p.m.
and 9 a.m. – 1 p.m.

Two-day Childbirth Education Class

Dorothy Halvorson Conference Room

Wednesday, Feb. 12, 10:30 – 11:30 a.m.

Diabetes Education & Support Group Monthly Meeting

Dorothy Halvorson Conference Room #2

Monday, Feb. 17, 7 a.m. – 5 p.m.

Partners' Linen Sale

Dorothy Halvorson Conference Room

Mar. 4 – 27

JCB Exercise Classes

Tuesdays and Thursdays

9 – 10 a.m.

Jackson County Bank Community Room

Register by calling: 715-284-1300

Tuesday, Mar. 11, 5 – 6 p.m.

Waterbirth Class

Dorothy Halvorson Conference Room

Tuesday, Mar. 11, 6:30 – 8 p.m.

Breastfeeding Class

Dorothy Halvorson Conference Room

Friday, Mar. 14, 7 a.m. – 4 p.m.

Partners' Book Fair

Dorothy Halvorson Conference Room