

Momentum

Local people. True stories. Real advice.

BLACK RIVER
MEMORIAL HOSPITAL

AUGUST 2012



A Determined Comeback

Getting Their

SAM

He knew the second he threw that last pitch something was wrong. Immediately after the follow-through, his arm and hand went numb. A pain shot from his elbow to his shoulder.

Sam Farnsworth threw that last pitch a little too hard and injured his elbow and shoulder.

SURGERY NOT REQUIRED

After seeing his primary care doctor, he was referred to Black River Memorial Hospital's Rehabilitation Department where he was hoping to get his game back without surgery.

Physical therapists Bill Larkin, Carmen Liebelt and Todd Intihar worked with Sam for several months to rebuild his strength and regain the mobility in his shoulder and elbow.

During his physical therapy, Sam continued to play, minus the pitching.

Unfortunately, when he fully returned to baseball, Sam experienced déjà vu and re-injured his elbow with one more pitch thrown too hard.

So it was back to BRMH. And this time it was not only baseball, but also his senior year of basketball on the line. His physical therapists knew how much he wanted to play, so they pushed and challenged him during his rehab.

"Initially we focused on regaining Sam's range of motion through stretching," Bill Larkin, a physical therapist at BRMH, says. "Then we moved to strength and stability for his shoulder and rotator cuff muscles."

Sam did return to basketball his senior year and even participated in baseball with limited throwing (definitely no pitching though).

"I would highly recommend the rehab team at BRMH for injured athletes," Sam says. "They are nice, caring and really cool people who made me feel comfortable during my therapy."

Now that Sam has graduated from high school and is healthy, he's looking forward to continuing his basketball career this fall at his technical college in La Crosse.

GAME BACK

THE SCARE

But getting Sam back in the game was only part of what the BRMH Rehab Team did for Sam. During a routine therapy appointment, they detected a large lump under his armpit.

This led to an investigation into the possibility of cancer. The words Hodgkin's Lymphoma popped up, but luckily Sam's lump was benign.

"We were so thankful," his mother, Carrie Farnsworth says. "We wouldn't have found it so early without his rehab team's attention to detail."

BETH

As someone who has tried to stay fit and active as an adult, a family Tae Kwan Do class seemed like a natural fit for Beth Smetana.

But during one of these classes, a little hesitation during a hip throw with her husband led to a serious knee injury.

But she didn't even know it at the time.

"I heard the pop, pop, pop and my knee started to swell, but it didn't really hurt," Beth says.

She finished the Tae Kwan Do class and walked out to her car. It wasn't until she was inside the ER that her knee completely crumbled.

THE DIAGNOSIS

Beth had a multiple ligament injury; meaning only one ligament was holding her knee together. ►

"I knew I would get the care at BRMH that I needed to get back to the things I love," Beth says. "The hospital should really look at itself and say, 'Wow, we did an awesome job!'"



Even in the competitive sports medicine world, this was rare. And very complicated to rehabilitate.

"With single ligament knee repair, the goal is to focus on strengthening the muscle groups that decrease strain across the injured ligament; however, in a multiple ligament knee repair, muscle groups that decrease strain on one ligament increase strain on the other," Katie Larkin, a physical therapist at BRMH says. "This means the rehab process is often more conservative and complex to manage."

Beth was born and raised in Black River Falls, so when she found out Katie from Black River Memorial Hospital had treated this injury before, it solidified her decision to get rehab there.

EXCEEDING EXPECTATIONS

Beth's formal rehabilitation should have lasted about one year. But because of her positive and driven attitude and her compliance with her physical therapist's recommendations, she finished hers in only nine months.

Due to the complexity of the rehabilitation and the amount of trauma to the knee that results from the actual injury, most people do not experience a full recovery like Beth did.

Now, three years after her surgery, Beth is back running, swimming and biking with her family.

"I even returned to Tae Kwan Do," she says. "And can still break a board!" ■

Got GAME?

DEDICATION. SKILL. PERSEVERANCE.
THESE ARE WHAT GIVE ATHLETES GAME.

What: Sportlympic Games

Where: Black River Falls High School

When: August 15 from 1 – 4:30 p.m.

Whether it's your first year in tee-ball, you're an MVP, or you're a well-seasoned golfer, attend Black River Memorial Hospital's Sportlympic Games to learn important injury prevention tips from our sports medicine pros.

AND HIGH SCHOOL STUDENTS – PROVE YOU'VE GOT GAME!

Sign up a team to compete in the Sportlympic Games and play against other high schools to win money for you athletic department, iPads for you school and more!"

Register by August 8 at brmh.net/sportsmed. ■

*"Come out and prove
you've got game."*

Todd Duellman, M.D., Orthopaedic Surgeon



365 DAYS OF SUN PROTECTION

Keep your sunscreen habits up as the weather cools down

You always think about sunscreen in the summer. Days at the beach and camping trips trigger the need. But cooler fall days spent outside raking or walking don't seem to require the same amount of protection. But really, they do.

The sun's UVA and UVB rays are just as damaging to your skin in 60-degree weather as they are in 90-degree weather. That means safe sun habits are necessary beyond the summer months.

So whenever you plan on spending several hours outside – whether it's summer, fall, sunny or cloudy – follow these five sun safety tips:

1 REMEMBER TO GET THE EARS, LIPS, FACE, SCALP AND BACK OF THE NECK WHEN APPLYING SUNSCREEN.

These are often forgotten areas and are especially important in the fall when clothing covers the rest of the body. Hint for the scalp – use spray lotion.

2 LADIES, DON'T JUST RELY ON MAKEUP FOR YOUR FACE.

Use a moisturizer with SPF 15 or higher under makeup or apply a specially formulated face sunscreen.

3 USE BROAD-SPECTRUM SUNSCREEN WITH SPF 15 OR HIGHER ALL YEAR ROUND.

Broad-spectrum means the sunscreen is FDA certified to protect against UVB and UVA rays.

4 CLOUDY DAYS DON'T MEAN SKIP THE SUNSCREEN.

Clouds do not block or protect you from the sun's rays. In fact, they can sometimes magnify the harmful effects.

5 THE SUN IS GOOD FOR YOU!

As a natural source of Vitamin D and a great mood booster, the sun does have good qualities. Just be sure to protect yourself against its more negative side.



“Cooler fall days spent outside raking or walking don't seem to require the same amount of protection. But really, they do.”

TWO NEW LEGS AND Two Changed Lives

It all started with a toe... and diabetes.

Seven years ago **Brad Osley** had one of his toes amputated. But instead of solving a problem, it led to more. And as a diabetic, years of not taking care of himself like he should, only contributed to his health issues.

So when he got severely sick several years ago, a family member took him to Black River Memorial Hospital. There, they diagnosed a Charcot in his foot – a degenerative condition affecting the joints in the feet that leads to progressive damage in the ligaments, cartilage and bones.

The only treatment was a lower leg amputation, which Brad chose to have performed at BRMH.

"Not only are they close to home, but I felt very safe and well taken care of through the entire process," Brad says.

PUSHED IN THE RIGHT DIRECTION

Most people would look at Brad's diagnosis and treatment as tragic, depressing and possibly career ending. But Brad didn't see it that way.

BRAD

Not only was he back to work in a couple of months, but with the help of BRMH and his primary care doctor, he was also able to completely turn his life around.

"Within the last six months I've lost over 100 pounds and I'm no longer insulin dependent," Brad says. "And it's because of the therapy, coaching and mentoring I've received."

WORKING WITH WINKLEY

This change in lifestyle led to more than just his weight loss; it also led him to Winkley Orthotics and Prosthetics, a family owned company that's been around for 125 years.

About a year ago, Brad needed some maintenance on his prosthetic leg. But because of insurance issues, he could no longer go to the company he originally worked with.

That's when he stumbled upon Winkley. And it was definitely a good choice.

Brad is looking into a permanent prosthesis from Winkley, but wants to wait until he hits his target weight.

"Because I lost those 100 pounds, I really needed a new leg; I'd been wearing like five socks with my original socket," Brad says. "Winkley created a laminated temporary socket that fits nice and snug."

BACK ON THE BIKE

Brad is discovering everyday things he can do now because of his new leg and his weight loss; things like doing low-impact workouts and riding a stationary exercise bike. And now he's looking forward to the day he can ride a street bike.

"I wouldn't be where I am health wise without the care I received from BRMH, Winkley and my nurse practitioner, Kathy Boe," he says. "I've been able to keep such a positive attitude because of these people who have guided me along the way."

KATIE

Her senior year of high school, **Katie Mettner** fell in love... with ballroom dancing.

She started dancing as a way to rehabilitate an injured ankle and she spent hours on the dance floor perfecting her frame and feet positions.

But in 2000, she had to put her passion on hold for 12 years because of a degenerative foot condition that put a serious twist on the achy feet of a dancer.

A PAIN IN THE FOOT FOR 23 YEARS

It all started with a shattered ankle. Throughout her life, this led to weakened tendons, arthritis, and eventually a surgery that fused her forefoot bones together and lengthened her Achilles tendon.



"I don't hide my prosthesis," Katie says. "Because it gave me back my ability to dance."

Because of all these problems, Katie started working with Winkley Orthotics and Prosthetics. They provided her basic shoe orthotics for the pain and custom braces for support.

Then in January 2011, even more problems arose. Her Achilles tendon tore and it was irreparable. The only solution was an amputation.

The first call she made was to Winkley.

FINDING HOPE

"I called Winkley's when I heard 'amputation' because I knew their expertise was what I needed to walk and dance again," Katie says. "I went to them 20 years ago because ►

both my grandmothers went there, but I continued to go to them because of the relationships I'd built."

THE ROAD TO RECOVERY

The day after Katie's surgery, Traidon Oleson, a certified prosthetist and orthotist from Winkley, was at the hospital fitting her for a support brace. And he became a crucial part to Katie's overall rehabilitation.

"We try to work hand-in-hand with the patient and the physical therapist," Traidon says.

So he met Katie for every one of her appointments.

With the help of her therapist and Traidon, Katie was up and walking on her prosthesis six weeks after her amputation. But what about dancing?

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when I heard 'amputation'
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BACK TO DANCE

Katie's amputation was in February 2011. In July and August of that year, she began re-familiarizing herself with some basic ballroom steps. And in March of 2012 Katie waltzed in the middle of the Eau Claire Oakwood Mall – her first public performance since she'd stop dancing in 2000. ■

Traidon Oleson, Certified
Orthotist and Prosthetist
at Winkley's.

Winkley Orthotics and Prosthetics PARTNERS WITH BRMH

Black River Memorial Hospital is bringing Winkley's 125 years of experience in orthotics and prosthetics right to its patients.



A weekly clinic held at the hospital will give BRMH rehab patients the opportunity to speak with Winkley specialists and determine appropriate orthotic and prosthetic solutions.

The clinic is Tuesdays from 1:30 – 3:30 p.m. in the BRMH Rehabilitation Department. Talk to your physician... or call 715-284-1330 for more information. ■



Linda Olson

Emergency Room Patient Care Coordinator
Black River Memorial Hospital

Linda Olson always knew what she wanted to be when she grew up.

She wanted to be a nurse.

And after settling down with life and family, at 40-years-old she made it happen.

Linda started her medical career in an ambulance – as an EMT. It was halfway through her time here that she decided to take her work inside the hospital as well. So she became an emergency room nurse at Black River Memorial Hospital.

“When things get busy or someone needs a break, I’m more than happy to work with the patients.”

Today, Linda continues to work in the emergency room as the patient care coordinator. It’s a more administrative role – dealing with complaints and documentations – but she still gets to work the patient floor.

“When things get busy or someone needs a break, I’m more than happy to work with the patients,” she says.

Besides the gratification that comes from helping people, another reason she’s stayed at BRMH for 10 years is the hospital staff.

“I really like the way we are treated as employees,” she says. “The senior leadership all know you by name and visit each department almost daily – just to catch up.”

Although she loves working at the hospital, Linda also enjoys taking her nursing skills beyond BRMH and even the United States. She recently returned from a medical mission trip in Peru where she worked as a recovery room nurse.



“I chose the emergency room because you get the chance to see immediate improvement in patients,” she says. “The best feeling is knowing a patient is alive because you were there to respond quickly to their health needs.”

“One of my favorite things to do is travel and I’m passionate about my job, so I jumped at the opportunity to go work in Peru,” Linda says. “And if another trip popped up, I’d jump at that one too.”

But even above mission trips to exotic places, Linda’s absolute favorite thing is spending time with her two grandkids. ■



Jan even finds time to garden, enjoy her eight grandkids, and create jewelry – which she often donates for fundraisers.

Whether it's with children or the elderly, books or food, you'll find **JAN ECKLES** volunteering her time for one or all of them while living in Black River Falls with her two best friends – her husband and her elderly mom who shares their home.

Today, she is working and volunteering for five different local organizations: Interfaith Volunteer Caregivers, St. Joseph's Church, Friends Sharing Food, Home and Community Education (HCE), and Black River Memorial Hospital. And a few of these she's been involved with since their beginnings.

Interfaith Volunteer Caregivers is an organization that offers assistance to the elderly and disabled. Through trained volunteers, they provide many services to help people remain independent and living in their own homes. This may include transportation, friendly visiting, reading, or running errands. Here, Jan is passionate about her position as the Assistant Director – in charge of tracking hours and most of the organization's publicity. She also helps her director, Karen Foust, match volunteers and work on fundraising. Once in a while she fills in when there is no volunteer available.

Jan has volunteered with Interfaith since its beginning 23 years ago. She was also a member of the original board of directors.

"I've watched this program grow since 1989, so I'm very proud of Interfaith's achievements," Jan says.

St. Joseph's Church

Jan started working here 35 years ago when she first moved to Black River Falls. She volunteered as a Sunday school teacher, and now she's a Coordinator for Religious Education. She also enjoys working with the Parish Council of Catholic Women.

...it's mind boggling
for me to see how much
we've grown and how many
people we've helped."

"At St. Joseph's a lot of what I do is part of my actual job, but there's always volunteer work I enjoy doing on the side that isn't job related," Jan says.

Friends Sharing Food started as a bible study to learn about hunger insecurities in Wisconsin. The group was challenged to create a project that would help

eliminate hunger in Jackson County. It has since grown into four major food programs – Food for Kids, Friends Food Shelf, Jackson County Food Pantry and the Neighborhood Food Pantry. From the study, Jan transitioned to the board of directors and now works on publicity and its newsletter.

"From our humble beginning as a bible study," Jan says, "it's mind boggling for me to see how much we've grown and how many people we've helped."

Home and Community Education (HCE)

is another group where Jan enjoys sharing her time. She is the Young Family Chairperson and oversees the Bookworm Program, which provides books for Head Start children. She also coordinates the Bibs and Books program, collecting items from HCE members and compiling them along with newborn educational literature for new parents at BRMH.

"We partner with the hospital for many of the organizations I'm involved with because they provide great support," Jan says. "I'm able to give back to them by delivering Meals on Wheels and occasionally being a volunteer driver for their patients who may need a ride home following a hospital stay."

For many of these organizations, Jan is in charge of newsletters and publicity because she can use her creative talents for posters and brochures. Helping in this way is not only good for the organization, but it's also fun for her.

And finding something you enjoy is the best way to get started in volunteer work.

"I can't stress enough that even the busiest person can find time to volunteer if it's with something they are passionate about," Jan says. "And once you get started, you won't want to stop because being surrounded by all these wonderful and selfless people is a natural mood booster." ■

Make BILL PAY Easy!

Black River Memorial Hospital's new statements are not only easier to read, but they are also available online.

E-statements are a great way to reduce clutter in your mailbox, save money on postage and be more environmentally friendly. E-statements and e-payments also allow you to instantly view and pay past and present bills. Meaning, you can easily control and manage all your bills and statements in one convenient place.

Sign up today at www.brmh.net. ■



HOSPITAL EVENTS 2012

Monday, August 6, 12 - 1 p.m.

Better Breather's Club Meeting

Dorothy Halvorson Conference Room

Friday and Saturday, August 10 and 11
6 - 9 p.m. and 9 a.m. - 1 p.m.

Weekender Childbirth Class

Dorothy Halvorson Conference Room

Wednesday, August 15, 1 - 4:30 p.m.

Sportlympic Games Sports Medicine Event

Black River Falls High School

Thursday, August 16, 8 a.m. - 4 p.m.

Purse Sale Fundraiser

Dorothy Halvorson Conference Room

Thursday, August 16, 7 p.m.

Elvis Night (Fundraiser for Black River
Memorial Hospice and Interfaith Caregivers)
Lunda Theater

Saturday, September 8, 9 - 10:30 a.m.

Breastfeeding Class

Dorothy Halvorson Conference Room

Monday, September 17, 5:30 - 6:30 p.m.

Diabetes Education & Support Group Meeting After 5

Dorothy Halvorson Conference Room

Friday and Saturday, October 12 and 13
6 - 9 p.m. and 9 a.m. - 1 p.m.

Weekender Childbirth Class

Dorothy Halvorson Conference Room

Friday, October 19, 10 a.m. - 3 p.m.

Book Fair

Dorothy Halvorson Conference Room

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