

Momentum

Local people. True stories. Real advice.

BLACK RIVER
MEMORIAL HOSPITAL

May 2013



A Meaningful Journey



In addition to the caring OB staff (pictured here nurses Charlene Galston and Paulette Comstock), Lisa loved the spacious and homey birthing suites with their warm colors and inspirational sayings.

So Giana became the guiding light of Lisa's pregnancy.

"When I was pregnant with her, I didn't have any of the negative side effects of pregnancy like heartburn or morning sickness; it was actually one of the times I've felt best in my life," Lisa says.

HOMETOWN CARE

With Giana, Lisa went straight to Black River Memorial Hospital. She and Shawn were continually impressed by the warmth and kindness of the OB nurses and their doctor, Howard Spegman, MD.

"We really never thought to go anywhere else," Lisa says. "We'd heard great things about the high quality and individualized care people received, and it's only two minutes and 13 seconds away from our home."

As two teachers, Lisa and Shawn also liked that BRMH offered close-to-home childbirth education classes.

"What we really enjoyed about the classes is that they went beyond the pregnancy and delivery and talked about how we would change as a couple and as a family," Lisa says.

IN GOOD HANDS

Between the childbirth education classes and the information they learned from Dr. Spegman during check-ups, Lisa and Shawn felt ready. And every day that went by was a good sign; a sign that they were one step closer to a healthy delivery.

There was only one thing that still made Lisa a little nervous. She knew Dr. Spegman would be on vacation until February 1—two weeks before her due date. Dr. Spegman was fully confident that she'd "still be pregnant" when he returned, but just in case, he set up Lisa with Dr. Miller for two weekly appointments while he was away.

Of course, Lisa went into labor on the evening of January 31.

"I was a little nervous Dr. Miller's style would be totally different than Dr. Spegman's," Lisa says. "But he and the OB nurses were so reassuring and helpful from the beginning that all my fears disappeared immediately."

Dr. Spegman missed Giana's birth by just a few hours, but he came to visit them later that morning.

"We really never thought to go anywhere else, we'd heard great things about the high quality and individualized care people received..."

MEANT TO BE

Everything, from Lisa's easy pregnancy to her lack of birthing complications and even overcoming her previous miscarriage, pointed to the fact that "Giana" really was the perfect name and the perfect way to describe their journey as a family.

"From the first moment I knew I was pregnant, we felt a strong bond with Giana," Lisa says. "And every day since she was born, we realize more and more the blessing she is." ■

THE NAME SAYS IT ALL

For a soon-to-be mom who didn't know if she was having a girl or a boy, Lisa Moretti had a powerful, unexplainable sense it would be a girl. Her husband, Shawn, felt it, too.

When picking out gender-neutral clothes and nursery decorations, Lisa's first response was always "That's too boyish." But she never thought, "That's too girly."

Together, they found the perfect girl name, but could never settle on a boy's name. And even while being admitted to the hospital for delivery, they still didn't have a boy's name they loved.

It seemed they were meant to have a girl.

And they did. Giana Moretti was born at 5:50 a.m. on February 1, 2013.

LITTLE NAME. BIG MEANING.

While Giana may be a short name, it has big meaning for Lisa and Shawn.

A few years ago, Lisa's first pregnancy ended with a miscarriage. And although it took some time for them to heal as a couple, they knew they wanted a family and eventually were ready to try again.

It was during this second pregnancy that they fell in love with the name Giana and its meaning.

"Giana means 'God is Gracious,'" Lisa says. "And after we chose it, my mom learned that Saint Gianna is who women pray to if they've lost a baby or have infertility issues."

No FLOOD Zone

Feel like you need sandbags to protect you from your “monthly flood?” Endometrial ablation is a better solution.



For women who suffer from heavy periods, labeling it “the monthly flow” doesn’t begin to describe what they feel. To them, it’s really a “monthly flood.”

“I would have to pack an extra bag when I traveled just for extra supplies, including pants, a towel for the bed and underwear.”

“I couldn’t go longer than 45 minutes without changing.”

“There were two days a month I could barely leave my house.”

And it’s not just heavy bleeding, pain and cramps; there can also be health, social and work-related problems associated with it.

“Most women with heavy bleeding also have irregular periods, which can disrupt work and social situations, and some may become iron deficient or anemic,” says Kirk Lane, MD, a family physician at the Krohn Clinic.

If this is you, you’re not alone. Heavy periods affect 20-25 percent of women. There is a simple solution to STOP these monthly floods. It’s called **endometrial ablation**.

NO SANDBAGS NEEDED

Endometrial ablation is a simple, one-time, outpatient procedure that lightens or stops heavy periods. It requires NO incisions, NO hospital stay and NO hormones.

Here’s how Dr. Lane, who has specialized training in endometrial ablation, describes the procedure:

“The uterus has a layer of muscle and then an endometrial layer, which is what the body sheds with each monthly period,” he says. “Endometrial ablation impedes this layer from growing and shedding each month.”

ENDOMETRIAL ABLATION MIGHT BE RIGHT FOR YOU IF:

- You are 35 or older
- You’re experiencing heavy menstrual bleeding that hasn’t responded to other treatments
- You no longer plan to have children
- You are not at high risk for endometrial cancer
- You prefer not to have a hysterectomy
- You’re premenopausal*

*Women who are postmenopausal should see their primary care physician for any bleeding.

Millions of women nationwide have turned their quality of life around with this insurance-covered procedure, here’s what some of our patients had to say:

“The procedure was a piece of cake and they took great care of me at BRMH.”

“I got my life back. I’m not having to plan around my period anymore.”

“I didn’t realize how tired I was from having such a heavy period. Now I have much more energy.” ■

Learn more about endometrial ablation from **Dr. Kirk Lane** at:

STOP the flood.

Can endometrial ablation help you?

May 15, 6:30 p.m.

Black River Memorial Hospital

Attend this **FREE** education program to learn how endometrial ablation differs from a hysterectomy, ask questions about the procedure and see if you’re a candidate.

Register online at brmh.net/stoptheflood or by calling 715-284-1325.

All attendees have a chance to **WIN** a spa certificate.



Top 100 IN THE NATION

Once again, Black River Memorial Hospital is leading the nation.

On the heels of being recognized by *Modern Healthcare* as the 11th best place to work in the nation, BRMH earns another impressive accolade. Just recently, Black River Memorial Hospital was honored with the distinction as one of the top 100 Critical Access Hospitals in the U.S., according to iVantage Health Analytics. Nationally, there are 1331 hospitals designated as a critical access hospital.



“While we are humbled by this recognition, our true satisfaction comes in demonstrating to our patients and community that we are truly dedicated to providing excellent care,” says Stan Gaynor, BRMH’s CEO.

WHAT MAKES A HOSPITAL “CRITICAL ACCESS”?

All critical access hospitals are rural, limited to 25 beds and must provide 24-hour emergency care. In many areas, they are a mainstay in providing hospital care where distance and the lack of transportation may prevent that care from being received. And while they are limited in the number of beds, many, such as Black River Memorial, provide specialized services to the community.

Regardless of size, there are specific standards and criteria that must be maintained. In achieving the recognition as a Top 100 Critical Access Hospital, quality and safety of care, patient satisfaction, and financial strength were evaluated using 56 different elements of performance. ■

Charlene Galston

OB Nurse at Black River Memorial Hospital

Growing up with a mom and aunt who were both nurses, Charlene Galston just figured someday she would be a nurse, too.

And that's exactly what happened.

Charlene has spent 25 of her 35 years as a nurse at BRMH. She's worked in various departments; but for the past 20 years, she's been an OB nurse.

"One of the things I enjoy most is being able to take care of a mom and baby from the beginning of pregnancy to after delivery," Charlene says. "At a larger hospital, an OB nurse might work only with the mom or the baby, but here, I can enjoy seeing the whole family come together."

COMBINING INTERESTS

While Charlene loves being a nurse, she's always had a passion for teaching. That's why she's completed her Master's of Education in Professional Development as well as many other certifications. So today, Charlene is not only an OB nurse but also is:

- Specially certified in inpatient obstetrics
- A certified international board lactation consultant
- A certified Lamaze childbirth educator
- A certified child passenger safety technician
- A neonatal resuscitation program instructor

As the instructor of BRMH's water birth classes, Charlene can often be seen showing moms-to-be the water birth pool.

With all of these additional qualifications, Charlene has been able to combine her love of nursing and her passion for teaching. She teaches BRMH's childbirth education, breast-feeding, water birth and neonatal resuscitation classes.

REGIONAL INVOLVEMENT

Beyond all her responsibilities with moms and babies inside the OB department, Charlene also is involved with the Wisconsin Association for Perinatal Care. She serves as chair of the Preconception and Prenatal Care Committee and is vice president of the Perinatal Foundation—the association's sister organization.

"The association and foundation support and promote the well-being of all mothers and infants, and I'm very proud to be involved with both organizations," Charlene says. ■

Dr. Al Lahmayer

discovered three things at a young age:

- 1) He wanted to live in a small town,
- 2) He wanted to be an optometrist and
- 3) He wasn't afraid of long-term commitments.

These three things have remained true throughout Dr. Lahmayer's life, especially his tendency to make long-term commitments—he's been married for 63 years; he practiced optometry for 46 years; and he's been involved in the Black River Falls community for 57 years and counting.

SEEING GREENS

Dr. Lahmayer's community involvement all started with his love of golf.

"In 1956, a few of us young fellows decided we needed a golf course in town, so we gathered enough community support to have Skyline Golf Club built," Dr. Lahmayer says.

He doesn't golf as often now, but for 58 years following the opening, Dr. Lahmayer golfed at Skyline with the same golf partner—one of his other long-term commitments.

EYES OF THE COMMUNITY

Originally, Dr. Lahmayer moved to Black River Falls for a job with the Krohn Clinic Eye Practice. He thought this might be a temporary move, but he's still here 62 years later.

Dr. Lahmayer eventually bought the Krohn Clinic eye practice, and in 1991, moved the Lahmayer Eye Clinic to its current location next to the hospital.

But Dr. Lahmayer didn't stop there. He continued to expand the community's eye care even further.

"Before 1975, I had to send all my surgical referrals to La Crosse because there wasn't an ophthalmologist in town," he says. "I proposed to some of the ophthalmologists I knew, the idea of traveling to Black River Falls to perform surgeries instead of patients traveling to them."

They all loved the idea.

BRINGING CARE TO THE COMMUNITY

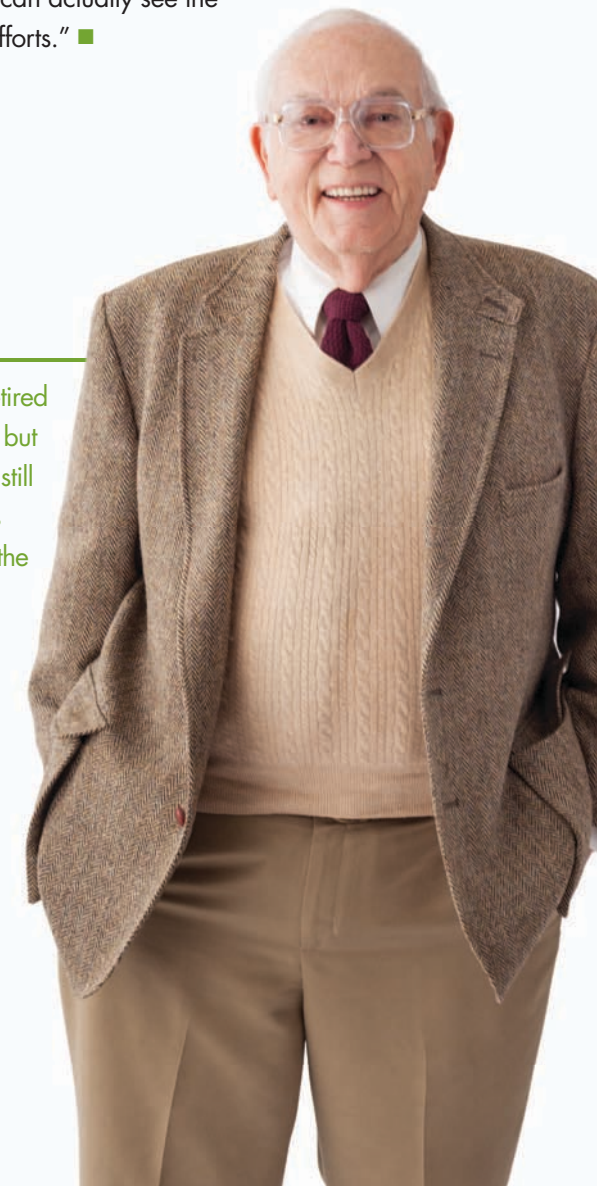
Beyond eye care, Dr. Lahmayer has been committed to improving the community's access to healthcare in general.

In the 1960s, he was part of the original fund drive to build the current hospital building. He also served on BRMH's board for three years, two of those as president.

Then in 1996, Dr. Lahmayer and his wife funded the creation of the Halcyon House. Inspired by one of their children, the facility is a place where those with developmental disorders can live independently.

"It's so rewarding to live in a small town where you can be involved with projects that better your community, and where you can actually see the results of your efforts." ■

He may have retired from optometry, but Dr. Lahmayer is still committed to his hometown and the love of his life.





Become a fan



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

HOSPITAL EVENTS 2013

Monday, May 6, 2013, 7 a.m. – 5 p.m.

Partners Book Fair

Dorothy Halvorson Conference Room

Wednesday, May 8, 2013, 10:30 – 11:30 a.m.

Diabetes Education & Support Group Monthly Meeting

Dorothy Halvorson Conference Room #2

Friday, May 10, 2013, 8:30 a.m. – 3:30 p.m.

Final Affairs Program

Dorothy Halvorson Conference Room

Tuesday, May 14, 2013, 6:30 – 8 p.m.

Breastfeeding Class

Dorothy Halvorson Conference Room

Wednesday, May 15, 2013, 6:30 p.m.

Stop the Flood; Endometrial Ablation Community Education Event

Dorothy Halvorson Conference Room

Thursday, May 23, 2013, 10 a.m. – 3 p.m.

Blood Drive

Dorothy Halvorson Conference Room

Thursday, May 23, 2013, 7 p.m.

Circle of Life Memorial Service

Dorothy Halvorson Conference Room

Monday, June 3, 2013, 12 – 1 p.m.

Better Breather's Club Meeting

Dorothy Halvorson Conference Room

Wednesday, June 5, 2013, 12 – 5:30 p.m.

Blood Drive

Black River Falls Armory

Two sessions: Tuesday, June 11 &

Wednesday, June 12, 12:45 – 5:30 p.m.

Babysitting Clinic

Black River Falls Middle School

Wednesday, June 12, 2013, 10:30 – 11:30 a.m.

Diabetes Education & Support Group Monthly Meeting

Dorothy Halvorson Conference Room #2

Friday – Saturday, June 14 – 15,
6:30 – 9 p.m. and 9 a.m. – 1 p.m.

Two-day Childbirth Education Class

Dorothy Halvorson Conference Room

Wednesday, July 10, 2013, 10:30 – 11:30 a.m.

Diabetes Education & Support Group Monthly Meeting

Dorothy Halvorson Conference Room #2