Dear Friends,

Living well and maintaining good health is an individual journey. The national discussion about the Affordable Care Act has been complicated. Yet, it has reminded us that personal health and well-being often consists of the individual choices we each make daily.

Beaver Dam Community Hospitals, Inc. (BDCH) physicians and staff are committed to supporting programs that improve health and wellness. As a major employer with more than 1,000 caregivers, BDCH has taken proactive steps to help improve the health of employees and the communities where they work and live.

In January 2013, BDCH began a wellness initiative which was quickly embraced by our employees. This program helped promote and support healthy lifestyles, and positively impact the trend of rising health care costs. The program’s theme of “Eat, exercise and play healthily to live healthfully” has had a real effect, including an impact on my own individual health choices and habits. Our wellness model stresses the importance of an individual’s actions and accountability along with practical coaching and support.

BDCH also focused on raising awareness through supporting highly visible healthy living events within the region in 2013.

To list just a few:

- BDCH hosted the Don Reilly “Race the Parks” Cardiac Run, and our nursing staff coordinated the BDCH Nurses Run.
- BDCH HealthWORKS provided education at John Deere’s Employee Health and Wellness open house as well as other wellness events.
- Our Cancer Nurse Navigators educated the BDHS Girls’ Volleyball teams about breast health and the importance of mammograms.

Enhancements include:

- A new BDCH Interventional Radiology Suite staffed by Milwaukee Radiology Ltd.
- Advanced Wound Center including the only hyperbaric therapy chambers in the region
- A stand-alone BDCH Sleep Center with accommodations for pediatric and bariatric patients
- An eco-friendly Kids Care playground and discovery area

In 2013 we realized several key accomplishments. BDCH was selected by our employees as a Top 100 Place to Work in Wisconsin, and received the Excellence in Action Award from the National Research Corporation for Remembrance Home. BDCH also received an ‘A’ for Patient Safety by the Leapfrog Group, and BDCH Hillside Home Care and Hospice earned the Home Care Elite Award for the seventh time in the past eight years.

We are thrilled to partner with local businesses and their employees, the community and our entire staff to ensure a healthier future for all. Thank you to our physicians and all of our employees for your continued commitment to making a positive difference in the lives of the residents in this region.

Thank you,

Kim Miller, FACHE
President and CEO

Preparing for the future of health care now

We are committed to promoting and supporting healthy lifestyles

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President and CEO
Beaver Dam Community Hospitals, Inc. is committed to improving quality and patient safety outcomes and is focused on best practices and evidence-based medicine using results-oriented improvement methods.

BDCH tracks, monitors and is constantly finding ways to improve upon clinical quality measures to raise the bar of the overall patient experience and to positively impact the health of our local communities.

BDCH staff is dedicated to improving processes like medication safety, infection control, falls prevention and more to assist in a safe and effective recovery process for the patient.

In May 2013, BDCH again received reaccreditation by The Joint Commission, assuring residents that BDCH has attained the highest evidence-based, national measures of patient safety.

Clinical quality composite score is based on a weighted average of all success-based core measures (clinical quality metrics) submitted to the Centers for Medicare and Medicaid Services which include Heart Attack and Heart Failure, Pneumonia, Surgical Infection Prevention, Immunizations and Outpatient Services.

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We are dedicated to improving processes, quality and patient safety

100% Quality – Every Patient, Every Time
One hundred percent of these goals from federal government required outcomes were achieved.

- Pre-operative antibiotics given in the correct time frame to achieve maximum blood levels
- Appropriate antibiotics administered for community acquired pneumonias per best practice recommendations
- Appropriate operative body temperature management to reduce risk of post-operative infections
- Stroke patients received clot-busting medication and/or therapy, when needed
- Inpatients with diagnosed blood clots, or at high risk for blood clots, received appropriate therapy and discharge teaching
- Surgical patients received appropriate therapies to prevent blood clots

100% federal quality goals achieved in key areas

Jennifer Compton, RN Lead
Dr. Mark Wenzel, BDCH Medical Director of Imaging

BDCH is accredited by the Joint Commission, the College of American Pathologists and the American College of Radiology.

Dr. Effie Siomos, OB/GYN
Dr. Julia Wright, Chief Medical Officer

BDCH has hired a Chief Medical Officer to help integrate the many touch points across the care continuum on behalf of the patient.

Our Chief Medical Officer, Dr. Julia Wright, works with caregivers to “help connect the dots” and find new ways to link caregivers along the health care continuum, from primary care, diagnostics, inpatient and outpatient care, home care, hospice and long-term care. The intent is to make the system easier for patients to navigate and to optimize health care delivery.

Patients need to take more personal responsibility for their health choices

Changes in Health Insurance

With the changes in the health care laws, patients will become more personally responsible for individual health choices and for finding effective ways to manage their health.

The Patient Protection and Affordable Care Act (PPACA), also known as Obamacare, presents an opportunity to reduce Wisconsin’s uninsured rate, and we all share the goal of ensuring Wisconsin residents have access to affordable health care coverage.

Supervision of one’s health in partnership with a physician or advanced practice nurse is the first and often the most critical step a person can take to good health. It is also one of the key conditions for receiving health care payments and will be even more important as the Affordable Care Act is implemented. Having a primary care physician is often the first requirement for whether an insurer will pay health care costs.

We recommend residents:

• Select a primary care physician and check in with them regularly to manage every-day health decisions and needs
• For those currently without a family doctor, find a caregiver you can trust who shares your philosophy of care
• Work in partnership with your physician to build a plan for staying healthy, preventing illness and diagnosing and managing problems

Patients and health care organizations each face new challenges as they navigate the health care system.

Changing Metrics

Health care is measured by how well health care institutions are serving their communities using metrics that differ greatly from those used in the past. Hospitals were primarily judged based on financial results like profit margins. Excellence today goes far beyond the financial ledger.

These indicators include:

• Safety measures, like those tracked by the Leapfrog Group
• Clinical quality conditions, like how often our caregivers advise patients to quit smoking or how well we work together to reduce central line infections
• Patient satisfaction surveys that measure the patient experience
• Delivering on targets set to reduce costs and improve efficiency like finding ways to lower the rate of hospital readmissions

These indicators are important to reshaping the future of health care as we work together to care for you.

Moving forward, health care providers and caregivers must be entrepreneurial in finding ways to partner with our communities to achieve truly excellent results.

Primary care and the changing landscape of health care

Dr. Seth Barudin, Family Medicine/Obstetrics
Dr. Erica Elsing, Family Medicine
Dr. Jeffrey Stevens, Family Medicine
Large photo: Dr. Melissa Greer, Family Medicine

BDCH Certified Application Counselors (above) are available to help patients navigate changes in the health care law and the Health Insurance Exchange. Call (920) 887-7151 for information.
State-of-the-art healthcare services allow our residents to stay close to the comforts of home while receiving the highest quality care.

Over the past 12 months, BDCH has added many leading-edge new services, including:

**Advanced Wound Center**
- An outpatient program that focuses on chronic and non-healing wounds
- Added two state-of-the-art Hyperbaric Oxygen Chambers
- Improved patient quality of life with advanced treatment modalities
- Clinical partnership with physicians, nurses and qualified medical providers
- Led by Dr. Maher Fattouh, board certified and fellowship trained by Cleveland Clinic

**Interventional Radiology Suite**
- The most advanced minimally invasive surgical treatments possible
- Uses targeted treatments and minimally invasive procedures to treat medical conditions and alleviate pain
- Performed by highly experienced, multi-specialty, board-certified Interventional Radiologists from Milwaukee Radiologists, LTD (MRL)
- Most procedures performed on an outpatient basis, often reducing risk, pain and recovery time

**BDCH Medical Clinics Adds Horicon Location**
- Award winning BDCH Medical Clinics’ addition improves access to primary care in our region
- Quality Primary Care

**Advanced Pain Management Clinic**
- Joint venture between BDCH and Advanced Pain Management (APM)
- APM is one of the country’s largest pain management groups featuring the most advanced pain control techniques
- Offers residents a comprehensive array of innovative, minimally invasive treatments and technology
- Procedures can open blocked arteries, shrink tumors, diagnose diseases and reduce or eliminate pain

**BDCH Medical Clinic in Waupun Adds Dr. Melissa Greer**
- Earned her Bachelor of Science in Biology/French at Butler University
- Received her Doctorate from Midwestern University, Chicago College of Osteopathic Medicine
- Completed a year-long undergraduate fellowship in osteopathic manipulation
- Focuses on primary care and preventive wellness with additional holistic medicine certifications in clinical homeopathy and anthroposophic therapies
- Improving access to quality primary care in our region of Orthopedic Surgeons

**Dedicated Sleep Center**
- Professional Sleep Center staff includes board-certified sleep medicine physicians Drs. A. Danny Yaish and Jacyalyn Nelson, registered technologists and specialty trained sleep medicine nurses
- Provides patients with a quiet space dedicated to delivering positive outcomes for those struggling with sleeping disorders like sleep apnea
- Dedicated pediatric and bariatric rooms
Through education, outreach and an advanced continuum of care, Beaver Dam Community Hospitals, Inc. assists patients in taking charge of their health and wellness.

**Assessing Our Health, Identifying Challenges**

BDCH recently collaborated with Dodge and Jefferson Counties’ Health Departments, the City of Watertown, and other health care institutions, to complete a comprehensive Dodge and Jefferson Healthier Community Partnership’s Community Health Assessment.

The Partnership’s goal was to identify critical health issues, prioritize health needs and to implement a community health improvement plan for the region. The Partnership also aimed to strengthen a healthy workforce and develop community initiatives that promote better living through shared responsibility.

Based on the assessment, obesity and its many direct adverse health effects are the focus of the Partnership’s initial improvement plan. The plan will be implemented by schools, work sites and health care organizations. An emphasis is on changing the environments, policies and programs that influence our behavior so it is easier for us to make healthy choices.

**Starting with Primary Care**

We know that in the future, primary care physicians will play a more vital role in helping communities become as healthy as possible.

Successful primary care physicians treat the entire family with a proactive approach that encourages preventive measures to avoid chronic diseases before they develop.

Preventing obesity alone is the easiest and most cost effective way to improve the overall health of individuals, families and our communities.

Your family physician, for example, understands the research that links weight gain to chronic illnesses, like diabetes and heart disease, and works alongside you to prevent and effectively treat diseases early. They are the front line in the health care system and, along with their teams of advanced practice nurses and clinic caregivers, help reduce the risk factors of obesity to retain optimal weight throughout your lifetime.

Family doctors help their patients by coaching them on healthy eating, being seriously, including reminding them of the importance of prevention by promoting such measures as annual physicals, flu vaccinations, colonoscopies and mammograms.

Helping you to be as healthy as possible

Dodge Jefferson Healthier Community Partnership

Data from 2012 County Health Rankings (www.countyhealthrankings.org)

Critical health issues face our community

How Dodge and Jefferson Counties Compare to National Benchmarks for Risky Behavior.

Maxine Stohlmus, RT

Dani Lenhardt, Kids Care

Desiree Mueller, Administrative Assistant
BDCH implements wellness program in 2013.

“I think it is a great program and I encourage my co-workers to utilize it as well.”

“I am glad that BDCH did this. Because of the biometrics, I was able to make positive lifestyle changes. Without the program I would not have continued to lose weight. Thank you.”

“I think the program is wonderful. It’s being talked about, and in a very good way.”

“This wellness thing is a big buzz around the hospital - it really motivates everyone!”

- BDCH Employees

BDCH employees quickly embraced our own wellness initiative

Chelsea Moore, Human Resources; Melissa DeVries, Executive Assistant

Jaymie Roll, Kids Care

Stephanie Buwalda, Informatics Specialist

Laurie Schroeder, Administrative Assistant

Julie Muhle, Safety and Process Improvement

Yoga Class for Employees. Greta Lewanski, Massage and Lisa Schouten, Senior Financial Analyst

Madelyn Kohs, Dietitian

Corrie Stonewall, BDCH Wellness Manager

A year of wellness

EAT, EXERCISE and PLAY HEALTHY to LIVE HEALTHFULLY

BDCH Recognized for Delivering Excellent Health Care and for Fostering an Excellent Workplace

BDCH was named a Top 100 Workplace in Wisconsin by the Milwaukee Journal Sentinel, an honor based on employee feedback.

Cultivating a workplace where employees feel engaged, empowered and respected and are encouraged to innovate, communicate and share their thoughts on ways to improve BDCH has resulted in an environment that is conducive to both delivering excellent care and developing a wonderful place to work and build careers.

In addition to the Top 100 Workplaces honor, BDCH:

• Board Chair Jim Kirsh won a prestigious Wisconsin Hospital Association Trustee of the Year Award for excellence in board governance

• Received an A for Patient Safety by the Leapfrog Group, one of only 19 hospitals in the state to receive this top quality honor

• Received the Excellence in Action Award from the National Research Corporation for its Remembrance Home Services. This honor recognizes long term care and senior living organizations that achieve the highest levels of excellence, as demonstrated by overall resident or employee satisfaction scores

• Earned the Home Care Elite Award for the seventh time in eight years for its caring and compassionate Hillside Home Care and Hospice services. Hillside Home Care and Hospice is the only provider in the area that has been honored so often
Financially, Beaver Dam Community Hospitals, Inc. continues to sustain the ability to deliver excellence by reinvesting in services, safety and quality for the region.

From Jim Kirsh, Chairman of the Board:

The BDCH Board of Directors takes the challenges facing health care today very seriously.

As BDCH trustees, our dedicated Board members freely give their time in order to ensure our patients continue to receive the highest quality care.

The skillful collaboration between the Board of Directors, BDCH leadership, our physicians and clinical staff, generous volunteers and active community members has allowed us to position BDCH well for the future while focusing on making the families of the tri-county area as healthy as possible.

Every year, it’s gratifying to oversee the expansion of our continuum of care with new advanced services, such as this year’s new Advanced Wound Center, Interventional Radiology Suite and dedicated BDCH Sleep Center.

Moving forward, we will continue to focus on community wellness, and look forward to developing further partnerships which will result in healthier residents.

All the best, Jim Kirsh, BDCH Board Chair
The Partners of BDCH continue to astound with their hard work and generosity, donating $76,000 to the Hospice Home Fund.

Partners of BDCH Donate $76,000

In the front, from left, are Lois Sell, Jermaine Salsgiver, Shirley Johnson, Arletta Trejo (Partners co-president) and Nancy Steinback (Partners co-president).

In the second row are Kim Miller, BDCH President & CEO, Carol Klas, Ramona Ross, Cathy Luntz, Betty Michael, Carolyn Kaul and Dawn O’Polka, BDCH Director of Marketing and Development.

In the back are Gail Hope-Henschel, Carolyn Kaul, Arletta Trejo and Nancy Steinback.

The Partners, a volunteer organization that raises funds to support the work and mission of BDCH, has raised $368,574 since 1997 through activities such as managing the BDCH Gift Shop, hosting the annual Tree of Lights Celebration and running numerous craft, jewelry, book and cookie sales.

The Partners and other BDCH volunteers put in 38,108 volunteer hours in service of the BDCH mission during the fiscal year 2013.

“The time we spend volunteering for the Partners and BDCH is immensely satisfying because the results of our efforts are so successful and help many people in the community. The members of our organization are dedicated and pursue each project with so much enthusiasm that it is a real pleasure to work with them. The financial benefits of our work are considerable and give us reason to be proud.

“A special thank you goes out to both Gail Hope-Henschel and Carolyn Kaul for their diligence and creativity in successfully serving both the Partners and the BDCH Foundation during their time as Co-Presidents beginning in 2004”

— Partners of BDCH Co-Presidents

Arletta Trejo and Nancy Steinback

In 2012-2013, donors to the Beaver Dam Community Hospitals Foundation, Inc. (BDCH Foundation) contributed $322,408 to enhance BDCH services and to support regional community health and wellness programs. For the 3rd year in a row, due to your generous support, the Foundation exceeded its goals.

There are so many who rely on the care provided by Beaver Dam Community Hospitals. The Foundation helps to make sure your donations stay local and are directed to the areas chosen by the donor. These gifts make a real difference in how care is delivered and the gifts serve as a bridge helping us make sure that excellent health care is provided to all people who are in need. Thank you.

Supporting Wellness Initiatives in Our Community

Over the past year, the BDCH Foundation has awarded numerous external grants, including:

$5,000 – Horicon Phoenix Program
$5,000 – BDCH Kids Care Playground Project
$2,500 – Beaver Dam Fire & Rescue Cardiac Monitor Upgrades
$2,500 – Generating a Greener Future Program at BDHS
$1,000 – Dodge County Cribs for Kids

Since 2006, the Foundation has also granted a total of $34,151 for 41 community Automated External Defibrillators. The most recent award grants went to Peace Lutheran Church, Church Health Services and the Lomira School District.

The BDCH Foundation appreciates your generous support!

2013 Annual Report • 17
The BDCH Medical Staff comprise 27 specialties and work across the continuum to provide health care where and when patients need it, day or night, 7 days a week.

Our physicians practice in many medical, hospital-based and surgical specialties, and together create a team to support the care for each patient and resident. To learn more about the skilled Medical Staff at BDCH, visit www.bdch.com.

BDCH Medicine
Physicians in medical specialties provide a wide range of primary and specialty care in the clinic, the hospital, nursing home, and home care and hospice. They are the focal point for helping patients manage complex conditions and chronic diseases.

Cardiology
Buchbinder, Brian, MD Bellissimo, Joseph, MD Dine, Daniel, MD Dong, Sheng-Jing, MD Hughes, Patrick, MD Johnson, Heather, MD

DeVries, Jamie, MD Elong, Erica, DO BIDCH Medical Clinics Medical Director Franks, Charles, MD Green, Melissa, DO Hargre, Thomas, MD Hurang, Kent, MD Jones, Breylene, MD Lambert, Erin, DO Lambert, John, DO Landdeck, Daniel, MD Lee, JoAnn, MD Lucarelli, Melissa, MD Miller, Eric, MD

Infectious Disease
Jean Louis, Garry, MD

Internal Medicine
Hasse, Sharon, MD Cardiac and Pulmonary Rehab Medical Director Miller, Joel, DO Cardiology Committee Chair Machacek, Amy, MD Hillside Home Care, Hospice, and Manor Medical Director Zhang, Xiaogang, MD

Oncology
Hei, David, MD Kim, Roy, MD Lubner, Seni, MD McFarland, Thomas, MD

Neurology
Basham, Mark, MD Frost, Natasha, MD Jensen, Matthew, MD Lewis, Tan, MD Wilson, David, MD

Neurosurgery
Chacon, Marcus, MD Dominicki, Mary, MD Fregin, Natasha, MD Jensen, Matthew, MD Lewis, Tan, MD Wilson, David, MD

Obstetrics/Gynecology
Hurliman, John, MD Huston, Dan, MD

Pediatrics
Milam, Jana, MD Peterson, Steve, MD

Physiatry
Fowles, William, MD

Rheumatology
Malone,Daniel, MD Wilson, Virginia, MD

Radiology
Amoli, Sean, MD Besham, Mark, MD Beres, Robert, MD Bossette, Peter, MD Bloomgarden, Daniel, MD Breger, Robert, MD Cooley, Peter, MD Desai, Partho, MD French, Christopher, MD Gray, Dana, MD

Hospital-Based Practices
Hospital-based physicians work solely in the hospital, providing inpatient and outpatient care in the emergency department, imaging, surgery, medical-surgical unit, and the laboratory. BDCH partners with 3 different physician groups to provide these essential services.

Anesthesiology
Patel, Shilpak, MD Kennedy, Stewart, MD Podgijil, Frank, DO Anesthesiology Medical Director Strom, Mark, MD Zdravkovic, Lucia, MD

Hospitalist Medical Directors
Olson, David, MD

Emergency Medicine
Aldinger, Glenn, MD Birn, Michael, DO Correa, Laura, DO Hall, Kendra, MD Dykowksi, Gerald, MD Clinical Care Committee Chair Focks, William, MD Hlendak, Iren, MD Koni, Eric, MD Martin, Sarah, DO Polglaze, Kevin, DO Tomas, Richard, MD ER Medical Director and Chief of Staff Whitcomb, Donna, MD

Internal Medicine - Hospitalist
Adejumo, Adetunji, MD David, John, MD Giro, Naxxon, MD Jasti, Aml, MD Ostromoski, Elektra, MD Wright, Julia, MD Chief Medical Officer and Internal Hospitalist Medical Director

Pathology
Ali, Lawecka, MD Pathology Medical Director Bertram, Heidi, MD Ferber, David, MD Hollister, Winston, MD Hryciuk, Jeemra, MD Kelley, Scott, MD

Surgery
BDCH’s board-certified surgeons offer a wide range of both innovative and traditional surgical procedures. General and gynecological surgeons utilize advanced minimally-invasive techniques, which reduces risk of infection, blood loss and recovery time.

General Surgery
Hasburhner, John, MD McGauley, Michael, DO Nerve, Christopher, MD Palmes, Paul, MD

Radiology
Amoli, Sean, MD Besham, Mark, MD Beres, Robert, MD Bossette, Peter, MD Bloomgarden, Daniel, MD Breger, Robert, MD Cooley, Peter, MD Desai, Partho, MD French, Christopher, MD Gray, Dana, MD

Obstetrics/Gynecology
Brenton, Jennifer, MD Almers, Kenneth, MD Plementich, Nicho, MD Stowers, Effie, MD

Ophthalmology
Castillo, Thomas, DO Wilkins, Jay, MD

Surgery
Gore, Mary, DDS Oberpodska
Callahan, Ben, MD Medical Staff Sec./Registrar Cox, Robert, MD Schader, Paul, MD Smetzer, Thomas, MD

Otolaryngology
Yash, Danny, DO Sleep Lab Medical Director

Pediatrics
DeVries, Jason, DPM Hunsen, Roll, DPM

Otolaryngology
Yash, Danny, DO Sleep Lab Medical Director

Pediatrics
DeVries, Jason, DPM Hunsen, Roll, DPM

Vascular Surgery
Acher, Charles, MD Hoch, John, MD

Thank you to all of the Medical Staff Officers, Committee Chairs and Medical Directors for their countless hours of dedicated service.

2013 Annual Report • 19
Living well and maintaining good health is an individual journey

Talk to your primary care provider to find out how we can work together to create a healthier future for you, your family and our communities