

FALL 2018

HealthScene



Keeping you Moving

Regain Your Quality of Life with the
Institute for Movement and Orthopedics

BDC H

for all of us

From the desk of Kim Miller, President & CEO

It's an exciting time for health care in our region as we eagerly anticipate our pending affiliation with Marshfield Clinic Health System (MCHS).



Our region's future is bright, and as I look back over the past several years I feel incredibly proud of how we have developed into a thriving rural health system. The visionary and proactive approach which we have taken has assured our ability to navigate a constantly evolving health care landscape while keeping BDCH in a strong financial position. This has provided BDCH the ability to consistently capitalize upon opportunities to enhance services and acquire state-of-the-art technology, as well as sponsor the innovative Blue Zones Project® in Dodge County. The Blue Zones project will assure our current residents and future generations a healthier future environment where they will live, play and work.

Our board of directors, in partnership with me and the BDCH Executive Team, has provided a tremendous service to our region by committing to a promising future while offering the best to our patients, residents and children today. Dedication and long-term planning have built a foundation that has allowed us to transition toward an affiliation that will revolutionize rural health care, strengthen our region's care options, improve access and provide a more cost-effective delivery system. In a time of increasing uncertainty, BDCH will stand even stronger as a community institution and partner along your journey of health and wellness.

We are grateful for all who have entrusted us with their care over the years, and hope you share our excitement and anticipation as we prepare to enter a new era in rural health care. I'd also like to personally thank the residents and community members who have embraced the Blue Zones Project, an initiative that has already begun to transform our region's health and well-being.

In good health,

Kim Miller, FACHE
BDCH President & CEO

HBOT: Advanced Healing for Angie Heiling

In 1991, radiation treatment for a malignant fibrous sarcoma saved Angie Heiling's leg, but left it burned, wounded and in need of healing.

Each time she's suffered a minor injury since, Angie's faced a grueling stretch of surgeries, debridements, and skin and muscle grafts to achieve healing. When she suffered another wound in 2017, Angie was referred to the BDCH Advanced Wound Center.

"At first I was skeptical because I didn't think it would help," Angie said. "But the staff of the wound care center were all very ecstatic because they felt I was a perfect candidate for Hyperbaric Oxygen Therapy (HBOT)."

They were right. After each non-invasive treatment in the HBOT chamber, Angie saw results. The wound slowly began to close during three months of treatment, and now it is completely healed.

"I was completely amazed at the results," Angie said. "After the pain, uncertainty and frustration of the previous surgeries, I was healed by people in my own community, close to home, using non-invasive treatments. It's awesome."

For more information, visit bdch.com/wound-care.



Bigger and Better

BDCH and Marshfield Clinic Health System Affiliating

For the past decade, Beaver Dam Community Hospitals, Inc. President and CEO Kim Miller has worked diligently with the BDCH Board of Directors to identify areas of need when it came to Dodge County's regional health care.

In June, that commitment to enhanced access to quality services culminated in the announcement that BDCH and Marshfield Clinic Health System (MCHS) had taken initial steps toward an affiliation. The two organizations signed a letter of intent that began a due diligence period to finalize terms of the affiliation by the end of 2018.

"This is an opportunity for two well-respected organizations to come together and create a regional destination for high-quality health care services in Dodge County," said Dr. Susan Turney, MCHS CEO. "Marshfield Clinic Health System has a long history of providing world-class, local care to rural communities,



and we are excited to build on that legacy in Beaver Dam."

Turney added that MCHS looks forward to working with an organization that so clearly shares the same values in terms of putting patients first, striving for excellence and focusing on rural communities.

"Access to high quality health care close to where our patients live and work is a top priority," says BDCH President and CEO Kim Miller, FACHE. "This affiliation will enable us to build on our strengths, especially during these changing times in health care, and increase access for our rural communities to enhanced state-of-the-art and high-quality services. We believe this will be transformational for our region."

Affiliation updates will be posted to the BDCH Facebook page at facebook.com/BDCHInc.

Snapshot of Marshfield Clinic Health System



55 CLINICAL LOCATIONS *in* **34** WISCONSIN COMMUNITIES

Security Health Plan
6TH LARGEST HEALTH PLAN
in WISCONSIN

1,150 PROVIDERS



328,000 Unique Patients
3.5M Patient Encounters

\$2.2 Billion in REVENUE
BETWEEN
delivery system and health plan

PHYSICAL PRESENCE

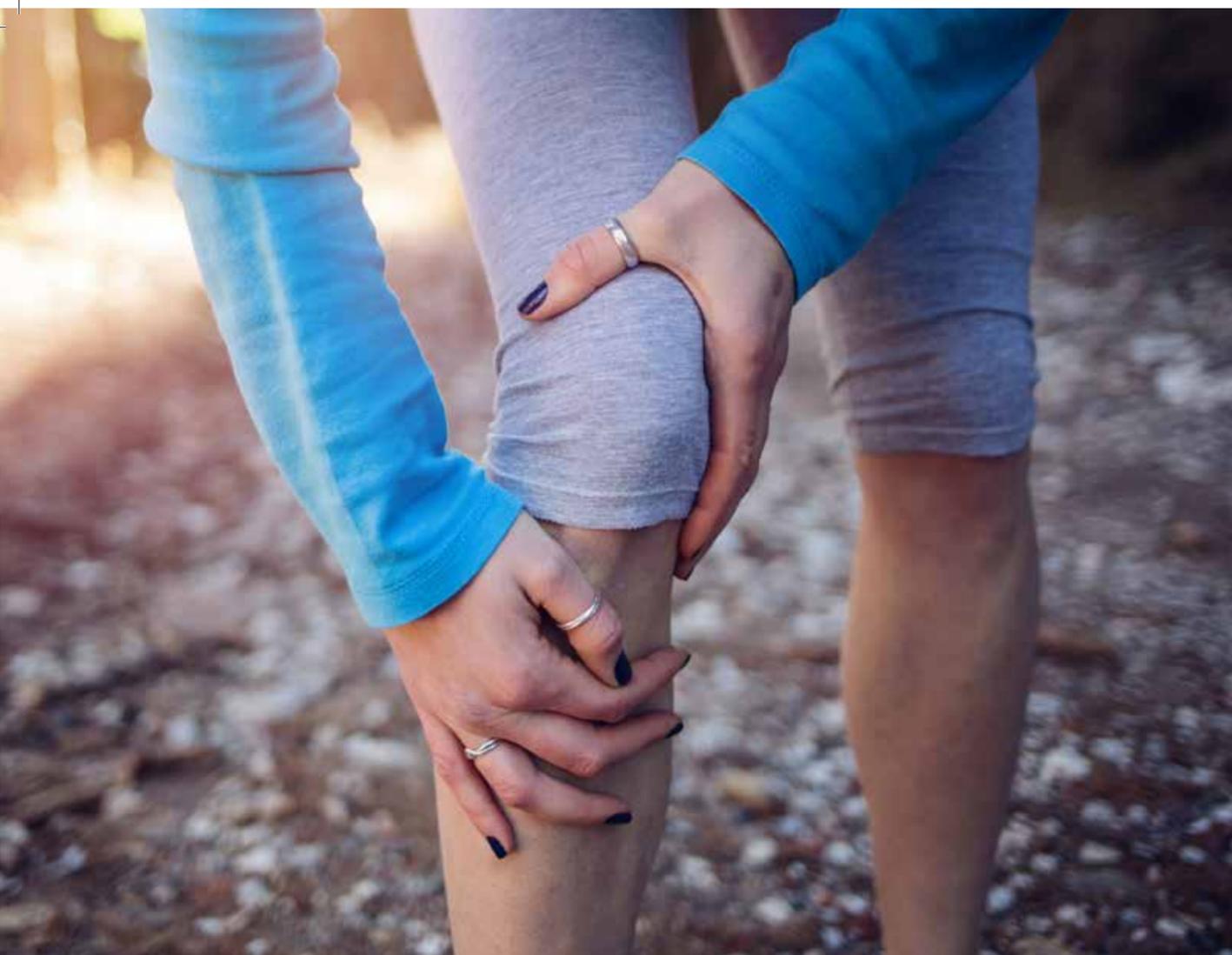
3 Hospitals **7** Urgent Cares
3 SNFs **10** Dental Clinics
4 ASCs **17** Pharmacies
 33 Clinical Laboratories



ACADEMIC LOCATION *for the*
University of Wisconsin
School of Medicine & Public Health



Financial and utilization information as of fiscal year end September 30, 2017.



Keeping You Moving

Institute of Movement and Orthopedics to Open Sept. 25

Dealing with injury or chronic pain is no fun. Watching from the sidelines as others participate in the sports you love or trudging through daily activities in unbearable pain can significantly reduce your quality of life.

At Beaver Dam Community Hospital, we know firsthand how limited function can affect the wellbeing of our region's residents as they travel along their personal journey of wellness. This is why we developed

the Institute of Movement and Orthopedics (IMO), which is set to officially open on Tuesday, Sept. 25.

What is the IMO?

The IMO is designed to be a single, convenient destination for people to go for the diagnosis and treatment of conditions that cause pain and limit function and movement. It will be located in our newly renovated space on the first floor of the Vita

Park Medical Building adjacent to the hospital.

"Providing a comprehensive array of services that allows our patients to receive quality, compassionate care close to home has been a top priority of ours for many years," said Kim Miller, BDCH President and CEO. "The IMO exemplifies this commitment to our patients and their quality of life."

What services are available?

Those seeking to restore mobility and function will have access to highly skilled orthopedic surgeons and physician assistants, sports medicine professionals, advanced podiatry services and a full complement of rehabilitation specialists, including physical, occupational and speech therapists.

In addition, there is space to accommodate a future expansion of services, as well as the potential for hosting wellbeing classes such as yoga, pilates and more.

What happens when I go to the IMO?

If you know who you need to schedule an appointment with, whether it is a Direct Access session with a physical therapist or an orthopedic consult with a physician assistant, you can make that appointment directly. If your condition requires diagnosis, you can request a general appointment and be assessed by our medical staff. Once a diagnosis is reached, treatment options will be discussed with you.

"Helping patients regain the level of activity they previous had is a great feeling, and the Institute of Movement and Orthopedics will be a tremendous asset to our region," said Dr. Joseph Puccinelli. "Whether a condition requires surgery, injections or physical therapy, our patients can be confident they will receive the highest quality care tailored to their individualized specific needs."

For more information on the IMO, visit bdch.com/IMO or call 920-219-4009.

IMO Services



- **Orthopedics**
- **Sports Medicine**
- **Podiatry**
- **Physical Therapy**
- **Occupational Therapy**
- **Speech Therapy**



"Providing a comprehensive array of services that allows our patients to receive quality, compassionate care close to home has been a top priority of ours for many years."

- Kim Miller, BDCH President and CEO

FALL 2018 EVENTS & CLASSES

Beaver Dam Community Hospitals, Inc. reserves the right to cancel courses due to insufficient enrollment three days prior to the date of the class. Some class sizes are also limited to a maximum number of participants. For registration, or information on BDCH classes, visit our website at bdch.com and click Events and Classes.

Sports & Fitness Center

The fitness center provides an independent environment for members to exercise. The Sports & Fitness Center is located in the BDCH Rehab Services Department on the ground floor of Hillside Manor. **920-887-4114.**

1:1 Fitness for You

Enjoy the benefits of a personal consultation with a Certified Personal Trainer. An introductory package fee is \$35 and includes two 30-minute sessions, with ongoing training packages also available. **920-887-4114.**

Massage Therapy

Licensed massage therapists offer relaxation, hot stone & sports massages in the Rehab Department. **920-887-4039.**

Expecting a Baby?

Preparing for Childbirth

Taught by our experienced childbirth instructors and OB nurses, the two-session class meets on consecutive Mondays and covers labor and delivery, relaxation and pain management and newborn care and costs \$45. **920-887-4007.**

Breastfeeding Class

Our Lactation Consultant will share information to help you get the best start in breastfeeding. The class costs \$10. The next class is Monday, Sept. 24 from 6 to 8 p.m. **920-887-4007.**

For Kids And Teens

American Academy of Pediatrics Babysitting Clinic

For ages 11-15. Teaches safe, responsible care of children. **920-887-4639, Ext. 103.**

Stay Home Safe Program

This program teaches children how to stay home safe when home alone. **920-887-4639, Ext. 103.**

CPR/First Aid

CPR classes offered at BDCH or in the community. For more information regarding CPR options, dates and cost, call the Community Training Coordinator at **920-887-5926** or visit bdch.com. Classes include Heartsaver CPR and First Aid, Healthcare Provider Course and CPR for Family and Friends.

Specialty Services

Foot Clinic

Foot Clinic provides toenail trimming, and routine foot care by registered nurses and certified nursing assistants. Clinics occur every week at 148 Warren St., Lower Level - and every month at the BDCH Medical Clinics in Horicon and Waupun, the Columbus Senior Center and the Mayville American Legion. **920-887-4191.**

Pacemaker Clinic

Qualified professionals monitor pacemaker function, battery status and lead function. **920-887-4122.**

Cardiac Rehab

Cardiac Rehab is a comprehensive medically-supervised program that is designed to help people with heart disease reach their highest level of wellness. Cardiac Rehab meets three times a week so that patients can be supervised during exercise. Education classes included. A physician referral is required. **920-356-6526.**

Pulmonary Rehab

The Pulmonary Rehab program provides treatment for a wide range of lung conditions including emphysema, chronic bronchitis, asthma, and other forms of lung disease. A physician referral is required. **920-887-4153.**

Glucose Meter Accuracy Check

All blood-glucose meters should be checked for accuracy annually by comparing results to a lab result. Minimum of 4-hour fast required. Appointments required by calling Laurie Schroeder at **920-887-6631**. Fee is \$2.

Disposal of Used Needles and Syringes

BDCH is a registered Sharps Collection Station and will accept delivery of these articles in appropriate containers for disposal. **Open Monday through Friday from 6 a.m. – 5 p.m. Location: Outpatient lab draw station just inside the front entrance of the hospital.**

Self-Requested/Walk-In Testing

Tests offered at a reduced price and without a physician's order include: glucose, cholesterol, triglycerides, blood type ABO/Rh, urine pregnancy, and serum pregnancy.

Open Monday through Friday from 6 a.m. – 5 p.m., Saturdays from 7-11 a.m. Location: Outpatient lab draw station just inside the front entrance of the hospital.

12th Annual BDCH Craft Fair



The 12th Annual Beaver Dam Community Hospital Craft Fair will be held Saturday, Oct. 6 and is sponsored by the Partners of BDCH. Fair proceeds benefit the BDCH Foundation's Employees Helping Employees (EHE) Fund.

The Craft Fair is free to attend and will be held from 9 a.m. to 2 p.m. near the hospital's main entrance. In addition to the craft sale, there will also be a bake sale and a gift basket raffle. The themed gift baskets that will be raffled off are made possible by BDCH employees and departments through their generous donations.

The EHE fund provides current BDCH employees with limited financial assistance in the event of a personal emergency or crisis.



For more information, call **920-887-5988**

Support Groups

Grief Support Group

Anyone who is grieving the death of a loved one is invited to join this free 6-week educational support group. The next session will be held on Tuesdays from 3:30 to 5:30 p.m. from Oct. 9 to Nov. 20. **920-887-5983.**

Diabetes Support Group

If you have diabetes, or are interested in learning more about diabetes, you are welcome to attend a free support group with Teresa Hill, Clinical Dietician, CDE the second Monday of each month, September through May, from 10 to 11 a.m. **920-887-6609.**

Pre-Diabetes Classes

A BDCH Diabetes Educator reviews tips for modifying existing eating habits to healthier choices and provides general guidelines on how to safely increase your activity level. Participants are referred by their physician. The next class is scheduled for Sept. 13 at 10 a.m. **920-887-6609.**

Chronic Pain Support Group

This group, held the 4th Wednesday of the every month at 5 p.m., is for people who have activity-limiting chronic illness and pain. It focuses on self-directed healing using positive, supportive methods and techniques aimed at empowering individuals to overcome the symptoms of their chronic conditions. **920-887-5957.**

Tremble Clefs Support Group

This support group is for people with Parkinson's Disease and other neurological diseases. A speech therapist leads the group in therapeutic singing and moving as a fun and casual way to reinforce voice and movement the second Thursday of every month from 6 to 7 p.m. **920-887-4039.**



Prediabetes classes are perfect for those who have just been diagnosed by their primary care physician.



A Prescription For Prevention

Few people have left their doctor's office with a prescription for fruits and vegetables. But there's mounting evidence that programs emphasizing healthy food consumption can be an effective and efficient way to improve health outcomes, especially in the management and treatment of chronic conditions like diabetes.

Ever since our parents implored us to eat our veggies, we've known that healthy eating is important to overall wellness. Of course, we're all human, and we don't always do what's best for our health, even when we know better.

In the case of diabetes, which affects up to 100 million Americans, fresh-food prescriptions could be the key to successfully managing the disease while reducing costs. In 2017, spending on diabetes drugs in the United States hit \$53.7 billion, more than double what was spent in 2013.

In 2016, Pennsylvania's Geisinger Health System developed the Fresh Food Farmacy program that provided healthy food as if it were a drug. The results over the first 18 months were encouraging. Treatment costs per patient were slashed by 80 percent while achieving better clinical outcomes. Those prescribed healthy food saw their HbA1c levels drop an average of 2.1 percentage points compared to a 0.5-1.2 percentage-point drop for those prescribed medication.

The findings mirror exhaustive research done by the Blue Zones Project, which discovered that a plant-based diet packed with a variety of fruits and vegetables was a key component to longevity.

For more information, visit bluezones.com.

HealthScene

The information in *HealthScene* is intended to supplement the advice of your physician or provider.

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**Call 920-887-7181 or visit
online at bdch.com**

 **Like us!**



Don Reilly Run Set for Sept. 29

The Don Reilly family and BDCH are once again teaming up to increase awareness of heart disease and raise funds for heart-related community programs.

The 12th Annual Don Reilly Cardiac Run/Walk will be held, rain or shine, at Swan City Park on Saturday, Sept. 29 beginning at 8 a.m.; registration opens at 7 a.m. There will be a 10K/5K run, a 5K walk and a Kids Fun Run. The registration fee is \$35 while the Kids Fun Run is \$15.

The importance of preventing and managing heart disease is a cause dear to the family of Don Reilly, and all proceeds of the event will benefit the Beaver Dam Community Hospitals Foundation, Inc. Automated External Defibrillator and Cardiac Rehab funds.

**To register online, visit
bdch.com/event/don-reilly-run.
For more information, contact the
BDCH Foundation at 920-887-4851
or Pat Reilly at 920-901-1451.**