

Community Connection

*Waiting for a heart,
from home*

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David with his rehab team (left to right) Becky Borys, EP, Susan Kindschi, RN, BA, and Beth Kaufman, CRT, RPSGT

Waiting for a Heart, from Home

Chronic cough. Shortness of breath. Low appetite and fatigue.

Five years ago, David Reilly went to see his doctor with these symptoms. After some testing that discovered fluid in his lungs, David was diagnosed with pneumonia. He had the fluid drained and was given a medication.

Two weeks later David was back at his doctor's office.

During this visit, more fluid was found in his chest and the medication hadn't relieved his other symptoms. So he underwent an echocardiogram, which enabled his physician to look at the function of his heart. And it was then, that the real cause of David's symptoms was discovered.

He was diagnosed with cardiomyopathy—damage to the heart muscle. After more testing, David learned that the damage was from chemotherapy he had received in 1997 for non-Hodgkin's lymphoma. The tumor being treated at that time was located by his heart, so the chemo medication caused the initial damage. And over time, it progressed.

For the next few years, David was able to treat and manage his cardiomyopathy with medication. However, in the spring of 2014, his symptoms got worse. He had no appetite and dropped down to 135 pounds; he was taking four water pills daily to control fluid buildup; and when he finally went to see his cardiologist, his blood pressure had plummeted to 60/50.

David's heart was quickly losing its ability to pump blood; therefore, he was referred to UW Health for a heart transplant evaluation.

"When I heard 'heart transplant,' I was in complete disbelief that my condition had gotten that bad," David says. "Even the day my wife and I went to UW for the first time, I was still convinced it would get better with medication."

But David was an eligible candidate for a heart transplant, and he was put on the transplant list in summer 2014. In the meantime, David's heart became so weak that he needed a device to help pump his blood until he found a transplant match. He had two options:

1. An LVAD (left ventricular assist device) that would be surgically implanted into his abdomen.
2. A balloon pump that required a less invasive procedure but required him to "live" in the hospital.

After carefully weighing both options, David underwent his LVAD surgery on July 2.

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Road to Recovery

Having an LVAD surgery is a life-saving option for people waiting for a new heart. But it is also a very invasive and complex surgery that requires extensive recovery time and rehab to rebuild and maintain the body's strength.

Fortunately for David, Edgerton Hospital recently received training from the University of Wisconsin Hospital & Clinics to care for post-operative LVAD patients.

"Before we offered the LVAD rehab services, UW Hospital could only refer patients to a facility in Minneapolis or Appleton," says Susan Kindschi, RN, BA and manager of Edgerton's Cardiopulmonary Department and Sleep Disorder Center. "So we are proud to offer these services locally, making it easier for patients and their families."

This convenience was an important factor in David's recovery. Since his surgery, David has been doing therapy and strength building exercises at Edgerton Hospital three days a week.

"The therapists at Edgerton have become friends, which helps motivate me to keep going every week," David says. "And it's because of how good I feel now, that I am able to look back and realize how sick I was and how far I've come."

Expanded LVAD Care at Edgerton

Since the surgery to implant an LVAD is similar to open heart surgery, some patients need additional care even after they are stabilized and discharged from the hospital where their procedure was performed.

Now, these patients can stay close to home and come to Edgerton Hospital. Sixty-six clinicians—including physicians, nurses, therapists, radiology techs and pharmacists—have received the LVAD training from UW Hospital. This means, Edgerton Hospital is able to care for patients as they make the transition from acute hospital care to being at home and independent again.

This training included holding and seeing all the parts of an actual LVAD, which helped all the clinicians understand how it would impact a patient's recovery process and daily activities. The staff was also taught how to respond to the various alarms on the LVAD and how to properly dress the open port that enables the internal device to connect to the external batteries.

"Since completing our training, we are equipped to provide LVAD patients with physical and occupational therapy, nutrition counseling and medication management—all specific to their unique needs," Susan says. "Plus, we are able to reinforce the equipment training that patients and family members receive after surgery, making us a resource for them as they regain strength and become independent." ●



With the batteries, belt and bag of backup parts, living with an LVAD requires some adjustment. But now, David says he doesn't feel limited in what he can do.

An Unexpected Trip



About seven years ago, Lowell retired from his over 50-year-old barber business. To celebrate, he had a big party where he raffled off his last haircut. He then matched the winning bid and donated the proceeds to the hospital's Foundation for the new Edgerton Hospital building, which was just in the beginning planning stages.

Lowell Halverson is a creature of habit. Every morning he goes to the fitness center in Edgerton. On his way, he stops at a gas station to pick up his newspaper.

But on a seemingly ordinary Saturday this past November, Lowell's trip was anything but "routine."

On this particularly icy day, Lowell thought about staying home, but ultimately decided to venture out. He made it safely to the gas station and bought his paper. But on his way out, Lowell slipped on the sidewalk and hit his head.

The next thing Lowell knew, he was in an ambulance with his head wrapped up and on his way to the Edgerton Hospital emergency room.

Once he arrived, Lowell immediately underwent a CT scan to discover the extent of his injury. Luckily, there was no internal bleeding, but a thorough evaluation by ER physician, Dr. Brian Stubitsch, determined that Lowell did have a concussion. Shortly, thereafter, due to the quick-thinking ER staff, Lowell was treated and on his way home.

"Every person who cared for me showed incredible compassion and concern," Lowell says. "In fact, one of the hospital employees volunteered to drive me home and even waited for me to finish up with Dr. Stubitsch."

Care after the care

Two days after his ER visit, Lowell received a call from one of the ER nurses who cared for him. She wanted to check to see how he was doing and to remind him to schedule a follow-up appointment with his primary care provider.

Unfortunately, this wasn't Lowell's first trip to the Edgerton ER. About a year ago, he experienced a terrible, throbbing pain in one of his fingers. It was so bad that Lowell could barely use his hand. Lowell went to the Edgerton ER and was diagnosed with gout—a very

painful and complex form of arthritis. The ER staff helped alleviate some of his pain and wrote him a prescription to continue his pain relief once he left the hospital.

"I've lived in Edgerton since 1954, and throughout the years, I've come to learn just how lucky we are to have Edgerton Hospital right in our community," Lowell says. "I'm always impressed with their level of care and the genuine concern they have for each patient." ●



YOUR EMERGENCY EXPERT

Some doctors specialize in the heart, others the brain. Our new emergency room physician, Brian Stubitsch, MD, specializes in emergency care. In fact, our entire team of ER physicians is board certified in emergency medicine. This means we have the expert knowledge to quickly and accurately determine your diagnosis and start your treatment path.

And together with our team of hospitalists, you'll have a physician following your care from arrival through admittance and discharge.

The Numbers are In

Press Ganey Report* for Edgerton Emergency Department

	Edgerton Hospital Rank (percentile)	Mean Score for All Hospitals**
Waiting time to treatment area	97	81.7
Letting family/friend be with you	99	89.5
Overall rating of ER care	93	83.4

*Scores from September 1 – November 30, 2014

**All hospitals included in Press Ganey database

3-stars on Checkpoint for Patient Satisfaction





Colleen always leaves the Milton Clinic feeling like Dr. Schreiber and the other staff truly care about the health of her family.

You Have a Doctor in the Family

When should I start getting my mammogram? Is this a cold or the flu? Why isn't this cough going away?

As a mom of two young kids, Colleen Tilton is not only thinking about her own health, but also the well-being of her four- and seven-year-olds. So she needed a family physician who could not only take care of her entire family, but in a way, be part of her family. And she found just that at the Edgerton Hospital Milton Clinic with Dr. Michael Schreiber—a board certified family medicine physician.

While Colleen and her family have lived in Janesville for almost five years, they are originally from Milton—which is one reason they looked to receive their primary care at the Milton Clinic.

“We like the hometown feel of the Milton Clinic,” Colleen says. “Plus, it is close to our home and work, and the staff is always helpful with getting us in quickly for appointments.”

There was a brief period in 2014 when no provider was available in Milton, so the Tiltons traveled to Edgerton for primary care. However, when Dr. Schreiber started at the Milton Clinic in August 2014, Colleen was the first in her family to schedule her yearly appointment.

“Dr. Schreiber was very caring and took the extra time to listen to my needs,” Colleen says.

After her positive experience, Colleen felt comfortable trusting the care of her two children with Dr. Schreiber and scheduled each of them for yearly check-ups. ●



Dr. Schreiber provides a full range of primary care services for patients of all ages—from well-child exams to yearly physicals and chronic disease management. He can be your first resource when you aren't feeling well, and he can connect you with the specialists and tools you need to get better and stay healthy.

Dr. Schreiber is available for **FREE** 10-minute meet-and-greet visits! This is a great opportunity to see if he's the right fit for your family. **Call 608-868-3526 to set up your FREE meet-and-greet or to schedule an appointment.**


Edgerton
HOSPITAL
Milton Clinic

A Culture of Giving

At Edgerton Hospital, the employees are immersed in a culture of giving. Whether that means giving of time, compassion or a bit of their paycheck to support a cause that they believe in.

This year the Edgerton Hospital Capital Foundation hosted an employee giving campaign. An overwhelming amount of support was shown as 100 employees donated nearly \$14,000. Over the years the employees have raised money to purchase equipment that helps them provide the best care possible for their patients.

We're all asked to make donations to so many worthy causes. Here are some reasons why our employees chose to donate to Edgerton Hospital:



"We are a local organization, so it's easier to see how the money is used"

"I believe that the hospital is an excellent way to give back to the community"

"This is the hospital I use for the medical needs of myself and my family"

"I give to Edgerton Hospital because my donation helps people I know and love!"

"This is my employer and I love working here"

To learn how you can support your local hospital, contact Bonnie Robinson, Foundation Director, at 608-884-1401.

5th Annual Victory Fun Run/Walk

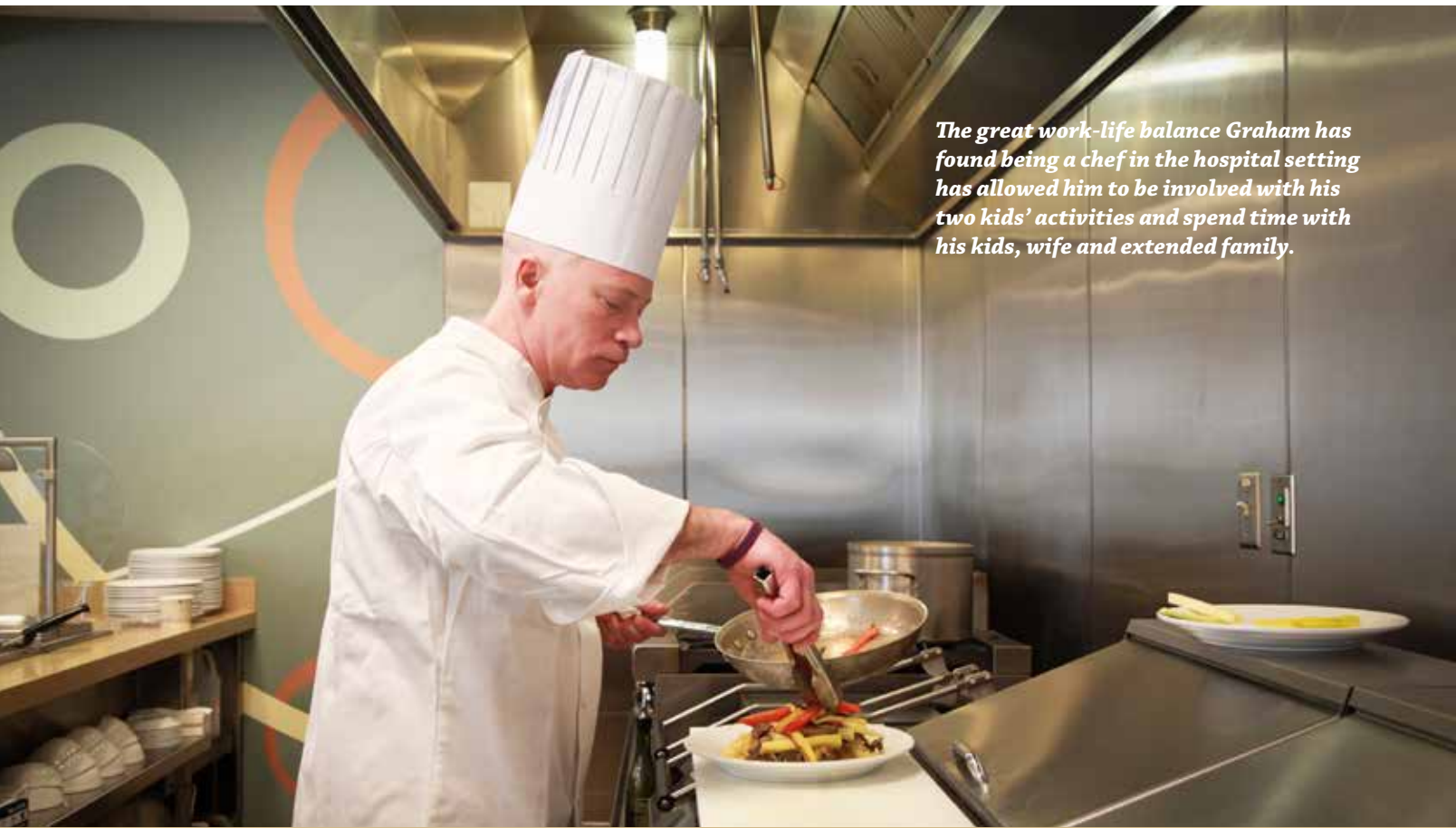
Sept. 19 | 6:45 am Registration 8:30 am First Event.

One of the Foundation's major fundraisers, the 5th Annual Victory Fun Run/Walk will include a 1-mile fun run, 5K run/walk and 10K run.

Cost is \$20 for runners and walkers (race day registration prices increase by \$5). Children five and under are free, but do not receive a t-shirt. All net proceeds will benefit Edgerton Hospital's Healthy Village Campus.



Visit EdgertonHospital.com to register and print a pledge form. Great prizes for top pledge earners!



The great work-life balance Graham has found being a chef in the hospital setting has allowed him to be involved with his two kids' activities and spend time with his kids, wife and extended family.

Fine Dining, Edgerton's New Hotspot

What comes to mind when you hear the job title, “executive chef?” A nice restaurant? Trendy ingredients? But ask where Graham Smith works as an executive chef, and you might be surprised that his answer is “Edgerton Hospital.”

Graham has been a professional chef since 1994, but the past three years have been spent working specifically in hospital settings.

“I chose to make this switch because I want to help change the stigma that hospitals only have low-quality, cafeteria-style food,” Graham says. “I also like the great work-life balance that I’ve found in the hospital setting.”

Graham began working at Edgerton in October 2014, and since starting, one of his goals is to offer a high-quality and unique dining experience for the hospital’s staff, patients, visitors and the entire community. Graham does this by bringing the cooking techniques he learned in culinary school and the restaurant world to the Edgerton Café.

Every week, Graham develops a menu containing fresh-to-order meals with action stations like sauté and carving stations that all use fresh ingredients. This way, food is prepared as customers order it, as opposed to sitting in warmers.

In addition to these weekly menus, Graham and the Edgerton Café offer “Healthy Edge” meals as well as a full catering menu for community events and fundraisers hosted at the hospital. The “Healthy Edge” meals have certain parameters that include: Entrées with ≤500 Calories, ≤20g Fat, ≤5g Saturated Fat and ≤600mg Sodium; and house made soups with <200 Calories, ≤5g Fat and ≤500mg Sodium.

While Graham is trained in classical French cuisine, he is currently working to learn more about the nutritional and dietary side of cooking—an important aspect of cooking in the hospital setting. He makes patient rounds to not only ensure the dining experience is positive outside of the café, but also to check if anyone has specific dietary needs.

A second goal Graham hopes to achieve as Edgerton’s chef is to become an ambassador for the hospital’s café, encouraging the community to think of Edgerton as another dining option that offers good food at affordable prices.

“At Edgerton, I’m not limited in the products I can get or the dishes I can make,” Graham says. “So our menus will involve a lot of variety, and our dining experience will be the same as if you were in a nice restaurant.” ●

••• Pork Tenderloin Roulade •••

Wild Mushrooms, Door County Cherries and Castle Rock Smoked Blue Cheese

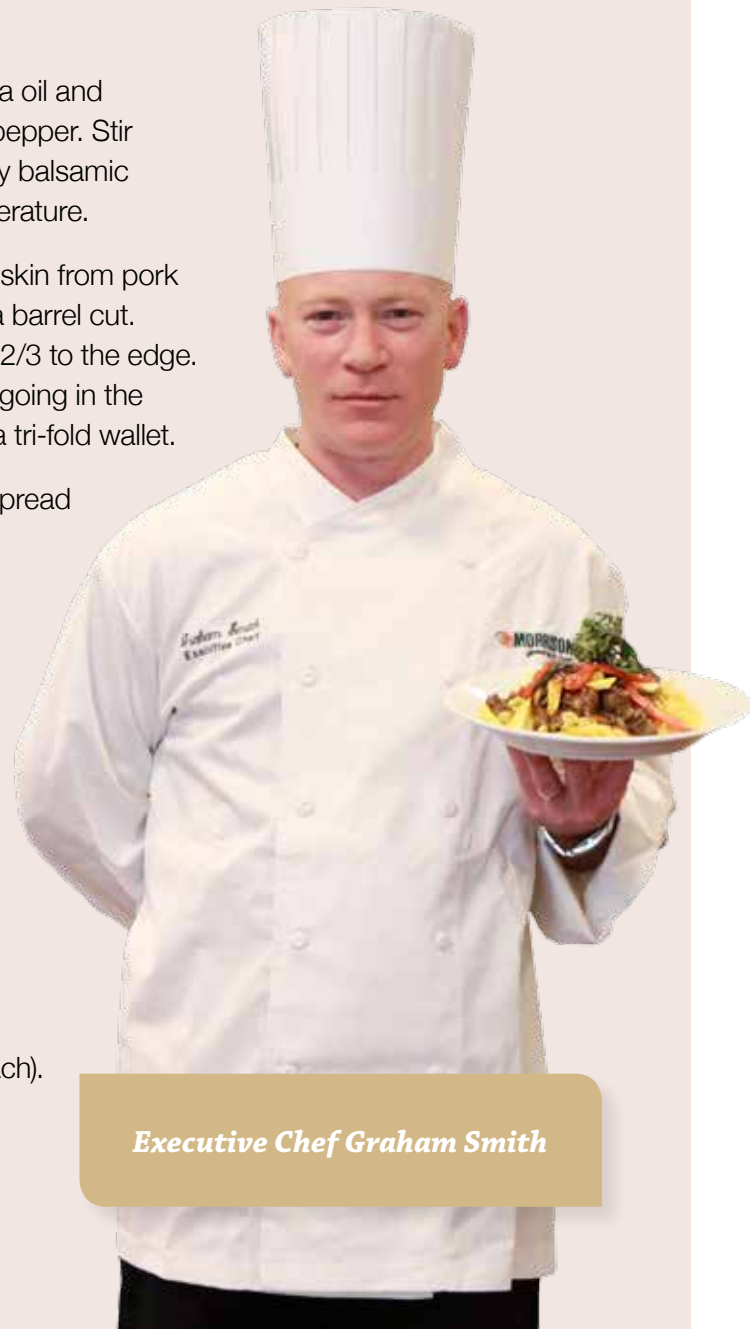
Ingredients

1.5 ounces	Shiitake mushroom cap <i>Julienne</i>	3 ounces	Dark cherry balsamic vinegar
1.5 ounces	Oyster mushroom <i>Stem off & chopped</i>	4 ounces	Smoked Blue Cheese
1.5 ounces	Portobello mushroom cap <i>Diced</i>	2 each	Pork tenderloin
1.5 ounces	Dried Cherries		<i>Cleaned and trimmed Barrel Cut</i>
4 ounces	Canola oil	To Taste	Salt and pepper
2 Tbsp	Butter	18 inches	Butcher's twine

Directions

- 1 Sauté mushrooms on medium high heat in 2 oz canola oil and butter until tender. Season mushrooms with salt and pepper. Stir cherries in to mushrooms and deglaze pan with cherry balsamic vinegar. Remove from heat and let cool to room temperature.
- 2 While mushroom and cherry mixture cools, trim silver skin from pork tenderloin. Trim each end of pork tenderloin to make a barrel cut. Slice top third of tenderloin lengthwise, approximately 2/3 to the edge. Repeat same step with the second third of tenderloin going in the opposite direction. This process will resemble that of a tri-fold wallet.
- 3 Lay tenderloin flat and season with salt and pepper. Spread mushroom and cherry mixture evenly on tenderloin. Crumble smoked blue cheese across mixture. Roll tenderloin lengthwise and tie with butcher's twine. Season outside of pork with salt and pepper.
- 4 Preheat medium size sauté pan on medium high heat. Add remaining 2 oz canola oil and coat bottom of pan. Sear all sides of pork tenderloin until golden brown. When finished, transfer tenderloin to pre-heated oven at 350 degrees. Cook until internal temperature of tenderloin is 160 degrees. Remove from oven and let rest for 3 to 5 minutes.
- 5 Snip butcher's twine with kitchen shears and remove. Slice pork tenderloin in to 5 medallions (1.5 ounces each). Serve with desired accompaniments and sauce.

SERVINGS: (excluding unknown items): 949 Calories; 76g Fat (71.9% calories from fat); 49g Protein; 18g Carbohydrate; 1g Dietary Fiber; 178mg Cholesterol; 234mg Sodium.
Exchanges: 7 Lean Meat; 0 Vegetable; 1 Fruit; 13 1/2 Fat.



Executive Chef Graham Smith

Marge also stays busy keeping up with all of the activities that her 11 grandchildren are involved in.



No Sign of Slowing Down

When Marge Fassbinder's youngest child left the nest, she and her husband decided to move out of their family's home in Janesville. In their search, her husband was looking to live near water—having grown up in Lake Geneva—so that's how they ended up living on the Rock River, just outside of Edgerton.

Having raised four children, after their move Marge knew she wasn't the type of person to just sit around—she wanted to stay busy. So Marge joined the Edgerton Art Association, and she stayed involved for 25 years.

During her time with the Art Association, Marge spent 10 years as chairperson for Art in the Park—the annual craft fair held during Heritage Days. She worked to bring in crafters for the fair, focusing on finding vendors who actually hand craft their products.

“Throughout the year, I'd bounce around

to craft shows and pick up business cards,” Marge says. “This enabled us to bring in not only local artists, but also crafters from as far away as California.”

Marge retired from the Art Association in 2013; however, she found other organizations that also kept her busy. She was a member of the Rock County Humane Society Board for 15 years, and while she is no longer a board member, she still checks in at least once a month to see how she can help.

“Animals have always been an important part of my life, so I also work with a local springer spaniel rescue,” Marge says.

“I've had rescue springer spaniels as pets throughout my life, and I currently have one that's been a part of the family for the last five years.”

More recently, Marge became heavily involved with the Edgerton Hospital Auxiliary. In the two and a half years

she's been a member, Marge has joined the scholarship committee, which distributes scholarships to local high school students pursuing healthcare careers as well as hospital employees who want to continue their education.

In addition, Marge tries to volunteer as a hospital escort at least once a week, getting patients to appointments, handing out mail and flowers and bringing people up for visits.

Through the Auxiliary, Marge is also active in plant and bake sales and Beary Special Kids—a program that provides teddy bears to children in the hospital.

“If there is a project or disaster that needs support, I'm always happy to help. That's what makes a community successful,” Marge says. “And you never know, someday you might be the one in need, and you'll hope the community will be there to support you.” ●

Upcoming Community Education Events

For more info, or to register with a secure payment visit

www.edgertonhospital.com or call 608-884-1489.

Zumba – The Gathering Place, Milton

March 2 - April 8 | Mon. and Wed. 9-9:45 AM
Apr 20 - May 27 | Mon. and Wed.
\$45/session Jackie Richardson,
Licensed Instructor

This Zumba class takes it to a lower level that provides a non-intimidating opportunity for non-dancers, new exercisers or those who have previously hesitated to participate in a group class. *Registration required.*

StrongWomen™

March 3 - May 7 | Tuesdays and Thursdays
9-10 AM | Edgerton Hospital Classroom D
\$35 Cindy Amundson - StrongWomen
Instructor

The StrongWomen Program includes progressive resistance training, balance training and flexibility exercises for middle-aged and older women. This exercise program is appropriate for both sedentary and very active women. *Registration required.*

Evening Vinyasa Flow Yoga

March 4 - May 20 | 6:15 - 7:15 PM
Edgerton Hospital Classroom D
\$60/session or \$8 drop-in fee. Ruth
Armstrong, Registered Yoga Teacher

Vinyasa Yoga is a dynamic and flowing practice, linking the rhythm of the breath with movement. The class will focus on breath, balancing the body and creating a deep internal heat that will energize, detoxify and uplift you. All levels welcome! *Registration required.*

Morning Yoga

March 6 - May 22 | Fridays: 9 - 10 AM
Edgerton Hospital Classroom D
\$60/session or \$8 drop-in fee. Elise
Wileman, Certified Instructor

Take a morning for yourself and relax your mind, body and soul. This interactive class will introduce the basics of Yoga and relaxation techniques. Please bring a Yoga mat or a towel. *Registration required.*

Aqua Zumba

March 3 - April 2 | Tuesdays: 5-5:45 PM
March 7 - April 11 | Saturdays: 9-9:45 AM
Swift Haven – Swimming Pool
124 Henry Street, Edgerton, WI
\$27/session. Jackie Richardson,
Licensed Instructor

Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. *Registration required.*

NEW! Aqua Zumba PLUS

April 28 - May 19 | Tuesdays: 5-5:45 PM
May 2 - May 23 | Saturdays: 9-9:45 AM
Swift Haven – Swimming Pool

124 Henry Street, Edgerton, WI
\$18/session.

Take your workout to a whole new level! This class will incorporate the use of foam noodles to give your body a great resistant workout! *Registration required.*

Healthy Classes for Your Mind and Body

Brain Food: A Tasty Way to Fuel Your Mind

March 18 | Wednesday: 5:30-6:30 PM
Edgerton Hospital Conference Room B
FREE, Jennifer Ludwig, Registered
Dietitian

Eating well is good for your mental as well as your physical health. The brain requires nutrients just like your heart, lungs and muscles do. But which foods are particularly important to keep our grey matter happy? Find out what type of foods you should be eating to give your brain a boost.

Making sense of Dietary Supplements

April 22 | Wednesday: 5:30-6:30 PM
Edgerton Hospital Conference Room B
FREE, Jennifer Ludwig, Registered
Dietitian

Today there is a bewildering array of supplements available. The question is which ones are right for you? And which ones are a waste of your money? How can supplements impact your health? Registered Dietitian, Jennifer Ludwig, will explore some of the benefits of commonly used supplements.

Juicing– For the Health of it

May 20 | Wednesday: 5:30-6:30 pm
Edgerton Hospital Conference Room B
FREE, Jennifer Ludwig, Registered
Dietitian

Ready to give juicing a whirl? It's an easy way to get more fruits and veggies into your diet. But before you get started, you should know a few things about what you can expect juicing to do for you, and what's just hype.

Lunch & Learns

All programs are FREE, all you need is to bring your lunch or pick one up at the hospital café and be ready to absorb valuable information. The Lunch and Learns will be held in the lower level of the hospital in Conference Room D. *Registration required.*

Take a Break–Let's Talk About Spring Gardening

March 4 | Thursday: 12-12:30 PM
Listen to Nancy, Co-Owner of the Flower Factory, speak from three decades of experience on perennials for your garden.

She will also be sharing new varieties of perennials for the 2015 season.

The Vital Psoas Muscle

March 19 | Thursday: 12-12:30PM
Elise Wileman, Certified Yoga Instructor
Nicknamed “the mighty psoas”, it is the most important skeletal muscle in the human body! Learn where your psoas muscle is, the correlation between a tight/overworked psoas and low back pain, as well as simple exercises for lengthening and releasing the muscle.

Eating Well while Eating Out

April 15 | Wednesday: 12-12:30 PM
Jennifer Ludwig, Registered Dietitian
Going to a restaurant shouldn't be an excuse to abandon healthy eating habits. Come learn some strategies and tips for eating out to keep you satisfied.

Get Growing:

Plan your Fall Garden

May 5 | Tuesday: 12-12:30 PM
Christy Marsden, Horticulture Educator,
UW Cooperative Extension Rock County
When do you plant the tomatoes? Seeds or transplants? Learn how to get the most out of your garden during spring. Christy will cover all the basic skills as to starting a vegetable garden. She will discuss the local climate and what kind of vegetables to plant in early, mid and late spring and why.

Basic Life Support (BLS) for HealthCare Provider

Sherry Miser-Glish, Certified American
Heart Instructor
Please call the Community Education Department at 608-884-1489 for details.

Women with Heart Support Group

Fourth Thursday of every month | 12-2 PM
Cardiac Rehab Room, FREE
Kathleen Butler and Key Note Speaker
This support group is for women living with heart disease. The monthly meetings will not only provide a great networking opportunity, but will be fun and educational with a variety of key note speakers and topics. To register, call Kathleen Butler at 608-290-6164 or Sue Kindschi at 608-884-1396. *Registration required.*

Grief Support Group

First Friday of every month | 1:30 PM
Edgerton Hospital Classroom D
Facilitated by Thomas Moe, Chaplain
from Southern Care Hospice, Linda
Bruss, MSW CAPSW

This group is open to community members who may need a quiet time to discuss and learn more about feelings, symptoms, side effects, resources, and resolutions of the Grieving Process.



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If you do not wish to receive solicitations of mailings from Edgerton Hospital or the Edgerton Hospital Capital Foundation, please e-mail ehhsinfo@edgertonhospital.com or utilize our toll-free number 1-800-884-3441.



**11 MINUTES
OR LESS**

DON'T WAIT FOR GREAT CARE

Make Edgerton Hospital your destination for emergency care.

When an emergency strikes, trust our team of specially trained emergency room physicians and nurses for quick and accurate care. Our ER and urgent care is open 24/7/365, and we pride ourselves on having ER wait times of 11 minutes or less.*

*On a typical day, not accounting for large trauma cases

Stop by Edgerton Hospital to pick up your FREE
"I choose Edgerton" emergency kit.



24/7 ER+Urgent Care

Call our ER Nurse Line: (608) 884-1600

www.EdgertonHospital.com

(608) 884-3441