

Community Connection

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The Road to Recovery



*John with his therapists,
Kristin LaPointe, PT
and Bobbi Bogner, PTA*

Whether you want to walk again after a major surgery, regain strength after an injury or be able to continue living independently, physical and occupational therapy can be the best solution to achieve your goals.

See how two patients used Edgerton Hospital and Health Services' Rehabilitation Department to do just that—reach their personal goals.

From wheeled in to walking out

After a severe illness that led to eight spinal fusions and nine weeks in the hospital, John Tadder was told he may never walk again.

So when he started his outpatient physical therapy at Edgerton Hospital, his ultimate goal was to prove that prognosis wrong; he was going to walk.

However, John had a long journey ahead of him. His extended hospital stays and reduced mobility caused him to lose 35 pounds, which was mostly muscle. When he first came to Edgerton Hospital, John wasn't able to get out of his wheel chair into bed or to sit in another chair without assistance.

But John's determination and work ethic, along with the therapy plan from his rehab team, put him on track to achieving his goal.

"We started working with John on a matted table doing very basic exercises and stretches," says Kristin LaPointe, one of John's therapists.

"Our first task was to increase range of motion and flexibility and rebuild strength throughout his entire body—core, back, legs and arms."

From there, John began to walk around the rehab area using a rolling walker with his therapist by his side, and oftentimes, his wife Margaret walking behind with a wheelchair.

"Because I had lost so much muscle, I also had lost stamina," John says. "In the beginning, I could only walk about 40 feet before I'd need to sit down and rest."

So even though it was difficult and tiring, John was walking. He progressed to using the parallel bars and eventually doing stairs and walking outside on uneven ground with a walker.

And after 75 therapy sessions from August 2013 through May 2014, John was not only walking again, he was strong enough to start working out with local personal trainer, Sara Karman, to help him continue increasing his strength and ability to walk independently.

“I still have a long way to go, which is why I’m continuing to work out with Sara, but I’ve made huge strides; the last time I visited my therapists at Edgerton Hospital, their mouths dropped at how far I’ve come,” John says. “Now that I’m walking, I’d like to work up to mowing the lawn and maybe even someday returning to work.”

Back to the front of the class

As a second grade teacher in the Milton School District, Diane Landherr has spent a lot of her life standing at the front of her classroom. So when knee pain went from an occasional irritation to making standing for extended periods of time nearly impossible, she knew it was time to do something about it.

That’s when she learned both of her knees had arthritis and were bone on bone, which when added to her worsening pain, equaled one thing—knee replacements.

Diane had her first replacement surgery in the spring of 2013 and chose to use Edgerton Hospital’s Short-term Rehabilitation program for her initial recovery.

“I had heard very good things about Edgerton Hospital’s Short-term Rehab program from a friend who had a knee replacement just a few months before me,” Diane says. “And once I arrived, I saw why; the nurses and staff really cared about me as a patient and a person and went out of their way to make sure I was comfortable.”

Despite her excellent experience in the short-term rehab unit—which included several sessions of inpatient physical therapy—Diane decided to continue her outpatient therapy closer to her home in Janesville.

Fast forward a year and Diane was back at the Edgerton Hospital Short-term Rehab unit following her second replacement procedure. This time, however, she stayed with Edgerton Hospital for her outpatient therapy.

“I wanted to be able to have three therapy sessions a week, and Edgerton was not only able to accommodate that, they made it very easy,” Diane says. “Plus, they were flexible in scheduling specific times for my appointments that were convenient for me.”

Diane finished her second round of therapy in August, and in September, she was back standing in the front of her new second grade class.

“The Edgerton Hospital Physical Therapy staff were like my personal cheerleaders;

they made me work hard in each session, but they also were there encouraging me every step of the way,” Diane says. “I still have work to do to fully recover, but Edgerton Hospital helped me become more confident in my walking and with trusting my new knees.” ●

For more information on our rehab services call 608-884-1390.

Want to learn more about our short-term rehab program? Call Nancy Johnson or Linda Bruss at **608-884-1490**.



Diane Landherr with her second grade students at Harmony Elementary School.



The 10,000 Step Challenge

“One in 10 children between age two and five will become obese.”

“Five percent of six- to eleven-year-olds are severely obese.”

These two statements from a September 2014 article in the *New York Times* show that childhood obesity is still a major issue around the country. In fact, Edgerton Hospital and Health Services’ 2013 community needs assessment identified it as one of the key action items to address.

So, Edgerton Hospital partnered with Edgerton Middle School to do something about it.

In the first trimester of the 2013-2014 school year, representatives from Edgerton Hospital—Lisa Rebman, Community Education Manager, and Jenny Ludwig, Dietitian—along with Phill Klamm, former principal at Edgerton Middle School, conducted a pilot of a Fitbit program that involved a handful of sixth graders who were hand selected by Mr. Klamm.

“The pilot group included a mixture of athletes, non-athletes and at-risk students,” Lisa says. “And our initial goal was to show these children the importance of physical activity and also that it doesn’t require playing a sport.”

The program was hosted through a class where the kids met daily with an Edgerton Middle School teacher. Then, once a week, Lisa, Jenny or another Edgerton Hospital guest would come in and teach a class based on one of four themes:

- 1 **Physical activity**
- 2 **Nutrition**
- 3 **Hydration**
- 4 **Sleep**

At the start of the program, pre-tests were conducted using questions based on these four areas. From these evaluations, the program organizers revealed that many of the students weren't drinking enough water and were also complaining of reoccurring headaches (most likely the result of dehydration). In addition, it became clear that many of the students were not getting enough physical activity or sleep.

Once the pre-tests were completed, each participating student received a Fitbit from Edgerton Hospital so they could track steps, distance and calories as well as log food and water intake and measure sleep patterns.

"We set a goal for each student to reach 10,000 steps each day, but it eventually expanded to become a challenge to see who could get the most steps each week, and then, we began to award the "stepper of the week" with a colored Fitbit band," Lisa says. "The kids got really into it and also started making challenges for Friday Night Fun Night to see how many steps they could reach in just that one night."

After the pilot, the middle school principal, teachers and school district board implemented the Fitbit program as a flex class option available each trimester to all sixth graders. In total, 25 more students chose to go through the program last school year, and this year, two classes began the program in September.

"We'd eventually like to have all sixth grade students go through the Fitbit program," Lisa says. "Because if we can teach children at this younger age about proper nutrition and physical activity, we can help them start good habits that will translate through the rest of their lives and that also can be passed on to parents and younger siblings, which will help make the entire community healthier." ●



The Edgerton Coalition for a Healthy Community

Another organization that works closely with Edgerton Hospital and the Edgerton School District is the Edgerton Coalition for a Healthy Community. Funded on a federal drug free community grant, the Coalition's mission is to create a safe and drug free environment for the community's youth. They host a variety of programs throughout the year including SADD: Students Against Drunk Driving and a freshman summit to help kids with the transition to high school.





Edgerton Hospital Capital Foundation

OUR VISION, SECURING THE FUTURE.

On your mark, get set....*thank you!*

The Edgerton Hospital Capital Foundation would like to thank all of the runners, walkers, donors and sponsors who made the hospital's biggest fundraiser a success! The event raised nearly \$22,000, which will support the hospital's greatest need.

For more information on how you can support local health care, contact Foundation Director, Bonnie Robinson, at 608-884-1401.



Know Your Rights

In U.S. History, we all learn about the bill of rights—the first 10 amendments to the Constitution that protect the freedom of speech, right to bear arms and right to trial by jury.

But a less commonly taught “bill of rights” is the one that protects people when they receive medical care. While each healthcare facility’s “bill” may be slightly different, the standard principles include the right to:

- Informed consent in treatment decisions and confidentiality protections
- Complete and easily understood information about coverage and cost of care
- Choice of providers and access to useful information about provider options

This third right pertains to primary care providers, surgeons and even emergency care.

Edgerton Hospital and Health Services offers residents of the Edgerton, Milton and surrounding communities access to highly-trained emergency physicians and nurses. We pride ourselves on short wait times—an average of 9 minutes from when you walk

in the door to when you see a doctor. And our on-site diagnostic imaging, laboratory and Insty-Med machine are all available 24/7 to aid in the diagnosis and treatment of emergency cases.

Other benefits of choosing the Edgerton Hospital ER include:

- Advanced treatment options
- Physicians and nurses certified in advanced cardiac life support, pediatric advanced life support and advanced trauma life support
- Access to immediate ground or helicopter transport if more specialized care is required ●

For a complete list of patient rights & responsibilities visit edgertonhospital.com/quality.php



So when the unexpected happens, know you have the right to choose personal care, close-to-home at Edgerton Hospital.

Caring For You, For Life

Cardiologists are important if you have a heart attack. Neurologists are crucial if you have a brain injury. And an orthopedic surgeon is needed for a joint replacement.

But who is taking care of your health between these illnesses and surgeries? That's when a primary care provider is important.

Whether you chose a family practice doctor, nurse practitioner or internal medicine physician, primary care providers (PCP) play a significant role in your health. Through their whole person philosophy of care, they don't just treat one condition or symptom; they help you prevent, treat and manage multiple conditions throughout your life.

Prevent

PCPs are a patient's advocate for preventing illness and injury, and they do this through performing annual physicals, immunizations and scheduling other preventive screenings such as mammograms and colonoscopies.

They also have a more detailed understanding of a patient's personal and family health history, so PCPs can provide patients with the education and tools they need to help prevent conditions that may run in their family as well as spot early warning signs of these conditions.

Lastly, a PCP is a resource for general health and wellness information from weight management to proper sleep patterns and nutrition. And overall good health is the best means of prevention.

Treat

A primary care provider is the first line of defense when diagnosing and treating an illness or injury. Because PCPs see patients when they are healthy, they are more likely to spot symptoms when the patient is feeling sick or determine if a symptom is a side effect of a medication or other current condition. Then, if specialized care is needed, a primary care provider can make a referral based on a patient's medical and lifestyle needs and preferences.

Manage

One of the reasons primary care providers can effectively help patients manage chronic conditions is because of the relationship they are able to build. If there is a high level of trust and comfort between patient and doctor, the patient is more likely to be open and honest about the status of a chronic condition—if things are improving or getting worse or if new symptoms have emerged. This open communication allows PCPs to actively adjust treatments as needed.

If you are looking for a primary care provider, Dr. Michael Schreiber at Edgerton Hospital's Milton Clinic is available for a FREE 10-minute, get-acquainted visit so you can see if he is the right physician for you or your family. Simply call 608-868-3526 to schedule your meet and greet. ●



*Dr. Schreiber
treats patients
of all ages*



Helping Patients Heal and Feel Better

What's your favorite part of your workday?

For Brooke Weis, registered nurse at Edgerton Hospital and Health Services, the answer is easy:

"I love caring for patients and getting to know them so that I can put a smile on their face by just stopping in their room to say hi."

This is Brooke's favorite part of her job because while she enjoys helping patients heal clinically, she also wants to care for her patients—and their families—emotionally.

"When a patient is ill or injured, the family can be just as vulnerable in an emotional way as the patient, so I try to make sure that they are comfortable and kept up-to-date," Brooke says. "And usually, if the family is happy, positive and more relaxed, the patient tends to feel better too."

Booke has brought this philosophy of care to her position as registered nurse at Edgerton Hospital. Her main role here is on the medical/surgical floor caring for patients who have acute illnesses or are spending time in the hospital's short-term rehab program. She performs necessary interventions based on the specific needs of the patients, such as pain control and

wound care. And since she works the night shift, her ultimate goal is to help patients get a restful night of sleep.

"Since starting at Edgerton Hospital about a year ago, I've come to value the teamwork and camaraderie among the staff," Brooke says. "Everybody feels comfortable consulting with others for support, advice or brainstorming because everybody's goal is the same—to determine the best treatment plan for the patients."

In addition to the medical/surgical floor, Brooke is becoming cross-trained in the emergency room and clinic settings. This will allow her to work in the ER when extra help is needed as well as at the Milton Clinic.

"What I especially like about the clinic training is the variety it brings to my job," Brooke says. "The focus in both medical/surgical and the ER is treating patients who need to heal and recover, but in the clinic it switches to promoting good health and preventing illness and injury."

When she's not working, Brooke is busy studying for her bachelor's of nursing degree, playing with her chocolate lab puppy and renovating and re-decorating her new house. ●

Beyond his community involvement, Jim enjoys time with his German Shorthair Pointer, Charlee, going for walks and hunting in the fall.



A Lifetime Commitment to His Community

When Jim Schultz received his Eagle Scout as a high school student, his scoutmaster said to him, “A lot of people volunteered to help you achieve this. Now it’s your turn to give back to your community.”

And that has stuck with him ever since. In fact, it’s one of the reasons why Jim has always been committed to serving the Edgerton-Milton communities.

One of the most significant ways Jim has stayed involved is through his support of Edgerton Hospital and Health Services. He’s been a member of the Foundation board for 10 years—about six of those as chair—during which, he developed and implemented a nationally recognized Youth Apprentice Program in Healthcare with Edgerton Hospital and continued to raise money for the hospital’s capital campaign.

Jim also served on the hospital’s board of trustees for nearly 10 years and he is currently the chair.

“The hospital board of trustees has four major responsibilities: hiring and supervising the CEO, providing a strategic plan, monitoring financial operations and helping to provide direction for the organization,” Jim says. “As chair, I work with all board members

to help facilitate these actions in the decision making process.”

Recently, Jim was asked to expand his role with the hospital to interim CEO while the board conducts a search to hire a new one. He saw this as a great opportunity to work more closely with the hospital’s clinical and administrative teams.

“Both of my parents spent their last days at Edgerton Hospital and the care they received was phenomenal,” says Jim. “I am pleased to serve on the board and now serve as interim CEO, in an effort to help ensure that this innovative, environmentally-friendly facility, as well as our patient-focused philosophy of high quality home town care, will continue being offered to our area communities.”

Other areas that Jim has shown continued commitment to include Edgerton’s business and educational communities. He was a Business Law/Accounting teacher and Director of Career and Technical Education at Edgerton High School for nearly 47 years, and also served as Youth Apprenticeship Coordinator during his tenure with the school district.

Jim contributes to the business community through the City Re-

Development Authority and the Economic Development Corporation. Both of these organizations help sustain current businesses and establish or relocate others to the Edgerton area. He also served on Governor Thompson’s Youth Apprenticeship-Work Based Learning Board addressing employment and training.

He graduated from Milton High School, received his BA degree from Wartburg College in Business Administration/Education and did his graduate work at UW-Madison. He was recognized as the outstanding Technology Educator of the Year by UW-Stout and has always been one to “think outside the box.”

Jim is an active member of Central Lutheran Church and served on the church board. He also was a district commissioner for the area Boy Scout District Council.

“My mission in life has always been to support the community I live in,” Jim says. “It’s important to find a way to help your community grow and ensure it has the healthcare, education and other services it needs to not only benefit individual residents, but that also make the entire community a better place.” ●



Edgerton Hospital Wins Studer Group's Excellence in Patient Care Award

Edgerton Hospital and Health Services has been chosen to receive an Excellence in Patient Care award given by outcomes firm Studer Group®. The Excellence in Patient Care awards are given to select organizations that are coached by Studer Group based on various categories. To be eligible for an award, an organization must demonstrate outstanding performance in patient care. Edgerton Hospital and Health Services received its award for their "Discharge information" HCAHPS composite score for 3Q12-2Q13 at the 12th annual What's right in Health care® conference.

Edgerton Hospital's multi-disciplinary team rounds daily on each patient, with specific discharge rounding taking place three times per week. This process has been put into place to address needs and to keep all parties involved — including the patients' families — abreast of any factors that may influence a successful discharge.

"Shortly after a patient arrives, we will inform them of their tentative discharge date. We've found that keeping the lines of communication open is key to patient satisfaction, as most people are anxious to get out of the hospital and back to their normal lives. Our primary goal is to allow our patients to discharge back home, or to their prior residence, and we want them to be well enough that they will not be readmitted to the

hospital," said Michele McClure, RN, Edgerton Hospital's Nurse Manager of Medical Surgical/Emergency Departments. "We're very pleased to have been honored with this award recognizing our team for their efforts in keeping our patients safe, happy and healthy enough to return home, in an easy fashion."



From left: Jenny Fischer, Studer Coach, Tracey Straight, RN-Edgerton Hospital, Michele McClure, RN-Edgerton Hospital, Elizabeth Luchsinger, Quality Director, Edgerton Hospital, BG Porter, Studer Group President.



Need a Ladies Night Out?

Join us **November 6** for a night of pampering while learning about the women's health services available at Edgerton Hospital. Indulge in **FREE** mini manicures, chair massages and makeup demonstrations. Enjoy a shopping excursion with local vendors. Plus, participate in some of our women's health screenings.

Complimentary wine tastings and other light refreshments will be served. All attendees will be eligible for fun door prizes.

November 6
5:30-8 pm

@
Edgerton
Hospital

Gift bags
for the
1st 100
attendees!

Register by calling 608-884-1609 or online
at EdgertonHospital.com/night-out.

 **Edgerton
HOSPITAL**
AND HEALTH SERVICES

www.EdgertonHospital.com
11101 North Sherman Road
Edgerton, WI 53534



Upcoming Community Education Events

Zumba – Milton

Oct. 20 - Nov. 26

Mon and Wed; 9:00-9:45 AM Zumba Toning – Gathering Place, Milton \$45/session

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.*

Aqua Zumba

Oct. 21 - Nov. 29 | Tue.

5:00-5:45 PM and Sat. 9:00-9:45 AM

124 Henry Street, Edgerton, WI

Swift Haven – Swimming Pool:

\$48/session 884-1609. 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.*

Pain Management-Sciatica Nerve Workshop

October 23 | 6:00 – 7:00 PM

Edgerton Hospital Classroom D: \$7

Elise Wileman, Certified Instructor

“You’ve got some nerve!” Sciatic nerve that is! Unveil some of the underlying causes of sciatic nerve pain in this hour long interactive workshop guiding you to be proactive in the health of your sciatic nerve. *Registration required.*

Tasteful Gift Giving

November 3 | 5:30 – 6:30 PM

Edgerton Hospital Classroom A: Free

Giving your friends, family and neighbors delicious tasteful handmade gifts using food can show how much you care, without breaking the bank. The ideas are endless and you can have a lot of fun while you are at it. *Registration required.*

Basic Life Support (BLS) for Healthcare Provider CPR

November 10 | 8:00 AM-12:00 PM

Edgerton Hospital Classroom B: \$50 Certified American Heart Instructors

The Basic Life Support (BLS) is designed to provide a wide variety of healthcare professionals and others the ability to recognize several life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner. This class is for those who have never taken the BLS course or for renewal certification. *Registration required.*

Rehab Open House

November 11 | 5:30 PM

Edgerton Hospital Rehab Room: Free!

After a surgery, illness or injury, you will need to find a place to recover and regain your strength. Why wait until you’re in that situation to start researching your options? At our open house, you’ll enjoy light refreshments as you tour our facility and mingle with the rehab staff! *Registration required.*

Are you at risk for falling?

First Tuesday of each month

Edgerton Hospital Rehab Room: Free!

Our specialized therapists will complete an assessment and give you feedback on the next steps to help you avoid falling. *Please call to confirm appointment: 608-884-1390.*

Grief Support Group

First Friday of the Month

Edgerton Hospital Classroom D: Free!

Edgerton Hospital, in cooperation with SouthernCare Hospice, is providing a Self Help Grief Support Group every first Friday of the month starting at 1:30 PM You may share as much or as little of your experience as you wish.

Heart Healthy Programs

Mondays 9:00 – 9:45AM

Edgerton Hospital Cardiac Rehab Room

For a current listing of class

dates and times call Sue

Kindschi at (608) 884-1397.

Create a healthy heart by attending our free educational programs presented by top-notch healthcare professionals. These classes are specifically designed for anyone who may be at high-risk for heart disease or has previously suffered a heart attack. In 45 minutes, you’ll learn the steps necessary to ensure a healthy heart! Feel free to register for as many programs as you’d like.

Women Heart Support Network Meeting

Fourth Thursday of every month

12:30 – 2:00PM | Edgerton Hospital

Classroom B: Free! Kathleen Butler

and Keynote Speaker

This support group is for women living with heart disease. The monthly meetings will not only provide a great opportunity, but will be fun and educational with a variety of keynote speakers and topics. To register, call Kathleen Butler at 608-290-6164 or Sue Kindschi at 608-884-1397.

To register for these events visit edgertonhospital.com or call 608-884-1609

Our Rehab staff is looking forward to seeing you on Nov. 11 at our Open House.





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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.

0934

Hear this emotional story about a mother's lifesaving visit to Edgerton Hospital



Short-Term Rehab – Your Nursing Home Alternative

After a surgery, illness or injury, Edgerton Hospital's Short-term Rehabilitation – commonly called swing bed – can give you the extra time and care you need to get back to living life.

The program provides a smooth transition from acute hospital care to returning home. And it allows you to recover in a safe environment with everything you need to heal – from physical or occupational therapy to 24-hour skilled nursing – available in one location.

Swing by to learn more

Join us for an open house on Tuesday, November 11 at 5:30 pm to take a tour of our facility and meet our rehab team. RSVP at 608-884-1609.

Short-term Rehab is a Medicare - Certified program.

To find out more about Short-term Rehab call 608-884-1490 or visit edgertonhospital.com



- PT, OT, Speech Therapy
- Private Rooms
- Low Nurse/Patient Ratio
- Wound Care