

Community Connection

A new choice for primary care

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Pain-Free Living:

Dr. Scott Anderson Helps You Get Up and Running with Total Knee Replacements

If you're experiencing pain, stiffness, or loss of function from arthritis, and other treatment methods have been unsuccessful, a total knee replacement can help you enjoy your normal daily activities once again.

Total knee replacements are just one of the many procedures Dr. Scott Anderson, Orthopedic Surgeon at Edgerton Hospital and Health Services, performs on a daily basis.

"The most common reason for patients to proceed with knee replacement is due to moderate to severe pain, stiffness, and loss of function from primary osteoarthritis that has been refractory to other conservative treatment measures," Dr. Anderson says. "Other causes include types of inflammatory arthritis, such as rheumatoid arthritis and post-traumatic arthritis."

Knee replacement surgery replaces the surface of the bones in the knee with an artificial joint. The purpose is to eliminate any pain you might be experiencing and allow full movement of the knee once again. The operation generally lasts between one and two hours, depending on the severity of the patient's condition, and boasts a remarkably high success rate.

"Knee replacement surgery is an extremely successful procedure in relieving pain and restoring knee function and range of motion," says Dr. Anderson. "When looking at survivorship of modern total knee replacements, well over 90% are still functioning 15 years out from surgery."

The recovery process can be challenging, but will be made easier if precautionary steps are taken. Dr. Anderson recommends setting up living quarters on the ground floor of your home to limit the use of stairs. He also emphasizes the importance of removing obstacles in your home that could impede your ability to get around when using a walker or crutches.

He also reminds patients that hard work will be necessary. "The recovery process involves intense physical therapy for about two to three months post-surgery, including visits to the therapist office two to three times per week," Dr. Anderson says. "Complete recovery can take up to 12 to 18 months after the operation, however, by three months patients are frequently feeling good and starting to get back to regular life routines."

Dr. Anderson will continue to perform successful knee replacements and encourages patients to meet with him to discuss risks, benefits, alternatives, and expectations regarding the surgery, hospital stay, and recovery process. ●



Ask your primary care physician for a referral to see Dr. Anderson at Edgerton Hospital! For more information call **608-561-6657**.

To celebrate
Edgerton Hospital's
5 Year Anniversary,

you're invited to a

FIVE
YEAR

Fall Festival

Sunday, October 16
11 am to 2 pm

Edgerton Hospital – 11101 N. Sherman Road
(Healing Garden)

FUN ACTIVITIES FOR THE KIDS



Hay Rides
Pumpkin Painting
Snap Chat Scavenger Hunt
Games & Crafts



FUN FOR ADULTS, TOO!

Fall Craft Fair (items for purchase
from local exhibitors)
Door Prizes
Delicious Food
Meet your care team!



WEAR YOUR HALLOWEEN COSTUME AND WIN A PRIZE!

For all of the fun details, visit www.edgertonhospital.com

CEO Message



It's hard to believe that October marks Edgerton Hospital's five year anniversary of opening the doors to our brand new facility! It's also hard to believe what's been accomplished in those five years. From offering our patients the most comfortable experience – private rooms, windows that open, geothermal heating and cooling; to promising top quality of care – new specialty physicians, earning The Joint Commission's Gold Seal of Approval, bringing in a team of emergency care experts to be on stand-by for when you need them most. All of these efforts have been with you in mind. Our team wants you to have access to the best health care services, without having to travel. Please help us celebrate our five year anniversary by joining us at our Fall Festival. Hope to see you there! – Jim Schultz, CEO



Mary Hareid in Edgerton's Healing Garden with her therapist Ann Rudel

Keys to Mary Hareid's Success at Edgerton

The right people, the right hospital, the right attitude.

If anyone has a right to complain, it's Mary Hareid. On March 13th, 2016, Mary and Dennis, her husband of 46 years, were in a terrible car accident.

"I got home from church, and we decided to go for a drive," says Mary. Around 10:30 that Sunday morning, their car was hit head-on on Main Street.

Dennis suffered a broken hip. Mary's injuries were worse. "I had skull fractures, a broken neck, a fractured hip, two broken legs, and a broken ankle," she recalls. She was rushed to a hospital in Rockford, where she stayed for a month until she was ready to be transferred back to Edgerton where she stayed for about three months.

She had to wear a "halo" while in Rockford to stabilize her head and neck, and while the experience was anything but heavenly, Mary's attitude certainly was blessed: Where another person

might be depressed about this unfair change of fortunes, or angry that such a thing happened to them, Mary has had an exceptional attitude about her situation.

"Mary is a remarkable lady," says Ann Rudel, a Certified Occupational Therapy Assistant who was Mary's primary therapist at Edgerton Hospital. "Her desire to work and get through this was so strong."

"I've been doing this for 33 years," says Ann. "I've seen how important attitude and motivation are to recovery. Mary excelled in both areas."

When a person is injured as badly as Mary was, Ann says, "You just start where they are. We work with whatever they have available and go from there. If all she can do is move her fingers, that's where we start."

Mary's positive attitude and willingness to work hard were bolstered by what she describes as "overwhelming support" from her family and friends.

"I had friends and family I didn't know I had," she says. "I would get calls and letters from complete strangers saying they were praying for me and wishing me well."

Mary's husband joined her on her recovery as his own hip was healing, and her two sons "were with me all the time," she says. Her husband and sons equally benefited from having Mary close to home. They were able to visit her whenever they needed and felt assured knowing she wasn't far away.

The hospital environment was another big help. Mary says the people were outstanding and kind, making her long stay as comfortable as possible. And, that it was so close to home made it easy for family to visit, which was another plus.

Knowing Mary's love of gardening, Ann incorporated the standing flowerbeds in Edgerton's Healing Garden in Mary's therapy.

"Purposeful movement, like planting flowers," says Ann, "is extremely beneficial to patient recovery. It gives incentives for them to move and stretch and work beyond just prescribed exercises."

Mary still goes to physical therapy as an outpatient. There is still a ways to go. Mary hasn't yet been able to return to work. She can't return to driving quite yet. She still uses a walker. She is still in pain. But things are looking better every day, especially when Mary considers where she started. She and Ann agree that her attitude and motivation have been key components to her recovery. ●



Short-Term Rehab at Edgerton

Mary stayed at Edgerton for three months as part of the hospital's swing bed program. Often, like Mary, patients need a longer time to recover after a surgery, illness, or accident. The short-term rehab program allows patients to heal in a hospital setting, staffed with 24/7 nursing care, plus onsite occupational, physical, and speech therapy services.

- As was the case for Mary, patients don't necessarily need to start at Edgerton. If the hospital stay was elsewhere, patients can be discharged to Edgerton, to complete their recovery closer to home.
- The program is usually covered by Medicare as well as most insurances.
- In addition to 24-hour nursing care, services also include: rehabilitation, wound care, IV therapy, in-house pharmacy, diet and exercise planning, patient and family services, and discharge planning.



"The people at Edgerton have been a big factor in helping me stay positive. Three months was a long time to be in the hospital, but they treated me like family, like a person, not a number. Using gardening in my therapy, plus all the individual attention. . . I really felt like they cared about me as a person. They are such a blessing."

-Mary Hareid



To learn more about Edgerton Hospital's short-term rehabilitation program, call **608-884-1490** or visit **www.edgertonhospital.com**.

A portrait of Dr. Karen Berger, a woman with curly blonde hair, smiling. She is wearing a dark blue blazer over a light blue top. The background is a blurred indoor setting.

Introducing **Dr. Karen Berger,** *Primary Care Physician*

Health Care in Her Home State

From earning her Bachelor's of Science at the University of Massachusetts-Amherst to providing social health care for Syrian refugees in Europe, Dr. Karen Berger, Primary Care Physician at the Edgerton Hospital Milton Clinic, has explored her fair share of the world. And while she's traveled and lived in other states, she always seems to gravitate back to her native Wisconsin.

That, along with her vast professional experience and skill, is why she's the newest addition to the outstanding primary care team at the Milton Clinic.

"I chose Edgerton Hospital because it offers a wonderful practice environment with a fantastic commitment of service to the community," Dr. Berger says. "It has a beautiful 'green' and healing work environment, and an amazing and supportive staff."

After practicing medicine for about 20 years, Dr. Berger has plenty of experience in health care. She particularly loves primary care because of the ongoing connections with patients.

"I love seeing patients of all ages and getting to know more about them and their lives, along with their health care concerns, during each visit," Dr. Berger says.

Dr. Berger loves the breadth of Family Medicine, as well as the collaboration in patient care. She values helping children and young adults, but she also has experience caring for the elderly and those at end of life.

In addition to practicing medicine, she also enjoys her free time.

"I love to garden, cook and have family and friends over to share a meal together," Dr. Berger says. "I enjoy reading as well as traveling with my husband."

Dr. Berger appreciates the Edgerton/Milton area for its strong sense of identity and community, along with its beautiful rural Wisconsin setting.

She is accepting new patients, and encourages patients to choose a physician they can talk with in confidence and comfort. ●

Make Primary Care a Priority

Take Care of Yourself So You Can Take Care of Others

Anyone who has ever been on an airplane has heard the safety instructions: In the event of a loss of cabin pressure, ensure your own oxygen mask is in place before assisting others. Even though you might be confident you can help someone else first, and even though that might be your instinct, you must first ensure your own safety.

This is also true of primary care. Getting regular checkups may not seem like the best use of your time if you're feeling healthy, if you don't have a family history of anything, or if you're really busy. But taking care of yourself is vital to your ability to take care of others.

Yearly visits to your primary care provider can, simply put, save your life. You and your doctor can address any potential concerns, make sure you are getting screened for the right things at the right time, and catch a potentially serious condition before it starts.

Primary care is the best investment you can make in your health—and it's the easiest. Unfortunately, another barrier to care could be the relationship you have with your provider. If you don't feel comfortable speaking to your doctor, you might neglect to inform him or her of something important, which could have serious consequences.

"It's so important to feel comfortable with your physician, and to have a good relationship, so be sure to choose someone you feel at ease speaking with,"

- Dr. Berger

Primary care is a vital component to living your best life. When you feel good and when you are in your best health, you can do better at your job, provide for your family better, and be there to take care of those you love for years to come. ●



Meet Dr. Berger!

To schedule a **FREE** ten-minute get-acquainted visit with Dr. Berger, call **608-868-3526** today!*

*Complimentary visit is simply a brief opportunity for you to meet Dr. Berger. It is not intended for the treatment or diagnosis of medical issues.

A Passion for Learning Means Continuous Improvement

Elizabeth Luchsinger's personal values create professional payoffs

Elizabeth Luchsinger is committed to making things better. Whether it's in her role as Director of Quality/Risk/Compliance for Edgerton Hospital and Health Services or in her everyday life, Elizabeth is always learning. She is always on the lookout for new ways to do things better.

It's Elizabeth's natural curiosity and zeal for problem solving that made her successful in life so far. A native of Kansas, Elizabeth moved to Wisconsin in 2004. She received her Bachelor's in Elementary Education from UW-Whitewater in 2008 and later, a Master of Business Administration in 2012.

She brought her love of learning with her when she was hired at Edgerton Hospital as Administrative Assistant to the Chief Nursing Officer.

"After spending time at meetings with the Chief Nursing Officer," says Elizabeth. "I found that I had a strong desire to improve the quality of care that our patients received." When the Quality Director position opened up in 2012, Elizabeth leapt at the chance to put her desire to improve the hospital into action.

Elizabeth's efforts are paying off. According to the federal Agency for Health care Research and Quality (AHRQ),

Wisconsin is the third most highly rated state in the country, with overall health care quality scores that closely followed Maine and Massachusetts. It's Elizabeth and her colleagues throughout Wisconsin who are responsible for these impressive results.

One of the things Elizabeth is most proud of is the accreditation the hospital received in 2013 from The Joint Commission. She is also proud of the quality culture shift the hospital has undergone. "Before," she explains, "quality improvement was something staff had to work on. Now they want to do it. Our goal is continuous quality improvement, and the staff is happy to comply. This improves patient outcomes and makes life better for everyone who works here."

When not at work, Elizabeth can be found continuing her self-improvement with a leadership book in hand. That is, when she's not in the backyard reading murder mysteries, spending time with her husband, Vern, or chasing after daughters Audrianna (9) and Atalissa (3).

Elizabeth is proud to be part of the Edgerton community and is especially proud to be a part of the hospital's continued improvement. ●



Navigating the Health Insurance Marketplace

Join us for an informational meeting on Wednesday, October 19th
5:30pm – 7:30pm

With the 2016-2017 open enrollment period approaching, it's important to know your choices.

If you think the Health Insurance Marketplace is right for you, or even if you don't think it is, but you have more questions, our upcoming event will address those questions and more. **Understand your rights and choices when it comes to your health care.**

We will answer questions such as:

- **How can I enroll for the Health Insurance Marketplace?**
- **When can I enroll?**
- **Are there any requirements for enrollment?**
- **Does everyone pay the same amount?**
- **What does my insurance cover?**
- **Are there other local insurance options?**
- **What is available at my local hospital?**

Join us on October 19th from 5:30pm – 7:30pm for information, conversation, and more regarding the Health Insurance Marketplace. There will be complimentary food and beverages served throughout the event, along with a panel of special guest speakers!



To reserve your seat for this free event, call **608-884-1609** or visit **edgertonhospital.com**.





Don and Barb Brown’s significant contributions to Edgerton Hospital and the community

The sounds of the elegant black and white keys flow throughout the Healing Garden as people gather to commemorate the new pergola donated by a gracious family. The pianist, Barb Brown, has been playing for over 60 years. Piano is one of her many passions she pursues.

Barb and her husband Don moved to Edgerton in 1977 and have been involved in the community and the hospital ever since.

“When we moved to Edgerton, we didn’t have a Newcomer’s Club, and I was looking for a way to meet people,” Barb says. “That’s when I was asked to join the Edgerton Hospital Auxiliary, and I’ve been involved since 1978.”

Barb has worked with the Hospital Auxiliary ever since, only taking a break for temporary work when her children went to college. She currently volunteers in the mail delivery department, but has served various jobs.

Don, a former financial and investment planner, recently retired. He served on the board of the hospital for 10 years, and as the Board Chair towards the end of his tenure. Don worked closely with the Edgerton Hospital Capital Foundation to coordinate the planning of the hospital’s new facility. Now, he enjoys serving on the Board of the Bank of Milton.

Even with all of their contributions to the community and hospital, Don and Barb still find time to enjoy their hobbies. “We’re very active tennis players,” says Barb. “We’re also avid bicyclists, and enjoy playing bridge.”

They also tend to a small vegetable garden at home, and for a while they grew and sold raspberries. “We used to have about a quarter acre of raspberry canes,” Barb says. “Those berries were delicious. A lot of people know us for raising raspberries.”

Don and Barb live right outside of Edgerton, but they still appreciate the hometown feeling in the city.

“It’s a community where you get to know people and people care for each other – more so than a larger community. We’ve made a number of good friends.”

- Don Brown

Barb and Don will continue working with and visiting Edgerton Hospital for the friendly people and outstanding services. In the meantime, you can find them on the tennis court hitting balls or cross-country skiing in the winter. ●

Because of you...

Thank you for your support! You're amazing! With your gift, you join the champions who support Edgerton Hospital. We are still raising money for equipment; we are expanding physician services and reviewing our future space needs to help Edgerton Hospital continue to meet the needs of our patients.



What you made possible...

Together we are saving lives and building healthy communities. 2016 (to date) and 2015 Gifts to Edgerton Hospital from Edgerton Hospital Capital Foundation includes:

- Vital Signs Machine for Wound Care Clinic
- Two Laboratory Centrifuges
- Defibrillator
- George & Nancy Parker Pergola and Circle Labyrinth Garden Named
- Ruth "Toot" Larson Roth Memorial Pavilion Named
- Lite Gait with Treadmill
- Bone Densitometry
- The William and Joyce Wartmann Rehabilitation Services Named
- Victory Fun Run/Walk expenses
- Healing Garden Designated Gifts

How you can still help...

Our current fundraising efforts are focusing on sinus surgery in order to provide the best care locally. Everyone knows someone who suffers from a form of sinus congestion, whether it's allergies or a chronic condition. The Medtronic Fusion™ ENT Navigation System has been used in Edgerton Hospital on a trial basis and patients found it to be state-of-the-art, less invasive, with a very positive outcome.

Whether this affects you, a loved one, or a friend, please consider supporting our efforts to raise \$156,000 for a Medtronic Fusion™ ENT Navigation System. The Foundation wants to help our friends and neighbors breathe easy!

For more information or to make a donation, call Bonnie at 608-884-1401 or visit www.edgertonhospital.com and click on 'Make a Gift.'

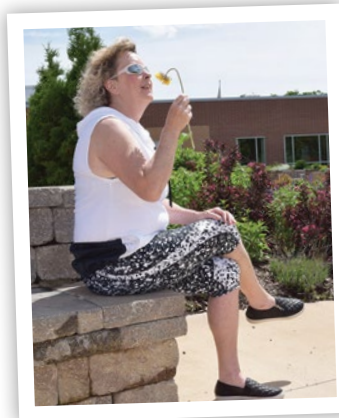


Have you visited your Healing Garden?

Edgerton Hospital's Healing Garden complements our beautiful hospital and is **open to the public**. There are also hiking trails that wind through a wooded ravine on 70 acres and are here for you to enjoy.

Interested in gardening in our Healing Garden? Volunteer!

We need your green thumb to help our flowers grow. If you'd like to volunteer, please call Bonnie at 608-884-1401.



Roxanne Hareid is now able to breathe easy after her recent sinus surgery.




**Edgerton Hospital
Capital Foundation**
OUR VISION, SECURING THE FUTURE.

Thanks for your donation!



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Affiliated with SSM Health

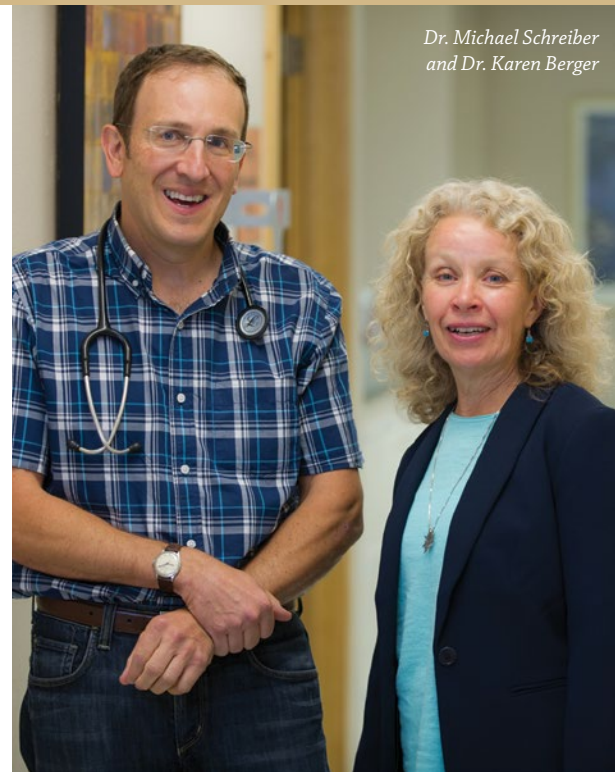
If you do not wish to receive solicitations of mailings from Edgerton Hospital or the Edgerton Hospital Capital Foundation, please e-mail ehhsinfo@edgertonhospital.com or utilize our toll-free number 1-800-884-3441. 3052

Stay Healthy This Fall

Cooler weather means more than just an increase in pumpkin spice flavored foods. Here are some tips for taking the cooler weather in stride.

- **Take the cooler weather in stride!** Have you been hiding in the air conditioning all summer? Fall is a great time to get out and go for walks, hikes, or bike rides. Embrace the crisp air and enjoy the beauty of the season.
- **Get the flu shot.** Unless directed by your doctor, get the flu shot.
- **Watch for fall risks.** The beginning of autumn is the perfect time to minimize falling and tripping risks for you or your loved ones. Make sure rugs are tacked down, railings are reinforced, and grab bars are installed. Falls are preventable.
- **Get the flu shot.** Seriously!
- **Start good habits now.** Get ahead of holiday weight gain and stop stress before it starts by starting a healthy eating and exercise regime.
- **Wash your hands often.** The colder weather kicks off cold and flu season. Keep yourself healthy and stop the spread of germs by washing your hands before you eat, after you've used the bathroom, and after coming in contact with others.
- **Get the flu shot.** We can't overstate it: getting the flu shot is the best thing you can do for your own health and the health of others this fall and winter.

*Dr. Michael Schreiber
and Dr. Karen Berger*



Call **608-868-3526**
to get your flu shot at
the Milton Clinic.