

Community Connection



Meet American Heart Association's "Lifestyle Change Award" winner, Sandy Huebner!

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We are close to our fundraising goal! Can you help?

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CEO Update

There are many benefits to being cared for at a small hospital – shorter ER/urgent care wait times, the ease of scheduling an appointment with a specialist or primary care doctor, and a sense that you’re not viewed as a number, but actually a friend and neighbor. This idea of personalized care is something that our team strives for with each patient we see.

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When it comes to our patients who need to stay overnight or for an extended period, personalized care is even more crucial. That’s why we designed our hospitalist program to include three of the area’s best physicians, who rotate evenly and have mastered communication so that everyone is in the know.

Our patients like the fact that they get to know their doctors, and especially that their doctors get to know them! In fact, from June through August, our inpatient care received 97% patient satisfaction, with 96% saying that they were especially pleased with their hospitalist. If you’re curious exactly what the role of a hospitalist is, please read on, and know that if you ever find yourself needing to stay the night with us, you’ll be in good hands!

– Jim Schultz, CEO



Who’s That Doctor?

When you’re admitted to Edgerton Hospital for an injury or illness, you may wonder who will be providing your care. We want to ensure your hospitalization is as successful and as short as possible, so you can return to your normal life. That’s why we are pleased to offer a group of highly skilled physicians called “hospitalists,” who specialize in in-hospital care and are able to provide treatment for a full spectrum of serious adult illnesses.

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Edgerton Hospital’s team of hospitalists is board-certified and has decades of experience. Each day of your stay, a hospitalist will visit you to monitor and manage your care, write any additional orders for tests, and keep your primary care physician

up-to-date on your progress. Any change of your condition is responded to quickly by our hospitalists in coordination with the rest of your team.

Studies have shown that hospitalist programs offer many benefits, including:

- Enhanced patient care and safety
- Faster recovery and shorter hospital stays
- Reduced hospitalization costs
- Improved patient satisfaction

When it’s time to go home, your hospitalist can arrange for your discharge and detail your discharge instructions. This information will also be shared with your primary care physician, who will then resume responsibility for your follow-up care.

Meet Our Team of Exceptional Hospitalists:



Dr. Bhanu Sankineni

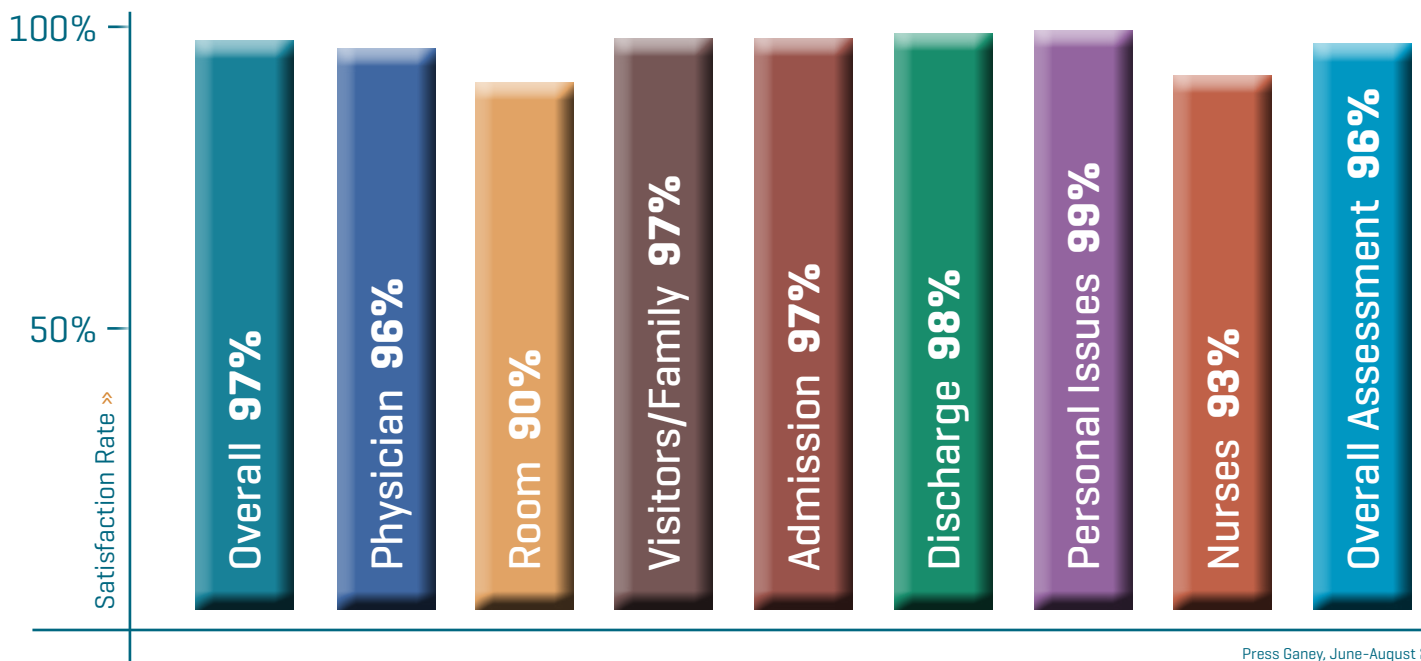


Dr. Radhika Kosaraju



Dr. Abdul Mohammed

Results from our Inpatient Satisfaction Survey



Press Ganey, June-August 2017



Employee Spotlight

The Show Goes On

As one of our longest veteran employees, Karen Greene, Certified Surgical Technologist, has seen many of the changes Edgerton Hospital has undergone over the years. She began as a nursing assistant at the former facility in 1963. She loved her career there, and when the new hospital was built in 2011, she decided she wasn't going to retire until she could experience the new building.

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“And now, I'm still here and still enjoying it!” says Karen.

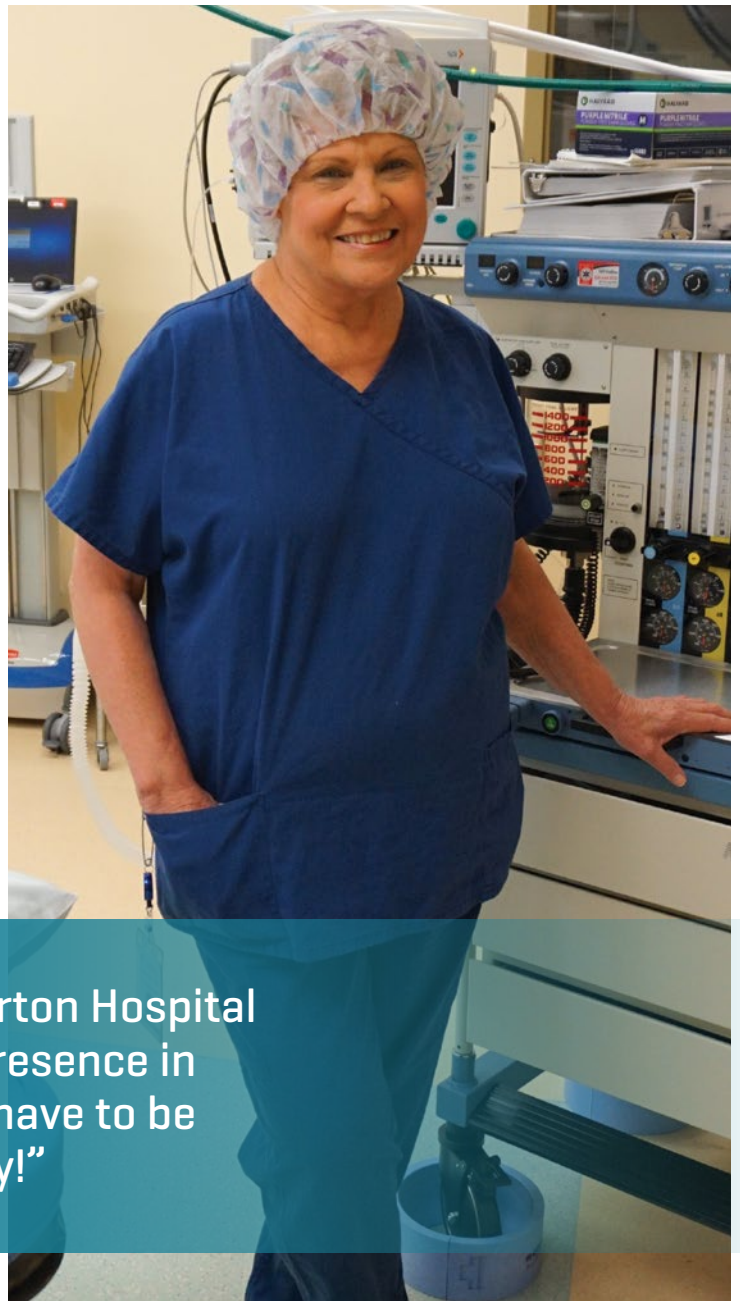
Throughout her career, Karen has worked on the nursing floor, in the central sterilizing department, and in the emergency room. For most of her time at Edgerton, however, she's worked in surgery, right next to the surgeon in the operating room. For several years, she was also involved in emergency management, which involved coordinating disaster and emergency training.

“Surgery is my first love,” says Karen. “Every day is different, so it's always interesting.”

Outside of her career, Karen's other loves include singing and playing bass guitar. She and her husband, Ron, spent several years in a country band, traveling on the weekends to play gigs around the region. “That was a lot of fun, and we met a lot of people,” remembers Karen. “Now, we still get together a few times a week with other musicians to just jam. We call ourselves the Cellar Dwellers,” she laughs.

When it comes to retirement, Karen draws from her experiences in performance – the show goes on. “I figure if I can walk, talk, and make sense in the morning, I might as well go to work,” she says. “I'll think about it, but then I come to work and there's something new going on and I remember how much I enjoy it here.”

Plus, Karen is proud of the growth Edgerton Hospital has experienced and is excited about the new services and specialties always being added. She enjoys being part of that innovation and success.



“I want to be a part of helping Edgerton Hospital grow and become an even bigger presence in Southern Wisconsin. We no longer have to be the best-kept secret in Rock County!”

Edgerton Hospital Capital Foundation

As the seasons begin to change and the crisp fall air is abundant, we are breathing a sigh of relief and counting our blessings that so many wonderful donors have stepped forward and devoted themselves to ensuring that our entire community never has to struggle for a breath.

Through these very generous donations, the Edgerton Hospital Capital Foundation has raised \$121,000 toward the purchase of a Medtronic Fusion Ear, Nose, and Throat Navigation System. To reach our goal, we are still in need of \$35,000.

If you are looking for a way to give back in a purposeful and meaningful way, we would appreciate your support in helping complete our giving tree. With just \$35,000 to go, we know that with your generous donations, you will help us reach our goal!

With your help, the New Year will be filled with possibilities and plenty of fresh air for all in need.

Together
MAY WE GIVE
OUR community
THE ROOTS
GROW
and the WINGS
TO FLY

\$156,000
GOAL

\$121,000 RAISED!

Because of you, you make a difference!

Thank you for your support! Together we are saving lives and building healthy communities.

To date, 2016 and 2017 Gifts to Edgerton Hospital from Edgerton Hospital Capital Foundation included:

- Laser Varicose Vein Treatment Equipment
- Two Endoscopy Surgical Cameras
- Respirationics V60 Ventilator
- Fisher Healthcare-Centrifuges
- CD/DVD Burner for Portable Image Transfer
- George & Nancy Parker Pergola and Circle Labyrinth Garden
- Ruth "Toot" Larson Roth Memorial Pavillion Named
- Bone Densitometer
- Healing Garden Designated Gifts

All donations for the Medtronic Fusion ENT Navigation System will be matched – doubling your impact!



To make a donation, please visit www.edgertonhospital.com or contact Bonnie Robinson at 608-884-1401 or brobinson@edgertonhospital.com.

Patient Spotlight

Like Family

After a major surgery, there can be a lot of new things to get used to. For Tony Welter, adjusting to life after an amputation was made easier by the amazing staff at Edgerton Hospital.

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Tony had developed a non-healing wound on his foot that eventually required amputation of his right leg below the knee. After surgery, Tony needed short-term rehabilitation therapy to heal and rebuild his strength. Being from Janesville, he initially looked for a hospital close to home. However, there wasn't any room, so Tony ended up at Edgerton – and he couldn't be happier he did.

"I absolutely loved Edgerton Hospital," says Tony. "I got treated like family there. It was just awesome. I wouldn't have wanted to go anywhere else."

The Short-Term Rehab program, also known as Swing Bed, at Edgerton Hospital is designed to help patients recover from illness, injury or surgery. The goal is to get patients back to their prior level of independence so they can return safely to a home environment. Tony benefited greatly from the physical and occupational therapy offered in Short-Term Rehab, as well as the 24-hour skilled nursing care.

"The physical and occupational therapy departments are top notch," says Tony. "I got to know most of the therapy department staff, and they make you feel like family."

So much like family, Tony's physical therapist, Sherry Catacutan, even went out of her way to check in on Tony's mother at Evansville Manor to see how she was doing and update her on Tony's progress.

"To me, that means she cares about her patients, and it also reassured my mom that I was doing great," says Tony.

The nursing staff also played a large part in Tony's recovery. Along with managing his comfort and monitoring his health, they helped make his stay pleasant and ensured he had everything he needed.

"I had many nurses and all were fantastic," says Tony. "They always had a smile on their face and always greeted me with kind words. And Laci, my CNA, was always looking out for her patients, and you can tell she loves to work with people."

Today, Tony is back home in Janesville and has been fitted with a prosthetic. Since recovery, he's been able to return to babysitting his three-year-old twin grandchildren during the week. Next year, he's looking forward to getting back into gardening, a favorite hobby of his.

And, he won't soon forget his enjoyable stay at Edgerton Hospital. From the staff and café, to the Healing Garden and décor, Tony was impressed with everything. "This was my first stay at the new Edgerton Hospital, and I was very impressed," he says. "Hats off to all for the great work."



After recovering, Tony is happy to be able to spend quality time with his grandkids, Curtis and Abby.

A Rewarding Lifestyle



Sandy Huebner with Susan Kindschi, Manager of Edgerton Hospital's Cardiopulmonary Department.

Sandy Huebner has discovered so many benefits of her new, healthy lifestyle, she didn't need an award to motivate her to continue – but it was sure nice to receive one. Since drastically changing her lifestyle and improving her health, Sandy was recently recognized with a medal for the American Heart Association's "Lifestyle Change Award" during the Bert Blain Memorial Heart Walk in Janesville.

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"I completely changed my diet and learned how to readjust my meals," says Sandy. "It's been three years and I've lost 70 pounds, and I still watch what I eat to maintain my health and exercise all the time."

Sandy was nominated for the award by Susan Kindschi, registered nurse and manager of Edgerton Hospital's Cardiopulmonary Department. Susan has worked with Sandy since 2014, when she came to Edgerton Hospital to begin cardiac rehabilitation following surgery to place three stents in her heart.

Years of a non-nutritious diet and lack of exercise had led to a buildup of plaque in Sandy's arteries, a common condition called coronary artery disease. After the stents were placed, Sandy knew she had to change her lifestyle to protect herself from future problems or heart attack.

An Edgerton native, she was grateful to have access to the cardiac rehabilitation services she needed right at Edgerton Hospital.

"I wouldn't go any other place," says Sandy. "Their entire team is so nice, and they are very helpful."

Sandy started with Phase II Cardiac Rehabilitation, which involves an individualized, monitored exercise program, one-on-one progress meetings, education, and a support network. She also met with Jenny Ludwig, registered dietitian, to develop a meal plan and learn how to measure food.

Even though Sandy has graduated from the Cardiac Rehabilitation program, she continues to exercise at the hospital through their maintenance/wellness program, three days a week for 96 minutes each, and at home, twice a week for 40 minutes each.

"I enjoy working out now," says Sandy. "I have so much more energy now, and I enjoy moving all the time."

With her new energy and lifestyle, Sandy and her husband, Bud, are spending more time traveling. They recently celebrated their 50th anniversary with a trip to the Grand Canyon and have other travel plans in the works as well.

Digesting the Truth About Colon Health

It can be uncomfortable to talk about, but it's important to stay educated and talk with your doctor about colon health. Colorectal cancer, or cancer of the colon or rectum, is the third most common cancer in both men and women in the United States. The earlier you catch and treat colorectal cancer, the better your chances of survival.

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Colonoscopies Can Prevent Cancer

When it comes to most types of cancer, the screenings that are done are meant to find cancer that is already present. But unlike the rest, colonoscopies can actually find what causes cancer, too.

Colonoscopies are used to find and remove polyps, which are abnormal growths that may later become cancerous if not removed. By getting screened regularly after age 50 and practicing a healthy lifestyle, you can lower your risk of developing colorectal cancer.

Am I at Risk?

While colonoscopies are likely the best way to keep cancer at bay, it's also important to see your provider if you have any factors that put you at higher risk for developing cancer or if you're having symptoms. Things to be aware of include:

- Age. 90% of those diagnosed are over the age of 50.
- History of colon cancer. If you've had colon cancer before, you are more likely to have it again.
- Inflammatory intestinal conditions. Conditions such as Crohn's disease and Ulcerative Colitis increase your chances.
- Inherited disorders that affect the colon. Familial adenomatous polyposis (FAP) and hereditary nonpolyposis colorectal cancer (HNPCC) increase your chances.
- Family history of colon cancer. If a parent, sibling or child has had colon cancer, your chances are increased as well.
- Other risk factors include a poor diet, sedentary lifestyle, heavy use of alcohol, obesity, and smoking.

Knowing the Signs

Many people dismiss the initial signs and symptoms of colorectal issues as normal disruptions to their digestive system. Plus, most people are uncomfortable talking about bowel discomfort, even with their doctors. But, if you experience any of these symptoms, it is important to notify your doctor:

- Changes in bowel movements, such as diarrhea or constipation for more than two weeks
- Rectal bleeding or blood in stool
- Abdominal pain, especially with bowel movements
- Feeling that the bowel never empties completely
- Pain or bloating in the abdomen
- Fatigue
- Unexplained weight loss

When discovered early, colon cancer is one of the most curable cancers. Don't let yourself die of embarrassment – talk with your doctor about colon health or schedule your colonoscopy today.

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Edgerton Hospital recently welcomed Dr. Andrew Ridders, general surgeon, to our team. Dr. Ridders received his medical degree from the Kansas City University of Medicine and Biosciences and has 18 years of experience as a general surgeon. In his new position, Dr. Ridders focuses primarily on performing colonoscopies and endoscopies, providing a convenient option for patients right here in our community.



Talk with your primary care physician today to schedule an appointment, or call 608-884-1340 to learn more.

Hospital Happenings

The team at Edgerton Hospital has had a busy summer! We've enjoyed seeing many friends and patients as we've been out and about. We picked some of our favorite photos to share with you.



Thanks to everyone who registered for the Veteran's Victory Fun Run/Walk! As our Foundation's only major fundraising event, it was wonderful to see such an outpouring of support! Because of you, Edgerton Hospital will be able to offer quality, local care far into the future!



At Edgerton's National Night Out, our team was able to teach compression-only CPR to guests of all ages!

This summer our team visited both Rock County Leisure Estates and Hickory Hills Campground to discuss topics such as first aid, healthy eating, proper lifting, CPR, as well as health screenings.



You may have seen your "local lifesavers" in both the Edgerton Heritage Days and Milton 4th of July parades!



It's always a great time representing our Milton Clinic at the annual Chicken BBQ.

Community Spotlight

Connecting with Mind, Body, and Spirit

Wellness is more than just physical health. And while much of Edgerton Hospital's services focus on healing physical ailments, we care about your mental, emotional, and spiritual well-being, too. That's why we collaborate with community partners like Elise Wileman, owner and instructor of Free Will Yoga, to bring classes to patients and community members at our hospital.

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"Healing happens in a lot of ways," says Elise. "Edgerton Hospital is great in that they try to offer services that look at other types of healing. I've enjoyed a great relationship with them."

In fact, Elise has been working with the hospital for nearly 10 years, starting as an instructor with the StrongWomen™ program. She taught progressive resistance training, balance training and flexibility exercises to keep middle-aged and older women active.

"I enjoyed teaching the StrongWomen classes, and then they asked if there was anything else I could bring for classes," remembers Elise. "I told them I taught yoga, and it snowballed from there."

Elise began teaching yoga many years ago at a local health club before deciding to branch out on her own. She opened her Free Will Yoga studio in 2010 and enjoys teaching classes to the community.

"I've been in Edgerton for over 20 years. I love this community and helping the people in it," says Elise. "And yoga is a great way to do that."

Elise's yoga classes at Edgerton Hospital are open to community members and generally meet once a week for 10-12 weeks. When the weather is nice, she sometimes

takes the class outside to the Healing Garden. Either way, the hour-long class gives participants time to slow down and connect with their bodies and minds.

"Our lives are so busy and hectic, I tell people that even if they don't like yoga itself, they are at least getting an hour to themselves with no demands or phones," says Elise. "When we're given that guilt-free pleasure of an hour to ourselves and then add that deep connection with your body through yoga, there are so many benefits. Externally it shows, and you feel calmer in your day-to-day life."

Outside of her practice, Elise enjoys spending time with her three grown children, hiking, kayaking and reading.



For more information about yoga and other classes offered at Edgerton Hospital, visit www.edgertonhospital.com/events or call 608-884-1609.

Focus on You!

Join us for a FREE Women's Wellness Morning

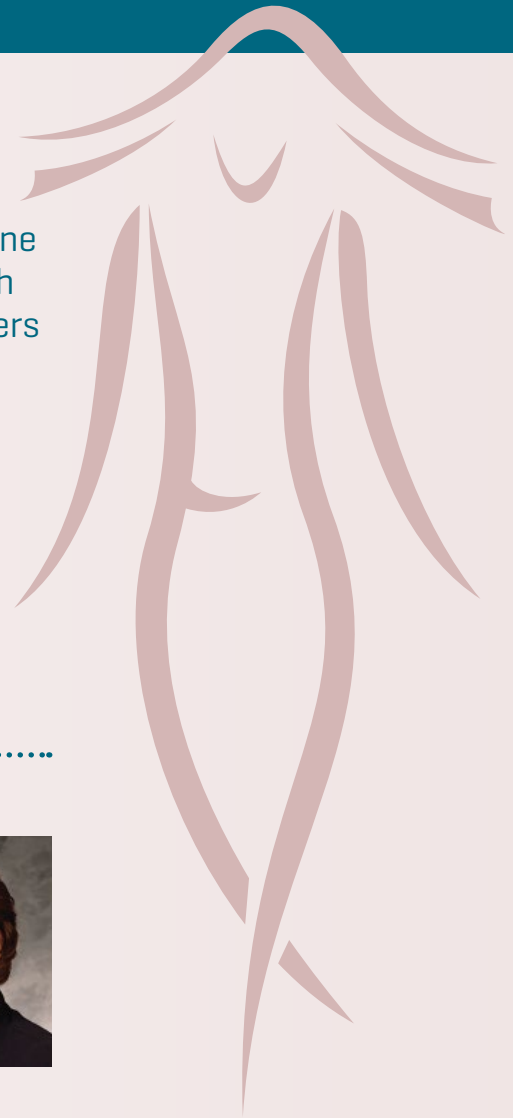
Wednesday, Oct. 18th | 9:00 – 11:00 a.m.

You have to take care of yourself before you can take care of anyone else. To help navigate through the myriad layers of women's health issues, we've put together a comprehensive panel of guest speakers to shed light on topics such as breast health, heart health, important screenings, nutrition, and general wellness.

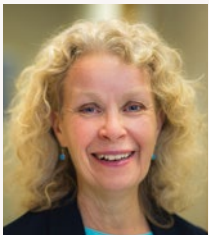
This event will be fun and informative, and you'll leave with a better understanding of what's needed to keep you healthy and active.

We'll have delicious snacks, coffee, a great door prize, and an enlightening discussion. It's time to take a moment and focus on you!

Reserve your seat by calling Kris at 608-884-1609 or online at www.edgertonhospital.com.



Our expert guest speakers include:



Dr. Karen Berger,
Family Medicine



Jenny Ludwig,
Registered Dietitian



Dr. John Moses,
Cardiologist



Dr. Gale Sisney,
Radiologist

Meet Dr. Gale Sisney, Radiologist

At Edgerton Hospital, we pride ourselves on providing unmatched service along with top-level care. Gale Sisney, MD, has been practicing radiology for nearly 25 years and is dedicated to making patients feel comfortable and meeting their needs.

Dr. Sisney is a highly trained and qualified radiologist with an extensive expertise in all areas of radiology, especially breast imaging. Throughout her career, Dr. Sisney has performed over 100,000 mammograms and 10,000 biopsies. She received her medical degree from the

University of Illinois at Chicago, completed her diagnostic radiology residency at Northwestern University Medical School, and received her fellowship training in breast imaging and intervention at the Swedish Medical Center: Radiology Imaging Associates.

Come to Edgerton Hospital for the best in service and experience. Plus, we offer flexible appointment times including evening and weekend hours for your convenience.



Schedule your mammogram today by calling 608-884-1380





*Focus
on You!*

**FREE WOMEN'S
WELLNESS MORNING**

Wednesday, Oct. 18th
9:00 – 11:00 a.m.

see page 11

Community Connection complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-608-884-3441.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-608-884-3441.

Welcoming Suleyman Kurter, Doctor of Podiatric Medicine



Edgerton Hospital is pleased to welcome our new surgical podiatrist, Suleyman Kurter, DPM, to our team. Dr. Kurter provides a wide range of services, from basic care to clinical and surgical procedures. He received his doctor of podiatric medicine degree from the Ohio College of Podiatric Medicine.

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Rely on Dr. Kurter to provide compassionate, expert care for procedures including:

- Bunion correction
- Ankle scopes
- Hammertoe correction
- Ankle ligament repair
- Neuroma excision
- Plantar fascia release
- Arthritic joint correction with fusion or implants
- Achilles tendon repair with spur removal
- Chronic or acute tendon repairs
- Achilles tendon lengthening
- Flatfoot reconstruction
- Tarsal tunnel release
- And more



To make an appointment with Dr. Kurter, call **608-561-6657**.