

# COMMUNITY

## *connection*

WINTER 2019



### COMMUNITY SPOTLIGHT

Promoting wellness in the schools

Edgerton Middle School 6<sup>th</sup> graders, Vanessa, Marti, Lola, Evie, Trevor, Eli, and AZ

### SLEEP WELLNESS

Learn about common sleep disorders

### PATIENT SPOTLIGHT

Meet Swing Bed program participant Del Montgomery

### EMPLOYEE SPOTLIGHT

Introducing longtime staff member Cheryl Lund

# CEO UPDATE



There is a misconception that bigger means better, and we often see this false theory play out when it comes to local healthcare. Traveling out of town means you'll have access to more talented providers, right? I wouldn't be so quick to assume!

Did you know our team of specialists – a cardiologist, pulmonologist, podiatrist, surgeon, gastroenterologist and the newly added ear, nose and throat team – all come to Edgerton Hospital from big-city hospitals? They use Edgerton Hospital as an outreach facility to hold clinic and perform procedures, and they accept the same insurances the hospital accepts.

By bringing these quality care providers to Edgerton, we're able to offer the community easy access to care. There's no hidden agenda, and you won't be charged more for seeing a specialist if your insurance allows – you simply won't have to drive far and wait long for an appointment!

*It's always our goal to be there for you when you need us most."*

As you read through these pages, you'll hear from a patient who learned firsthand the life-saving care he needed was just minutes from his home at Edgerton Hospital. You'll learn how Edgerton Hospital's short-term rehabilitation program has been here when a local patient needed a place to recover, numerous times. It's always our goal to be there for you when you need us most and provide you with the quality care you deserve. Thank you for allowing Edgerton Hospital the opportunity to earn your trust, to dismiss any misconceptions you may have and to always be your partner for quality, local care.

**Jim Schultz, CEO**

## COMING TO EDGERTON: EAR, NOSE & THROAT SPECIALTY CARE!

### STAFF WELCOMES DR. DANNY YAISH AND AARON YOCHAN, PA, BACK TO THE TEAM

Edgerton Hospital staff is thrilled to welcome Dr. Danny Yaish, DO, a certified ear, nose, throat and sleep medicine doctor, to the team, along with Aaron Yohan, PA.

With cutting-edge treatment methods, they aim to provide lasting relief for patients living with ENT conditions. These include not only the ear, nose and throat, but all other areas of the head and neck.

After holding clinic at Edgerton in 2016, Dr. Yaish is happy to return and join the team.



Dr. Yaish (left)  
prepares for clinic  
with Aaron Yohan, PA.

“We look forward to using Edgerton Hospital’s state-of-the-art equipment to offer ear, nose, throat and sleep apnea services to the Edgerton community,” Dr. Yaish says. “It will be exciting to have access to these services locally.”

Dr. Yaish says some of the most popular services include treating sinus and allergy disorders. Working to diagnose and treat sleep apnea is also popular for both adults and children.

If you’re suffering from ear infections, hearing loss, sinus infections, allergies, breathing problems, snoring or sleep apnea, or head and neck concerns such as cosmetic and reconstructive surgery and more, it’s time to find relief.

Dr. Yaish and Aaron Yohan will be accepting new patients soon!

**RESERVE YOUR APPOINTMENT BY  
CALLING 608-561-6614.**



# WHEN SHOULD YOU SEE AN ENT DOCTOR?

## EARS



- If you’re having trouble hearing.
- If you’re having trouble balancing.
- For earaches or ear infections.
- If you experience ringing in the ears.

## NOSE



- If you have a runny nose that doesn’t improve.
- If you have recurring sinus headaches.
- If you want to diagnose allergies.
- If you feel your airway is obstructed, which could be a cause of sleep apnea.

## THROAT



- If you’re having trouble speaking.
- If you’re having trouble eating or swallowing.
- If you’re having trouble digesting food.

## NECK AND HEAD



- ENTs are trained in treating tumors, trauma and deformities of the head and neck, as well as salivary glands.
- ENTs can perform reconstructive and corrective surgery as well.

**TO LEARN MORE, VISIT  
[EDGERTONHOSPITAL.COM/OUR-SERVICES](http://EDGERTONHOSPITAL.COM/OUR-SERVICES).**

# IN DEFENSE OF A GOOD NIGHT'S SLEEP

It's normal to get a bad night of sleep every now and then. It's not normal for sleepiness to become an everyday, regular occurrence.

If you're experiencing chronic sleeping problems such as being unable to fall and/or stay asleep, being unable to stay awake during the day, problems with getting into a regular sleeping routine or other issues, you might be one of about 70 million people in the U.S. who suffer from chronic sleep disorders, according to the U.S. Institute of Health.

The bad news? Sleep disorders deprive people of the ability to recharge and restart the next day with a good night's rest, which puts them at increased risk for accidents and chronic medical conditions.

The good news is that Edgerton Hospital's Sleep Disorders Center allows you to chat with a sleep specialist and learn how to solve your sleeping problems.



**Sleep apnea** and **restless leg syndrome (RLS)** are two common types of sleep disorders. The former occurs when tissue at the back of the throat relaxes during sleep, which closes the airway and causes you to stop breathing.

You may suffer from **sleep apnea** if you:

- Feel sleepy during the day, even if you think you slept well the night before.
- Have trouble staying focused and alert.
- Struggle to stay awake while driving.
- Wake suddenly in the night gasping for air.
- Wake up with heartburn.

**RLS** is a neurological disorder that causes burning, tugging or creeping sensations in your legs, which cause you to move around and try to relieve that feeling. This can be distracting enough to disrupt sleeping.

Those are just two of more than 80 common sleep disorders.

Edgerton's Sleep Disorders Center is staffed with specially trained sleep technologists who perform tests to identify possible sleep disorders. The center is accredited by the American Academy of Sleep Medicine.

There could be many reasons you're not sleeping well, but if it's becoming a regular part of your routine, it might be time to book an overnight stay at the Sleep Disorders Center to pinpoint problems and effective treatment.

You put your whole health at risk when you don't sleep well. Schedule an appointment with Dr. Mouhammed Rihawi or Dr. Raed Hamed today.

**TO SCHEDULE AN APPOINTMENT,  
CALL 608-561-6614.**

*Edgerton Hospital's Sleep Disorders Center accepts a variety of insurance plans, including Aetna/Medicare, Anthem BCBS, Cigna, Dean (select plans), Quartz, UnitedHealthcare, Medicaid, Medicare and more. Visit [www.edgertonhospital.com](http://www.edgertonhospital.com) for a complete list.*

*Individual plans may vary, please call the number on the back of your insurance card to verify coverage.*

# WHERE DO YOU GO WHEN YOU AREN'T READY TO LEAVE?

## SHORT-TERM REHAB OFFERS TRANSITIONAL CARE

Picture this: You've suffered a stroke, had surgery or experienced a debilitating illness that has kept you in the hospital for multiple days. Then, the doctor releases you, but you are not strong enough to return home quite yet.

Enter Short-Term Rehab (sometimes called Swing Bed). Short-Term Rehab is a great alternative to a nursing home for patients who still need skilled nursing care before returning to their regular activities. Patients in this program work with physical, occupational and speech therapists multiple times a day. Therapists will individualize your treatment and focus on helping you resume life activities, particularly walking, exercising, maintaining balance and building strength and flexibility. You'll also work to restore daily living skills and increase patient independence, including bathing, dressing, grooming, cooking and basic housekeeping.

In addition to therapy, Edgerton Hospital's Short-Term Rehab (Swing Bed) program assists you in achieving your prior independence through these specialized services:

- 24-hour registered nurses on staff
- 24-hour emergency department with physician on site
- Specialized wound care
- IV therapy
- Respiratory therapy
- Registered dietitian
- In-house pharmacy
- Patient and family services



The Swing Bed program is the practice of moving patients from one level of care to the next as they continue recovery, but patients must have been in an acute hospital stay prior and must need skilled nursing services daily to qualify.

Those in the program will enjoy:

- A private room with geothermal heating and cooling
- Windows that open and offer beautiful views
- Made-to-order meals from a personal chef
- Visiting pets are welcome

To find out more, schedule a tour or see if you qualify for the Short-Term Rehab program, contact Patient and Family Services at the number below.

**TO LEARN MORE, CALL PATIENT AND FAMILY  
SERVICES AT 608-884-1490.**

# PATIENT SPOTLIGHT

## SWING BED PROGRAM PROVIDES NEEDED TRANSITION

After suffering a stroke at the end of September, Edgerton Hospital patient Del Montgomery says he didn't feel ready to return home.

So he and his wife made the decision for him to transition to Edgerton Hospital's Swing Bed, or Short-Term Rehab, program – a decision Montgomery, an Edgerton resident, says he's glad he made.

*They have fantastic people in the therapy department that know their stuff."*

– Del Montgomery

"It helped me get some strength back and the ability to use limbs that were not working too well," Montgomery says.

He returned to his home on Wednesday, October 16, feeling stronger and more confident in his mobility thanks to his time in the Swing Bed program.



Montgomery's interactions with the staff were nothing but positive, and he's grateful to have had the experience. He enjoyed eating the freshly prepared meals and the time he spent regaining his strength and balance with the use of aerobic equipment. Del also worked hard at improving his fine motor coordination and visual perceptual skills.

"They have fantastic people in the therapy department that know their stuff," he says. "They're very personable, interested in your life and what you did, your family and so forth."

Though he wishes good health to anyone and so hopes they don't have to experience a hospital stay and subsequent transitional care, he was pleased with his visit and would recommend the Short-Term Rehab program to anyone who was considering it.

"It's just a great place to be, if you have to be."

**TO LEARN MORE ABOUT OUR SHORT-TERM REHAB PROGRAM, CALL 608-884-1490.**



From left: Del's wife, Beverly; Del; and Occupational Therapist Angie Moll

# COMMUNITY SPOTLIGHT

## PROMOTING WELLNESS IN THE SCHOOLS

Having Edgerton Hospital employees on Edgerton School District's wellness committee has improved wellness for the entire district, says Tracy Deavers, the district's director of teaching and learning.

"I think (Edgerton Hospital employees) bring a lens and expertise that we at the district don't have," Deavers says. "They've shared different ideas and opportunities with us that, if they weren't in our community, we wouldn't know about."

Deavers sits alongside Tad Wehner, the school district's director of finance and personnel, on the wellness committee, which also is made up of middle, elementary and high school teachers, parents of students and Edgerton Hospital employees Jennifer Ludwig, registered dietitian, and Lisa Rebman, community education manager.

*I think (Edgerton Hospital employees) bring a lens and expertise that we at the district don't have."*

– Tracy Deavers

The committee's main goal is to ensure the schools are meeting state requirements to provide healthy options at lunch and snack times as well as adequate physical activity minutes. Sugary snacks have been removed from vending machines and replaced with more nutritious options. The committee has implemented other strategies too, including bringing therapy dogs in for students and providing movement breaks. Onsite mental health therapy is also available for students.



From left: Jennifer Ludwig, Tracy Deavers, Lisa Rebman

However, the committee wants to go above and beyond the students. This year, the committee's focus is on integrating health into staff members' daily activities at school.

"They also work super hard, and they tend to take on a lot of the responsibilities of what their students are going through, and emotionally that can be challenging," says Deavers.

To ease that stress, Community Elementary School kindergarten teacher Emily Skeels offers yoga classes to coworkers once a week, and the wellness committee is bringing in outside experts to conduct health assessments on those who are interested.

"It's such an important topic that sometimes can get overlooked," she says. "We've got to keep our staff healthy as well, because without them it's hard for our students to be healthy and safe."

Edgerton Hospital has been integral in that regard. Deavers says Edgerton Hospital employees are even hosting a flu shot clinic specifically for the school district at the school.

"Edgerton Hospital has a lot of amazing outreach opportunities that are great for our staff," she says.

A wellness committee is only as good as its members, and Deavers is grateful for all those involved in the district's team. She's excited to see what new activities and programs they come up with next.

# GET VACCINATED

## YOUR BEST SHOT AT AVOIDING THE FLU

It comes without warning, and it can knock you off your feet, leaving you bedridden for nearly a week. It can cause fever, aches, pains, coughing and exhaustion.

Yes, it's the flu, and yes, we're going to tell you the same thing your mom reminds you every year: Get your flu shot – as soon as you can.

Your mom is right: The best way to avoid this potentially debilitating illness is to get your flu vaccine to prepare for flu season, which usually lasts from October to as late as May. But you're not only protecting yourself.

The flu is highly contagious and spreads easily when those infected cough or sneeze – from up to six feet away! As many as one in five Americans come down with the flu each year, and kids are two to three times more likely than adults to contract it.

Taking 20 minutes or less to get your flu shot can help you – and others – reduce illness, doctors' visits and missed work and school days. Plus, when more people get vaccinated, it's harder for the flu virus to spread.

So take a few minutes to schedule an appointment with your healthcare provider – or research an area supermarket, drug store, local clinic or workplace for opportunities to get vaccinated. The flu shot is often provided at a low cost, covered by insurance or, in some places, even free.

**Schedule an appointment and get your flu shot today!**

**CALL THE EDGERTON  
HOSPITAL MILTON CLINIC  
AT 608-868-3526.**



**Emily Harbison, APNP**  
Edgerton Hospital  
Milton Clinic



**Douglas Schmid, MD**  
Interim Physician



# MAKING THE RIGHT CHOICE

## EDGERTON'S ER CATCHES DIAGNOSIS OTHERS MISSED

In early August, Don Brown said he started having swallowing issues. He and his wife, residents of Edgerton, went to health specialists in the Madison area trying to determine what it was, but no one could give them a diagnosis.

On August 20, things got worse: Brown could barely swallow anything, and – still without an answer as to why it was happening – he didn't know where to turn.

Being in the vicinity of a larger hospital at the time, he checked in to its emergency room. After waiting for two hours without seeing a physician, Brown says they went to Edgerton Hospital's emergency room, where they hardly had to wait before he saw Dr. Brian Stubitsch.

"Within two hours, I had a chest X-ray and a CT scan – nobody else had done an X-ray," Brown says.

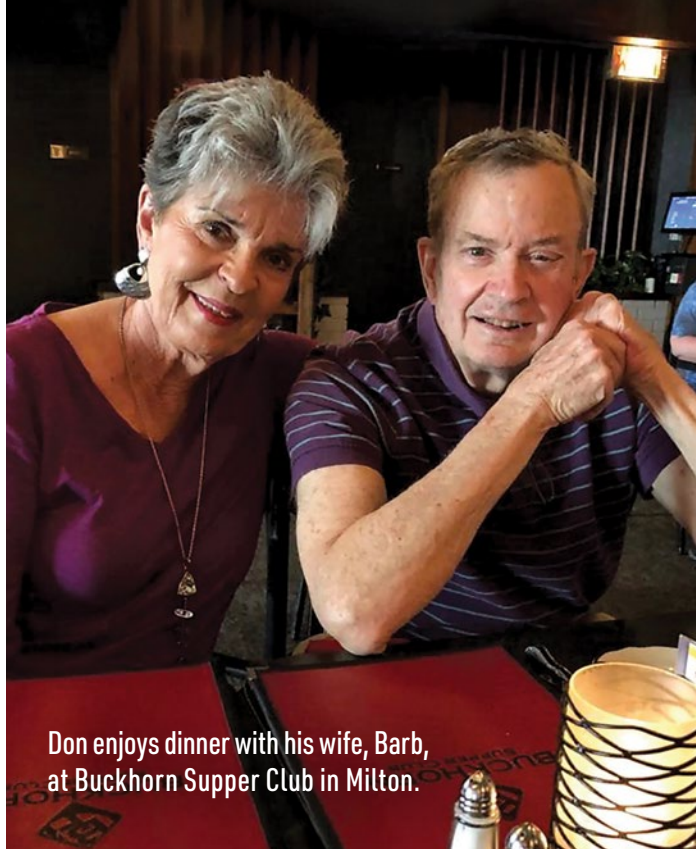
Stubitsch discovered a growth that needed attention right away, and Brown was transported shortly after to St. Mary's Hospital in Madison. Looking back, he realizes how important that moment was.

*If I wouldn't have run into Dr. Stubitsch... I think he probably saved my life. I couldn't have gone much further."*

– Don Brown

"If I wouldn't have run into Dr. Stubitsch," Brown says, then pauses. "I think he probably saved my life. I couldn't have gone much further."

Brown is currently working with an oncologist at SSM Health undergoing chemotherapy for the growth. While the whole process has been tough, he says he's



Don enjoys dinner with his wife, Barb, at Buckhorn Supper Club in Milton.

glad to finally know what was causing him so much distress for so long.

Learning of the diagnosis was difficult, but Brown says he appreciates Stubitsch's excellent care.

"The first time I met him, he was very straightforward and caring, professional and knowledgeable," Brown says. "He made it easier because I trusted who I was working with."

He's also grateful to Edgerton Hospital's emergency services, which were swift and accommodating when he most needed them.

"They have all of the equipment they need there for a good diagnosis," Brown said. "Emergency rooms in larger cities are often overcrowded."

Brown and his wife now have a strong appreciation for quality local service, and he hopes others realize that as well.

"It's very critical to have service like that close by when you need it, especially emergency care," he says. "I'd highly recommend to anybody to check Edgerton Hospital first."

Sometimes the best help is close to home.

# WHAT DOES QUALITY HEALTHCARE MEAN TO YOU?

Quality care may mean finding relief when you're in pain. It may mean having access to top-notch medical equipment and specialists. Or, it could simply mean having that compassionate caregiver by your side when you're at your most vulnerable state. We believe that quality care is the perfect mix of all these things, and that's why the Edgerton Hospital Capital Foundation works closely with YOU, our generous donors, to ensure that this outstanding care is always available locally!

## CAN WE COUNT ON YOU? RADIOLOGY EQUIPMENT FUNDRAISING

Currently, we are very close to reaching our goal to fully fund our now installed 3D Mammography equipment with only \$32,000 left to raise! Also, the Foundation is raising funds for Radiology equipment to enhance our chronic pain management services. This is a needed resource and will help so many in our community!



Edgerton Hospital's Radiology Team is very thankful to the community for their ongoing support. From left: Mark Lins, CNMT, Meghan Katz, RDMS (AB,OB), RVT, Sabrina Frye, R.T. (R) (M) (CT), Katie Luebke, R.T. (R) (CT), Lucy Nordenstrom, R.T. (R) (M) (CT).

*In today's world, medical imaging is more important than ever. Physicians rely on diagnostic imaging tools to identify several diseases, help monitor treatments, and to predict specific outcomes. We are so very appreciative of our donors who continue to support these well needed efforts and allow our local hospital to have the latest advances in technology."*

– Katie Luebke, Radiology Manager

### EASY WAYS TO GIVE:



Bonnie Robinson  
at 608-884-1401



[www.edgertonhospital.com/  
foundation/online-giving](http://www.edgertonhospital.com/foundation/online-giving)



Edgerton Hospital Capital Foundation  
11101 N. Sherman Rd., Edgerton, WI 53534

## THANKS TO OUR RUNNERS, WALKERS, AND SPONSORS!

We raised \$26,000 for 3D Mammography!

Save the date for the next race: Saturday, Sept. 12, 2020



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

# EMPLOYEE SPOTLIGHT

## CHERYL LUND MAKES IT A POINT TO REMEMBER PATIENTS

If you've walked through the main doors of Edgerton Hospital at any point in the last 13½ years, chances are the smiling face greeting you behind the front desk belonged to Cheryl Lund.

Lund, who works patient registration, says she's spent her entire career in some form of customer service and absolutely enjoys being the "front of the hospital."

*"I just like people. I enjoy talking to them, greeting them and helping them in any way they need."*

– Cheryl Lund

"I just like people," Lund says of why she's stayed for so long. "I enjoy talking to them, greeting them and helping them in any way they need."

An Edgerton resident of more than 50 years – who is married to the city's mayor, Chris Lund – Cheryl Lund says she has come to know many of the hospital's patients and guests, some before they've even walked through the doors.

Aside from the people, Lund says her work getting patients where they need to go is why she's stuck around.

"We've had a couple medical emergencies; I've had to call for local people I know," Lund says. "We've gotten them to where they need to be and they've been fine, so to me that is rewarding."

But Lund – who makes a point of remembering everyone's name – will never take all the credit. She says her job is a team effort, and she's just happy to help make it a welcoming experience for each person she interacts with – from the moment they walk through the front door to calling them a cab, if needed, when they leave.



"Taking care of the patients is what I love," she says.

When she's not working, you can probably find her gardening – either volunteering at Edgerton Hospital's Healing Garden or at home working on her own.

"It truly is my love," she says.

She also cares for her mother, and she and her husband are "kept very busy" by their four grandchildren.

Over her time at the hospital, she's noticed a recent uptick in patients. She's glad for it, even on the difficult days.

"As time goes on, we continue to get busier and busier," Lund says. "Some days can be a challenge, but it's all rewarding in the end."



AND HEALTH SERVICES

11101 NORTH SHERMAN RD.  
EDGERTON, WI 53534

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](mailto:ehhsinfo@edgertonhospital.com) or utilize our toll-free number 1-800-884-3441. 3545

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## SAVE THE DATE!

Wear Red for Women  
Luncheon

Feb 7 | Fri. | 11:30 AM  
Edgerton Hospital  
\$12/person

Join us for an informative, fun lunch  
to celebrate American Heart Month!

Receive a free goodie bag and a chance to  
win great door prizes!

Reserve your seat!

Call 608-884-1489 or register online at  
[www.edgertonhospital.com](http://www.edgertonhospital.com)



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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.

Join our CEO for

# Coffee & Conversation

Wednesday, January 29<sup>th</sup>  
9:00 – 10:00 a.m.

Join Edgerton Hospital CEO, Jim Schultz, to hear about the latest trends in healthcare. This casual get-together will give you the chance to have your questions answered, share your thoughts, and to learn more about the future of local health care.

Coffee and breakfast items will be served.

RESERVE  
YOUR SEAT:

Call Lisa at 608-884-1489 or online at [www.edgertonhospital.com](http://www.edgertonhospital.com)

