

COMMUNITY

connection

FALL 2020

PATIENT TESTIMONIAL
A Specialist for Every Need

5



Patient Laurie Mecum (middle) meets with Edgerton Hospital's specialty clinic team and sleep disorders manager. From left, Conner Ruosch, BSN, RN; Valerie Farnsworth, BSN, RN-C; Laci McKaig, CNA; and Peter Sanville, BS, RRT, CCRP.

BEAMING THE GERMS AWAY
Learn how Edgerton Hospital
Uses Technology to Keep You Safe

1

COMMUNITY EDUCATION
Mark Your Calendar for
Upcoming Classes and Seminars

6

EMPLOYEE SPOTLIGHT
Edgerton Hospital Staff
Thanks Its Community

7



CEO UPDATE

I'd like to take a moment to thank YOU! Thank you

for supporting your local hospital during these challenging times. Thank you for considering Edgerton Hospital when you and your family need trusted medical care. And, thank you for doing what it takes to keep your family safe – washing hands, maintaining social distancing and staying home when you're not feeling well. Please know that your health and well-being are important to us!

Throughout this newsletter, you'll see many individuals and teams who also deserve a heartfelt "thank you." Edgerton Hospital's compassionate employees are continually dedicated to providing quality care for all who walk through our doors. They've gone above and beyond during the pandemic, always keeping your health, safety and well-being as their top priority. Take a look at pages 7 and 8 to see many of our amazing team members!

What's new?

We are taking the definition of "clean" to a whole new level. Edgerton Hospital's environmental services team has begun to incorporate UV-C waves into their disinfecting process. By using the MoonBeam™3 device, our team is able to reach every inch of highly touched and trafficked areas. This is an added precaution to ensure all pathogens and organisms are eliminated. We've brought in this new technology to give you additional peace of mind, so that when you need care, you can feel confident Edgerton Hospital is a safe, clean place. You can learn more about the benefits of the MoonBeam3 on this page.

Jim Schultz, CEO

BEAMING THE GERMS AWAY

Feel confident getting the care you need

In our commitment to protect the safety of all staff and patients, Edgerton Hospital is excited to bring innovative technology into our facility with the purchase of new tools to combat spreading germs.

We are excited to be using the powerful new disinfection device, the MoonBeam3. Using UV-C waves, this machine kills pathogens and organisms on highly touched surfaces, and the whole process can be completed in as little as three minutes.

Edgerton Hospital staff uses a MoonBeam3 in conjunction with regular cleaning processes to disinfect surfaces such as patient bed areas, bathrooms, fixtures, workstations and others, killing the germs that cause infectious diseases such as C. diff, MRSA, and COVID-19.

CEO Jim Schultz is excited to offer this technology to keep patients safe while visiting the hospital amid the ongoing coronavirus pandemic.

"We have always had a very stringent cleaning protocol, but with COVID-19 spreading through our community, we wanted to be proactive in our facility and add another, more advanced, level of disinfection," he says.

The environmental services team will continue to manually clean all areas with hospital-grade disinfectant as well as use the MoonBeam3 to ensure all germs are eliminated.

Andrea McSherry, RN, CIC, Edgerton Hospital's Director of Quality, Risk and Prevention, says ultraviolet technology will be an extra level of precaution. Training to use the device will be ongoing.



Our environmental services technicians use the MoonBeam3 in their daily cleaning. From left, Nicole Harsha, Skeeter Storkson, Denise Ambrose, Patty Riesterer, and Rhonda Pfeiffer.

“Our infection rates at Edgerton Hospital are extremely low,” McSherry says. “The MoonBeam technology will help to ensure that continues, especially as we navigate through the pandemic.”

With three adjustable arms, the MoonBeam3 can be positioned at almost any angle. Each arm emits UV-C rays seven feet across and up to 11 feet away. A motion sensor in the machine ensures no one is exposed to the rays, which cannot penetrate glass.

Edgerton Hospital also has upgraded the filters in the HVAC system to filter out 99.99% of bacteria and viruses, including coronavirus, from the air.

In addition to these new technologies, Edgerton Hospital staff is screening everyone who enters the facility for symptoms and asking them to wear face coverings. We know healthcare needs don’t pause in the middle of a pandemic, and we want our patients to feel confident when visiting the facility.

PATIENT SPOTLIGHT

Take No Chances with Your Heart

Very early one spring morning, chest pain woke Dorothy Barten from sleep. She had eaten Mexican food the night before and figured it was heartburn from the chips and salsa – it wouldn't have been the first time.

This time, pain in her left arm kept her from going back to sleep, so she decided it was time to start making coffee. Closing the bedroom door to not wake her husband, she headed downstairs.

Within minutes, the pressure in her chest built alongside the pain in her arm, and she began to sweat. Feeling measurably weaker, she tried to call for her husband, her voice barely a whisper.

“The angels must have yelled at him louder than I could (because) he came to the top of the stairs and asked, ‘Did you call me?’” Barten says.

When he saw her, ashen-faced and drenched in sweat, he immediately got dressed and took her to Edgerton Hospital's emergency room, declaring the one-mile drive faster than calling and waiting for the ambulance.

Upon arrival – Barten, still able to walk, entered the hospital with her husband's help – staff immediately brought her a wheelchair and wheeled her into an exam room. Her memories are snippets, but she recalls the terror she felt when she realized the “Code Blue!” she heard over the PA system was directed at her, and the ensuing gratitude when, seconds or minutes later, she heard, “She's back.”

“I distinctly recall saying to the people around my gurney, ‘I love all of you for saving my life,’” she says. “I was so grateful, because I thought I was gone.”

They transported her to a local heart catheterization lab for treatment and recovery.

She returned to Edgerton Hospital a week later to bring donuts to the emergency services staff – many of whom had been there the day she came in – as well as the ambulance services team who transported her.

“I know I wouldn't be here without Edgerton's staff,” she says now. “They were incredibly efficient, fast and knew exactly what to do.”

She was so impressed with the staff that, shortly after the experience, she and her husband switched ancillary services and primary care providers to Edgerton Hospital.

“Their response is quick, and it's easy to get in and out of the hospital and the doctors' offices,” she says.

Barten has recovered well enough to resume all activities, including golf – a favorite of hers – since the heart attack. She has biannual visits to her cardiologist.

I know I wouldn't be here without Edgerton's staff. They were incredibly efficient, fast and knew exactly what to do.”

Looking back, what shocks her most is how similar her symptoms were to the heartburn she experienced a couple years before – which also followed a night of eating Mexican food.

That time, the couple didn't take any chances and rushed her to the emergency room.

Even though Edgerton staff diagnosed that time as heartburn, Barten says she was still transported to a heart catheterization lab to get completely checked out.

“They weren't even able to tell (if it had been a heart attack),” she recalls. “If they can't, how can a regular person without being checked?”

She strongly encourages anyone with any doubts to go to the hospital, regardless of whether it “feels like” a heart attack.

“I always thought a heart attack would be like in the movies, where they grab their heart like it’s super painful,” Barten says. “I can attest that the pain I felt was not – it was questionable. Please don’t take a chance.

“Proceed to Edgerton Hospital to get checked out. ... I know firsthand they don’t mind if it turns out to be heartburn.”

EMERGENCY CARE – 24/7
URGENT CARE – 7:00 AM-11:00 PM DAILY
(INCLUDING WEEKENDS AND HOLIDAYS)



Dorothy (wearing black) is happy to be back to doing the things she enjoys, like golfing with her friends Sandy and Donna.

SYMPTOMS OF A HEART ATTACK



Heart attack symptoms can vary for each individual, as well as between men and women, but tend to include:

- » Shortness of breath
- » Dizziness
- » Fainting
- » Sweating
- » Nausea
- » Vomiting
- » Rapid or irregular heartbeat
- » Chest discomfort
- » Pain that travels to your back, jaw, shoulder, arm, teeth, neck or wrist

When it comes to your heart, every minute matters. Call 911 if you experience any of these warning signs. Even if you aren’t sure if it’s a heart attack, letting an experienced EMS team treat and diagnose the concern could save your life.

PATIENT TESTIMONIAL

A specialist for every need



It was Edgerton Hospital's windows that made Laurie Mecum a devoted patient.

Actually, it might have been the compassionate staff she interacted with during her visits – everyone from the administrator to the specialists, nurses, respiratory therapists,

receptionists and even the housekeeping – or the wide array of services she was able to receive. Still, the floor-to-ceiling glass panels overlooking the hospital's beautiful Healing Garden were a nice touch.

"I'm very impressed with Edgerton – right down to the structure of the hospital," she says.

It started with a visit to see her cardiologist, Dr. Raaid Museitif, over heartbeat concerns. In just over a year, she has also seen a pulmonologist and sleep specialist; a respiratory therapist; and ear, nose and throat (ENT) specialists.

"I retired and decided I needed to start taking care of some of these things," Mecum says. "And I had the time, so I put in the time."

A family friend who works at Edgerton Hospital recommended looking into specialists there after she had a hard time seeing a cardiologist at her local clinic.

Dr. Museitif referred her to the sleep study, which led her to Dr. Raed Hamed, a pulmonologist and sleep specialist, and revealed she had moderate sleep apnea. That led to the recommendation she use a CPAP machine.

She's grateful to be learning so much about the concerns she had had for years.

"As a (retired) occupational therapist, I've had a lot of medical training," she says. "I knew a lot of things about my body before, but now I know even more."

This winter, she decided to tackle another concern: her allergies, which had gotten worse over the years. She decided to give Edgerton's ENT specialists a call.

"The specialists are only there a few times a month, but I was able to get an appointment the day after I called," she says. "Things just fell into place."

She saw ENT physician Danny Yaish to see if they could figure out her allergy problem. A nasal endoscopy revealed she had a "very" deviated septum.

"I knew it was slightly deviated, but not that way," she says. "It also showed a lot of swelling in my nose and sinuses due to allergies."

On her second visit, Aaron Yohann, PA-C, another ENT specialist, recommended she have sinus surgery.

Though she was nervous, Mecum says being in such caring and knowledgeable hands gave her the confidence she needed.

Now, she's grateful to have had the surgery done. Having seen several specialists, she says she'd recommend Edgerton Hospital to anyone who needed similar services and didn't want to go to a big-city hospital.

"It's so great that they have all these specialists – even if they're coming just a few times a month," Mecum says. "They're available for people, and I've been able to get in really easily. You can't do that in Madison."

Whatever future needs arise, she's confident in the specialists at Edgerton Hospital.

"These are really accomplished professionals that are giving their time to help the hospital, which is a huge benefit to the patients," she says. "I really am thrilled to have their services available just a short drive away."

The beautiful garden and large windows are an added bonus.

TO LEARN MORE ABOUT EDGERTON HOSPITAL'S SPECIALTY CLINICS, CALL 608-561-6614.

COMMUNITY EDUCATION

Zumba - VIRTUAL

Mondays & Wednesdays – 9:00 a.m. to 10:00 a.m.

Join instructor Jackie Richardson for virtual Zumba!

This is a total workout combining all elements of fitness – cardio, muscle conditioning, balance, flexibility, boosted energy and a serious dose of fun!

Great for all levels!

Yoga Flow

Fridays – 9:00 a.m. to 10:00 a.m.

This class will help increase your strength, stability and range of motion by focusing on three fundamental body groups: upper body, lower body and core. All levels of practice welcome!

Fit4Life

Tuesdays & Thursdays – 9:00 a.m. to 10:00 a.m.

This group exercise workout is designed to help build strength and endurance by incorporating the use of resistance training, balance training and flexibility exercises. This program is for both sedentary and active individuals.

Healthy Living with Chronic Pain* - VIRTUAL

Tuesdays, October 13 to November 17 – 9:30 a.m. to noon

This six-week virtual workshop will provide ways to help better understand and manage pain, improve mental health, decrease dependence on others and use coping skills to gain confidence. This workshop has been made possible by the Edgerton Hospital Auxiliary.

*Participants will need to provide a deposit of \$20.00 for the coursebook, which can be purchased or returned for the deposit refund on the last day of class. Deposit fee payment can be made at the Edgerton Hospital – Registration Desk, Main Lobby. You will need book/course materials before the start of class.

Physician Seminar: Varicose Veins - VIRTUAL

Thursday, October 29, at 6:00 p.m.

Varicose veins – from spider veins to venous ulcers – can be unsightly and painful. Join us for a free virtual presentation as general surgeon Dr. Pierre Charles explains options for relief, including new treatments such as non-surgical endovenous laser treatment. It's time to say goodbye to varicose veins!

Knife Skills in the Kitchen

Wednesday, November 11, 6:00 p.m. to 7:00 p.m.

This is hands down, the most essential cooking class you'll ever take! You will learn knife-handling skills and fundamental cuts along with care, storage and safety. This class is sure to boost your kitchen competence and confidence with tips and tricks from our executive chef, Joshua Ciafullo.



To register for a class or to learn more about pricing, locations and Zoom information, please

visit [edgertonhospital.com](https://www.edgertonhospital.com).

All virtual classes will be hosted via Zoom.

You will need access to an internet connection with a computer, laptop, or smartphone. Download the Zoom app or type zoom.us into your web browser. You'll be prompted to sign up, which is free but not required.



Thank you to our participants and sponsors for supporting the Hustle for our Healthcare Heroes virtual event! **We are so grateful for you!**

Stay tuned for the return of the 10th annual Victory Run/Walk on September 11, 2021!

EMPLOYEE SPOTLIGHT

IN THIS TOGETHER

The entire staff at Edgerton Hospital extend a heartfelt “thank you” to our patients and community for your trust and support during these unprecedented times.

From taking temperatures to teaching online fitness classes, we’ve found ways to stay connected, lift each other up and – most importantly – keep you safe amidst the COVID-19 pandemic.

No matter what life throws our way, our dedicated staff is ready to meet the challenge. The coronavirus has proven that to be true. From our patient care team to hospital management, everyone went above and beyond their role to make Edgerton Hospital a safe place for all.

We also thank our community for supporting us. We received many kind words, fiscal donations, supplies, and even meals for our frontline workers. It was heartwarming to see our community care for us the way we care for you. These donations played an important role in our ability to care for all who came through our doors – and in bringing a smile to our faces.

We truly are all in this together, and that’s how we’ll come out stronger on the other side.





OUR SERVICES ARE SAFELY OPEN FOR YOU!

Acute and Outpatient Care

Cardiac Services

Diagnostic Testing

Ear, Nose and Throat Clinic

Emergency and Urgent Care

Family Medicine

General and Specialized Surgery

Infusion Services

Massage Therapy

Podiatry Clinic

Pulmonary Services

Pulmonology/Sleep Disorders Clinic

Rehabilitation – PT, OT and Speech

Respiratory Therapy

Short-Term Rehabilitation (Swing Bed)

Sleep Study Program

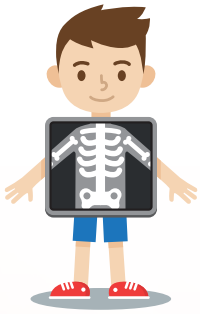
Surgery Clinic

Wound Care

For scheduling: **608-561-6657**

For Family Medicine appointments: **608-868-3526**

X-RAY VISION

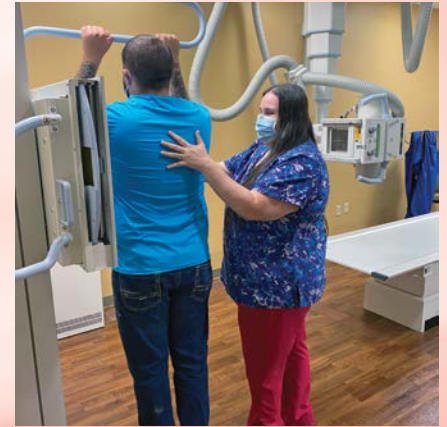


Going the Distance
for Healthcare!

DIAGNOSTIC CARE—LOCAL, CONVENIENT, MORE IMPORTANT THAN EVER!

Having diagnostic services at your fingertips means a great deal, especially in an urgent situation. Whether you need an X-ray for a broken bone, a 3D mammogram, a chest X-ray to guide treatment for COVID-19 or pneumonia, or a CT scan, Edgerton Hospital's team is always available to provide trusted care.

We want to make sure that we can continue to offer the very best for our friends, family, and neighbors!
Can we count on your support as we raise funds for new advanced digital X-ray equipment?



Foundation Awarded \$100,000 Grant.* Can we count on YOU to help match this Grant?

We are \$205,000 away from fully funding new advanced digital X-ray radiology equipment! The Foundation was very pleased to have received a \$100,000 grant for this equipment, but in order to receive the funds, we must match the grant! Thank you from very grateful hearts if you have already made a donation to this cause. If you are new to this campaign, or even if you've already given but would like to help, any amount towards this important cause would be very much appreciated!

*Grant awarded from the Wisconsin Public Service Commission Telecommunications Medical Equipment Grant Program, May 2020

Your gift will help to keep the best diagnostic care local:

YES, I want to donate \$ _____ (amount) to the following:

X-Ray Vision! Help Match \$100,000 Grant!

Hospital's Greatest Need

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Mail above form and your donation payable to: **Edgerton Hospital Capital Foundation**, 11101 N. Sherman Rd, Edgerton, WI 53534.

9 Thank you for your generosity to ensure quality care!

OTHER WAYS TO GIVE:

1. Visit www.edgertonhospital.com, click on *Make a Gift*.
2. Mail a check to the Edgerton Hospital Capital Foundation
3. Donate appreciated stock or real estate
4. Consider a charitable rollover from your IRA

Tel: 608-884-1401

foundation@edgertonhospital.com

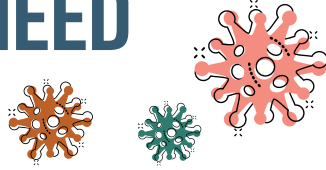
Edgerton Hospital Capital Foundation

Tax ID# 20-3161048

THANK YOU!



COVID-19 AND THE FLU: WHAT YOU NEED TO KNOW



Both the flu and COVID-19 are infectious respiratory illnesses that can exhibit similar symptoms. Both can cause serious illness and death, especially in people over 65. It's important to understand, however, because they are caused by different viruses, the variances between these illnesses.

The biggest variance is what makes COVID-19 more dangerous: There is no vaccine or natural immunity in the world, making everyone vulnerable to contraction, while there is a yearly vaccine for the flu.

COVID-19 also appears to be about 10 times as deadly as the flu, according to the World Health Organization.

Here are some ways in which the two compare:

Symptoms

- » Both tend to cause fever and fatigue. However, body aches, including headaches, tend to be more common with the flu.
- » Nasal congestion and runny nose are common with the flu, whereas a runny nose is quite unlikely in COVID-19.
- » COVID-19 may cause a loss of taste or smell, which is not a symptom of the flu.
- » Both can result in pneumonia or other complications such as respiratory failure, multiple-organ failure or worsening of chronic medical conditions.
- » Both can range in cases from mild to severe or even fatal.

How they spread

- » Both the flu and COVID-19 can spread through droplets or virus particles from a sick person to others nearby. Smaller particles may linger in the air and be inhaled by another person.

- » Both can spread through surfaces and transfer when a person touches their face.
- » Symptoms for both may not appear right away. However,
 - COVID-19 spreads more easily than the flu, which has an incubation time from exposure to first symptoms of one to four days, while COVID-19's is one to 14 days.
 - Symptoms for COVID-19 last anywhere from seven to 21 days, compared to one or two weeks for the flu.
- » COVID-19 appears to have more "superspreading" events than the flu, meaning it spreads quickly and easily to people in the same vicinity.

Treatment

- » Neither are treatable with antibiotics.
- » Both can be helped by addressing symptoms, such as reducing fever. Severe cases may require the use of a ventilator to help the patient breathe.
- » Currently, the only effective treatments for COVID-19 are available in a hospital setting, and no vaccine is available at this time.

Both can be prevented by wearing a mask, frequently and thoroughly washing hands, staying home when sick and limiting contact with people who are infected. Physical distancing of at least six feet also limits the spread of COVID-19 in communities.

The Centers for Disease Control and Prevention says there is no evidence that getting a flu vaccine increases the risk of getting COVID-19. Even better, a flu shot could protect your respiratory system from having to battle both illnesses at once. At the very least, a flu shot can reduce the severity of the flu, making it easier for your respiratory system to recover. If you were to later contract COVID-19, your respiratory system would be healthier and potentially better able to fight it.

For all those reasons, it may be more important than ever to get your flu shot this fall and give your body its best possible defense. Don't hesitate to schedule yours.

Free Physician Seminar: Varicose Veins – VIRTUAL



**Thursday, October 29th
6:00 p.m.**

**Presented by
Dr. Pierre Charles, Jr.**

See page 6 for details

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.



Edgerton Hospital Now Offers Massage Therapy

Are you dealing with chronic pain? Are your muscles tight from daily stress?
It's time to take a moment for yourself and enjoy a relaxing massage.



CHOOSE FROM:

Swedish Massage
Deep Tissue Massage
Prenatal Massage
Sports Massage
Massage for Migraine Relief

AFFORDABLE PRICING:

30 Minutes - \$35
60 Minutes - \$55
90 Minutes - \$85

Call to schedule
your appointment:
608-884-1390