

COMMUNITY

connection

WINTER 2021



PATIENT TESTIMONIAL
Meet Emergency Services/
ENT Patient Todd Sahr

STOP THE SPREAD

Edgerton Hospital Wants You
to Get a COVID-19 Vaccine

EMPLOYEE SPOTLIGHT

Meet Edgerton Hospital's
New Foundation Director

OUTPATIENT REHABILITATION

Therapy Appointments Are
Available During the Pandemic



CEO UPDATE

There is light at the end of the tunnel! Our team has been working diligently to fine-tune our internal process for vaccine distribution. We have begun to contact our eligible patients with instructions on how they can schedule their appointments, and we are looking forward to vaccinating eligible community members as our vaccine supply allows.

I'm pleased to report that our frontline healthcare workers have already had their second dose of the vaccine! They have been safely showing up every day for our patients, and the vaccine has added peace of mind for their personal well-being.

It is important to remember that there are hundreds of thousands of people eligible in this current vaccination phase. Edgerton Hospital's ability to vaccinate depends on vaccine supplies and capabilities to administer. We thank the community for their patience and support.

Be well, and stay safe!

Susan Alwin-Popp, MHA, BS, RN

Interim CEO

Vice President of Clinical Services/
Chief Clinical Officer

STOP THE SPREAD:

Get Your COVID-19 Vaccine

Edgerton Hospital's doctors and team join the voices of healthcare workers around the country in urging our community members to get the COVID-19 vaccine as it becomes available to different populations. It will help protect you from this deadly pandemic, limit the spread among communities and keep your friends and family safe.

The Centers for Disease Control and Prevention outlines many benefits associated with the COVID-19 vaccination. All vaccines currently available have been shown to be highly effective

↓ In Shelly McGuire's 38 years at Edgerton Hospital, she is usually the person administering the shots. But this time, she was on the receiving end as she was one of the first employees to receive the COVID-19 vaccine.



and have been – and are currently being – carefully evaluated before authorization.

THE VACCINE WILL:

- » Keep you from getting COVID-19 or help keep you from getting seriously ill if you do contract the virus.
- » Protect the people around you, particularly vulnerable populations such as the elderly and those with increased risk for severe illness from COVID-19.
- » Provide a safer way to help build protection, known as immunity, by creating an antibody response without having to experience sickness.
- » Assist as a valuable tool to help end the pandemic.

The CDC has expanded vaccine safety systems to continually monitor all U.S. Food and Drug Administration-authorized COVID-19 vaccines. Both currently available vaccines have gone through robust clinical trials and secured the FDA's Emergency Use Authorization.

The known and potential benefits of this vaccine outweigh the known and potential harms of becoming infected with COVID-19, making it a significant tool in saving Americans as well as helping to stop the spread of this virus.



Our pharmacists, Diane and Kristin, safely store and monitor the quantity of vaccines that are received on a weekly basis.

With the continued practice of wearing masks, social distancing and refraining from large gatherings, the COVID-19 vaccine could help bring us closer to the end of this deadly pandemic.

**TO LEARN MORE ABOUT THE VACCINE,
INCLUDING SAFETY AND BENEFITS, VISIT
[CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus).**

GETTING YOUR VACCINE *at Edgerton*

Edgerton Hospital and Milton Clinic teams are working diligently to fine-tune the internal process for vaccine distribution, which is based on vaccine supply and the capability to administer. Eligible patients will initially be contacted with instructions through MyChart. MyChart accounts can be created by visiting mychart.ssmhc.com/MyChart/signup. A mailed letter or a phone call will be used to reach those eligible patients who do not have MyChart.

Please continue to check Edgerton Hospital's social media pages and website, as they will be updated as we move to each new phase.



We ask that patients do not call the hospital or Milton Clinic directly to inquire about the vaccine unless instructed to do so, as our phone lines need to remain open for patients who are experiencing active symptoms or have acute healthcare needs.

**NOW YOU CAN JOIN OUR VACCINATION
WAITING LIST! LEARN MORE AT
[WWW.EDGERTONHOSPITAL.COM](https://www.edgertonhospital.com)**

HELP THE EDGERTON HOSPITAL CAPITAL FOUNDATION

meet their goal!



88%

Our Goal:

\$457,733

Total Gifts Raised:

\$405,000

We're So Close:

\$52,733



We are so close to meeting our goal for **new advanced digital radiology equipment!** Here is why this updated equipment is so needed:

- » YOU will have the peace of mind that you're getting the best quality care locally
- » Increased patient comfort, as well as decreased radiation doses
- » Enhanced detail and increased visibility will assist physicians when making a diagnosis
- » In the midst of COVID-19, it's more important than ever to be able to offer the highest quality diagnostic tools

The Foundation received a \$100,000 grant*, but in order to receive the funds, **WE MUST MATCH THE GRANT!**
Will you help?

*Wisconsin Public Service Commission Telecommunications Medical Equipment Grant Program, May 2020.

Thank You! 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.

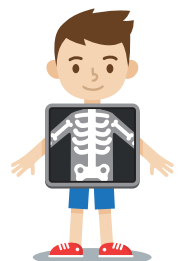
OTHER WAYS TO GIVE:

Visit www.edgertonhospital.com, click on *Make a Gift*.



Tel: 608-884-1401
foundation@edgertonhospital.com
 Edgerton Hospital Capital Foundation
 Tax ID# 20-3161048

X-RAY VISION



Going the Distance for Healthcare!

EMPLOYEE SPOTLIGHT

New Foundation Director Finds Passion Close to Home

Ann Heiden, Edgerton Hospital Capital Foundation's new director, has only been in her role for around a month, but she's already got a list of things she'd like to accomplish.

Her first goal is finishing an advanced digital radiology equipment campaign, which only has to raise \$53,000 more to qualify for a \$100,000 grant and meet its \$457,733 goal.

Overall, she says, the foundation is already in a great position for success. But she's hoping her prior experience can help push them a little bit further.

"I'm wondering if we can take it to the next level," she says.

“

When people give a gift of any size, they do it because they care about the organization.

Heiden is no stranger to Edgerton or the fundraising and nonprofit worlds. She brings more than 20 years of experience in a variety of leadership roles, including director of donor relations for the Worldwide Foundation for Credit Unions and executive director of the Community Foundation of Southern Wisconsin.

She's called Rock County home for around the last 20 years, when she and her husband moved to Janesville. Her desire to connect to her community brought her to the foundation.

"I had worked for a large international foundation that did great things around the globe, but I was never a witness to the impact we were making," Heiden says. "I wanted to be in the middle of that, connecting with the people where I'm living."



Her passion is donor relations, and not just having a list of names to reach out to but actually cultivating relationships with them.

"When people give a gift of any size, they do it because they care about the organization," she says. "I like to learn why they're giving to us, help them enjoy the donor experience and affirm their decision to give."

She thinks the Edgerton Hospital Capital Foundation is an easy draw for donors because it's an opportunity to invest in an "incredibly important institution" to Edgerton, Milton and the surrounding communities. The local hospital offers services that rival large corporations while keeping the small-town feel – including short wait times and personal service.

"I sit in my office, which is around the corner from the lobby, and Nickole [Crawford] at the front desk greets everybody by name," she says. "This hospital is for this area."

That's what makes it so special – and why she's so committed to her role.

She also thinks her past experiences will come in handy for other pieces of the foundation, including her catering background to help with events and using her time in development at Olbrich Gardens in Madison to benefit Edgerton Hospital's Healing Garden.

"Every job I've had to this point has led to me being well-rounded for this position," she says. "And I can't wait to get started."

PATIENT SPOTLIGHT

Rehab Gets Patient Back on His Feet Quickly

It started with a subtle back pain that made it difficult for Patrick Jeske to stand at work. Soon, he found himself squatting instead to lessen the pain, and eventually he was unable to walk.

The pain began in September 2019, and he was finally able to have a spinal fusion surgery last September. Recommendations from family and friends led him to Edgerton Hospital's rehabilitation services, where – because of COVID-19 limitations – he expected to be put on a wait list.

But Edgerton staff exceeded his expectations.

“They got me in fast – I'm surprised they were able to schedule me right away during the pandemic,” he says.

“

I'm ready to go back to work. This was all definitely worth it in the long run, instead of taking pain pills the rest of your life.

That wouldn't be the last time staff went above and beyond for Jeske, who completed outpatient rehab therapy two times per week over an eight-week stretch. He was also pleasantly surprised at how the office staff took care of insurance and scheduling responsibilities, without him having to do anything.

“Someone from that office waited on the phone with my insurance for an hour trying to schedule me,” he says.

And that's not to say anything of the services themselves. Jeske said he saw a couple different therapists over the two-month period. All were



knowledgeable in assigning exercises to help his back as well as offering suggestions for things to do at home.

He recalls the therapists taking the time to explain why they were assigning the exercises they did as well as showing him the correct way to do them.

“They definitely made sure I was doing everything right,” he says. “And that really worked because they think I'm showing a lot of progress.”

He feels much more confident than he did just after the surgery, and he's hopeful he'll be able to get back to work soon – certainly sooner than if he hadn't done Edgerton's rehab program.

He says he feels “almost back to normal,” which is a welcome relief since the pain and subsequent surgery have left him out of work since March. He's completed the rehab program and has one follow-up appointment, and he's hopeful that will give him the green light to return to work.

“I'm ready to go back to work. This was all definitely worth it in the long run, instead of taking pain pills the rest of your life,” Jeske says.

He's grateful to the entire rehab department and thrilled he didn't have to travel far to receive quality care. Now he understands why the program was recommended to him, and he's already paying it forward.

He's recommended Edgerton Hospital's rehabilitation services to a few people he knows who are having surgeries, as well as anyone at work who has the same insurance.



Kathleen L. PT
REHAB
EDGERTON HOSPITAL

ILLINOIS STATE
Redbirds

EDGERTON HOSPITAL

OUR OUTPATIENT REHABILITATION IS OPEN!

We are taking the necessary safety precautions to continue to provide for your physical, occupational and speech therapy needs. Do not put off the rehabilitation care you need to get you back to doing what you love.

Same-week and early evening appointments are available. In addition to traditional PT, OT and speech therapy, we provide:

- » Post-surgical therapy
- » Neurological disorder treatments
- » Lymphedema management
- » Dry needling therapy
- » Incontinence training
- » Video swallow studies
- » COVID-19 recovery therapy
- » And much more!

Visit our updated rehab page at www.edgertonhospital.com to learn more about what's offered.

CALL **608-884-1390** TO SCHEDULE YOUR APPOINTMENT TODAY!

our therapists

PHYSICAL THERAPY:



Bobbi Jo Bogner, PTA



Sherry Catacutan, PTA



Raj Iyer, DPT



Kristin LaPointe, PT



Laura Ott, PT

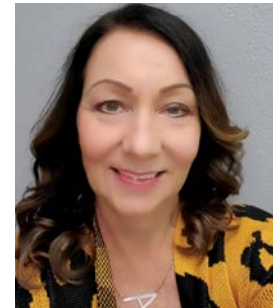


Anne Shea, PT

OCCUPATIONAL THERAPY:



Jenna Morse, MSOT,
OTR/L



Ann Rudel, COTA

SPEECH THERAPY:



Kelly Kindschi, MS,
CCC-SLP



Ann Lewis, MA,
CCC-SLP

TAKE CARE OF YOUR HEALTH

It's Time to Establish with a Primary Care Provider

Your health needs don't disappear just because there's a pandemic. Preventative care is still important to maintain your overall health and wellbeing – and Edgerton Hospital and Milton Clinic's primary care providers are ready to safely care for you.

Both the hospital and clinic have adapted strict safety and cleaning protocols that adhere to the Centers for Disease Control and Prevention's guidelines as well as state and local guidelines – so don't delay needed care.

Our team is practicing social distancing, self-monitoring and screening any staff, patients or visitors who enter our facilities. We ask those who enter to wear a mask and will provide a fabric covering to those in need.

If you'd prefer, you can speak with a provider from the comfort of your home by scheduling a telehealth visit! To learn more or determine if a telehealth appointment would meet your needs, please call the clinic at **608-868-3526**.

Taking care of your health is just as important as ever – if not more important to keep you healthy amid this global pandemic. Rest assured that our team is taking numerous precautions and has your health at top of mind.

So don't delay – schedule an appointment with your primary care provider today!

EDGERTON HOSPITAL MILTON CLINIC, 831 ARTHUR DRIVE, MILTON, 608-868-3526

WE ARE ACCEPTING
new patients!

Milton Clinic's primary care providers are here and ready to serve you. Schedule an appointment with Emily Harbison, APNP, or Alicia-Maria Fernandez, DO, today!

CALL 608-868-3526 TO GET STARTED.



Alicia-Maria Fernandez, DO
Internal Medicine & Pediatrics



Emily Harbison, APNP
Family Medicine

PATIENT SPOTLIGHT

ENT Specialist Performs Christmas Miracle

A bloody nose brought Todd Sahr to Edgerton Hospital's emergency room the Monday before Christmas.

Not exactly the present he was expecting before the holidays, Sahr anticipated waiting to be seen – all the while sitting with two tampons stuffed in his nostrils to stop the blood flow.

“

I wasn't in the ER for more than a half-hour when they took me to the ENT [Ear, Nose and Throat] specialist. They went above and beyond in getting me taken care of before the holidays, which I appreciated.

Then his Christmas miracle came.

“I wasn't in the ER for more than a half-hour when they took me to the ENT [Ear, Nose and Throat] specialist,” Sahr recalls. “They went above and beyond in getting me taken care of before the holidays, which I appreciated.”

It just so happened to be a day ENT specialist Aaron Yohann, PA-C, was on site. He cauterized Sahr's upper nasal cavity and scheduled a follow-up appointment, and Sahr says he hasn't had any problems since.

He is grateful to have gotten his health needs met so quickly, but



Aaron Yohann, PA-C



even more so for the compassion and kindness he received – not only from Yohann, but from everyone he interacted with during his visit.

Being local, Sahr says recognizing some familiar faces also eases a stressful situation.

“Aaron Yohann is really mild-mannered and easygoing, ... and everybody there was so nice,” Sahr says. “You're just comfortable right away, and to me that's huge.”

Living about a mile from the hospital, he also appreciates the convenience of having a local hospital with high-quality services right “here in your own backyard.”

“There's no reason to travel for good care,” he says. “They're efficient, trustworthy, and you're not in a big city, waiting to see somebody.”

TO LEARN MORE ABOUT THE SPECIALTY SERVICES AT EDGERTON HOSPITAL, VISIT WWW.EDGERTONHOSPITAL.COM

A LEAKY BLADDER IS COMMON – *and treatable*

If you've ever felt a loss of bladder control, you're not alone. This phenomenon, called urinary incontinence, is a quite common problem, especially in older adults and women.

Incontinence ranges from mild cases, such as occasionally leaking urine when coughing, to severe, where the urge comes on so suddenly you can't make it to a bathroom in time.

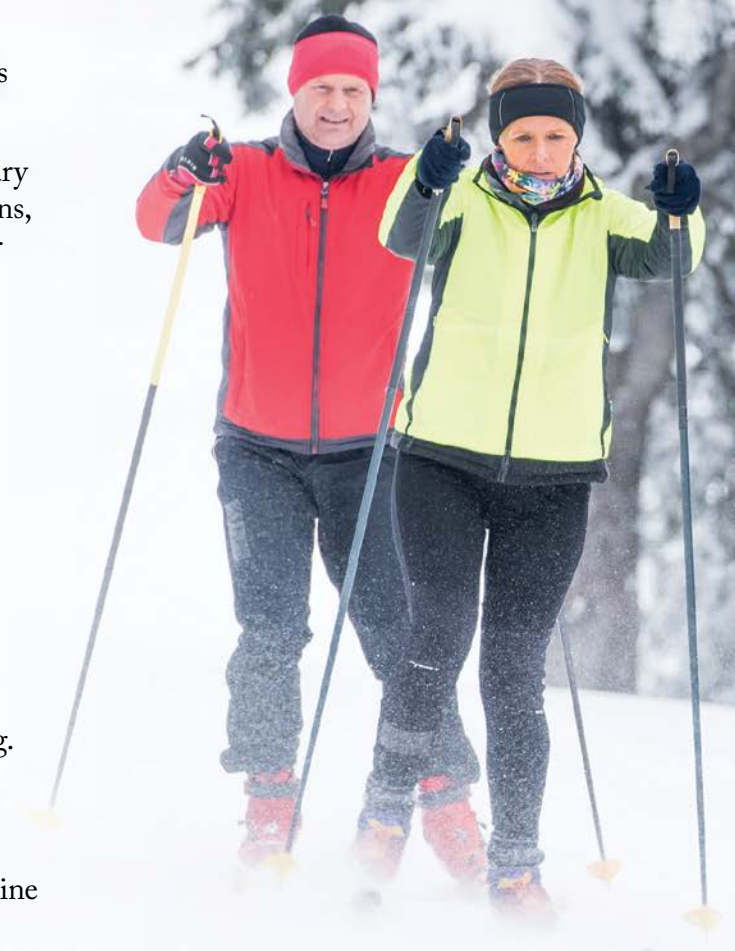
There are many causes of urinary incontinence, some temporary and some more long term. For example, urinary tract infections, vaginal infections and even some medicines can cause bladder control problems that last a short time.

If it lasts longer, incontinence may be due to:

- » Weak pelvic floor muscles
- » Weak or overactive bladder muscles
- » Damage to nerves that control the bladder
- » Pelvic organs shifting out of place in women
- » Blockage from an enlarged prostate in men

Though the problem may be common, that doesn't stop the embarrassment we often feel when it happens. Resist that inclination – our changing bodies are a sign of healthy aging. However, if a leaky bladder is affecting your daily activities, you don't have to suffer. Urinary incontinence can be controlled through simple lifestyle changes or medical treatment. Reach out to your primary care provider to determine if urine leakage is caused by incontinence or something else.

If your doctor decides to refer you to a specialist, schedule an appointment with Edgerton Hospital's rehabilitation services. Our occupational therapists are ready to care for you.



JOIN US FOR A **ZOOM DISCUSSION**

WEDNESDAY, MARCH 10, AT 10:00 A.M.

Learn more about urinary incontinence at our virtual education event with our occupational therapist Ann Rudel, COTA. You can register for this free class and many others at www.edgertonhospital.com/events.





**Edgerton
HOSPITAL**

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 ehsinfo@edgertonhospital.com or utilize our toll-free number 1-800-884-3441. 3657

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PERMIT #2860



We offer massage therapy!

Call 608-884-1390
to schedule an appointment!

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.

CLASSES FOR THE MIND, BODY, AND SOUL.

join us!

HEART HEALTH: PHYSICIAN SEMINAR

9 a.m., Wednesday, Feb. 24 | Free virtual class!

Celebrate February as Heart Month by joining us for a discussion on heart health with Dr. Alicia-Maria Fernandez.

**PREPARE FOR SURGERY & RECOVERY:
GUIDED MEDITATION**

7 p.m., Wednesday, Feb. 24 | Free virtual class!

Prepare for surgery with mind-body techniques that may help you recover faster. Join Wellness Coach Karen Babcock and learn specific meditations and stress management tips to lessen anxiety and stressors that can come with an upcoming surgery.

SOFT FLOW VIRTUAL YOGA

8 a.m., Fridays, Feb. 26-April 2

Learn to combine breathing, flowing postures and meditation in this gentle but deep approach to Vinyasa yoga with certified Yoga Instructor, Sandy Kotwitz.

URINARY INCONTINENCE & BLADDER CONTROL

10 a.m., Wednesday, March 10 | Free virtual class!

If you have trouble controlling your bladder (urinary incontinence), you are not alone. In this class we'll discuss the types of urinary incontinence, self-care tools to improve bladder control, treatment options and exercises to help strengthen the pelvic floor muscles.

VIRTUAL ZUMBA

9 a.m., Mondays and Wednesdays

Join instructor Jackie Richardson for virtual Zumba! Punch cards available online!



TO REGISTER FOR A CLASS OR TO LEARN MORE ABOUT PRICING, LOCATIONS, AND ZOOM INFORMATION, PLEASE VISIT EDGERTONHOSPITAL.COM.