

COMMUNITY *connection*

FALL 2022



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CEO *update*

As the weather begins to cool and the leaves begin to change colors, we hope that this newsletter finds you enjoying

all the comforts that come with the new season: fresh apples, pumpkin picking, family time, and good health!

The team at Edgerton Hospital has had a busy, fun summer, as you'll read on the following pages. From caring for patients to being active in the community, our team has been on their toes as Edgerton Hospital evolves and grows. New services lines, like the Pain & Spine Center, may get the limelight occasionally, but we are still proud to be offering a full spectrum of care, including our Swing Bed/Short-term Rehab program.

Swing Bed, as you'll read, is specific to Critical Access Hospitals, like Edgerton Hospital. This program allows for recovery in a hospital setting after an illness or injury. You'll hear from patients, like Jim, who feel truly blessed to have had such an amazing recovery experience in Swing Bed. We always encourage the community to know their healthcare options so that they are better prepared to make decisions if that time comes.

Be well and stay safe!

Marc Augsburger, MBA, BSN
Chief Executive Officer



PATIENT TESTIMONIAL

How Edgerton's Swing Bed Program Gave One Patient a New Lease on Life

It's not every day that you hear a hospital described as "a country club without the golf course," but those are the words Jim Von Eschen used to describe Edgerton Hospital during his stay in the Swing Bed unit. One evening, after going on a walk with his wife, Jim decided to finish the night off watching the NCAA finals. He fell asleep while watching the game, and when he woke up to go to bed, he felt disoriented. Not thinking anything of it, he went to sleep. However, the next morning, he fell out of bed, and that was when he decided he needed to go to the emergency room. After being admitted, hospital staff at UW Health discovered a blood infection that would need to be treated with antibiotics. After a weeklong stay at UW Hospital, Jim was then admitted to the Swing Bed program at Edgerton Hospital.



The nurses were so friendly and nice, and I always got to talking to them, and now I know them really well. After a while, it felt like we were almost like family.

He had no prior knowledge of what a Swing Bed program was and didn't know what to expect when he was told he'd be going to one. "I was picturing Edgerton Hospital as a two-story building, old facilities. And I was really worried about where I was going, but when we drove up, I saw a one-story, fairly new building and didn't think it would be so bad after all."

Swing Bed is a program intended to help those who no longer need 24/7 hospital care but can still benefit from having 24-hour nursing coverage while they recover. While a patient's stay is dependent

on the extent of care they need, a typical stay can range anywhere between 9-14 days. This allows the patient to continue receiving care until they are well enough to return home or to other living arrangements.

“I got an entire room to myself – there was a beautiful view right outside my window of a garden and a pond. It was completely opposite of what I was thinking it would be. The nurses were so friendly and nice, and I always got to talking to them, and now I know them really well. After a while, it felt like we were almost like family.”

Having since finished his stay in Swing Bed, Jim says that he’s feeling a lot better and is still taking walks with his wife and spending time out in the yard. “My wife and I are going to plan to go down there and have a meal – we want to walk around the Healing Garden and just refresh my memory of the great times I had there. I am so happy that it was part of my life.”

TO LEARN MORE ABOUT OUR SWING BED PROGRAM, CONTACT PATIENT AND FAMILY SERVICES AT **608.884.1490**.

SWING BED BENEFITS

Swing Bed gives patients more time to recover in an environment where they can receive 24/7 care. Edgerton Hospital will help you facilitate the transition between acute care and returning back home.

Amenities:

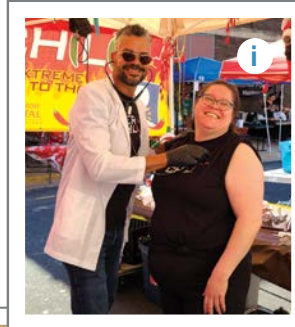
- Private patient rooms
- Windows that open
- Healing Garden
- Personalized meals from an executive chef
- Low nurse-to-patient ratio



summer SNAPSHOTS

We were busy this summer, and we enjoyed every minute of it! Over the last few months, we've been staying involved in the community and helping out around town. Take a walk down memory lane with some snapshots from the events we took part in. If you're interested in participating in one of our community classes, check the schedule to find out when they're happening, or visit edgertonhospital.com!

- a. Heritage Days Parade
- b. National Night Out
- c. Highway Cleanup
- d. Home Alone Safety
- e. Cooking Class
- f. Zumba Party
- g. Certified Babysitters
- h. Kids Pizza Party
- i. Chilimania
- j. Heart Walk



FALL 2022 FREE CLASS SCHEDULE

Cooking with Seasonal Veggies
Wednesday, Oct. 19, at 5:00pm
Joshua Ciafullo, Executive Chef

Healthcare Planning 101 – What you need to know!
Tuesday, Oct. 25, at 12:00pm
Amanda Rendon, LMSW

Protect Your Stuff in 3 Easy Steps
Tuesday, Nov. 8, from 10:00am to 12:00pm OR
Wednesday, Nov. 9, from 1:00pm to 3:00pm
Douglas Ley, Elder Law & VA accredited attorney

Managing Back & Neck Pain (Edgerton Public Library)
Tuesday, Nov. 8, at 6:00pm
Dr. Arpan Patel

Creating a Pollinator's Paradise
Thursday, Nov. 10, at 12:00pm
Mark Dwyer, Healing Garden Manager

Healthy Holiday Alternatives
Monday, Nov. 21, at 12:00pm
Lydia Stevenson, RDN, CD

Mediterranean Diet & Healthy Eating (Edgerton Public Library)
Wednesday, Dec. 7, at 6:00pm
Lydia Stevenson, RDN, CD

TO LEARN MORE OR REGISTER, VISIT
EDGERTONHOSPITAL.COM/EVENTS.

WE'RE GROWING *our own* VEGGIES

Food often travels thousands of miles – but at Edgerton Hospital, we're growing it right outside our patients' rooms! You may have noticed the large bins in our café courtyard. This is where we are growing our own vegetables! With the help of our Healing Garden Manager (Mark Dwyer), and our Executive Chef (Joshua Ciafullo), the veggies are grown, harvested, and then used to make fresh meals for patients, visitors, and staff. There really is nothing better than the taste of garden-fresh vegetables and herbs. And not only do they taste great, but there are also so many more benefits to growing your own vegetables. Gardening is a physical activity, and it's a great way of getting outdoor exercise. It's also a natural stress reliever, and the sunshine from being outside can keep you feeling happy. So, plant some squash and give this recipe a try!



Chef Joshua Ciafullo (left) and Garden Manager Mark Dwyer (right).



EXECUTIVE CHEF JOSHUA CIAFULLO'S WINTER SQUASH SOUP

Ingredients:

- 2-4 cups cooked winter squash
- 2-4 carrots, optional
- 1 quart vegetable broth
- 3 cloves garlic peeled and chopped
- 1 onion, or leeks... or shallots, peeled, and cut in half
- 1 stalk of celery... or two
- Fresh ginger, about as big as your thumb, peeled (*You can also use powdered ginger, fresh or dried turmeric, or all three if you're feeling adventurous.*)
- 1 16 oz can of full-fat coconut milk
- Salt, pepper, chili flakes, rosemary, sage... *The seasoning is up to you!*

Directions:

Place all ingredients except seasoning in a high-pressure cooker, kettle on the stovetop, or slow cooker on high for about 20 minutes and let it release the steam naturally. Once it is cool enough, blend it in batches until smooth and creamy. You'll hardly believe it's dairy-free!



Taylor, MLS



Deana, RN



Conner, RN



Jen, RN



Dr. Mubeen

still heroes, still here, STILL NEED YOUR HELP

.....
VOCERA WILL MAKE A DIFFERENCE
.....

Vocera resembles a cell phone from 1999, BUT...

- Vocera will provide instant communication between staff throughout the hospital with the touch of a button.
- When emergencies occur and staff must respond, this device immediately notifies staff they are needed.
- Vocera will allow our healthcare heroes to continue giving quality care but in a more time-efficient manner.



The Foundation is raising \$167,000 for Vocera, and we need YOU to make it happen!



THANK YOU! YOUR GIFT IS THE BEST MEDICINE:

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

Hospital's Greatest Need (to fund Vocera) Healing Garden

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

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

OTHER WAYS TO GIVE:

Visit edgertonhospital.com and click on Make a Gift.

Scan the QR code to learn more,
or contact Ann Heiden,
Executive Director, 608.884.1401,
aheiden@edgertonhospital.com.



PATIENT SPOTLIGHT

Living Life With Less Pain

Edgerton Hospital's Pain & Spine Center opened this past spring and has seen great success thanks to Dr. Arpan J. Patel. Far too often, people suffer from chronic pain and don't seek out treatment because they think their treatment options will be limited to prescription drugs. However, Dr. Patel has many methods of treating chronic pain and can help people get back on their feet. One patient, David Russell, was seen back in May for chronic back pain.



I'll be going to Edgerton Hospital again because why knock their success? It's still holding for my back pain, and it's close to home for me.

"I've been to other pain management centers, and satisfaction at those places was limited. It has been over three months since my procedure at Edgerton Hospital, and it's still holding strong."

David experienced continued pain in his lower back, and despite seeking out treatment prior to Edgerton Hospital, the pain never seemed to go away. "My granddaughter recommended Dr. Patel, so I figured I would give it a shot. He did an MRI and knew right away what I needed."

David also experiences chronic hip pain and will be seeking out treatment for that in the near future. "I'll be going to Edgerton Hospital again because why knock their success? It's still holding for my back pain, and it's close to home for me. If I have the same success with my hips as I had with my back, I'll be more than satisfied."

If you're experiencing chronic pain and considering seeking out treatment, Edgerton Hospital's Pain & Spine Center may be the right place to put your pain to rest!

TO LEARN MORE ABOUT EDGERTON HOSPITAL'S PAIN & SPINE CENTER, OR TO SCHEDULE AN APPOINTMENT, CALL **608.561.6614**.



We offer diagnosis and treatment of the following pain conditions:

- Neck pain
- Back pain, including sciatica
- Work-related injuries
- Persistent pain after back or neck surgery
- Arthritis pain in spine and joints
- Complex Regional Pain Syndrome
- Nerve damage
- Muscle spasm pain
- Shingles pain
- Headaches

NON-PROFIT
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MADISON WI
PERMIT #2860

WE'VE GOT YOU COVERED!

We accept a variety of insurance plans:

Call the number on the back of your insurance card to verify coverage.



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.

WAITING FOR MEDICAL IMAGING?

If your provider has recommended medical imaging, but it's taking weeks to schedule your appointment, consider Edgerton Hospital! We can see you quickly and work to process your prior authorization rapidly!



APPROXIMATE WAIT TIMES FOR APPOINTMENTS

Within 1 week:

- CT Scan
- Ultrasound
- Echocardiogram
- Bone Density
- Mammogram

Within 2 weeks:

- MRI

Within 4 weeks:

- Pediatric Echocardiogram

Appointments: **608.561.6657**

Don't forget to schedule your annual mammogram. Schedule your bone density and mammogram at the same time and be entered in a drawing! And, if you've had a mammogram between 11/1/21 – 10/31/22, we'll enter you to win a pink Kitchenaid mixer! Drawings to take place 10/31/22.



To schedule your 3D mammogram, call **608.561.6657**, or scan the QR code to learn more.

