

COMMUNITY *connection*

FALL 2023



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CEO *update*

It has been an exciting year at Edgerton Hospital and Health Services! In August, we celebrated 100 years of providing compassionate healthcare – with our team,

friends, neighbors, partners, and community members! Everyone was welcome and people of all ages enjoyed the food, festivities, and company in our beautiful Healing Garden. The highlight of our celebration was 95-year-old Shirley Joyce Green, who was born at Edgerton Hospital on July 13, 1928 (she even brought her birth certificate to the party)!



In this milestone year, as we recognize and celebrate our history, we are even more energized for the expansion and evolution of Edgerton Hospital and Health Services in the future. Our goal is to continue our commitment to provide convenient, quality healthcare to all the individuals and communities we serve.

Here are a few exciting announcements:

- Expansion of Mental Health Services – Olga Roubachkina, MSN, APRN, PMHNP-BC, and Mary Pauli, LPC, CCMHC, have joined Rebecca J. Beese, DNP, APRN, PMHNP-BC, at our Fulton Square Clinic to provide patients with the mental health care they need. More mental health services are soon to come.
- Growth in Whitewater with Edgerton Hospital Whitewater Clinic – The Fall opening of our Whitewater clinic will allow us to provide high-need services in more of Southern Wisconsin. Behind the expertise of Dr. Rene Buenzow DNP, PMHNP, APNP, APRN-C, we will now offer family practice/primary care and psychiatry in the Whitewater community and beyond.
- Tele-Endocrinology – With an increase in diabetes, thyroid issues, osteoporosis, calcium disorders and adrenal disorders, Endocrinology is a much-needed specialty. Edgerton Hospital and Health Services is proud to offer Endocrinology visits (via telehealth) with Dr. Vijaya Vasudevan.
- Revamped Urgent Care – Coming in January 2024, look for expanded hours and a new location for Urgent Care services in Edgerton.

As we continue to work to meet the needs of area communities, our team is committed to putting patients first. We want to be more than your healthcare provider; we want to be your healthcare partner.

As always, be well and stay safe!

Marc Augsburger, MBA, BSN
Chief Executive Officer



SENIOR LIFE SOLUTIONS

Aging brings many joys – but our older years can also bring difficult life transitions, including stress from age-related health concerns. Common struggles include a decline in the mental health and quality of life of our loved ones. That’s why Edgerton Hospital and Health Services offers an intensive outpatient group therapy program called Senior Life Solutions designed to meet the unique needs of individuals, typically 65 and older, struggling with depression, anxiety or stress related to life changes caused by aging.

Symptoms of depression and anxiety often go unnoticed and undiscussed by our loved ones and are often mistaken as a normal result of aging. This doesn’t have to become your loved one’s new normal. With the help of Edgerton Hospital and Health Services’ Senior Life Solutions, your loved one can get the support and personalized care they need to restore their quality of life.

Our program is dedicated to improving the quality of life of our patients, so they can get back to living full, happy lives.

If you would like more information about this program, please visit us at [edgertonhospital.com](https://www.edgertonhospital.com).



THANK YOU FOR CELEBRATING **100** **YEARS WITH US!**

Edgerton Hospital and Health Services celebrated 100 years of providing quality care on August 26, 2023. The hospital and its team invited patients, supporters, members of their community, family and friends to join them in celebrating in the Edgerton Hospital Healing Garden.

This special celebration included:

- Food trucks and booths
- Prize drawings
- 100 Year Edgerton Hospital T-shirt giveaway for the first 200 attendees
- Visual display of the hospital's century of history
- And more!

Thank you for joining us in celebrating our legacy of quality and compassionate care to our patients and our community. **Here's to another hundred years of excellent service!**



Scan the QR code to view the 100 year party video on YouTube!



EDGERTON HOSPITAL WHITEWATER CLINIC OPENING

We are opening another clinic in the Whitewater community! Our new family practice and mental health clinic will be opening in November 2023.

Join us at **757 E. Milwaukee St., Suite C**, to get the exceptional care you need within your community.



PROVIDING CLOSURE WITH 3D AREOLA TATTOOING



October is Breast Cancer Awareness Month and in support of all survivors and those currently battling, we are highlighting Ann Rudel, Paramedical Tattoo Artist, and her work with 3D Areola Paramedical Tattooing. Ann herself is a double mastectomy breast cancer survivor and gives empathy to each of her patients as they go through this emotional procedure.

While we can use the technique of 3D Areola Paramedical Tattooing for any breast reconstruction, Ann states that “It is often associated with having received a mastectomy post breast cancer and can be the final step in the completion of breast reconstruction.” Since it is done in a hospital, it is typically covered by insurance as well.

After a patient receives a mastectomy, they have the option for breast reconstruction, which is where Ann steps in to create an illusion of a nipple. She describes the process as “... the art of creating a 'picture' of a nipple and areola that gives the illusion of authenticity and protrusion, using tattoo techniques post-surgery.” Areola tattooing just focuses on the area that is tattooed and will not impact any scars outside of the nipple area.

As for the timing of the procedure, “That can vary depending on the type of surgical procedure performed and if the scars are in the area where the 3D areola(s) would be placed. Some are able to get them within 4 months after their reconstruction surgery, while others need to wait longer, up to a year, to allow the scars to fully mature.” Ann says that the most important thing is that “It is always good to be completely satisfied with the outcome of the reconstruction before planning 3D areola tattooing.”

Appointments take between one to three hours and after the process is complete, recovery is minimal. “There is no downtime to speak of; however, heavy lifting, hot tubs, saunas and excessive sweating should be avoided during the healing process, which lasts two to three weeks.” Ann will schedule a follow-up appointment eight to ten weeks after tattooing for any adjustments needed.

Ann speaks of 3D Areola Paramedical Tattooing highly. “Having had this service performed myself, I can say that it definitely helps with closure and moving forward. It increases your self-esteem and body image while putting what you’ve been through a little farther behind you.”

For all of those who’ve been affected by breast cancer, Edgerton Hospital wishes you strength and hopes to extend closure by offering 3D Areola Paramedical Tattooing. We stand beside you and honor those who have passed on.

Ann has spent the past 39 years in the healthcare field helping people be their physical best through her role as a Certified Occupational Therapy Assistant. For the past 7 years, she has also been helping people look and feel their best through the artistry of permanent makeup. Her extensive knowledge and passion for permanent makeup and paramedical tattooing make her a highly skilled and versatile artist.

As a double mastectomy breast cancer survivor herself, Ann understands what you have been through and will aid in closing the final chapter of your healing process.



Ann Rudel,
Paramedical Tattoo Artist

DIAGNOSTICS



Improving Your Standard of Care With 3-D Mammography

Edgerton Hospital and Health Services is proud to announce that we've added 3-D mammography to our list of services available to our patients. 3-D mammography, otherwise known as tomosynthesis, was approved by the FDA in 2011 and has since become the standard of care for breast imaging.

A 3-D mammogram grants our radiologists a better view of the breast tissue compared to a standard 2-D image, allowing them to view the scans in thin slices. The enhanced imagery not only increases the likelihood of catching any abnormalities sooner, it also significantly reduces the chance of false positives and the need to call back patients for additional imaging. Plus, the process is the same as a standard mammogram, so when it's time for your appointment, there won't be any surprises.

At Edgerton, we believe in taking uncertainty out of your care. By offering the highest quality preventative screening measures and expert care, our patients and their health are in good hands.

Have questions? Call our imaging department and one of our mammogram techs will be more than happy to answer your questions.

New Scanners, Better Care

Our new 128-detector Siemens CT offers faster, safer, and more accurate diagnostic imaging for our patients at EHHS. How does it do this? It has twice as many detectors as the prior scanner; this allows us to scan through anatomy quicker with less chance of motion. This new CT scanner can provide 3-dimensional images for virtually any patient, regardless of age or size, including those with cardiac or respiratory conditions that make it difficult to get high-quality images.

With our new CT scanner, we are able to increase the types of exams we can offer to the community. One of the new types of imaging we provide goes hand in hand with our orthopedic clinic: CT scans for joint replacement. Another new type is brain perfusion studies. This new technology adapts to each patient's clinical needs and covers the exact range the patient requires. The images can show

blood flow over time in the brain. In the case of stroke patients, physicians can use whole-organ imaging to show the circulation of blood not only within a small part of the brain, like most CT scanners, but for the entire brain. In the future, we would like to start doing CCTAs or CT cardiac imaging for the community, starting with calcium scores.



With our new technology, we also find that our exam time has decreased significantly, and another benefit is there is a decrease in the amount of radiation that is needed to provide accurate diagnostic quality images. With decreased breath-hold times and a more comfortable table, patients find they enjoy the new CT scanner almost as much as the Medical Imaging Staff.

A HEART FOR OUR COMMUNITY

Like you, Edgerton Hospital and Health Services has a real heart for our community, and it is time we grew the Cardiopulmonary Rehabilitation program.

The hospital is bursting at the seams with people needing cardiac rehab. The number of patients seen is greatly limited by the number (and age) of the current Cardiac Rehab Telemetry system. A new telemetry system will allow us to accommodate more people in our rural community, and to provide the quality of patient care they deserve right now, right here...close to home.

- To grow, we need to increase the number of telemetry monitors. You can imagine the benefits if we add five more units. Right now, we have only three.
- To provide the best care, we'd like to improve the quality of our telemetry ECG imaging. It is vital we have an accurate picture of a cardiac rehab patient's heart rhythm during exercise. New monitors, offering the latest technology, will provide clearer, more accurate ECG information.
- To assure safety, and to protect the increased number of patients, it is prudent to add two more defibrillators to the Cardiac Rehab area.

It is likely you know someone – a friend, neighbor or family member – who has had a heart attack, heart failure, heart valve surgery, coronary artery bypass or received a stent or angioplasty, and was then prescribed Cardiac Rehab. According to the Centers for Disease Control and Prevention, "... more people die from heart conditions in the United States every year than from any other cause. For people who have had a cardiovascular event or intervention, cardiac rehabilitation is an important part of recovery."

And this is the exact reason why the Edgerton Hospital Foundation is passionate about raising \$75,000 by the end of the year. With your help we can provide the equipment necessary for Cardiac Rehab and provide the best care for the community we love so much.



THANK YOU, FROM THE BOTTOM OF OUR HEARTS!

Yes, I have a heart for our community and want to donate \$ _____ (amount) to the following:

Hospital's Greatest Need 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.



TOMATO MELON SALAD

Ingredients:

- 8 cups 1-inch chunks red and yellow heirloom tomatoes
- 4 cups 1-inch chunks seedless honeydew or any melon

Honey Vinaigrette:

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon honey
- Kosher salt and freshly ground black pepper

Garnish:

- 1 1/2 cups feta – optional
- 1/2 cup fresh basil



AUTUMN IN THE HEALING GARDEN

Coming off a colorful and busy (albeit dry!) summer season, the Healing Garden gracefully transitions to autumn with the rest of the EHHS campus. While hard frost will dictate the end of our seasonal flowers, it initiates significant fall clean-up efforts and extensive bulb planting goals for a colorful early 2024. This fall, volunteers will be installing over 25,000 more early blooming bulbs with a strong focus on the ornamental onions (Allium) that do so well and are avoided by our resident deer. The latest blooming perennials, ornamental grasses and the fall color of many shrubs and trees in the healing garden will carry some color into later fall and early winter. We're already planning many exciting new color schemes, sensory plant expansion and general improvements throughout the garden for unveiling next year.

This is also an excellent time of year to walk through the adjacent woodland to the west of the hospital proper. A trailhead along the west receiving road is located along the extended gravel drive and begins the .5-mile trail system through the 25-acre woodland. These woods have some amazing oaks, maples, black cherries, shagbark hickories and other trees throughout a "double ravine" area that is bisected by trails. New steps have been added in some sloped locations, and future improvements by volunteers will include new path gravel, tree planting, invasives clearing and additional step installation. Enjoy the woodland in autumn!





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If you do not wish to receive solicitations of mailings from Edgerton Hospital or the Edgerton Hospital Foundation, please e-mail ehhsinfo@edgertonhospital.com or call 608-884-3441. 4125

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.



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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.



EXPANDED URGENT CARE

- COMING JANUARY 2024
- 2 BURDICK STREET, EDGERTON, WI 53534
- FULTON CORNERS BUILDING (ACROSS FULTON STREET FROM CITY HALL)



Dr. Vijaya Vasudevan, Endocrinology, now offers telehealth visits for:

- Diabetes type I, type II
- Thyroid
- Patients who require surgical intervention will be referred to the ENT (thyroid) physician of their choice (hopefully that choice is Dr. Yaish).
- Osteoporosis
- Calcium disorders
- Adrenal disorders

Patients, call **608-561-6614** to schedule an appointment.

Referrals from a primary care provider preferred but not required.