

100
YEARS
1923-2023

Edgerton
HOSPITAL
AND HEALTH SERVICES

COMMUNITY *connection*

SUMMER 2023



Photo by: Tom Edwards

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CEO *update*

Warmer weather has finally made its way to Wisconsin, and our Healing Garden is in full bloom. With the warm weather comes the opportunity to enjoy more time outside. We hope that you and your loved ones take the time to appreciate all that nature has to offer.

This past April, our Fulton Square Clinic opened for service! This clinic houses specialty services for Mental Health, Cardiology, ENT, General Surgery, Podiatry, and Pulmonology. We are excited to work toward improving the health outcomes of Edgerton and the communities we serve.

We have also been working diligently with staff, the Board of Directors, volunteers, community leaders, and stakeholders to gather feedback regarding our 2024-2026 Community Health Needs Assessment. This assessment will help us in developing a community health improvement plan and allow us to allocate resources to best meet our community's needs.

Throughout this newsletter, you can read more about what we are doing to improve our service offerings, ensuring you have the best quality of care possible.

Be well and stay safe!

Marc Augsburger, MBA, BSN
Chief Executive Officer



COMING MID-SUMMER:

TELE-ENDOCRINE
AND
TELE-PSYCHIATRY.

WATCH OUR WEBSITE
FOR MORE INFORMATION.



ORTHOPEDIC SERVICES TO KEEP YOU MOVING

We are proud to partner with Orthopedic & Spine Centers of Wisconsin so we can provide our patients with the best in orthopedic care. The physicians of Orthopedic & Spine Centers of Wisconsin have been treating patients in Rock County and surrounding regions for over 20 years.

Our team of board-certified and fellowship-trained physicians specialize in a variety of areas, including orthopedic surgery, sports medicine, hand and upper extremity care, joint replacement, spine care, and pediatric orthopedic care. They'll create individualized treatment plans based around your lifestyle and goals.

If you're suffering from pain, Edgerton Hospital and Health Services can help find a solution. Our orthopedic doctors can diagnose and treat many types of pain all over the body, including:

- Knee pain
- Hip pain
- Shoulder, elbow, wrist, or hand pain
- Ankle or foot pain
- Back or neck pain
- And more!

Meet our orthopedic providers!

Kashif Ali, MD - Sports Medicine, Hip and Knee Replacement, Shoulder Replacement

Brian J. Keyes, DO - Hip and Knee Replacement and Revisions, Orthopedic Trauma

Dayton Opel, MD - Hand and Upper Extremity

Joseph A. Sizensky, MD - Foot and Ankle



EXPANDING ACCESS TO MENTAL HEALTH SERVICES

Mental Health Awareness Month has been observed in the U.S. since 1949. Every year, Edgerton Hospital joins the national movement to raise awareness about mental health. We come together to fight the stigma, educate the public, and advocate for needed mental health services in our community.

Mental and physical health both play an important role in one's overall health. Similar to physical health, mental health changes over time. While poor physical health can lead to problems with mental health, poor mental health can lead to physical health conditions.

In the United States alone, 1 in 5 adults lives with a mental illness. Maintaining positive mental health and seeking out treatment for mental health conditions are crucial to improving overall health. At Edgerton Hospital and Health Services, we are pleased to play a role in providing expanded access to mental health services with the addition of three new providers. Each of these providers focuses on offering patient-centered care by using a wide variety of integrated healing methods.

IF YOU WOULD LIKE TO MAKE AN APPOINTMENT TO DISCUSS YOUR MENTAL HEALTH, PLEASE CALL 608-561-6614.

Meet our mental health providers!



Rebecca J. Beese, DPN, APRN, PMHNP-BC



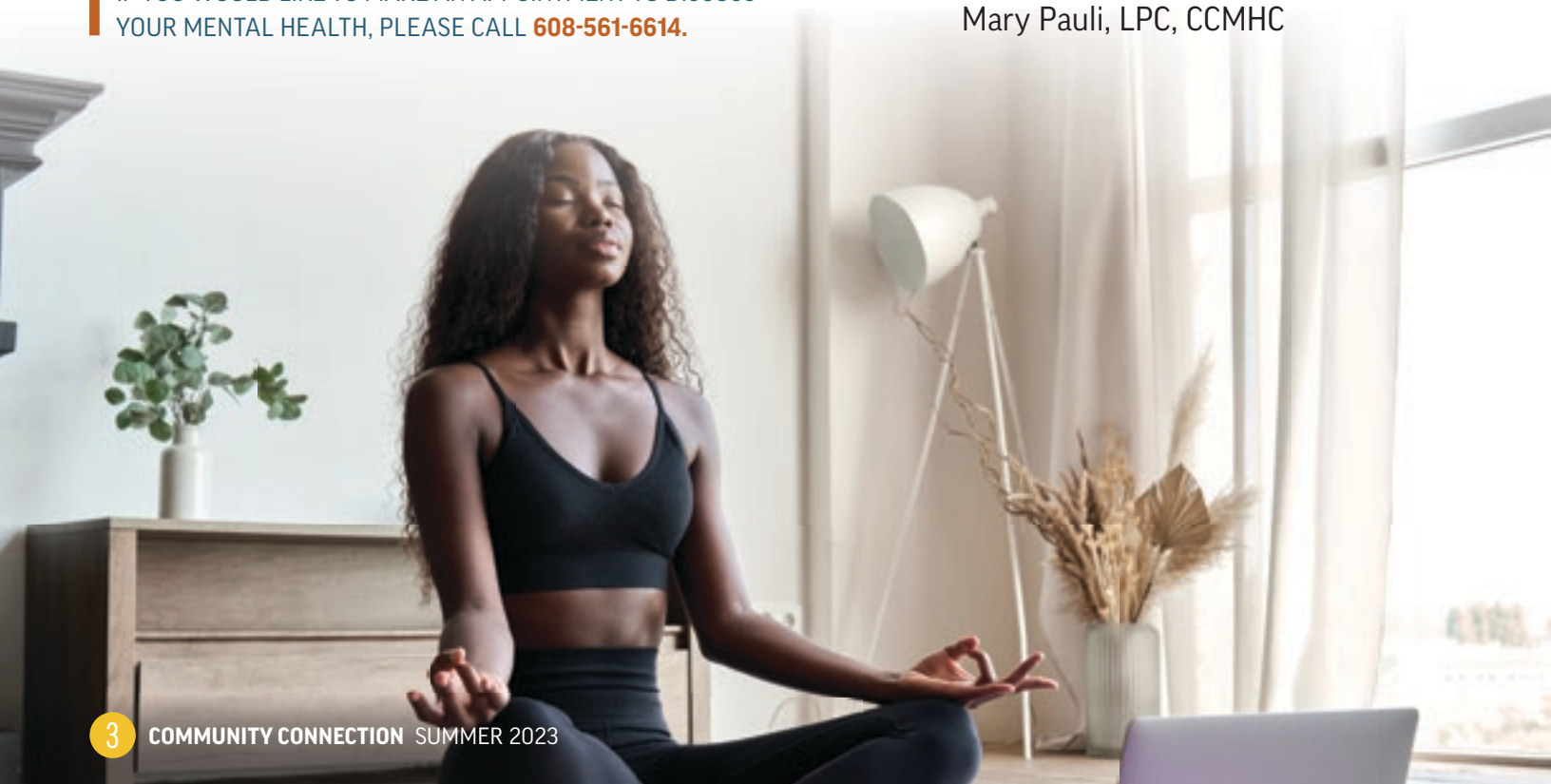
Olga I. Roubachkina, MSN, APRN, PMHNP-BC



Mary Pauli, LPC, CCMHC



Can't make the party but want to help the Foundation in their mission to support EHHS? **Visit our website or return the gift slip below!**



THANK YOU! YOUR GIFT IS THE BEST MEDICINE.

I 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.



EXECUTIVE CHEF JOSHUA CIAFULLO'S SHRIMP CEVICHE

Ceviche is not only delicious and full of flavor, but it's also packed with a ton of nutrients. It has low levels of fat and saturated fat, making it the perfect option for a light snack or dinner. Give Chef Joshua's Shrimp Ceviche recipe below a try!

- 2 lbs. raw minced shrimp
- 1/4 minced red onion
- 5 cloves minced garlic
- 1/4 minced red pepper
- 1 stick minced celery
- 1 whole minced jalapeno
- Fresh lemon zest from 1/2 lemon
- Freshly squeezed juice from 3 lemons
- 3 sprigs of freshly chopped dill
- Pinch of black pepper
- 1 tsp. coarse salt or 1/2 tsp. fine salt
- 1/2 tsp. white sugar

Combine all ingredients in a bowl and mix well. Wrap bowl with plastic wrap and chill in refrigerator for 45 mins. to 1 hr.

Serve with toasted pita chips or crackers.



STAY SAFE AND ALERT OUTDOORS

Summertime is a popular time to soak in the sun along with a plethora of outdoor activities. This summer, make sure you stay safe by taking precautions and preparing ahead of time.

One popular summer activity is camping. You get to enjoy fresh air, the sounds of nature, an escape from digital devices and delicious food on the fire. However, with the excitement of camping also comes the potential for injury.

Here are a few common camping/hiking ailments that you'll want to watch out for!

- **Falling:** watch for bumps on the ground or hidden holes while hiking
- **Cuts/burns:** be extra cautious when using knives or preparing food
- **Sunburn:** wear sunscreen and reapply regularly
- **Heatstroke:** don't spend too much time in direct sunlight and drink plenty of water
- **Rashes:** stay on the path while hiking and out of the greenery
- **Bug bites:** wear bug spray and use citronella candles

Remember, it's possible to stay safe while having fun this summer! If an accident happens and you need medical attention, our ER is here for you 24/7.



TREE CAMPUS HEALTHCARE

Edgerton Hospital and Health Services Named a 2022 Tree Campus Healthcare Institution

The Arbor Day Foundation has named Edgerton Hospital and Health Services a 2022 Tree Campus® Healthcare institution for its commitment to planting, nurturing, and celebrating trees.

The Arbor Day Foundation is the world's largest membership nonprofit organization dedicated to planting trees. Its Tree Campus Healthcare program aims to transform community health and ultimately save lives through trees, as well as recognize healthcare institutions that make an impact on wellness through tree planting, education, and community engagement.



"Spending time in green space has been proven to better health outcomes and reduce stress for staff and caretakers."

"We're proud of Edgerton Hospital and Health Services for going above and beyond to provide these benefits to their community."

- Dan Lambe, Chief Executive Officer of the Arbor Day Foundation

About the Arbor Day Foundation

Founded in 1972, the Arbor Day Foundation is the world's largest membership nonprofit organization dedicated to planting trees. With a focus on communities and forests of greatest need, the Foundation - alongside its more than 1 million members, supporters, and valued partners - has helped to plant nearly 500 million trees in more than 50 countries. Guided by its mission to inspire people to plant, nurture, and celebrate trees, the Arbor Day Foundation is committed to unlocking the power of trees to help solve critical issues facing people and the planet. **Learn more about the impact of the Arbor Day Foundation at arborday.org.**

WOUND & OSTOMY CARE CLINIC

Your skin plays a vital role in protecting your body from germs and infections. As your body's largest organ, it's important to keep the skin in tip-top shape. Certain medical conditions may make your skin more prone to developing non-healing wounds. If you have any of the following conditions, the wound care providers at our Wound & Ostomy Care Clinic can create a comprehensive care plan for helping to heal your wounds:

- **Complications following surgery**
- **Congestive heart failure**
- **Diabetes**
- **Peripheral vascular disease**
- **Rheumatoid arthritis**
- **Traumatic injury**

Patients with an ostomy can also receive professional medical support through this clinic. We'll provide them with stoma nursing care and psychosocial support in the pre- and post-operative stages.

TO LEARN MORE ABOUT WOUND AND OSTOMY CARE, PLEASE CALL SANDY BJORNSTAD, RN, OMS, WCC, DWC, OR JEN VAN ALTENA, RN, WCC, AT **608-561-6628**.

Meet our new wound care specialist!



Jennifer Van Altena, RN, WCC



11101 N. Sherman Rd.
Edgerton, WI 53534

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.



EDGERTON HOSPITAL 100-YEAR CELEBRATION



Compassionate Healthcare since 1923

Edgerton Hospital is commemorating 100 years of service, and we can't wait to celebrate with you! Please join us on Saturday, August 26, to honor our long history of quality and commitment to Edgerton and the other communities we serve.

Where:

Edgerton Hospital Healing Garden
Time: 4:00-7:00 PM

This free community event features:

- Prize drawings
- **Special 100-year T-shirts for the first 200 attendees**
- Food vendors
- Bounce house
- Quilt raffle
- And more!

Don't let pain control your life! Schedule an appointment today by calling 608-561-6641.

Referrals from a primary care provider preferred but not required.

Dr. Arpan J. Patel
Director of Pain & Spine Center