



Collin Derosier,
born May 4, 2012

Moms find uncommon warmth and support for childbirth

THE BIRTH EXPERIENCE

Amanda N. Tembreull, MD
Chief Medical Officer,
Family Medicine

Medical degree from the
University of Minnesota Medical
School. Residency at St. John's
Hospital in
Maplewood,
MN. Joined
OMC in
2008.



**What's your
philosophy
for the
birthing
experience?**

*The longer I deliver babies,
the more I am reminded that
birth truly is a natural process.*

A moment as intimate and intense as childbirth can best be experienced when securely and warmly wrapped in support, local moms explained. And they've found that support at the Birth Center at Osceola Medical Center.

The Birth Center offers all the latest services and popular options, like a homelike setting, soothing music, aromatherapy and deep and jetted soaking tubs. But the most critical element is the prevailing culture of personalized attention, where parents can focus entirely on that once-in-a-lifetime chance to hear, see and touch their new son or daughter for the first time.

"I was a little nervous because it's a smaller hospital," Ashlan Zurbruggen of Osceola, WI, recalled. "But then I asked for a tour and I couldn't believe

the quality of the room and the kindness of the nursing staff. They assured me, 'What you want, we will do.'

When little Autumn made her grand entrance on July 11, Zurbruggen and her husband, Matt, appreciated the thoughtfulness of the medical team, who also had settled down the excited new grandparents and aunt, who were close at hand.

'I couldn't believe the quality of the room and the kindness of the nursing staff.'

"They were right outside the room in the hallway," Zurbruggen remembered. "Mom said it was so amazing to be right there and hear Autumn's first cry."

Zurbruggen remembers her nurse and lactation coach being "like an angel" with her during her delivery, and her doctor stopping by for a friendly visit the next day, even though it was her day off.

The one-on-one attention and gentle, caring atmosphere are features that drew longtime birthing nurse Kelly Marek, RN, to OMC.

"We offer so much more here than I was used to seeing," she said. "It's especially wonderful for first-time moms. They need to feel secure and know the nurse is there for them. And the doctors here are hands on. If their patient is in

labor, they are going to be there. They even schedule their vacations around their patients' due dates. It's a good thing."

'Unbelievable bonding experience'

New mom Alysse Carlson was born and raised in Osceola – born, in fact, at OMC. She and her mom both work at the medical center.



The Birth Center at OMC is one of many elements that give the birthing experience at OMC a home-like setting, according to Kari Smith, MD, right. Lisa Johnson-Bleskey cradles her newborn son, Brody.

Sometimes, as physicians, we need to intervene and help out if complications develop through the process. But before I intervene, I try to remind myself that women's bodies and souls are capable of truly amazing things.

Kari Smith, MD
Family Medicine
 Medical degree from the University of Minnesota Medical School.
 Residency at the Duluth Family Practice Residency Program.
 Joined OMC in 2002.



What kind of experience are you striving for the new mom/family?

I have had several moms that have delivered previous children elsewhere remark what a wonderful, calming, personal experience they had at OMC. I love hearing that and hope all of my patients can have that kind of experience.

When she called the hospital in the wee hours of Feb. 3 when her water broke, “of course, I freaked out,” she said. “I called and the OB nurse met us at the hospital at 1 a.m. She got us settled and I slept for awhile. In the morning, Dr. Tembreull kept coming to check in on me because she was right down the hall in the clinic that day. I felt like we were on a team. They were so encouraging. They were pushing me to my limit, but I knew I could do it with their support. That was a great feeling.”

Oliver was born at 12:57 p.m. and went right to mom, with his dad, Travis Hubred, capturing photographs. Carlson remembers it as an unbelievable bonding experience.

“The first few minutes and hours after birth are a special time for the new family to bond, especially mother and baby,” said Amanda Tembreull, MD. “Providing that skin-to-skin contact for mother and baby helps this bonding as mom and babe get reacquainted with one another, this time with the little one on the outside instead of within. It also can help nursing go more smoothly, and has the other functional purpose of keeping baby warm.”

Carlson said this amazing experience was made even better because of OMC’s approach to childbirth.

“The staff supported me and cheered me on,” she remembered. “It was so incredible.”

Keen eye to details

“Incredible” is just the kind of description OMC Clinic Director Linda Moore loves to hear about the Birth Center. She takes pride in explaining the care and attention that went into creating the Birth Center when the new

were delivered here,” she said. “I trust OMC with the health of my family, that’s the highest praise I can give.”

Parents plan out the birthing experience

One of the ways OMC instills

‘The staff supported me and cheered me on.’

OMC facility was built. The three birthing rooms, for example, are meant to resemble a home bedroom.

“Women can automatically feel more agitated in a sterile-looking surgical setting for childbirth,” Moore said. “So we took extra care to create superb, beautiful, homey rooms. We want a personalized experience for every mom – it’s what they want and need.”

Moms also receive:

- One-on-one childbirth classes and coaching for lactation and baby care;
- A consultation with the head of the dietary department to plan meal choices while at the hospital;
- Extra space for dad, siblings and other visitors; and
- Take-home gifts, including a car seat cover, baby blanket, book and tote bag.

Moore’s perspectives of the Birth Center are not only through the eyes of a 21-year employee, but also through the keen eyes of a discerning mother and grandmother.

“Six of my 10 grandchildren

confidence in expectant parents is to offer them more control over their birth experience. It’s the new standard, one physician explains.

“The modern birthing process offers more options than were available to women even a few decades ago,” said Edward Mauch, DO, the newest physician to join the OMC team. “In many ways, this allows women to choose how they experience the labor and delivery process. This can range from a natural labor to one with more modern medical methods.”

New mom Alicia Kerber traveled from Centuria, WI, for the delivery of her little Joseph, born March 16. Her sister had two babies at OMC, and Kerber wanted to have “the same great experience.” In her case, as often happens, her original wishes for her labor changed as the process played out.

“I wanted to try to do a natural birth,” Kerber said. “But after seven hours, I decided to have an epidural. Within 10 minutes, I got it. I just really appreciated how comforting the staff was to me.”

All in the family

The comfort of working with her own longtime physician, Kari Smith, MD, was important, too, Kerber said. She has doctored for the past seven years with Smith, who is also Kerber's husband's and baby's physician.

"I chose Dr. Smith because I like her as a person," she said. "She's always made me feel comfortable and she really loves

children. I like the way she is with Joseph when we go for his appointments. She just takes very good care of all of us."

In medical school, Smith said, she chose the path of family medicine instead of obstetrics precisely because she knew she wanted to take care of babies, too.

In fact, all of the physicians who perform labor and delivery services at OMC are family

medicine physicians, prepared to work with patients of all ages. Smith and Mauch are also trained to perform caesarian sections, either as scheduled or in case of emergency, in OMC's John Simenstad Surgery Center. A gynecologist and general surgeon are also available to consult on special cases. 🌿

Edward Mauch, DO Family Medicine

Medical degree from Des Moines University, Des Moines, IA. Residency with the University of Minnesota, Duluth Family Medicine

Residency

Program, Duluth, MN. Joined OMC in 2012.



What kind of experience are you striving for the new mom/family?

I wish to help my patients tailor their birthing experience to fit their own personal wishes while providing skilled care behind the scenes.

Midwife arrives at Birth Center

The distinctly warm and nurturing culture at the Birth Center, surrounded by all sorts of medical resources, has long been important to Michelle Rice, CNM. She was a labor and delivery nurse here for 10 years, including service as manager. As the Birth Center's first midwife, she will be taking care of women

medication, testing and intervention. When a medical concern outside of her scope arises, Rice said, she collaborates with physicians.

During childbirth, a midwife stays with the patient through the entire process.

"I've been a labor and delivery nurse for 15 years. And what

managing the Birth Center, said the addition of a midwife is exciting.

"What Michelle will do is hands on," Marek said. "She'll be with the mom during the whole process, as nurses come and go from the room. Doctors are there if she needs to consult on a concern, but the midwife runs the show and does the delivery. She'll rub the mom's feet or back, explore options, try new things to address pain and serve as a guiding point throughout a natural process."

OMC's Chief Medical Officer, Amanda Tembreull, MD, calls Rice a valuable member of the OMC team. "She will have all of this experience to share with her patients in her new role. As a midwife, she has specialized training in alternative strategies to help women through the labor and delivery process without the need for pain medication, if the patient and her significant other so choose." 🌿

Michelle Rice, CNM Midwife

Midwifery degree from Frontier Nursing University in Hyden KY. Board certified with the American Midwifery Certification Board. Bachelor's degree in nursing from Viterbo

University in LaCrosse, WI. Joined OMC in 2002, midwife since 2013.



What's your philosophy

for the birthing experience? For medicine in general?

To work together with my patients to help them determine what the best birth plan for them. As a midwife, my focus is on education and support throughout all life processes.

Midwifery takes a holistic approach that minimizes medication, testing and intervention.

in her community in a new way.

"Midwifery opens up another option for women, and I'm happy to offer this service in a place as unique as OMC. Everyone here is focused on treating the patient as an individual. Every nurse who works here is in this department because it's her passion, not just a job."

A midwife can serve as a primary health care provider, working with women from adolescence through post-menopause, Rice said. The scope of this practice includes general health, family planning services, preconception care, pregnancy, childbirth and postpartum care, as well as the care of healthy newborns in the first weeks. Midwifery takes a holistic approach that minimizes

I've seen is that women tend to do better when they have support there with them, especially women who don't want pain medication."

Driven by "an unbelievable passion to do this" over the course of six years, a time spanning great personal challenges including the illness and death of her husband, Rice pursued a masters degree and licensure as a midwife. "I couldn't not do this," she said.

Kelly Marek, RN, who took over Rice's responsibilities



Little Brody peers out from his comforter two days after his birth at OMC. Both Brody and his older brother, Kodiak, 2, sons of Lisa Johnson-Bleskey and her husband, Ryan Bleskey, were born at OMC.



Jackie Smothers, left, an instructor at Wild River Fitness, said "it is very helpful to continue to exercise throughout pregnancy." Angie Rambosek, a regular member of Smothers' Kettle Bell class throughout her pregnancy, had a baby girl in September.

Pregnancy and fitness

Staying active and fit during pregnancy can be very beneficial to expectant mothers. Just ask Jackie Smothers.

"I will say from personal experience that it is very helpful to continue to exercise throughout pregnancy," said Smothers, a fitness instructor at Wild River Fitness. Smothers found that exercise helped her fight fatigue and build up the energy and endurance needed for labor.

WRF Fitness Coordinator Sally Williamson agreed, but advises that women should not do more than they did before becoming pregnant. "If a woman is already in a fitness program and exercises regularly when

she becomes pregnant, she can continue to exercise," Williamson said, "but if you're a newcomer, it's best to start off slowly."

Of course it's important to know what you can and cannot do for exercise. Williamson said that walking, biking, swimming and weight training can be done throughout pregnancy. Once later stages of pregnancy are reached, women should avoid bouncing or jumping, quick lateral movements, strenuous activity, or working out to the point of exhaustion.

Exercise can also be helpful to mothers after delivery, Williamson said. Starting off

slowly and choosing an activity that can be done with the baby, "can be one of the best things for you and your baby." It can also boost energy levels, restore muscular strength, promote weight loss and help prevent post-partum depression.

Wild River Fitness has classes that are appropriate for pregnant women, and is exploring classes specifically designed for pregnancy. These classes should be available by next year, she said. 🌿



Sally Williamson, Fitness Coordinator, Wild River Fitness

OMC adds new family practice provider



Edward Mauch, DO Family Practice

Edward Mauch, DO, has joined the medical staff at OMC as a family physician.

Mauch is a graduate of Luther College in Decorah, IA, and earned his medical degree from Des Moines University. He completed his residency with the University of Minnesota, Duluth Family Medicine Residency Program, and is board certified with the American Board of

Family Medicine.

"I'm very excited to join a great group of physicians working hard to provide medical care for an outstanding community," Mauch said. "I wish to become an asset to the community by providing a full spectrum of care to patients of all ages."

According to Amanda Tembreull, MD, chief medical officer at OMC, "We are thrilled

to have Dr. Mauch join our medical center team. His interests and skills in preventive medicine, geriatrics, pediatrics and obstetrics will benefit our patients, as will his philosophy of treating every patient with dignity and respect."

For more information or to make an appointment with Mauch, contact OMC at 715-294-2111. 🌿

Psychiatrist, neurologist join OMC



Ahmed Javed, MD Psychiatrist

Ahmed Javed, MD

Ahmed Javed, MD, of HealthPartners, is now providing psychiatric services at OMC.

A graduate of the University of Cambridge and University of Oxford, he obtained his medical degree from Dow Medical College, University of Karachi, in Pakistan, and spent time as chief resident of the Hennepin-Regions Psychiatry Program.

Psychiatry is the branch of medicine that deals with the diagnosis, treatment and prevention of mental and emotional disorders.

Rita Richardson, MD

Neurologist Rita Richardson, MD, of HealthPartners, has joined the medical staff at OMC.

A graduate of Harvard University of Public Health, she obtained her medical degree from Indiana University School of Medicine. Her residency was at Dartmouth-Hitch Medical Center. Richardson is certified by the American Board of Neurology.

Neurology is the branch of medicine that deals with the diagnosis and treatment of diseases of the nervous system.

Both Javed and Richardson will work closely with the providers

at the Osceola and Scandia clinics

For more information, contact your health care provider or call OMC at 715-294-2111 or 888-565-4662. 🌿



Rita Richardson, MD Neurologist

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If you have ideas, comments or suggestions for future Pulse articles, e-mail them to Bob.Wolf@MyOMC.org or send them to Community Relations at Osceola Medical Center, P.O. Box 218, Osceola, WI 54020.

SPECIALIST SPOTLIGHT

Ear, Nose
& Throat

V. Stuart Cox, MD
Midwest Ear, Nose and Throat
Specialists
Eagan, MN

The diversity of his patients' ages and ailments is what V. Stuart Cox, MD, enjoys most about being an ear, nose and throat specialist, he said. A member of Midwest Ear, Nose and Throat Specialists since he completed residency in 1999, Cox will help celebrate the company's 100th anniversary this year. Having spent his career in the western Wisconsin area, his areas of interest within ENT are sinus diseases and vocal disorders.

Cox said that one of the biggest changes he has witnessed is the switch from using more invasive procedures to using minimally invasive, endoscopic techniques for sinus surgery. "This was a big shift. It allows us to provide much less invasive treatment to patients

with chronic sinusitis. It has significantly helped our patient care," he said.

When it comes to staying healthy, Cox is ready with advice. For the ears, cotton swabs are more harmful than helpful as they tend to pack in wax. Also, wet ears are irritated ears, so keeping them dry will keep them healthy. For the nose, "Neti pots" and saline irrigations are helpful for sinusitis and allergies. For the throat, reflux diseases can be prevented by avoiding alcohol, caffeine and late night eating.

Cox's free time is filled with his four children and their activities, including soccer, swimming, piano and basketball. He also enjoys bike riding in the summer and skiing in the winter.

Eric Becken, MD
Midwest Ear, Nose and Throat
Specialists
Eagan, MN

Helping both adults and children optimize their health is what Eric Becken, MD, said he

concerns.

"Despite several improvements in minimally invasive surgery and cancer screening, one thing that hasn't changed in medicine is how you treat people," Weisberg said. "This involves listening, answering questions using language that people understand and communicating test results in a timely fashion."


Weisberg consults on a variety of gynecological services at OMC, from abnormal pap smears to infertility to menopause. He

enjoys most about his career in ENT. Becken has been practicing with Midwest ENT Specialists since 2005.

"I am blessed to be able to help patients with a diverse set of diseases that impact their quality of life. It is gratifying to use both medical and surgical treatments to help patients lead healthy and happy lives," Becken said.

Within ENT, Becken said he is especially interested in treating adult and pediatric ear disease and hearing loss. He notes that the field has seen much improvement in recent years in hearing aids and assistive listening technology. These advances mean that more patients can experience improvement in their hearing communication.

Ultimately, though, the best suggestion he has for his patients to stay healthy is simply to wash their hands, he said.

Becken lives in Hudson with his wife and their three children. This past summer, they enjoyed boating on the St. Croix River. 

MIDWEST
EAR, NOSE & THROAT SPECIALISTS



V. Stuart Cox, MD
ENT



Eric Becken, MD
ENT


OB/GYN

H. Zis Weisberg, MD,
New Richmond Clinic,
New Richmond, WI

H. Zis Weisberg, MD, said he believes that great patient care starts with being a good listener. The obstetrician and gynecologist, who makes regular visits to Osceola Medical Center, is respectful of his patients' time and understands an appointment is their opportunity to discuss their

also performs state-of-the-art treatments for abnormal bleeding, urinary incontinence and infertility.

The best tip Weisberg has for women is to try to live a healthy lifestyle by regularly exercising and eating a balanced diet. He also recommends following regular cancer screenings.

In his free time, Weisberg enjoys outdoor activities, including skiing, hiking, fishing and golfing. He and his wife, Elizabeth, have three children. 

NEW RICHMOND
CLINIC

H. Zis Weisberg, MD
OB/GYN

Other OMC Partners:



Cancer Center of
Western Wisconsin

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Western Wisconsin
Urology, s.c.

ST. CROIX
ORTHOPAEDICS

Regions Hospital



MIDWEST
EAR, NOSE & THROAT SPECIALISTS

NEW RICHMOND
CLINIC

st. paul
eye clinic



Ninety-five-year-olds Bill Patten and Nina Hoverman took some time from their workouts for birthday cake recently at Wild River Fitness in Osceola. Members of SilverSneakers, Patten and Hoverman are active in the national program at the fitness center.

Two members turn 95

Wild River Fitness threw a big birthday bash, recently, and the guests of honor were their two oldest members, 95-year-olds Nina Hoverman and Bill Patten.

Regular users of the fitness center, Patten and Hoverman attend SilverSneakers classes, a national program created by Healthways to promote fitness and health among seniors.

Patten, who attends most days of the week, was introduced to the program by a friend and has been a member of the class for about six months. Hoverman, who doesn't miss a class, has been attending since the fall of 2011 after a doctor referred her to the SilverSneakers program. Even after the referral expired, Hoverman has been keeping up with the exercise.

Hoverman said she especially likes the classes because they give her a reason to get up in the morning and a chance to visit with friends.


According to Lori Verhasselt, one of the class instructors, the atmosphere of SilverSneakers is very friendly and supportive. "These SilverSneakers members are a family. They look out for each other," she said.

Hoverman agreed. "Everyone gets along really well. We don't step on each other's toes. And we watch out for some of the ones that are not so active."

Hoverman has even been adding members to the class size since joining, as she tries to get her friends to come with her. "She volunteers to drive them down here and everything," Verhasselt said.

In addition to the social benefits, Hoverman has certainly noticed the health benefits as well. WRF offers two of the SilverSneakers programs, a muscle strength and range of movement class,

and a cardio circuit class. Some of the exercises used in the classes involve hand-weights to improve strength, balls to improve dexterity and hand-eye coordination, and several kinds of stretching. After nearly a year of these classes, Hoverman boasts being more limber, having lost five pounds and no longer being woken up by leg cramps several times during the night.

The SilverSneakers classes are offered daily: Monday, Wednesday and Friday at 9:40 a.m., and Tuesday and Thursday at 10 a.m. 

Dear Amy,

I wanted to share with you how much I've enjoyed participating in the recent Running Wild Class. I've always wanted to run a 5K (it's been on my "bucket list" for quite some time) but lacked the dedication and commitment to do anything about it.

Our instructor, Shannon Schlender, did an awesome job in transforming us from the "rookie" stage into being able to run a full 5K in just 10 weeks! (I and a teammate finished it in 36 minutes and 25 seconds!) She made it fun for us and believed in us until we finally believed enough in ourselves that we could do it. Her dedication and commitment to us and this class were amazing! I would like to recommend that this class be offered again so that more people can see for themselves that running is fun and "do-able".

Thank you very much for such a great class and instructor!

Sincerely,
Darla Atkinson
Human Resources

Hours

Fitness Center Hours: 24/7

Staffed Hours

Monday – Thursday 5 a.m. – 9 p.m.
Friday 5 a.m. – 8 p.m.
Saturday 7 a.m. – 3 p.m.
Sunday 1 – 5 p.m.

Wild Kids Hours

Monday – Friday 8:30 – 11:30 a.m.
Monday – Thursday 4:15 – 7:30 p.m.
Saturday 8 – 11 a.m.
Sunday closed

Contact us

715-294-2164
2630 65th Ave., Osceola, WI 54020
WildRiverFitness.com

In Recognition... of all who generously supported the development of youth programming through the 2012 Friends of Wild River Campaign. Thanks for helping build healthy living, healthy lifestyles and healthy communities.

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welcome little ones

...CONTINUED FROM PAGE 8



Oliver Hubred
2/3/12
Osceola, WI



Izabella Scheel
2/3/12
Osceola, WI



Eden Havlish
2/24/12
Osceola, WI



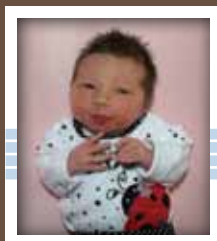
Avery Lumsden
3/30/12
St. Croix Falls, WI



Joseph Kerber
3/16/12
Centuria, WI



Michael
Viebrock, Jr.
4/5/12
Osceola, WI



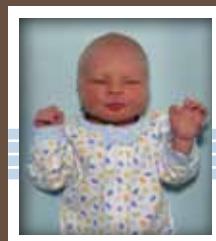
Adeline Dunnom
2/26/12
Osceola, WI



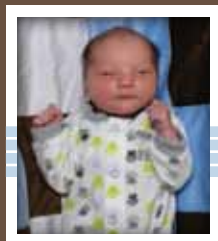
Izabelle Swenson
3/20/12
Dresser, WI



Odus LaRue
2/14/12
Osceola, WI



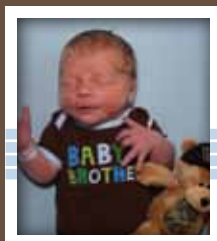
Ivan Rivard
2/17/12
Dresser, WI



Nathan Marty
3/27/12
Glenwood City, WI



Cole Rider
3/10/12
Osceola, WI



Elliot Gross
4/12/12
Cushing, WI



Caroline Gustafson
4/10/12
Dresser, WI



Miles Gregory
4/12/12
Dresser, WI



Sophia Bizzotto
4/10/12
Scandia/
Forest Lake, MN



Hazel Haverland
5/7/12
Osceola, WI



Regan Bobnick
4/15/12
Mounds View, MN



Collin Derosier
5/4/12
Clear Lake, WI



Blake Finklea
4/20/12
Osceola, WI



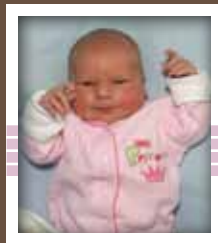
Logan Norlander
5/2/12
Shafer, MN



Jerzie Peterson
5/23/12
Taylors Falls, MN



Avery Stordahl
5/22/12
Centuria, WI



Rebecca Rixman
5/15/12
Osceola, WI



Matthew Klugow
6/26/12
Osceola, WI



Caleb Jon Perkins
8/29/12
Osceola, WI



Bella Smith
7/6/12
Osceola, WI



Issac Erdman-
Teske
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PULSE



An 8,000-square-foot expansion at Osceola Medical Center added larger spaces for the medical center's Emergency and Urgent Care departments, Oncology and Clinic. Diagnostic Imaging also got a boost with the addition of a new, wide-bore MRI, one of only a few in the region. OMC's Acorn Grill also saw its dining area enlarged as part of a construction project with Christian Community Home of Osceola.

OMC earns 'MOST WIRED.' honors

Osceola Medical Center has been named a "Most Wired" facility by Hospital and Health Networks magazine for 2012. The honor puts OMC in league with some big name facilities, including the Mayo Clinic and University of Wisconsin Hospitals and Clinics.

Every year the magazine surveys hospitals on their adoption and implementation of information technology in four areas: infrastructure, business and administrative management, clinical quality and safety, and clinical integration. To make the list, hospitals must meet requirements in all four areas.

Since moving into its new facility, OMC has made improvements in these areas, particularly

infrastructure and communication technology, according to Shawn Kammerud, OMC's IT manager.

"We spent a lot of time trying to make the hospital's Electronic Medical Record as easy to use as possible," Kammerud said. "Communication is key in health care. Documenting what's happening with a patient is important so that the next time that patient comes in we can understand what's going on."

OMC plans to continue to improve its infrastructure, as well as streamline its EMR. 🌱

welcome



Colton Robinson
6/26/12
Osceola, WI



Crosby Smothers
7/10/12
Shafer, MN



Aiden Langermann
8/11/12
Dresser, WI



Brody Bleskey
8/12/12
Somerset, WI



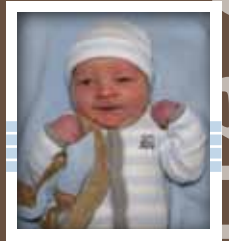
Paris Baker
8/20/12
Taylors Falls, MN



Sienna Wheeler
7/26/12
Osceola, WI



Ava Goodman
9/1/12
New Richmond, WI



Greyson Maring
2/4/12
Shafer, MN

Osceola Medical Center
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Phone: 715-294-2111
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facing our county.

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Little Ones