

Your **BRIDGE** to wellness

Crossing Rivers Health Newsletter
January 2015



— Special Features —

Message from CEO,
Bill Sexton..... 2

Crossing Rivers Health
Center for Specialty
Care..... 3

Ask The Expert..... 3

Surgery Anxiety Relieved,
Read Marsha's Story 4

Crossing Rivers Health
Foundation..... 6

Crossing Rivers Health
is here to help you take
care of **your selfie**
and everyone else on
your **friends** list.



Make your New Year's resolution come true

New Year's resolutions provide a perfect opportunity to set positive goals for the year to come. Old habits can be hard to break, which can make it difficult for men and women to stay committed to their New Year's resolutions. A new year marks a new chapter; following are some ways you can ensure this year's resolutions don't go unresolved.

- *Be specific. A resolution that's too general may ultimately prove ineffective. For example, if you resolve to lose weight this year, you probably hope to lose a substantial amount of weight over the next 12 months, as opposed to just one or two pounds. If you set specific and periodic goals, such as lose one to two pounds by the end of January, as part of your resolution, then you are building in some measuring sticks along the way, and meeting those measuring sticks can motivate you to stay on course and realize your resolution by year's end.*



- *Don't go overboard. If you traditionally find resolutions hard to live up to, then stick to a single resolution this year.*

- *Use technology. Saving more money is a popular New Year's resolution, and now men and women looking to save more can employ technology to help them realize their financial goals. If your goal for the coming year is to save 'X' amount of dollars, sit down*

and calculate how much you need to save each pay period to realize that goal. You can then have that figure automatically deposited into an interest-bearing savings account each time your paycheck is deposited into your account.

- *Enlist a friend. If your New Year's resolution is one that others can apply to their own lives, then by all means enlist a friend. For example, men and women who want to find more time to exercise in the coming year can enlist a friend or family member to exercise with them.*

- *Don't let setbacks derail your resolution. Resolutions too often fall by the wayside when you experience setbacks directly related to their resolutions. If you resolved to save more money but had a month when that simply was not possible, don't allow that to derail your resolution for the rest of the year. Setbacks are nearly inevitable, but they're never an excuse to give up on a resolution.*

Win! Win! Look inside for a chance to win \$100 in Chamber Bucks!

Visit our website at crossingrivers.org



From the desk of Bill Sexton, CEO

On behalf of our entire healthcare team at Crossing Rivers Health, I welcome you to our first issue of Your Bridge to Wellness, a resource designed to provide you with helpful information to help you lead healthier, happier lives.

Since 1957, we've been committed to the health and well-being of the communities we serve. Our highly skilled team includes physicians and other providers, nurses, therapists, technicians, and support staff. These professionals are your friends and neighbors, and they are proud to continuously offer exceptional health care, close to home.

We continue to look at opportunities to grow our services to meet the needs of the communities we serve. In meeting the communities' needs, we have recently welcomed six new healthcare providers and specialists to our medical staff. Our collaborative relationships continue to develop. Our new Fennimore Clinic welcomed its first patient in March 2014, and the new Prairie du Chien Clinic building opened its doors in July 2014.

We know it is important for you and your family to have easy access to high-quality healthcare. We listened. We are developing a Center for Specialty Care granting privileges to highly specialized healthcare physicians and providers. These specialists also perform many types of surgeries at the hospital, enabling patients to conveniently receive their surgical care right here, close to home.

We have implemented a new electronic health record (EHR), in the hospital and clinics. The EHR connects patients and providers electronically, enabling higher quality and more personalized care. Additionally, patients are able to have secure, online access to their health record through MyPortal to help manage and receive information about their health.

In June 2015, we will move into our new 137,000 square foot medical center, one of the most modern healthcare facilities in the region with the most advanced and innovative technology. And while the new medical center will be a state-of-the-art facility, it will be a welcoming and comfortable environment. A grand opening is planned- watch for the date to be announced.

Crossing Rivers Health is here for you. We consider it our privilege and responsibility to provide quality care and to ensure that our patients have an excellent experience. It is where evidence-based best medical practice meets exceptional experiences.

Bill Sexton,
Chief Executive Officer



Crossing Rivers Health is giving away \$100 in Chamber Bucks!



Like us on Facebook and share the "Win \$100" post to be entered in a chance to win.

All fans will be entered.

- Must like and share our post by January 31st to be entered in the drawing. See our facebook page for complete details.

Live SMART! For your Heart

Hosted by Cardiac Rehab in recognition of February Heart Month

Thursday, February 26, 2015
5:00 - 6:30 pm



Crossing Rivers Health
Polodna Health Learning Center
705 East Taylor, Prairie du Chien, WI

- ♥ Light Supper
- ♥ Tips on taking care of your Heart
- ♥ Exercise and Nutrition Tips

Reservations encouraged 608.357.2349

This year more than 920,000 Americans will have a heart attack; nearly half of them will occur without prior symptoms or warning signs. Take our heart attack quiz found in our Health Information Library at crossingrivers.org



What is eczema?

Eczema is the name given to red, scaly, itchy skin. Many eczemas are chronic and recurrent, related to sensitive skin type. Most types of eczema respond to topical cortisone creams or ointments. Some cases are severe and may require cortisone injections or pills. Natural fiber clothing, like soft clean cotton, will minimize skin irritation. Regular use of moisturizers, such as CeraVe, Eucerin, or Vanicream, applied right after bathing, is the single most important way to manage eczema daily. Proper skin care along with cortisone creams and adequate moisturizers usually makes eczema quite manageable for people.

ask
the
EXPERT



Owen Vincent, DO

Family Practice Physician at Crossing Rivers Health Clinic

Dr. Vincent is a board-certified family practice physician who is committed to providing complete primary care for all ages. His professional interests include primary dermatologic care, dynamic preventive health strategies, a whole-person approach to chronic disease therapies and management, as well as musculoskeletal assessment with osteopathic manipulative treatment (OMT) for muscle, bone, and joint pain.

Gotta go, gotta go right now? You are not alone.

"An estimated 24 percent of adult women across the nation suffer from some form of urinary incontinence, but it is rarely talked about. Women may suffer in silence and put off activities that they enjoy," states Mandy Pettit, RN, Crossing Rivers Health. "It can happen when you cough, laugh, or exercise, but in many cases it is not necessary to live with these conditions. We're pleased to offer women an innovative, effective surgical treatment, tension-free mesh support, for stress urinary incontinence. By adding this new treatment to the services we offer at Crossing Rivers Health, women do not have to travel to have this procedure."

Tension-free mesh support has been performed on over one million women worldwide and can restore the body's ability to control urine loss.

Pettit adds, "One of the benefits of this procedure is that the recovery time is minimal allowing women to get back to their busy lives. Following the procedure, patients may be able to go home within a few hours."

Many women live with sudden urine loss. Crossing Rivers Health is proud to offer treatment options through our Center for Specialty Care.

Diagnostic testing, treatment and management of:

- Urinary incontinence • Pelvic organ prolapse • Fecal incontinence

Surgical services available at Crossing Rivers Health:

- Minimally invasive surgery for pelvic floor reconstruction and incontinence
- Abdominal, vaginal, and laparoscopic hysterectomy options

New Service
at Crossing
Rivers Health!


Crossing Rivers Health
CENTER FOR SPECIALTY CARE

Now Accepting Patients 608.357.2525

Surgical Services - Right Here, Close to Home

The Crossing Rivers Health Surgical and Anesthesia teams understand the stress and anxiety that comes along with undergoing a surgical procedure. Our goal is to exceed your expectations while providing you with personalized care.

Just a note to tell you about my positive experience at Crossing Rivers Health. I had been thinking about getting a colonoscopy because of prior polyps that had to be removed years ago. I was hesitant and afraid, as I have diverticulosis, and was worried about a flare up. When I learned of the recent Surgical Fair, I decided to go and talk to the nurses about my fears. The nurses assured me that I would be well taken care of. Had it not been for the surgical fair and sharing my concerns with the nursing staff, I highly doubt that I would have done anything for quite a while. Just two weeks later, I had the procedure performed by

"I can't say enough about how well I was treated from start to finish."

Dr. Jennifer McLellan, Gundersen Health System surgeon. I can't say enough about how well I was treated, from start to finish. Dr. McLellan and her nursing staff were wonderful, as well as the nursing staff that

took care of me following the procedure at Crossing Rivers Health. I am so proud of our hospital staff and feel very fortunate to have such a facility and staff available to me. A big thank you to all of them.

Marsha Ritter, Prairie du Chien

Surgery

You can be confident in our expert surgical team including surgeons, registered nurse anesthetists, registered nurses, certified operating room technicians, and support staff at Crossing Rivers Health. We provide a sterile and safe surgical environment equipped with state-of-the-art monitoring and procedure equipment, and offer innovative, top-notch post-operative pain management options.

We offer minimally invasive laparoscopic procedures and surgical procedures including:

- Hernia repair
- Gastric reflux surgery (GERD)
- Gall bladder removal
- Colonoscopy/upper endoscopy
- Laparoscopic appendectomy
- Breast biopsy/sentinel node biopsy/mastectomy
- Laparoscopic colon surgeries
- Caesarean sections (scheduled and emergent)

Anesthesia

Our Anesthesia Department provides a number of pain management choices to help minimize discomfort, including:

- General Anesthesia
- Labor Epidurals
- Local Anesthesia
- Regional Anesthesia (spinal and epidural)
- Specialty Blocks

Crossing Rivers Health Medical Center combines state-of-the-art equipment and procedures with professional, caring staff.

Your Choice— Your Care



THE SEASONAL Cook



The un-loaded Baked Potato Soup

Make this favorite the star attraction of your next soup night. Kids of all ages will enjoy topping it with bacon and cheese.

Ingredients

- 4 (6-ounce) red potatoes
- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 1 1/4 cups **fat-free, lower-sodium** chicken broth
- 3 tablespoons all-purpose flour
- 2 cups **1% low-fat milk**, divided
- 1/4 cup **reduced-fat** sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 slices **lower-sodium, less fat** bacon, halved
- 1.5 ounces cheddar cheese, shredded (about 1/3 cup)
- 4 teaspoons thinly sliced green onions

Preparation

1. Pierce potatoes with a fork. Microwave on **HIGH** 13 minutes or until tender. Cut in half; cool slightly.
2. While potatoes cook, heat oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Add broth. Combine flour and 1/2 cup milk; add to pan with 1 1/2 cups milk. Bring to a boil; stir often. Cook 1 minute. Remove from heat; stir in sour cream, salt, and pepper.
3. Arrange bacon on a paper towel on a microwave-safe plate. Cover with a paper towel; microwave on **HIGH** for 4 minutes. Crumble bacon.
4. Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions, and bacon.



Nutritional Information

Amount per serving
 Calories: 325
 Fat: 11.1g
 Saturated fat: 5.2g
 Monounsaturated fat: 4.5g
 Polyunsaturated fat: 0.8g
 Protein: 13.2g
 Carbohydrate: 43.8g
 Fiber: 3g
 Cholesterol: 27mg
 Iron: 1.3mg
 Sodium: 670mg
 Calcium: 261mg

Diabetes: Keep an eye out for high blood pressure

According to the American Diabetes Association (ADA), as many as two out of three adults with diabetes also have high blood pressure.

A dangerous combination

Having diabetes and high blood pressure together can mean trouble. Both can raise the risk for heart disease and stroke, according to the ADA. Having high blood pressure makes other conditions that can happen with diabetes, such as diseases of the eyes, kidneys and nerves, even more likely.

To make matters worse, high blood pressure has no symptoms, so many people don't know they have it.

Defusing the problem

Start by having your blood pressure checked—at every office visit, or at least two to four times a year, says the ADA. If you need to lower your blood pressure, your doctor may recommend a combination of lifestyle changes and medications. Check with your doctor before starting an exercise

program, especially if you haven't been active. Then follow this advice from the ADA:

- Get at least 30 minutes of exercise, such as brisk walking, most days of the week.
- Don't smoke.
- Lose weight if you're overweight.
- Know the risks of alcohol.
- Eat a variety of fruits, vegetables and whole grains every day.
- Cut down on calories, fat and salt.

Your doctor may also prescribe medication such as ace inhibitors, beta blockers or diuretics. It's important that you take these medicines exactly as recommended. Once you get your blood pressure under control, stay with the program. You'll also be reducing your risk for heart disease and stroke. These lifestyle changes will make you feel better all around.

Diabetes and high blood pressure can each damage your health on their own, but together they are especially risky. If you have diabetes, you probably know that taking care of yourself doesn't stop with checking your blood sugar. There are other steps you need to take to stay healthy, and one of the most important is getting checked for high blood pressure.



Crossing Rivers Health FOUNDATION

Bridging generous hearts with quality healthcare

Many throughout our communities may have experienced any number of extraordinary moments which happen inside our hospital. Children are born. Lives are saved. Patients are healed. Families gather together, recipients of something that goes beyond medicine, offered by a kind and caring staff. A hometown hospital forms the foundation of a small community.

Today, we ask for your support. Please join us in strengthening that foundation and providing an extraordinary healthcare facility for future generations. The stone walls and roof lines of our new healthcare facility are forming into a distinctive, state-of-the-art structure on the new healthcare campus in Prairie du Chien. The facility is one that Prairie du Chien, Southwest Wisconsin and Northeast Iowa will be proud to call its very own.

More important and extraordinary than the new building our communities have been helping to create, will be the care, compassion and healing which will take place inside those walls. This building will not only provide the privacy and healing environment our patients deserve, but will also accommodate current and future technology and growth, necessary to maintaining our high quality of care.

As the most extensive building project in Crossing Rivers Health's history is currently underway, so is the Foundation's capital campaign to help support this project. Gifts of any amount are greatly appreciated.

A small community enters and leaves this world through the welcoming doors of its hospital. Please join with us to ensure Crossing Rivers Health Medical Center remains strong for generations to come.

What generous community members we have!

Many donors have stepped forward to make gifts ranging from \$10 to \$10,000 and beyond. Every dollar in support of the new medical center has meaning and is greatly appreciated.



Foundation board members gathered to thank Lady Luck Casino for their pledged support of the project. Pictured from L-R: Jim Smith, Paul Ginkel, Don Ostert, Michele VanBesien, Laurie Fisher, Tracey Schager, Mary Novey, Rebecca Bush, Mark Witter, Cheryl Olson, Roy C. George, and Sasha Dull.



Foundation board members recently gathered in McGregor to thank the Great River Care Center for their \$10,000 gift toward the new medical center project. Pictured from L-R: Bill Sexton, Crossing Rivers Health Chief Executive Officer; Jim Smith, Foundation board president; Rebecca Bush, Foundation board member; Sasha Dull, Crossing Rivers Health Chief Development Officer; Rick Peterson, Foundation board member; Chuck Simmons, Foundation board member; Deanna Kahler, Great River Care Center Administrator.



Foundation Past President Fred Huebsch (left) and capital campaign co-chair Tom Farrell (right) thank donor Sally White.

**For more information on the Foundation visit us at
www.crossingrivers.org/foundation or call 608.357.2140**

The Crossing Rivers Health Foundation would like to **THANK** the following contributors to the Capital Campaign. Gifts, of any amount, are greatly appreciated. Permanent recognition will be given to donors who contribute \$1,000 or more, which may be payable over a period of five years.

Capital Campaign Major Contributors

Healer

\$200,000 – \$499,999

Robert & Penny Selch

Visionary

\$50,000 – \$199,999

Bill & Coreen Adamany
Anonymous (2)
George Family Foundation
Market & Johnson
Peoples State Bank

Caregiver

\$25,000 – \$49,999

Larry & Maria Brummel
Charlie & Terri Connell

Friend

\$5,000 – \$24,999

Anonymous
Bill & Andrea Adamany
David & Vickie Breitbach
Bill & Mickey Brown
Ken & Emily Buck
Todd & Patty Burkle
Dr. Steven & Rebecca Bush
Tim & Lori Clark

Friend (Cont.)

\$5,000 – \$24,999

Catie Dean & Sheila Schuety
Tom & Jean Farrell
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Cheryl Scheffert
Chuck & Marlene Simmons
Jim & Delight Smith
Terry & Linda Thompson
Dave & Beth R. Welter, DDS
Tom & Sally White
Bob & Ellen Zwirlein

While we strive to get every donor name correct prior to publication, we apologize for an unintended omission or incorrect listing. This list represents donors who have given a cumulative total of \$5,000 or more to the capital campaign as of December 1, 2014. Please contact Sasha Dull at 608.357.2140 or by e-mail at dulls@pdcmemorialhospital.org with corrections.

"Life is the sum total of all the worthwhile things you've been doing one by one."
—Bach

Join us today!

Yes, I/we wish to invest in a new level of patient care through a gift to Crossing Rivers Health Foundation.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ Email _____

Gift Information

☐ Please contact me to discuss naming opportunities (beginning at \$1,000 or more).

☐ Please contact me to discuss multi-year pledge options.

☐ I wish for my gift to remain anonymous.

Payment Information

☐ One time gift totaling \$ _____

☐ My check is enclosed payable to Crossing Rivers Health Foundation

☐ Please charge my: ☐  ☐ VISA ☐ DISCOVER

Card number _____

Exp. Date _____ / _____ Security Code _____

Name as it appears on the card _____

Signature _____

All gifts in support of this project are tax-deductible to the extent of law.



Crossing Rivers Health
FOUNDATION

Bridging generous hearts with quality healthcare

Mail to: Crossing Rivers Health Foundation
705 East Taylor Street, Prairie du Chien, WI 53821

Fact: More than 85% of the employees of Crossing Rivers Health contributed to the capital campaign.

In total, the employees will donate more than \$280,000 to the new medical center!

Fact: More than 120 women stepped forward to help us exceed the 100 Women United challenge. More than \$120,000 was raised in support of women's health in the new Medical Center! Thank you to the Partners of Crossing Rivers Health for leading this initiative.

**We offer more than
60 services - right here,
close to home.**

**Assisted Living
Clinics**

Prairie du Chien and Fennimore

Community Health and Wellness

*Support Groups, Health Screenings,
Patient Family Services*

Diagnostic Services and

Medical Screenings

*Colonoscopy, CT Scan, Laboratory,
Mammography, Medical Imaging,
Sleep Study*

Emergency and Urgent Care Services

Family and Support Services

*Childbirth Education,
Nutrition Counseling, Foot Care,
Child Care, Nurse Navigator*

Homecare

*Hospice, Palliative Care, Home Health,
Personal Home Services, Lifeline,
Home Medical Equipment*

Long Term Care

Respite Care, Skilled Nursing Care

Medical Services

*Intensive Care Unit,
Medical Surgical Care,
OB/Maternity Care, Pediatrics,
Wound/Ostomy/Continence Care,
Women's Health*

Rehabilitation and Therapy Services

*Athletic Training, Cardiac Rehabilitation,
Lymphedema Therapy, Massage
Therapy and Esthetics, Occupational
Therapy, Physical Therapy, Pulmonary
Rehabilitation, Respiratory Therapy,
Speech Therapy*

Surgery

*Same Day Surgery, General Surgery,
Orthopedics*

**For a complete listing of services
visit us at crossingrivers.org**

Crossing Rivers Health Newsletter is published as a community service for the friends and patients of Crossing Rivers Health. If you have comments or suggestions for *Your Bridge to Wellness*, contact the Communications Department, 608.357.2140

Information for *Your Bridge to Wellness* stories is provided by Crossing Rivers Health medical professionals. If you have medical questions about these stories and how they affect your health, please contact your health care provider.

Crossing Rivers Health includes Crossing Rivers Health Clinics - Prairie du Chien and Fennimore.



705 East Taylor Street
Prairie du Chien, WI 53821

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2015**



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- Private patient suites with showers and family space
- State-of-the-art surgery department, including surgical suites, preoperative and recovery suites
- Enlarged rehabilitation and therapy department
- Flexible infrastructure and cutting-edge technology that supports healing
- Expanded space, offering the region even more specialty services locally
- Improved accessibility for patients, emergency vehicles and a dedicated MedFlight helipad
- Ample parking, providing convenience for patients and visitors
- Improved dining area offering an inviting and comfortable atmosphere

***It's health care for today,
and into the future.***

8

Hospital

608.357.2000

ER

608.357.2222

Clinics

608.326.1072



crossingrivers.org