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HOSPITAL EVENTS 2014

National Volunteer Week
April 6 – 12

Better Breather's Club Meeting
Monday, April 7, 12 – 1 p.m.
Dorothy Halvorson Conference Room

Diabetes Education & Support Group (DESG) Monthly Meeting
Wednesday, April 9, 10:30 – 11:30 a.m.
Dorothy Halvorson Conference Room

Two-day Childbirth Education Class
April 11– 12, 6:30 – 9 p.m.
and 9 a.m. – 1 p.m.
Dorothy Halvorson Conference Room

Brunch with the Easter Bunny
Saturday, April 19, 8:30 – 11 a.m.
Black River Falls High School

Partners Jewelry and Candy Sale
Wednesday, April 23, 9 a.m. – 4 p.m.
Dorothy Halvorson Conference Room

Chair Yoga Classes
April 28 – June 23, 11:30 a.m. – 12:30 p.m.
Dorothy Halvorson Conference Room
Register by calling: 715-284-1330

JCB Exercise Classes
May 6 – 29 (Tuesdays and Thursdays)
9 – 10 a.m.
Jackson County Bank Community Room
Register by calling: 715-284-1330

National Hospital Week
May 11 – 17

Waterbirth Class
Tuesday, May 13, 5 – 6 p.m.
Dorothy Halvorson Conference Room

Breastfeeding Class
Tuesday, May 13, 6:30 – 8 p.m.
Dorothy Halvorson Conference Room

Diabetes Education & Support Group (DESG) Monthly Meeting
Wed., May 14, 10:30 – 11:30 a.m.
Dorothy Halvorson Conference Room

Women's Night Out – Laughter is the Best Medicine
Thursday, May 15
Comedian to begin at 6:30 p.m.
Black River Memorial Hospital Campus
Reserve your spot by calling: 715-284-1325

Partners Scrub Sale
Wednesday, May 21, 6:30 a.m. – 5 p.m.
Dorothy Halvorson Conference Room.

Better Breather's Club Meeting
Monday, June 2, 12 – 1 p.m.
Dorothy Halvorson Conference Room

Senior Stay Fit Yoga
June 3 – 26 (Tuesdays and Thursdays)
9 – 10 a.m.
Jackson County Bank Community Room
Register by calling: 715-284-1330

Diabetes Education & Support Group (DESG) Monthly Meeting
Wednesday, June 11, 10:30 – 11:30 a.m.
Dorothy Halvorson Conference Room

Babysitting Clinic
Monday, June 16
2 Sessions: 7:30 a.m. – 12 p.m.
OR 1 – 5:30 p.m.
Dorothy Halvorson Conference Room

Pace & Pedal Duathlon
Saturday, June 28
Lake Wazee County Park, BRF
For more information and to register:
brmh.net/paceandpedal

Momentum is published by Black River Memorial Hospital. The information contained in the magazine is to educate consumers about various health subjects and is not intended to replace professional medical advice or service. Personal health concerns should be brought to the attention of your physician or health professional prior to any change in medical treatment, routine exercise or diet.

Momentum

Local people. True stories. Real advice.

April 2014

BLACK RIVER
MEMORIAL HOSPITAL

I was born to be a nurse Is what her once told me When playing with my childhood friends They were the doctors and I the nurse you see.

How did I know about nursing from magazines or TV But we had a little country nurse That came from a small town in Wisconsin

Fourth grade led me to nursing In a book we were asked What did we want to be when we grew up I said nurse I wanted for my task

I had no idea where this would lead me I went out to nurses training way back in 1955 Did not know what I was getting into That would be mine and still makes me feel so alive

I only knew I wanted to take care of people I went to Med-Surg and Hospice right now

Yesterday I walked into my classroom to meet a beautiful young student nurse I was so excited for her because of the fulfillment and joy that would be hers

It is with tears I'm giving up my nursing career I'm keeping Hospice close to my heart I can still help with the sick I pray for the Lord to heal them

I pray for the Lord to heal them if there is no medicine I give them comfort and help in their journey a better place waiting for you and for me

I say to that beautiful nurse I don't yet have a clue How wonderful this life can be In the career I have chosen to pursue

"I was born to be a nurse".

Dorothy Halvorson

WORKING FOR A WELL-THY COMMUNITY

30 minutes a day + 5 days a week
= 150 minutes a week

This is the magic equation for the amount of moderate-intensity aerobic activity people should complete each week. However, 25 percent of adults over the age of 20 in Jackson County report no leisure time physical activity at all, according to the County Health Rankings and Roadmaps (countyhealthrankings.org). Additionally, Jackson County is ranked 61 out of 72 in Wisconsin for overall wellness.

Part of BRMH's mission is "to enhance the well-being of the people we serve." Connecting that goal with the statistics above and the results of a community health needs assessment conducted in 2012, BRMH decided to focus on addressing the county's obesity rates and activity levels.

BRMH has developed several programs, including:

- Senior Stay Fit
- Community Exercise Classes
- Healthy Lifestyle and Weight Management
- Various Nutrition Events

To further promote healthy lifestyles, BRMH, in partnership with the Ho Chunk Nation and the Jackson in Action Coalition, will be hosting Jackson County Fitness Day on June 28 at the Wazee Lake Recreation Area.

The day will include healthy activities and highlight Wazee for its recreational opportunities for the whole family. All the day's proceeds will go to Jackson in Action to continue promoting healthy lifestyles for children, their families and the greater community. ■

JACKSON COUNTY FITNESS DAY ACTIVITIES



8 a.m.— Pace and Pedal

5.5-mile run around Lake Wazee and
10-mile bike ride

Awards ceremony will be at 10:45 a.m.

8:15 a.m.— 2.7-mile Fun Run/Walk 10 a.m.— 1.1-mile Youth Race

8:00 a.m. – noon—Recess Jams

presented by Midnight Entertainment
All are welcome to participate in music
and dance activities.

UW Extension will be providing healthy
food options.

**REGISTER FOR THIS EVENT AT
BRMH.NET/PACEANDPEDAL**

Through the Pace and Pedal Clinics, Bill Larkin (left) and Katie Larkin (right) hope to give people the tools they need to start or maintain a healthier, more active lifestyle.

Getting Started

Sometimes the hardest part of becoming more active is simply getting started. Here are some resources provided by BRMH to help:

Pace and Pedal Education Clinics

Provided by Bill and Katie Larkin from BRMH's rehab department, these educational clinics will help you learn the basics of running and biking.

Biking Clinic

April 22, 6:30 p.m.: Participants will learn all about the parts of a bike, biking equipment, bike and helmet safety, types of bikes (road, tour, mountain), injury prevention and important pedal and sitting positions. The session costs \$20 and is held in the Dorothy Halvorson Conference Room.

Running Clinic

April 24, Basics—6:00 p.m., and
Intermediate—7:30 p.m.: Beginners will learn how to safely start a running program, the basics of footwear, injury prevention tips and the benefits of running. More advanced runners can learn about different types of races, how to improve running times and important nutrition for running. The session costs \$20 and is held in the Dorothy Halvorson Conference Room.

Register by calling 715-284-1330

You can also find a map of the Pace and Pedal route at www.brmh.net/paceandpedal.



Lake Wazee Recreation Area



Dr. Robert DeFatta

Can you pronounce “Otolaryngologist?”

It’s okay if you can’t; this type of doctor is more commonly called an Ear, Nose and Throat, or ENT physician.

Why? Because they are trained in the medical and surgical treatment of conditions affecting the structures of the head and neck.

FAMILY CENTERED CARE

Since we all have ears, noses and throats, ENT physicians are able to see all members of a family, from the newest additions to great-grandparents.

“I can go from inserting tubes in a child’s ear to seeing a 105 year old with hearing loss—both in the same day,” says Brian Sieck, MD, ENT physician at Black River Memorial Hospital.

And because ENT physicians perform a variety of tests and procedures to cover all three areas, they can help patients through multiple stages of life.

“We can treat children who are literally minutes old and having trouble breathing and then follow them as they grow up,” says Robert DeFatta, MD, PhD, and new ENT physician at BRMH. “This field truly allows me to become an integral part of a patient’s life and family.”

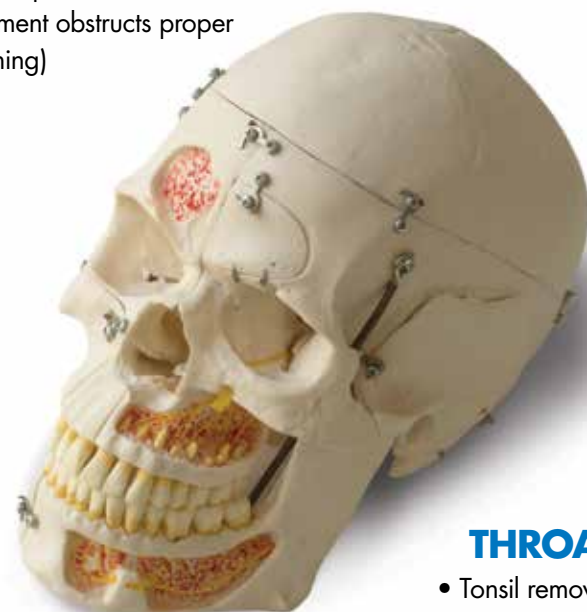
Together, Dr. Sieck and Dr. DeFatta bring to BRMH, the full spectrum of ENT services (outlined below) as well as management of head and neck cancers.

NOSE

- Allergy testing
- Chronic sinus infection
- Deviated septum (a condition where a patient’s nose bone placement obstructs proper breathing)

EAR

- Vertigo and balance
- Tinnitus, ringing in the ear
- Chronic ear infections
- Hearing loss



THROAT

- Tonsil removal
- Breathing issues
- Swallowing difficulties or hoarseness
- Chronic cough

EXPANDING ENT SERVICES

Dr. DeFatta also brings with him board-certified experience in facial plastics and reconstructive surgery. He can treat patients who’ve had facial lacerations or fractured bones as well as perform cosmetic procedures including:

- Rhinoplasty
- Neck lift
- Face lift
- Endoscopic brow lift
- Repair for malformed ears

“With both reconstruction and cosmetic procedures, my goal is always to restore appearance and function in a way that makes patients feel confident,” Dr. DeFatta says. “And the challenge of producing perfect results in both cases has helped me grow in my profession and ensures I’m providing the highest quality care.” ■

Dr. Sieck sees patients at BRMH the first and third Wednesdays of each month, and starting in May, Dr. DeFatta will be at BRMH the first and third Fridays.

Speak with your primary care provider about a referral to Dr. DeFatta or Dr. Sieck.

Dr. Brian Sieck



LAUGHTER is the best medicine.

Health experts agree that laughter works wonders to bring our minds and bodies back into balance. So laugh your way to better health at Black River Memorial Hospital’s Women’s Night Out Event.

What: Women’s Night Out

When: Thursday, May 15 at 6:30 p.m.

Where: Black River Memorial Hospital

Featuring entertainment from Maxine Jeffris—a comedian who has performed on *The Tonight Show with Jay Leno* and *Comedy Central’s Comedy on the Road* and *Stand-Up*.

After the show, everyone can enjoy socializing and pampering with free massages and refreshments. Informational tours will also be available to get a first-hand look at BRMH’s beautiful facility, learn about all the women’s health offerings and meet some of BRMH’s women’s health experts.

This is a fabulous, fun and FREE evening! And all attendees have the chance to win a spa package. Seating is limited, so reserve your spot by May 12 at 715-284-1325 or brmh.net.



“Her characterization is a combination of innocence and wickedness, and she delivers it well.”

—St. Paul Pioneer Press

“A favorite of Jay Leno, with three Tonight Show spots to date, Jeffris has a comic edge so sly it’s almost stealthy.”

—Minneapolis Star Tribune



Her drive to help others also motivated Luci to become a Level 1 Nationally Certified firefighter and emergency medical responder. And since 2007, she and her husband Cory have both been volunteer firefighters.

When **Luci Bue** was only seven years old, she got her first nursing job.

Her father had been in a trucking accident, and she became the one to help change the dressings on his broken arm. This experience inspired her to pursue a career in nursing.

Now, she is a nurse at Black River Memorial Hospital, and for the past eight years, she has been caring for patients in the OB and medical/surgical units.

"I love being a nurse in a hospital setting because it enables me to really see the progress patients are making," Luci says. "Whether it's a successful recovery after surgery or helping to bring a new baby into a family, I'm right there experiencing things with the patients and making an impact on their lives."

Luci has always valued the role of patient education; in fact, it is one of the most important aspects of her

job in her eyes. From explaining medications and procedures to teaching new parents how to care for their newborn, Luci has received many compliments on her commitment to education and her ability to make a good connection with patients.

Taking Healthcare Home

A moment in Luci's life that reaffirmed her passion for her career and has helped her become a better nurse was the birth of her first daughter, Abigail, five years ago. Born with Spina Bifida—a birth defect where the spinal column does not completely close around the spinal cord—Luci and her husband Cory knew there were many challenges they'd need to face as a family. The first—a prognosis that Abigail would probably never walk and would be lucky to even be able to crawl.

But that didn't stop Luci. She took the drive and passion she used to help her patients get better, to help her daughter.

They did physical therapy with Abigail at home and brought in physical therapy specialists to work with her. Luci says, "We made her work hard, but we are so grateful we did because at two years old, she was walking independently."

This experience pushed Luci's passion for patient education further to being a true patient advocate.

"As a patient advocate, I make it my mission to get patients the tools and resources they need to be successful in their own lives," Luci says. "As I learned with Abigail, if a person has what they need, along with a little motivation, they can beat even the most unlikely odds."

Outside of her role in healthcare, whether at work or home, Luci's favorite thing is being with her family—Cory, Abigail, stepson Devon and the newest addition to the family, baby girl Kendall, born June 20, 2013 right at BRMH. ■

The stories people tell reveal a lot about them—their passions, occupation, hobbies and values.

For **Dorothy Halvorson**, her stories reveal three things:

1. She's a compassionate and lifelong nurse.
2. She's committed to her community.
3. She loves baking.

Once a Nurse, Always a Nurse

"When I was little I loved playing nurse," Dorothy says. "And my mother used to tell me that I would never be the patient; I had to be the nurse."

Dorothy always felt nursing was her calling. So in 1955, she moved to Milwaukee for nursing school and in three years became a registered nurse (RN).

She, her husband and their two growing children spent the next 10 years living in Wauwatosa while she worked at Deaconess Hospital in Milwaukee. Then, in 1968, it was her husband's idea to move back to her family farm outside of Black River Falls.

Almost immediately upon moving back home, Dorothy took a nursing position at the newly opened Black River Memorial Hospital. During her time here, she worked in all the departments—ER, medical/surgical and OB— and witnessed the growth of the hospital from its beginnings to what it is today.

"I loved the variety of patients I was able to care for during my time at BRMH, and it afforded me so much experience and personal growth," Dorothy says.

In 2002, Dorothy tried to retire, but instead, was convinced to begin work with BRMH's hospice department, where she stayed until 2006 and then officially retired.

But Dorothy's passion for caring for others in her community has never stopped.

She is still an active hospice volunteer, making personal visits to patients, and she works with Interfaith Caregivers to provide similar services to community members.

"I truly enjoy being a caring companion for hospice patients while also providing opportunities for their loved ones to get some much needed rest," Dorothy says.

In addition to her work with hospice and Interfaith, Dorothy has a long-standing relationship with the Amish

community around Black River Falls. She's spent much of her nursing career performing consultations with them and making house calls.

"Both of my parents were heavily involved in helping the community, so it's always been my way of life," Dorothy says. "It seems you can get so much more enjoyment out of things when you are doing them for others."

Joy through Baked Goods

"When I was in high school, I had a wonderful home economics teacher who helped me enter a baking competition each year," Dorothy says. "I baked baking soda biscuits, angel food cake, sweet bread dough and even sandwiches."

This is where Dorothy's love of baking started. In fact, it was her junior year project—Betty Crocker's sweet bread dough—that she still uses to make her famous tea rings. ■

Dorothy has kept records of her stories by writing poems. She would write them for retiring co-workers and noteworthy events. An example is on the front cover. When she finally retired, her co-workers wrote poems for her.

