

Local people. True stories. Real advice.

# Momentum

Winter 2017



Excellence. Always.

## **B-Home Medical Supplies for the Community**





# NEW YEAR, NEW YOU

## Start good health habits today with BRMH

Black River Memorial Hospital is committed to your health. With state-of-the-art technology and the best providers, we are proud caretakers of our community's health. "But your best health," says Ruth Lahmayer Chipps, BRMH dietitian, "starts young and it starts from within."

Although Ruth is a big proponent of "small steps" to good health on a personal level, Ruth herself is actually making much larger strides for the community as a whole. In her role as a Registered Dietitian Nutritionist at BRMH, Ruth has put dozens of people on the path to better health.

When talking with Ruth, it doesn't take long to see how much she loves her job.

"I try to keep it fun," she says. "We feature our B-WELLthy recipes in video format on the website highlighting new delicious ways to prepare vegetables you may not have liked as a kid."

The B-WELLthy recipe videos would rival any you'd see on social media: the production value is as high as the nutritional value in her dishes. "Each month, we feature a seasonal produce item through our Harvest of the Month event and provide taste tests in our cafeteria," says Ruth.

But a flashy yet simple new way to prepare Brussels sprouts can only go so far. "Internal motivation plays a huge role," says Ruth. "I try to connect individuals with a larger goal."

This means helping people find the "why"—and more often than not, the "who"—behind the lifestyle change. "Having a bigger purpose for wanting to make lifestyle changes is associated with greater success," she says. "Stick to the path so that purpose becomes a comfortable part of your life."

## SMALL STEPS TO SUCCESS

In October of 2015, Kevin Dobson was diagnosed with Type 2 Diabetes. Just one year later, with the help of Ruth and his support system, he lost 116 pounds. Here are some of his secrets to success.

**EDUCATION:** "Learning portion control was key," says Kevin. "Ruth taught me how to portion out food rather than just grabbing everything."

**INSPIRATION:** "I lost an aunt to complications with diabetes just a few weeks before my diagnosis. She was only nine years older than me. It was a wakeup call," says Kevin. He realized that if he was going to be there for (and keep up with) his wife Kristi and three children (ages 18, 14, and 12), he had to make some changes.

**STEPS. LITERALLY:** "Walking is my exercise," says Kevin. "I wasn't put on a big fitness program. But I did start to walk more and move more throughout the day. It adds up."

**SUPPORT:** Support is vital to successful weight loss. If you don't have the support and encouragement of close friends and family, the road is that much more difficult. "My wife was my cheerleader," says Kevin. "I couldn't have done it without her."

**STUBBORNNESS:** Not everyone will be able to lose as much weight and turn things around as fast as Kevin did. He credits a "don't quit" attitude. "I'm pretty stubborn," he admits. "If I put my mind to something, I get it done."

## RUTH RECOMMENDS

Establishing a new healthy habit is hard. Breaking old, unhealthy ones is even harder. Ruth advocates taking small steps and not getting discouraged by setbacks. Here are some of her tips for better health, even if it's just one bite at a time.

**Go for the Green!** (and yellow, and orange, and red. . .) "Studies show that the more colorful your fruits and vegetables are, the happier you will be," says Ruth.

**Get Steamed.** "Veggies can be steamed in the microwave with only one to three tablespoons of water," says Ruth. "Or use the traditional way with a steamer basket and a timer." Steaming vegetables is one of the healthiest ways to eat them.

**Pump up the Veggies.** "Add chopped asparagus and mushrooms to your next omelet, try frozen stir fry mix in baked casseroles, add beans to a pasta salad, mix in fresh or frozen spinach in pasta sauces or soups, and sneak broccoli in your casseroles," suggests Ruth.

**Be Realistic.** "Your best health is a journey, not a goal," says Ruth. "Take tiny steps for long-term results."

## 5210, the Formula for Good Health

Ruth's work extends beyond the walls of Black River Memorial Hospital

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

That's the reasoning behind the 5210 program that Jackson in Action has adopted. It's a health initiative in area schools that's part of a larger, national initiative. Black River Memorial Hospital is a proud member of the Jackson in Action coalition, the countywide program focused on getting citizens of Jackson County, especially the younger ones, on the road to healthy habits.

Learn more about 5210 at [www.JacksonInAction.org](http://www.JacksonInAction.org) and look for more announcements as 5210 expands throughout the community.



# B-Home

Services and Supplies

BRMH is excited to announce that B-Home is now open for business. We offer a wide variety of medical supplies including:

- **Bath items**
- **Walkers, rollators, canes, crutches, and wheelchairs**
- **CPAP/BiPAP equipment and supplies**
- **Over-the-counter pain relief products**
- **Daily living accessories**
- **Wellness products**
- **Oxygen and supplies**
- **Nebulizers and supplies**
- **Wellness products**



There's no place like B-Home when it comes to serving the medical needs of our community. Take a look at some of the featured supplies B-Home offers and what they do:

### **SoClean CPAP Solutions**

A faster and more effective way to clean CPAP machines – kills 99.9% of bacteria in your CPAP machine with no disassembly required.

### **Medela Breast Pumps and Accessories**

Provides new moms with the ability to produce and maintain healthy amounts of breast milk to support their infants and have success in all stages of the breastfeeding process.

### **Lift Chairs**

Lift chairs provide assistance to those who have difficulties getting up from chairs because of hip or knee issues. Allows for increased mobility into the standing position.

### **Compression Products**

Compression products, such as stockings, supports, and sleeves are helpful in providing increased circulation, reduced swelling, stability, and more to help you recover from injuries or illnesses that require enhanced compression.

The medical professionals at B-Home are dedicated to providing the supplies you need for a full and successful recovery. ■



## The Service Sandra Trusts

Why B-Home is the go-to for area residents

Sandra Loomis has a respiratory condition that requires her to use cannulas, a tube that helps her breathe. BRMH has always been there for her.

"Before the store opened, they would deliver supplies to me," says Sandra. "But now I can go whenever I need supplies and get what I need."

Sandra has a lot of good things to say about the people and service at B-Home. "They are so friendly," she says. "They treat me like family. And if I have any questions, there's a respiratory expert right on staff to help me. We are lucky to have a resource like this in our community. I trust the people there completely."



For more information about B-Home products and services, visit [www.brmh.net/bhome](http://www.brmh.net/bhome).

# Better Health: In Your Sleep



Rest easier knowing the steps to take for a better night's sleep

Sleep is a vital component to your health. Everyone knows that a good night's sleep can make all the difference. It helps your body recover faster from illness or injury, helps you stay mentally alert, keeps depression at bay, and aids in maintaining a healthy weight. But there are even more important reasons to strive for your best sleep possible.

"When sleep apnea is left untreated, it can lead to increased incidence of heart attack or stroke, weight gain, impotency, diabetes, and GERD," says Paula Voskuil, registered sleep technician at Black River Memorial Hospital's Sleep Lab. "But there are disorders other than sleep apnea: There is narcolepsy, idiopathic hypersomnia (excessive sleepiness), insomnia, delayed sleep phase syndrome, and shift work sleep disorder."

## Know the signs

"Oftentimes, people become so used to feeling tired, they think it's a fact of life, not a treatable sleep disorder," says Paula. Signs to look for include not having the energy you used to have, memory problems, and headaches, especially in the morning.

"A spouse or significant other will often recognize a sleep disorder before their partner does," says Paula. "They will complain of snoring and snorting and may also notice the person is not breathing while sleeping."

Doctors can also identify sleep disorders if their patient is experiencing a slow climb in their blood pressure, an increased frequency of heartburn or indigestion, or erectile dysfunction in men.

## Sleeping your way to better digestive health

People do not usually correlate digestive issues with sleeping problems," says Paula. "But if heartburn occurs during the night, or wakes you in the morning, there is a real possibility a person may have sleep apnea."

"This phenomenon occurs when the airway collapses during sleep. Your body has to pull from within to open the airway," Paula explains. This pulling causes the stomach contents to be pushed up the airway, causing airway irritation, as well as heartburn.

## What to do

If you think you may have a sleep disorder, speak to your primary care provider. He or she can refer you for a sleep study. Although it may seem like a daunting prospect, the team at Black River Memorial Hospital is here to make you feel comfortable and start you on the path to better sleep. ■



**Take this online quiz to determine your sleep disorder risk level.**

Based on your results, you may want to talk with your primary care provider to see if you could benefit from a sleep study.

<http://brmh.force.com/pro/sleep>



# EMPLOYEE SPOTLIGHT

Physical Therapist Assistant **Barb Carter** began her professional career with a BA in business management production, with a job that was a far cry from healthcare. But soon after, Barb found her passion: helping people recover from injuries and regain their everyday lives.

"I've been at Black River Memorial Hospital for 21 years," says Barb. "But technically, this is only my second job out of college!"

"I started working in the therapy department at BRMH when I was still in school. It was one of my clinical sites. I immediately loved it here."

Through the years, Barb has seen a lot of changes at BRMH, but one thing has remained constant: the feeling of home when you walk through the hospital's doors.

In spite of Barb and her husband living about 26 miles away, in northern La Crosse County, BRMH feels like home to Barb for a lot of reasons.

"It's a small hospital. It's very intimate. Being able to really connect and be close with our coworkers and patients is a key strength of Black River Memorial Hospital."

But the feeling of home was only the beginning for Barb. "I love the team that I work with, my coworkers, the Black River Falls community," she says. "Everyone is so supportive of our efforts. It's a great place to work."

Barb enjoys the variety of things she gets to do in her position. Primarily based in the Rehabilitation Department, she is also responsible for employee health in the hospital when it comes to ergonomic standards and works outside the hospital completing ergonomic consulting and OSHA/MSHA audiometric tests for area industries for the Business Health Department.

"It's a full circle," says Barb, as this business component of her career connects with her first job in business management.

In her free time, Barb enjoys spending time with her husband, woodworking, or looking after their two grandchildren. Barb comes from a farming background, a tradition that has been passed on to their daughter and son-in-law (who met at a cattle show!).

Barb is proud of her heritage, blessed by her family, and excited about the future at BRMH. "The hospital is a great place to be part of," she says. "It just continues to go in a positive direction." ■





“We have accomplished a lot with getting youth activities for basketball started,” says Amy. “We host weekend tournaments, skills camps, and much more.”

The Tiger Youth Basketball Association’s “Future Paws” program features basketball activities for kids in kindergarten to fourth grade. The Great Northwest Basketball League includes fifth through eighth graders.

“It’s rewarding to keep the community aware of what’s going on, highlight achievements, and continue making positive additions to Black River Falls.”

If you could put a face to a community, **Amy Aebly’s** would represent Black River Falls. Whether it’s serving as President of the Tiger Youth Basketball Association or as Chairperson of the school district’s Community Engagement Committee, Amy dedicates much of her time to making Black River Falls an extraordinary place to live.

For seven years, Amy expanded the minds of young students as a teacher at Gebhardt Elementary. She took leave when her first son was born and didn’t return to full-time teaching, but still had a desire to help her community in any way possible.

With two sons now, ages 10 and 7, Amy has since helped found the Tiger Youth Basketball Association and remains active on committees and boards in order to influence positive change in Black River Falls.

Only two years old, the Tiger Youth Basketball Association has become a significant contributor to youth sports in Black River Falls. Tiger Youth Basketball encourages kids from kindergarten to eighth grade to sign up and learn the fundamentals and camaraderie involved with basketball.

Amy and other board members also capitalized on the chance to host Tiger basketball tournaments in January and February at the Lunda Community Center Fieldhouse, an opportunity to attract more members and fans to the basketball league.

Creating exciting opportunities and change in Black River Falls is becoming second nature for Amy. As a member of the Community Engagement Committee, Amy, along with other community members, school board members, and teachers, passed a referendum to build a brand new elementary school in Black River Falls two years ago.

Red Creek Elementary was completed this past August and features a cutting-edge facility and layout to provide the best possible learning environment for students.

“We’re very proud of what we’ve accomplished as a committee,” says Amy. “It’s rewarding to keep the community aware of what’s going on, highlight achievements, and continue making positive additions to Black River Falls.”

Among her time spent in influential roles for the community, Amy still works as a substitute teacher because of her passion to teach kids. Her forward thinking and devotion have made a powerful impact for Black River Falls youth, and she will keep working to improve the culture for years to come. ■



Visit our website at [www.brmh.net](http://www.brmh.net) for a full list of hospital events and to view our latest videos.

## HOSPITAL EVENTS 2017

### Senior Stay Fit Strength Classes

January 31 – February 23  
Tuesdays and Thursdays, 9:00 – 10:00 am  
Lunda Community Center, BRF  
Register by calling 715-284-1379

### Lionne Jewelry Sale

Thursday, February 2, 8:30 am – 4:00 pm  
BRMH – Dorothy Halvorson Conference Room

### Better Breather's Club Meeting

Monday, February 6, 10:30 – 11:30 am  
BRMH – Dorothy Halvorson Conference Room

### Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, February 8, 10:30 – 11:30 am  
BRMH – Dorothy Halvorson Conference Room

### Childbirth Education Class

February 10 & 11, 6:30 – 9:00 pm & 9:00 am – 1:00 pm  
BRMH – Dorothy Halvorson Conference Room

### Onward & Upward Chair Yoga

February 21 – April 11  
Tuesdays, 11:30 am – 12:30 pm  
Lunda Community Center, BRF  
Register by calling 715-284-1379

### Heartsaver CPR, AED, First Aid Training

Thursday, February 23, 9:00 am - 4:00 pm  
BRMH – Dorothy Halvorson Conference Room

### Book Fair

Thursday, March 2, 7:00 am – 4:00 pm  
BRMH – Dorothy Halvorson Conference Room

### Tai Chi for Rehabilitation

March 6 – April 10  
Mondays, 10:00 – 11:00 am  
Lunda Community Center, BRF  
Register by calling 715-284-1379

### Senior Stay Fit Yoga Classes

March 7 – 30  
Tuesdays and Thursdays, 9:00 – 10:00 am  
Lunda Community Center, BRF  
Register by calling 715-284-1379

### Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, March 8, 10:30 – 11:30 am  
BRMH – Dorothy Halvorson Conference Room

### Breastfeeding Class

Tuesday, March 14, 6:30 – 8:00 pm  
BRMH – Dorothy Halvorson Conference Room

### Nutman Sale

Monday, March 20, 10:00 am – 2:00 pm  
BRMH – Dorothy Halvorson Conference Room

### Linen Sale

Friday, April 3, 7:00 am – 4:00 pm  
BRMH – Dorothy Halvorson Conference Room

### Senior Stay Fit Strength Classes

April 4 – 27  
Tuesdays and Thursdays, 9:00 – 10:00 am  
Lunda Community Center, BRF  
Register by calling 715-284-1379

### Childbirth Education Class

April 7 & 8, 6:30 – 9:00 pm & 9:00 am – 1:00 pm  
BRMH – Dorothy Halvorson Conference Room

### Community Blood Drive

Wednesday, April 12, 10:00 am – 5:30 pm  
BRMH

### Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, April 12, 10:30 – 11:30 am  
BRMH – Dorothy Halvorson Conference Room

### Brunch with The Easter Bunny

Saturday, April 15, 8:30 – 11:00 am  
Black River Falls Middle School

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.

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