

Local people. True stories. Real advice.

Momentum

Spring 2016



Excellence. *Always.*



**The Chief Deputy
Who Does It All**

*Hospitalist Dr. Boardman
cares for hospital patients like
Sharon Engen every day.*



HOSPITALISTS: YOUR CONNECTION

You may have heard the term “hospitalist” before, but what exactly does it mean? And, more importantly, what does it mean for you or a loved one when admitted to the hospital?

In short, explains hospitalist Dr. Esteban Miller, a hospitalist is a physician who cares for patients while they are in the hospital. They do not have an outpatient or clinic practice. Their focus is on care for the patients in the hospital, coordinating care during their stay, and arranging for aftercare once the patient leaves the hospital.

“It’s an area of medicine that started about twenty years ago,” says Dr. Miller. “The value of having one physician to be the coordinator of a patient’s care while at the hospital has been demonstrated in a number of studies over the years.” Studies show that care delivered by hospitalists shortens the length of stay and lowers cost for patients.

“There’s lots of good data to support the need for someone to be that connection as the patient moves through their

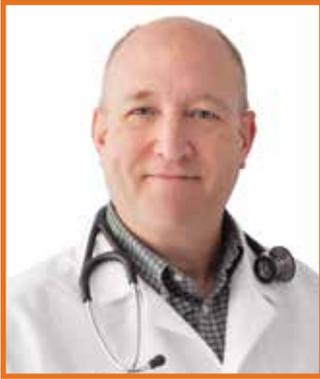
care cycle,” says Dr. Miller. A hospitalist sees to it that everyone on your care team is on the same page.

When a patient is admitted to the hospital, the hospitalist will do an initial interview, review your treatment history, order additional tests if necessary, and then order the treatment plan. He or she will meet with your care team at the beginning of every shift and coordinate with your primary care doctor.

At Black River Memorial Hospital, hospitalists work seven days in a row—from 7 a.m. to 7 p.m. There’s a hospitalist who works days and one who is on at night. This minimizes the number of different people a patient sees which improves communication.

Primary care doctors have more availability in their clinics for their patients; they no longer have to travel to the hospital to do daily rounds, all the while knowing that their hospitalized patients are in good hands with the hospitalist. ■

OUR HOSPITALISTS



Dr. Benjamin Boardman, MD

Dr. Boardman lives in Melrose with his family. He enjoys theatre, arts, canoeing, cycling, and fine foods.



James Li, PA

James Li has two children and enjoys swimming, music, writing, photography, travel, and time with family.



Jenifer Deziel, NP

Jenifer Deziel has five children and enjoys music, reading, art, and travel.



Dr. Esteban Miller, MD

Dr. Miller lives in Black River Falls with his family. He enjoys mountain biking, hiking, skiing, traveling, reading, and soccer.

Babysitting Clinic Boosts Everyone's Confidence

What first time babysitter doesn't want a little help in knowing what to do when they are responsible for the life of someone else? What parent doesn't feel better knowing their child's babysitter has lifesaving skills? The Babysitting Clinic at Black River Memorial Hospital delivers peace of mind to everyone.

The free event, open to area students who are in or have completed the 6th grade, will include:

- Guidelines for sitters
- Feeding tips
- Fire safety
- First aid
- Emergency response
- Rescue breathing
- Choking interventions

The clinic will conclude with a Q&A session, a test, and official certification. For more information or to register, visit brmh.net/babysit or call Barb Brower at 715-284-3629.



Register Today!

When: April 23rd

Time: 10 a.m. to 2 p.m.



C Willi Myles to Headline Women's Night Out

Comedian Promises Clean Humor and Lots of Laughs

So often, women put themselves last—family, work, and other obligations always seem to take priority. But Black River Memorial Hospital plans to change that—for one night, at least. The hospital is planning its third Women's Night Out event, an evening of fun and laughs just for women.

This year, comedian C Willi Myles is expected to be a huge draw. With insights drawn from growing up with nine older sisters, he feels more than up to the challenge of performing at Women's Night Out.

"My show is a lot of observational humor, non-offensive stuff," says the comedian. "I love these types of shows—the ones for people who want to be there. And people in the Midwest love to laugh."

C Willi Myles has the gift of connecting people with each other through humor and storytelling that everyone can relate to.



His career highlights include appearances on national television and at the legendary Apollo Theater in New York City. He has opened for top musical and comedy acts throughout the country, and has performed in concert with some of the biggest names in entertainment.

In addition to Myles, Women's Night Out will feature the best that Black River Falls has to offer, with booths featuring gardening tips, hand massages, hair and skin care, local charities and much more. It will be an opportunity to learn about many great things going on in the community.

Women are encouraged to reach out to friends and loved ones—anyone who could use a healthy night out—and make it a women's night to remember. ■

► Register Today!

What: Women's Night Out
When: Wednesday, May 11th
Time: 6:30 p.m.
Where: Black River Memorial Hospital

“He is probably the best entertainer we have had in ten years. He is not just a great entertainer, he is just a good, down to earth person.”

—Eau Claire Area Chamber



—C Willi Myles



On Two Legs or Two Wheels, Pace and Pedal Supports Family Health

Getting enough exercise is a challenge for many of us in our community, and the numbers show it: Jackson County has been ranked 45th of 72 Wisconsin counties for overall wellness. As more and more of us have jobs that require sitting most of the time, we're seeing the negative consequences of not getting enough regular exercise, such as heart disease, diabetes, and shorter lifespan.

But with better weather comes opportunities to change that. To kick off the summer walking season, Black River Memorial Hospital is thrilled to be hosting its third annual Pace and Pedal at Wazee Lake Recreation Area on Saturday, May 21st.

The event promises to be a fun morning for the whole family. Choose between both running and biking (the 5.7 mile trail run plus 10.3 mile bike race) or skip the duathlon and do the 5k Fun Run/Walk. There's even a 0.8 mile Youth Race for children. But even for those who don't participate, there's still a lot to do. Thanks to the collaboration of the Ho-Chunk Nation, UW-Extension, and Jackson County Health and Human Services, there will be healthy food options, music, and games. Family members will be able to enjoy these as they wait for their loved ones to finish the race.

Pace and Pedal has brought awareness to the Wazee Lake Recreation Area. Once a "hidden gem," undiscovered by a large part of the community,

more people are becoming familiar with the park, its trails, and beautiful beach.

The money raised from this event goes towards Jackson in Action, an organization that promotes healthy lifestyles for children, their families and the greater community. They provide resources for activities like the Hunter Fitness Initiative, hosting a website that shares information on healthy eating and activities, working with local partners to start a new farmer's market and launching a new program called 5210. *(A daily program to eat 5 or more fruits and vegetables, have 2 hours or less recreational screen time, get 1 hour or more of physical activity, and drinking zero sugary drinks, drink more water and low fat milk.)* ■



SATURDAY, MAY 21

Wazee Lake Recreation Area
Black River Falls, WI

Proceeds and Participants on the Rise!

136		230
2014 Participants		2015 Participants

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

EMPLOYEE SPOTLIGHT



Amy Yaeger has never been one to shy away from a leadership opportunity. The oldest of eight, she grew up playing church and school in her parents' basement.

"I was always the teacher," she laughs.

But—aside from what her siblings might recall—Amy has never let the power go to her head. She's an eager public servant, proud of her community and proud of her work.

Originally from the Spencer/Marshfield area, Amy has been a teacher, business owner, and marketing director at a bank. Amy's teaching and marketing experience led to a staff educator position at Black River Memorial Hospital and from there, Marketing and Business Development Director.

"My favorite part of the job is sharing patient and staff stories," she says. "We treat patients like family here. And in some cases they are!"

Amy admires her colleagues, celebrates the awards the hospital has won and is grateful for the opportunities the hospital provides. She has pioneered process improvement in her department and the community and last year won a National Rural Health Ambassador award for her efforts.

"I'm so lucky to have the team that I have," says Amy. "I couldn't do my job without the people I have around me."

Beyond the hospital, Amy coaches basketball, volleyball, and directs her church's youth choir. She's a wedding singer and would be the first to get up on stage at karaoke. She is also on several boards: Jackson Little League, which serves over 1,200 area baseball and softball players; Black River Area Volleyball Organization, which serves over 100 fourth through eighth grade girls; and the Educational Enrichment Fund, which aids the Black River Falls school district in providing grants for needed equipment and supplies for teachers.

Although it may seem as if Amy would never see her husband (Aaron), son (Chase, 14), or daughter (Avery, 12), the family manages to be busy together, with Amy coaching Avery's volleyball team and her husband coaching Chase's baseball team.

"Tonight I triple booked myself," says Amy. "My main goal is to leave a legacy of helpfulness," she says. "I want to be able to look back and say I did everything I could for my community."

Recently, Amy has been contemplating going for her Ph.D.—this would round out the two bachelor's degrees and two master's degrees she already has. If she decides to pursue it, we don't know where she'll find the time, but we are sure she will succeed. ■



Chief Deputy Mark Moan with his bloodhounds Daisy and Clyde



Although Mark assumes all the financial responsibility of raising and training Daisy and Clyde, he's assisted by donations from the public and by Fromm Family Pet Food who donates their food. To donate to the Daisy and Clyde fund, contact the Jackson County Sheriff's Office at **715-284-9009**.

You'd think being the Chief Deputy for the Jackson County Sheriff's department would be job enough for Mark Moan. Add to that the duties of caring for and training Daisy and Clyde, the department's two bloodhounds, and taking them to special school and community events when they're not actually solving cases, you would think that's definitely enough. But how about organizing the yearly elk hunting trip to Colorado? Or keeping active (think: summer waterskiing, wakeboarding, and wake surfing) with his wife, three children, and grandson? Knowing all this, you would think that Mark Moan has quite a full plate indeed.

But that doesn't even begin to cover Mark's plate.

Mark Moan is a standout in the Black River Falls community for the above reasons and many more—like how he volunteers at Pace and Pedal every year. Or how he coaches downhill skiing and power lifting for the Special Olympics. Or how he fundraises for the Special Olympics in outrageous ways (he's camped out on top of Shopko and Wal-Mart to raise funds). Or how he might be partly to blame when your buddies convince you to do the Polar Plunge. Or how he and Daisy and Clyde are headliners at Safety Camp (where Jackson County youth learn how to be safe around electricity, water, canines, and more) each year.

"Daisy and Clyde are very friendly and like the attention," says Mark, of the times when the K9 unit goes to Safety Camp or makes other public appearances.

"They like kids petting them. They know the routine."

In this and in so many other ways, Mark goes well beyond the extra mile for his community. When asked what compels him to give so much of himself, he can't really define it.

"I don't know. I look at the athletes in the Special Olympics: If they can participate, they can have the feeling of being part of a team and being a winner. It's humbling. They don't care whether they are in first or fourth place. For them, just to make it and have someone cheer them on, it's all that matters. It makes you focus on what's important."

As for his work with Daisy and Clyde? It's a significant expense, says Mark, but worth it to provide the department with these great assets.

Born and raised in La Crosse, he joined the army in 1977. He then joined a police force in Virginia, moved back to Wisconsin after ten years, rose to the rank of Operations Captain in Onalaska, WI, and came to Jackson County in 2007.

It's with the people of Jackson County and a little bit of his own legacy in mind that Mark is committed to helping wherever he can. He puts it simply: "Hopefully someday, when I retire or move on, people will remember me as someone who did good things." ■



Visit our website at www.brmh.net for a full list of hospital events and to view our latest videos.

HOSPITAL EVENTS 2016

Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, April 13, 10:30 – 11:30 a.m.
BRMH – Dorothy Halvorson Conference Room

American Red Cross Blood Drive

Friday, April 15, 10:00 a.m. – 5:30 p.m.
Comfort Inn & Suites, BRF

Babysitting Clinic

Saturday, April 23
10 a.m. – 2 p.m.
BRMH – Dorothy Halvorson Conference Room
To register, visit brmh.net/babysit

Partners Scrub & Shoe Sale

Friday, April 29, 7 a.m. – 4 p.m.
BRMH – Dorothy Halvorson Conference Room

Senior Stay Fit Yoga Classes

May 3 - 26
Tuesdays and Thursdays 9 – 10 a.m.
NEW Lunda Community Center, BRF
Register by calling 715-284-1330

National Hospital Week - May 8 - 14

Breastfeeding Class

Tuesday, May 10, 6:30 – 8 p.m.
BRMH – Dorothy Halvorson Conference Room

Women's Night Out – Laughter is the Best Medicine

Wednesday, May 11
Comedian to begin at 6:30 p.m.
Black River Memorial Hospital Campus
Reserve your spot at brmh.net/wno or by calling 715-284-1325

Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, May 11, 10:30 – 11:30 a.m.
BRMH – Dorothy Halvorson Conference Room

Heartsaver® CPR and AED Training

Tuesday, May 17, 4 – 7 p.m.
BRMH – Dorothy Halvorson Conference Room
Register by calling 715-284-3626

Pace & Pedal Duathlon - Saturday, May 21

Wazee Lake Recreation Area, BRF
For more information and to register:
brmh.net/paceandpedal

Partners Linen Sale

Monday, May 23, 7 a.m. – 4 p.m.
BRMH – Dorothy Halvorson Conference Room

American Red Cross Blood Drive

Friday, June 3, 10:30 a.m. – 3 p.m.
BRMH – Dorothy Halvorson Conference Room

Better Breather's Club Meeting

Monday, June 6, 10:30 a.m. – 11:30 a.m.
BRMH – Dorothy Halvorson Conference Room

Senior Stay Exercise Classes - June 7 - 30

Tuesdays and Thursdays 9 – 10 a.m.
NEW Lunda Community Center, BRF
Register by calling 715-284-1330

Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, June 8, 10:30 – 11:30 a.m.
BRMH – Dorothy Halvorson Conference Room

Circle of Life Memorial Service

Thursday, June 9, 7 p.m.
BRMH – Dorothy Halvorson Conference Room

Two-day Childbirth Education Class

June 10 – 11, 6:30 – 9 p.m. & 9 a.m. – 1 p.m.
BRMH – Dorothy Halvorson Conference Room

Partners Nutman Sale

Monday, June 13, 10 a.m. – 3 p.m.
BRMH – Dorothy Halvorson Conference Room

Partners Lionne Jewelry Sale

Thursday, June 23, 8:30 a.m. – 4 p.m.
BRMH – Dorothy Halvorson Conference Room