

A Driver Safety Program for drivers age 50 and over will be offered on behalf of AARP and CCH on April 4 from 9 a.m. to 2 p.m. at the hospital in the Diamond Room.

Participants will learn the current rules of the road, defensive driving techniques, how to operate a vehicle safely in today's increasingly challenging driving environment, and how to accommodate common age-related changes in vision, hearing, and reaction time.

Those completing the class may be eligible to receive an insurance discount or a discount on roadside assistance plans.

**Pre-registration is required.
Contact Chris at 623-1276.**

Cost is \$15 for AARP members
(AARP membership card required)

\$20 for non-members

All books and materials are provided by AARP.
Coffee and lunch will be provided.

A Walk in the Park

Wednesday, May 9, 4:30 p.m.

At the American Legion Hall, Columbus (next to the Columbus Aquatic Center)

Join Columbus Community Hospital in a walk through Fireman's Park in Columbus. One and two mile routes available. Sub sandwich supper following the walk. Your entire \$20 donation will be used to purchase heart monitors for the Columbus School District Physical Education Program. To register, please complete this form and enclose \$20 for your registration fee.

Mail to: Columbus Community Hospital, Walk in the Park,
1515 Park Avenue, Columbus, WI 53925

Make checks payable to: Columbus Community Hospital

PLEASE SIGN AND DATE THIS FORM

WAIVER: I hereby release Columbus Community Hospital and the employees and agents and any other people officially connected to this event, from all liability for any injuries or damages which I may suffer. Specifically, I release said persons from any liability or responsibility for my physical condition, for the condition of the course route and for the presence or actions of any other participants. (Participants under 18 must have a parent or legal guardian sign this form.)

PARTICIPANT OR GUARDIAN SIGNATURE _____

Participant Name _____ Phone _____

Address _____ City _____

Please choose one: T-shirt _____ Smart Phone Holder _____ Shoe Wallet _____

Circle the size of your shirt: SMALL MEDIUM LARGE XLARGE 2X 3X 4X

For more information contact Patti at 920-623-1280 or pwalker@cch-inc.com

IN THIS ISSUE

**Spring Into a New You!
Women's Day 2018**

4

**Reclaiming Life with
custom knee replacement**

6

**Congratulations to our
medical staff!**

7

A Walk in the Park

8

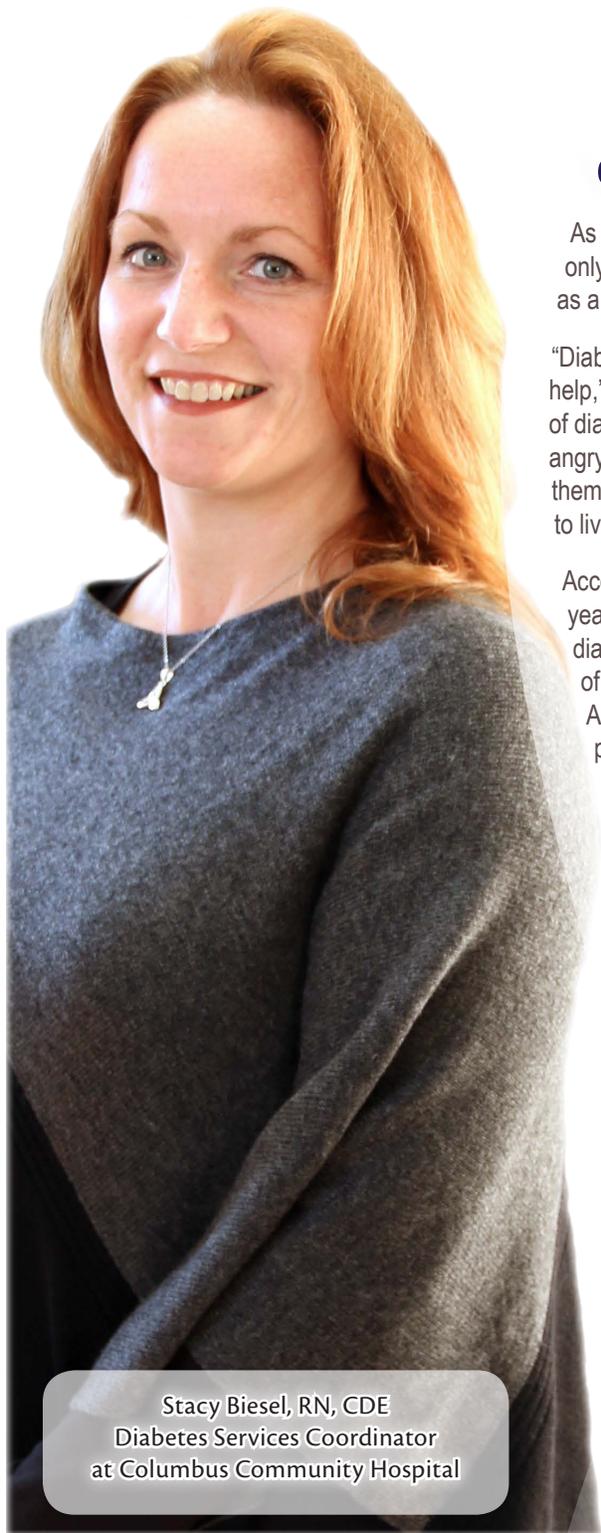
ALSO

President/CEO Message 3

Educational Offerings 4-5

Driver Safety Program 8

If you no longer wish to receive this publication please respond to pwalker@cch-inc.com or 920-623-1280.



Stacy Biesel, RN, CDE
Diabetes Services Coordinator
at Columbus Community Hospital

Dispelling the stigma of diabetes through education and outreach

As a diabetes educator, Stacy Biesel, RN, CDE is not only teaching patients about diabetes, she is also serving as a cheerleader, a guide and a support person.

“Diabetes is an American epidemic. A lot of people need help,” said Biesel. “My true passion is dispelling the stigma of diabetes. Patients come to see me and are ashamed, angry, and in denial. I encourage people to be forgiving of themselves, find the positives in their situation, and learn to live a healthy lifestyle.”

According to the American Diabetes Association, each year about 1.5 million Americans are diagnosed with diabetes, which in 2015 was the seventh leading cause of death in the United States. A total of 84.1 million Americans age 18 and older were diagnosed with prediabetes in 2015.

Also in 2015, 30.3 million Americans, or 9.4% of the population, had diabetes, with approximately 1.25 million American children and adults having type 1 diabetes. The percentage of Americans age 65 and older with diabetes remains high, at 25.2%, or 12.0 million seniors (diagnosed and undiagnosed).

According to SSM Health's recent Community Health Needs Assessment, in Columbia County in 2011-2013, 9.8% of the adult population had been diagnosed with diabetes. However, due to a fall in the rate of adults monitoring their diabetes, diabetes related deaths in Columbia County increased from 14.2 per 100,000 people in 2011 to 19.7 per 100,000 people in 2015.

Biesel sees both inpatients and outpatients with type I, type II and gestational diabetes in the hospital and clinic setting.

Continued on page 2

Diabetes Services, working collaboratively to educate others

Continued from front page

"I am passionate about educating our patients, their family members, and the professionals that take care of them," Biesel explained. "I enjoy working collaboratively with the nursing team and educating them about diabetes."

In addition to creating an environment of learning and acceptance, Biesel makes sure patients set realistic goals that fit their lifestyle. "It's not about perfection. It's not about diet. It's about choosing to live a healthy lifestyle," she said. "If you screw up at one meal or miss a day of exercise, it's okay. Just get back on track."

Stacy Biesel, RN, CDE sees inpatients and outpatients with type I, type II, and gestational diabetes at Columbus Community Hospital and at the Prairie Ridge Health Clinic in Beaver Dam.

For more information regarding Diabetes Services at Columbus Community Hospital, visit columbuscommunityhospital.org or call 920-623-1342.

Join us for a Diabetes & Wellness Support Group the third Thursday of every month from 10:30 a.m. to 11:30 a.m. in the Diamond Room at Columbus Community Hospital.

Everyone is welcome. You do not need to be diagnosed with diabetes to attend.

For more information call Rachel at 920-623-1293.

Healthier Together

Are you looking for a proven program for weight loss? Would you like to prevent type 2 diabetes?

Learn how our lifestyle program, taught by a Registered Dietitian, can reduce your risk of type 2 diabetes by 58% and keep the weight off!



This program is designed for adults with one or more of the following:

- Prediabetes
- Overweight
- History of gestational diabetes
- History of hypertension
- Family history of diabetes

**You are not eligible for this program if you have diabetes. Please contact one of our Dietitians if you would like further resources for Diabetes Education.*

Program participants commit to:

- A one year program of learning and support
- Being physically active most days of the week

Visit

www.cch-inc.com/health-wellness/healthier-together

or call Rachel Selm at 920-623-1293
for your prediabetes assessment.

A message from

John Russell, President/CEO



A team-based culture, a focus on relationships, high quality care, and engaged providers are what makes Columbus Community Hospital and Prairie Ridge Health Clinic a healthcare organization moving toward the future.

From our volunteers to our medical staff, our team is here for one reason only – to care for you.

For our team, this isn't just a place to work. We operate with a "work like you own it" philosophy and it shows – in our relationships with our patients and their families, our relationships with each other and, most importantly, in the care we provide to you, our patients.

In 2017 we continued our quest to improve the patient experience. Our team at Columbus Community Hospital and Prairie Ridge Health Clinic is one that is driven to improve every day, because that's what our patients and our communities deserve. That's what we want for our neighbors, and that's what we want for our own families.

As a result of our progress, we received the Healthgrades® 2017 Outstanding Patient Experience Award™ for being in the top 15% in the nation for overall patient experience.

In addition, our medical staff and providers were honored with the Press Ganey Guardian of Excellence Award for Physician Engagement. We were one of only five hospitals nationwide to receive this designation.

Because of our highly engaged and collaborative team's commitment to exceptional patient care every day in every way, our organization is growing. Patients now have access to care at three Prairie Ridge Health Clinic locations in Columbus, Beaver Dam and Marshall, as well as other clinics in the area.

We hope you will join us in our pursuit to build healthier communities. Together we will succeed.

We look forward to making a difference in the lives of those we serve in 2018.

Yours in good health,

John Russell

John Russell
President/CEO

Be Informed

Stop prescription drug abuse before it starts

Prescription opioids (narcotics) should be used carefully as there is always a risk of dependency. The longer you take opioids, the higher the risk of dependency.

Know what you are taking

Make sure you know the name of your medication, how much and how often to take it, and its potential risks and side effects. Discuss a medication schedule so that therapy is completed in a given number of days. Also discuss if a smaller dose of the medication is appropriate.

Talk to your health care provider about other ways to manage your pain. Options may include physical therapy or exercise, non-opioid medications such as ibuprofen or acetaminophen, topical rubs, acupuncture, massage therapy, and behavioral therapies (how to modify physical, behavioral, and emotional triggers of pain and stress).

Help prevent misuse and abuse

Store prescription medication in a secure place, out of reach of others. Never share or sell prescription opioids. Never use another person's prescription medication. Safely dispose of unused or expired prescription medication and opioids. You can do this through community drug take-back programs, law enforcement or pharmacy drop off boxes, or a pharmacy mail-back program.

Visit www.dosesofrealitywi.gov or The Food and Drug Administration website www.fda.gov for more information, resources and tips for disposal.

Spring Into a New You!

A special day for women only.
Saturday, April 21 8 a.m. to 11:30 a.m.
at Columbus Community Hospital

\$10 per person
includes welcome gift
and breakfast

To register or for more
information call
920-623-1280 or
pwalker@cch-inc.com

Choose from various sessions
related to women's health.

Featuring a cooking demonstration
by CCH Executive Chef Melissa Osterhoff
& CCH Dietitian Rachel Selm, RD, CD

Exhibits offering resources, products and services for women
will be available throughout the day.

Destinations:

Monday, May 14, 5-7 p.m.

Columbus Community Hospital
Rain or Shine

Tuesday, May 15, 5-7 p.m.

Columbus Area Senior Center
Rain or Shine

Wednesday, May 16, 5-7 p.m.

Columbus Public Library - Rain or Shine

Thursday, May 17, 5-7 p.m.

Columbus Elementary School - Shine Only

Friday, May 18, 5-7 p.m.

Columbus Recreation Department
at Washington Park - Shine Only

Bike Rodeo

Saturday, May 19, 9 a.m.-12 p.m.

Columbus Aquatic Center Parking Lot

**Questions? Please contact
Chris DeLapp
Columbus Community Hospital
920-623-2200
cdeLapp@cch-inc.com**

Bring your friends, family and your bike to the third annual Pedal Days

Columbus Community Hospital along with our partners, the Columbus Senior Center, the Columbus Public Library, the Columbus School District and the City of Columbus Recreation Department, invite you to bike to a destination each day of the week with the culmination of these activities at a bike rodeo on Saturday, May 19. At each destination, participants will receive a sticker to put on a supplied passport. Each sticker is redeemable for a door prize ticket at the bike rodeo May 19, 9 a.m. to 12 p.m., at the Columbus Aquatic Center parking lot.

Snacks, beverages, information about biking, and more will be provided at each destination.

In the event of severe weather, such as tornado watch or warning, lightning, or hail, Pedal Days activities for the evening will be cancelled. Be sure to find our event on Facebook for up-to-date event information!



PEDAL DAYS

COLUMBUS, WISCONSIN

Basic Life Support Programs



Heartsaver CPR & AED

The American Heart Association Heartsaver CPR course teaches lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for an adult, child and infant victims. Students also learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children. This program is designed for first-time students and renewal students.

Cost: \$45

Heartsaver First Aid

The American Heart Association Heartsaver First Aid class provides the skills to effectively assess and maintain life from the crucial minutes immediately following an emergency until the arrival of emergency medical services personnel. The course also provides corporations with the complete health and safety training solution, First Aid, CPR and AED. The course was developed using the same evidence-based process as all American Heart Association Emergency Cardiovascular Care courses.

Cost: \$45

Cancer Support Group

For more information contact **Cathy Butterbrodt** at (920) 623-6434 cbutterbrodt@cch-inc.com.

The Columbus Community Hospital Cancer Support group meets every other month at the Columbus Public Library (223 James Street in Columbus) and is open to anyone dealing with cancer. Family and support members are welcome to attend.

FREE

Thursday, April 12
6 - 7 p.m.

Thursday, June 14
6 - 7 p.m.

Thursday, August 9
6 - 7 p.m.

Alzheimer's Support Group

An educational support group for family members assisting loved ones who have memory loss or dementia.

The group is a place where family members come to learn more about the disease; share tips, knowledge, and concerns; and discover resources and strategies that can help.

For more information contact Chris DeLapp at Columbus Community Hospital at 920-623-1276.
FREE

Thursday, April 12
10 a.m.

Thursday, May 10
10 a.m.

Thursday, June 14
10 a.m.

Thursday, July 12
10 a.m.

Medication Take Back Day, April 28
at the Columbus Fireman's Park Pavilion.

Visit www.cityofcolumbuswi.com
or call Columbus Community Hospital at 920-623-1280
for more information.

Childbirth & Baby Care

We welcome you and a partner or support person to join our Women's and Childbirth Services nurses for a one-day, two-part class to prepare you for the birth of your baby and your first weeks at home with your little one.

The one-day class is designed to provide an overview of essential birth and newborn care concepts. The course will cover: labor and birth, in which you and your partner will review stages of labor, labor positions, relaxation techniques, medical procedures and pain management. Our lactation consultant will lead the breastfeeding and newborn care portion of the class, in which you and your partner will learn tips and tricks to help you and your baby get a great start to breastfeeding to ensure long term success!

We recommend taking the course 4-8 weeks prior to your due date.

Call for class dates and to register.

Did you know? Columbus Community Hospital has a lactation consultant to assist you with questions regarding breastfeeding your baby. To learn more call 920-626-2347 or email jyoung@cch-inc.com.

Siblings Class

This special class is designed for children expecting a new sibling. Your child or children will learn about new babies and how they can help with their new brother or sister. Children will get a chance to visit the department, meet the staff and tour the rooms.

FREE

Call for class dates and to register.



To schedule a tour of the birthing and water birth suites, please call 920-623-1299 or email rsvendsen@cch-inc.com.



Visit our web nursery at www.columbuscommunityhospital.org
look under Quick Links

To register for any of our CCH Women and Childbirth classes and for class cost information, contact our Education Department at (920) 623-1276.

Reclaim

Custom Knees at the Prairie Ridge Center for Orthopedic Excellence



Ann Kloeckner and her husband enjoy seeing the world. “We love to travel. It is one of the biggest hobbies we have.”

But when debilitating knee pain set in, her sightseeing days were over. “When I started traveling I had no knee pain. We have been to Germany, Bali, Brazil, and went on a safari in Africa. It was the most beautiful thing we have ever seen,” explained Ann. “When the knee pain started, it didn’t affect my travel plans, but it affected how much I could do on the trip.”

Ann was soon using wheelchairs in the airport, cutting excursions short, depending on pain relievers and consistently icing her knee. “I was in excruciating pain. I couldn’t walk long distances and even lying in bed was painful.”

“One of our last trips before the surgery, we took a day trip while on a river cruise. Because of my knee pain, I had to stay on the bus while the other travelers enjoyed the day,” said Ann. “That is not how I wanted my travel experiences to be. I wanted to be with everyone having fun.”

Ann suffered with the pain for about two years and then started looking for options. She heard about Joint Fellowship trained orthopedic surgeon Matthew Niesen, MD from the Prairie Ridge Center for Orthopedic Excellence on Facebook. She researched the custom knee option and Dr. Niesen, watched a video of the surgery, and decided to contact him for an appointment.

“After researching the custom knee replacement, I found out that with an off the shelf knee they might have to grind the bones to make the knee fit. With a custom knee it would fit me perfectly,” she explained.

Leading technology, state-of-the-art equipment, and refined surgical procedures are now available to provide patients with the option of having a custom knee replacement rather than a traditional knee replacement. A custom knee replacement uses 3D technology to provide a personalized fit to conform to the patient’s knee. In a traditional knee replacement, the surgeon must fit the knee to the implant.

“The custom knee provides a total restoration of your normal anatomy before arthritis. Patients say it feels more natural, it moves more naturally,” says Matthew Niesen, MD, Joint Fellowship trained orthopedic surgeon at Columbus Community Hospital (CCH) and Prairie Ridge Health Clinic.

Dr. Niesen explains that a traditional knee replacement is equivalent to purchasing a suit off the rack in a store, “It may be your size, but not a perfect fit.” A 3D custom knee replacement is equivalent to a tailored suit, according to Niesen. “It is truly custom made to fit you perfectly.”

Your Life!

Recovery following surgery was quick and successful. "I was up and walking the day of surgery and was able to go home and climb stairs the very next day," said Ann. She graduated to using a cane in two days and within a week was walking without a cane.

CCH's Prairie Ridge Center for Orthopedic Excellence Program is one of four facilities in the state offering custom 3D knee replacements. The surgery is being offered by Robert Coe, MD and Dr. Niesen, both orthopedic surgeons at CCH and the Prairie Ridge Health Clinic.

"The 3D custom total knee is as close to the original knee joint as is technically possible today," says Dr. Coe. "No two are exactly alike."

"Thanks to the surgery and my new knee, I'm able to enjoy my full vacations with my husband," said Ann. "I'm able to go hiking, ride a bike, go shopping, and travel."

According to Dr. Niesen, typically patients are 80% recovered after just six weeks. "I have seen significant increase in range of motion – full extension with 130-140 degrees, which is what you would see in 18 to 25-year-old patients with no arthritis," he explained.

Ann and her husband recently came back from Croatia. "We stayed in Dubrovnik. Around the old city are the old fort walls. We went to see them. It was 20 steps up and down and I had no pain during the trip. Now I'm enjoying life. It's great to have it all back again."

For more information regarding custom knee replacements, visit columbuscommunityhospital.org or call 920-623-1342.



Guardians of excellence

In 2017, Columbus Community Hospital was one of only five hospitals nationwide to receive the Guardian of Excellence Award for Physician Engagement. Press Ganey, a leading provider of patient team engagement benchmarks, presented CCH the award in recognition of achieving and maintaining a score in the 97th percentile in the nation in overall provider engagement. The accomplishment places CCH amidst an elite group of 3% of healthcare organizations in the nation.

"CCH is fortunate to have a very active and engaged medical staff that is very dedicated to high quality patient care," said Jamie Hendrix, Vice President of Patient Care Services.

The survey, conducted annually, assesses the Medical Staff's perceptions related to factors such as leadership, departments within the hospital, the organization and the staff. A collaborative work environment aids the care team in gathering and sharing information to improve the patient experience.

"CCH offers a collaborative practice environment for providers in which their feedback (innovative suggestions for improvement in both quality and patient experience) is implemented to nurture the relationship-based culture already in place here at CCH," explained Hendrix.



Dawn Faust, APNP
Internal Medicine