

STOP THE BLEED

Victims of uncontrolled bleeding, from any cause, can die within five to 10 minutes. Would you know what to do to stop the bleeding and save a life in the event of an active shooter or disaster where response of emergency personnel is delayed?

Columbus Community Hospital (CCH) and the Volunteers of CCH sponsor a 60-minute program in which participants learn the various ways to control bleeding, whether they have only the use of their hands or are lucky enough to have a full trauma first aid kit. The course covers contacting emergency personnel, finding the source of the bleed, applying compression, applying a tourniquet, packing a wound, and applying direct pressure. Instruction is provided by a certified Stop the Bleed instructor and CCH Registered Nurse.

If your group or business would like to host a program, contact the CCH Education Department at 920-623-1276.

A Walk in the Park

Wednesday, May 22, 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 donated to the Stop the Bleed Program to provide training for businesses and community members. 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

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



A life of adventure leads her home to Wisconsin

As a child growing up in Wisconsin, Veronica Minier, MD tagged along with her mother, who spent the weekends on call as a home health nurse. It wasn't long after that she decided to pursue a career in medicine.

"I've always wanted to practice in rural medicine," said Dr. Minier, who has practiced in Wisconsin since 2006 and joined the Prairie Ridge Health Clinic - Columbus in February of this year.

Over the years her medical experiences outside of Wisconsin also contributed to her desire to become a family practice physician in a rural setting. "I once shadowed a physician in Tennessee who ran his own clinic. He did everything from x-rays to deliveries to pharmacy," she explained.

Dr. Minier started her medical career as a locum tenens physician (providing temporary coverage in hospitals and other medical facilities), which allowed her to travel. "I like adventure," she explained. "As a locum, I was able to go to six different cities in Alaska, which was interesting and fun. When I was in Nome, we also went to some villages without electricity."

In addition, Dr. Minier traveled to Africa to do mission work. It is there where she experienced the challenge of working in conditions with limited resources and a lack of technology, a much different atmosphere than the world of medicine in the U.S.

Dr. Minier agrees that her travels have given her experiences that other physicians may not have, but what she enjoyed the most was caring for patients in a close knit community. "I like small towns where you have the opportunity to get to know the families. I enjoy

Veronica Minier, MD
 Family Practice with Obstetrics
 Certified in Waterbirths

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delivering babies and seeing the children grow up and working with the family.”

Someday Dr. Minier hopes to go back to traveling and doing mission work, but for now she is happy being in Wisconsin. “I love hiking and spending time with my family,” she said.

Dr. Minier specializes in family medicine with obstetrics and is certified in waterbirths. She received her Bachelor of Science in Business Administration from Southern Adventist University in Tennessee and her Medical Degree from Loma Linda University School of Medicine in California. She completed her residency in family medicine at the Bakersfield Family Practice – Kern Medical Center in California and her fellowship in obstetrics and gynecology at Arrowhead Regional Medical Center, San Bernardino County Hospital, and Riverside County Regional Medical Center in Southern California.

Patients may schedule an appointment with Dr. Minier by calling the Prairie Ridge Health Clinic at 920-623-1200. The Prairie Ridge Health Clinic accepts most major insurances including Unity, Dean Health Plan, Physicians Plus, Blue Cross Blue Shield, The Alliance, WEA, and United Healthcare. For more information about the Prairie Ridge Health Clinic visit www.prairieridgehealthclinic.com.

For more information regarding waterbirth experience at Columbus Community Hospital or to schedule a tour of the birthing suites, call 920-623-2200. Additional information is available by visiting www.columbuscommunityhospital.org.

Welcome



Amanda Lopez, PA-C Family Medicine

Amanda Lopez, PA-C is accepting new patients at the SSM Health Dean Clinic - Columbus, located on the Columbus Community Hospital campus. Lopez specializes in family medicine. She received her Nursing Assistant certification from Madison Area Technical College in Madison and Gateway Technical College in Racine. She received her Bachelor of Science degree in Human Development & Family Studies her Physician Assistant degree from the University of Wisconsin-Madison. She is Board Certified by the NCCPA.

**Appointments are available Monday through Friday.
To make an appointment call 920-623-9611.**

Medication Take Back Day, April 27

at the Columbus Fireman's Park Pavilion

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

A message from

John Russell, President/CEO



Compassion, experience, ingenuity, a commitment to quality, and unwavering community support has fueled the growth of Columbus Community Hospital and Prairie Ridge Health Clinic. Our vision of expanding from a small community hospital to an award winning healthcare center with three outlying clinics has become reality and we have been recognized for our orthopedic excellence program, our medical providers, our emergency services, and our patient care team.

In 2018 we continued our commitment to investing in the future of rural healthcare by seeking out and receiving two grants from the State of Wisconsin Department of Health and Human Services – the Allied Health Professional Education and Training Grant for Surgical Technicians and the Rural Clinical Training for Advanced Practice Clinician Program Grant. These formal training opportunities for surgical technology students, physician assistants, and nurse practitioners complement our long-running Club Scrub, job shadow and nurse clinical rotation preceptorship to provide continuity for those who choose to seek out a career in healthcare.

With your support, our CCH Foundation raised over \$115,000 for new three-dimensional mammography equipment for our medical imaging department. The new technology will provide the detail our radiologists need to make an informed diagnosis.

In 2015, we launched Project CLEAN (Community Leaders Eliminating the Abuse of Narcotics) to enhance awareness and understanding of opioid use and abuse. Over the past year, in response to the increasing concern surrounding opioid addiction, a special opioid task force was formed, consisting of medical providers, law enforcement and county agencies. This task force took on the challenge of creating educational videos to spread life-saving messages to our community through social media and community presentations.

Just as the landscape of healthcare is ever changing, so is our hospital campus. Over the next 15 months, select sections of our hospital will be renovated to include new classroom space and a new dining area and kitchen. New construction will be added to our Prairie Ridge Health Clinic, providing space for additional providers and a new area for our rehabilitation services department.

All of this would not be possible without the support of the communities we serve. We look forward to growing with you in 2019.

Yours in good health,

John Russell

John Russell
President/CEO

**Projected completion
summer of 2020!**

The new Prairie Ridge Health Clinic building will feature additional clinic space and accommodations for four additional providers.

The CCH Rehabilitation Center will be moved to the third floor of the clinic building, providing natural light and an energizing atmosphere to aide patients in healing and recovery.

Spring Into a New You!

\$10 per person
includes welcome gift
and breakfast

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

A special day for women only.
Saturday, April 13 8 a.m. to 11:30 a.m.
at Columbus Community Hospital

Choose from various sessions related to women's health
including chair yoga, cataracts and eye health, antibiotics,
and more!

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 13, 5-7 p.m.

Columbus Community Hospital
Rain or Shine

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

Columbus Public Library
Rain or Shine

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

Columbus Elementary School - Shine Only

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

Columbus Area Senior Center
Rain or Shine

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

Bike Rodeo at Kiwanis Park- Rain or Shine

Activities, giveaways, healthy snacks, and
information available at each site!

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. 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 Friday, May 17, 5 p.m. to 7 p.m., at Kiwanis Park in Columbus.**

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

ATTENTION! If you speak English, language assistance services, free of charge, are available to you. Call 3395. ATENCIÓN! si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 3395. LUS CEEV! Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 3395.

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 11
6 - 7 p.m.

Thursday, June 13
6 - 7 p.m.

Thursday, August 8
6 - 7 p.m.

Thursday, October 10
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 11
10 a.m.

Thursday, May 9
10 a.m.

Thursday, June 13
10 a.m.

Thursday, July 11
10 a.m.

SAVE THE DATE!

SAFETY FUN NIGHT JUNE 5!

5-7 P.M. AT COLUMBUS COMMUNITY HOSPITAL
IN THE ER VISITOR PARKING LOT



Childbirth & Baby Care

Call for class cost, dates and to register.

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.

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.

It's time for you

3D Mammography is Here!

Individual donors and participants of CCH Foundation events in 2018 raised over \$115,000 for new breast tomosynthesis, also known as three-dimensional (3D) mammography equipment for the CCH Medical Imaging Department. With this innovative technology, CCH is able to provide the most up-to-date mammography screenings available today.

Digital breast tomosynthesis (DBT), is an advanced form of breast imaging (mammography) that uses a low-dose x-ray system and computer reconstructions to create three-dimensional images of the breasts. Breast tomosynthesis overcomes some of the limitations of standard mammography as it provides more detailed views in dense breast tissue. A conventional x-ray examination of the breast, called a mammogram, is two-dimensional: two x-ray images are taken of the breast, from top-to-bottom and from angled side-to-side, while the breast is compressed between a clear plastic paddle and an imaging detector.

In breast tomosynthesis, the x-ray tube moves in an arc over the compressed breast capturing multiple images of each breast from different angles. These digital images are then reconstructed or "synthesized" into a set of three-dimensional images by a computer. These three dimensional image sets help minimize the tissue overlap that can hide cancers or make it difficult to distinguish normal overlapping breast tissue from tumors.

"3D mammography will make it possible for our radiologists to examine the tissue one thin layer at a time," said Cathy Bolan, RNC, CBPN-I; ONC, Breast Health Nurse Specialist and Cancer Navigation Specialist. "Fine details will be more visible and are less likely to be hidden by overlapping tissue."

The results - a more detailed image of breast tissue allowing for earlier cancer detection while reducing unnecessary call backs and additional procedures.

Walk In Wednesdays April 17 through May 22!
2-6 p.m. each Wednesday

**While a physician referral is not needed, the name of a primary care physician for notification of results, insurance information and form of payment, must be provided prior to the screening.*

Walk In Wednesdays are for screening mammograms only. Screening must be at least one year since your last mammogram. Eligible participants must be 40 years of age or older, have not had breast cancer in the past 5 years, have not had breast surgery or a biopsy in the past year, and do not have breast implants.

Call TODAY
to schedule your
mammogram
920-623-6466

Did you know . . .

90% of women who are diagnosed with breast cancer have no family history and are not considered high risk.

1 in 8 women will develop breast cancer in her lifetime.

3D mammography creates clearer images, improving breast cancer detection while reducing the need for unnecessary further testing.

41% increase in the detection of invasive breast cancers has been found when using 3D mammography.



PRESCRIPTION OPIOIDS (NARCOTICS)

BE INFORMED

Stop prescription drug abuse before it starts!

In the span of seven days in the summer of 2018, six people overdosed from opioids and two people died from opioid overdose in Columbia County alone.

“The epidemic is real,” said Roger Brandner, Columbia County Sherriff. “It’s here in Columbia County.”

According to Sherriff Brandner, drug overdose is now the leading accidental cause of death, not only in the United States, but in Wisconsin. Last year, 77,000 people overdosed in the United States, with 14 overdose deaths in Columbia County and 103 EMS calls in Columbia County related to drug overdoses.

In response, the **Opioid Task Force of Columbia County**, in which CCH is a member, are leading a community effort, addressing the opioid epidemic in Columbia County. The task force’s mission focuses on education regarding the opioid epidemic, available and needed resources, and what the community can do to aide in prevention. The task force created a series of videos featuring community members, high school students, teachers, parents, medical professionals, and law enforcement to spread this life-saving message. The purpose of the series is to educate the community at large, dispel the myths around the opioid epidemic, and show what the community can do, starting with prevention.

“Anyone can become dependent,” said Adam Tuite, MD, Madison Emergency Physicians and CCH Emergency Department Medical Director. “Its 20 year olds, 40 year olds, business leaders, pastors, our neighbors. Its any race, any age, its not discriminatory.”

Sherriff Brandner and Dr. Tuite are both members of the 12-person Opioid Task Force of Columbia County. Through educational events they assist in informing people across Columbia County about the opioid epidemic and what community members can do to help. “If we don’t focus on prevention we are going to lose the battle,” said Brandner. “We want everyone to know that they can have a part in prevention.”

For more information about the Opioid Task Force of Columbia County and other resources or to view the videos visit:

<https://www.cch-inc.com/en/opioid-task-force>

<https://www.facebook.com/ColumbusCommunityHospitalWI>

According to the National Institute on Drug Abuse, every day more than 130 people in the United States die from overdosing on opioids.

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. A 24-hour drop box is located at the Columbus Police Department and at other locations throughout Columbia, Dodge, and Dane Counties.

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