



WALK IN WEDNESDAYS!

7 a.m. to 5 p.m.
Last Wednesday of each month

3D Mammograms

Walk In Wednesdays are for screening mammograms only.
All Participants must:

- ✓ Be at least 1 year since last mammogram
- ✓ Be 40 years of age or older
- ✓ Not have had breast cancer in the past 5 years
- ✓ Not have had breast surgery, or a biopsy in the past year
- ✓ Not have breast implants
- ✓ Not have had a vaccination in the past 4 weeks

**While a physician referral is not needed, the name of a primary care physician (for result notification), insurance information, and form of payment must be provided prior. If you have a doctor referral for a mammogram due to a health concern or do not meet one of the qualifications listed, call 920-623-6466.*

All patients and visitors are screened at the door for COVID-19 symptoms. Masks are required prior to entering the facility.

IN THIS ISSUE

New Beaver Dam Clinic opening in 2022

3

Katheryn Kaldor, DO

4

Michelle Bryan, MD

6

Bridget Sharkey, APNP

7

ALSO

President/CEO Message 3

Educational Offerings 5

New Rehab Services Area 7

If you no longer wish to receive this publication please respond to pwalker@PrairieRidge.Health or 920.623.1280.

ATTENTION! If you speak English, language assistance services, free of charge, are available to you. Call 855-863-3450. ATENCIÓN! si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-863-3450 LUS CEEV! Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 855-863-3450

Frank Statz, Prairie Ridge Health Finance and Personnel Committee member and former PRH Board of Directors Treasurer pictured in front of the new Prairie Ridge Health Clinic and Rehabilitation Center in Columbus.

Time flies when you're making progress

When Frank Statz agreed to begin what he describes as “a life-expanding adventure” by serving on the Prairie Ridge Health (then Columbus Community Hospital, Inc.) Board of Directors, he had no idea 25 years would pass by so quickly.

Frank grew up in Madison and attended Madison West High School. He received a Bachelor of Science degree in Finance from UW-Madison in 1972. After college, he settled in Columbus with his wife, Patti, where he worked as a Lender/Loan Officer at Columbus Federal Savings and Loan/Anchor Bank until he retired in 2016.

“Our first child was born in the old hospital (then located on West James Street in Columbus). Our other two children were born in the current hospital, which was built in 1979,” said Frank.

Frank joined the Rotary Club of Columbus and one day at a meeting in 1995 the local hospital’s administrator asked Frank if he would consider being nominated to serve as a hospital board member.

“I said yes,” he explained and continued to serve for three consecutive three-year terms. “It goes so fast. It seems like you just got on the board and then your term would be up. The first year you are just understanding what’s going on. The second year you understand it. And the third year, you are coming out of your shell and willing to express your opinions.”

Frank served on the board from 1995-2004, including as Board Treasurer from 1996-2004.

“I never wanted to be president or board chair. Even though there are more opportunities for networking,” said Frank.

Continued on page 2

Making progress

[Continued from front page](#)

“I really enjoyed being treasurer. I liked dealing with numbers and dollars.”

During the early part of Frank’s tenure on the Board, PRH was struggling financially. “Under Frank’s leadership as the Treasurer, two key decisions led to a better financial future for our organization,” said John Russell, PRH President and CEO. “In 2001, he played a key role in the decision for PRH to pursue a strategic partnership/affiliation with SSM Health Care of Wisconsin and in 2004 he assisted our organization in becoming a Critical Access Hospital.”

In 2010, the PRH Board of Directors asked Frank to return as a member of the Prairie Ridge Health Finance and Personnel Committee, which he served on until his last meeting September 21 of this year..

When asked why he was so willing to serve his local hospital at the board level, Frank broke it down for us.

Relationships

“I think of the people that we’ve met through the hospital and we’ve become friends with over the years and they are still our friends. They are genuine people. They take you for what you are.”

Progress

“I always enjoyed going through the process of hiring a new administrator. That was always interesting,” Frank said. “We always picked aggressive candidates, who had a vision to make it (the organization) better.”

“I’m just so impressed with what we were able to do as an organization – expanding our building, growing our business, opening clinics, and adding providers,” he added. “When I came on in 1995 they were having a ribbon cutting for a new surgery area. I didn’t know if I was supposed to go, but I did. When we built the new Emergency Department and then the Dean Clinic, I thought that would be it, but we kept going,” Frank said mentioning the fourth floor addition, main street addition, surgery addition, three clinics, new clinic building and new rehabilitation services space.



Frank, shown here with his son Jeff, never missed a hospital golf outing



John Russell (left) and PRH Executive Board of Directors Jennifer Homman and Randy Bubholz honor Frank at his last Finance and Personnel committee meeting.

Knowledge and Accessibility

“By serving on a hospital board at an organization of this size you see every aspect of the organization,” he explained. “You have an opportunity to meet the medical providers and the entire healthcare team. Those who are in the field of healthcare are such great people to work with and it stays with them their whole life.”

Regrets? Frank says he has none. Rather he encourages others to take the time to serve their local hospital and offers some advice.

“I think it’s a life-expanding adventure to understand how a healthcare organization works. I was 45 when I started,” said Frank. “It is amazing. It’s life-fulfilling.”

“I think people need to become members of more things, whether it’s a book club or a hospital board,” he said. “You can be a community ambassador and can help answer questions that your friends and neighbors may have. It’s a little bit different than being a volunteer. It’s a way of volunteering your time on a different level. You do need a basic sense of business and the ability to make good decisions. But don’t be afraid of it. It’s not all fun and games, but it is very rewarding, and don’t worry,” he said with a smile, “they will be nice to you.”

What’s he doing now?

Frank is retired and living in Sun Prairie with his wife Patti. The couple has three children and eight grandchildren. He joined a book club and is babysitting for one grandson and caring for elderly family members.

A message from

John Russell, President/CEO

Over the past 18 months, the team at Prairie Ridge Health has remained focused through each and every challenge presented by COVID-19. From the early stages of diagnosis, to the uncharted course of treatment, to the duty of vaccinating our communities, and now continuing to move forward as booster shots become available and we continue to navigate through this unprecedented time together.

Through it all, it's the faces, the people, and knowing that you need us that keeps us going. We are grateful to be able to serve the community and help you through this pandemic in any way that we can.

We welcomed three new providers to the Prairie Ridge Health Clinic – Kathryn Kaldor, DO, Michele Bryan, MD, and Bridget Sharkey, FNP. Our Prairie Ridge Health Clinic in Beaver Dam now offers Clinical Nutrition Services and OB/GYN Services.

Our new Rehabilitation Services area on the third floor of the Prairie Ridge Health Clinic in Columbus is now open. In addition, we created a designated space for our Cardiac Rehab Program. While we were unable to unveil the new construction to the public at an open house, a virtual tour of the building is available on our website.

This year we broke ground for the construction of a new clinic at 134 Corporate Drive, just off of Hwy 151 and Industrial Drive, in Beaver Dam. The new clinic building offers an enlarged therapy area and additional space for more providers. Services include Family Medicine, General Surgery, Clinical Nutrition and Diabetes Services, OB/GYN Services, Orthopedics, and Physical and Occupational Therapy. A community open house is being planned for the spring of 2022.

Each day, all of us at Prairie Ridge Health look forward to a return to a new normal. Whatever that normal may look like, it is possible. You play an important role in who we are at Prairie Ridge Health. Let's stay positive and do this together.

Yours in good health,

John Russell

John Russell
President/CEO



Opening in **2022!**

Our Beaver Dam
is moving
Clinic

to a **NEW** location!

134 Corporate Drive, Beaver Dam



Introducing

Katheryn Kaldor, DO, OB/GYN

It was during her rotation in medical school that Katheryn R. Kaldor, DO, OB/GYN, knew obstetrics and gynecology would be her specialty as a physician. What she didn't know was that years later she would join the team at Prairie Ridge Health in Columbus and call Wisconsin her home.

Katheryn R. Kaldor, DO, OB/GYN Dr. Kaldor grew up in Junction City, Kansas. She pursued a Bachelor of Arts in Biochemistry from Kansas State University and attended medical school at Kansas City University of Medicine and Biosciences. She completed her internship at Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania, and her Residency in Obstetrics and Gynecology at Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania.

"I fell in love with Philly and was there for 18 years," said Dr. Kaldor. While she misses the hustle and bustle and ethnicity of Philly, she appreciates the laidback pace of Wisconsin and enjoys spending time with her family outdoors, skiing and going for hikes.

"OB/GYN was the best rotation during Medical School," explained Dr. Kaldor. "It was physical, hands on, and nothing boring about it, and usually a very happy time for the parents and an uplifting, positive experience for the caregivers. Staying up all night delivering babies and performing C-section surgeries – it was exciting."

According to Dr. Kaldor, the special part about being a female OB/GYN is that she gets it. "Now that I've had a child, I totally relate to how difficult it is and the effects it has on your body and your life," said Kaldor.

Dr. Kaldor offers a straight forward, direct approach to delivering care and understands the complications that life can present. "I want my patient to feel that she, her family and I are a team. Whether she is pregnant and nervous, or preparing for surgery, I want her to know she is not alone," said Dr. Kaldor. "I want her to feel confident that I am with her every step of the way.

Individualized care in a calm and peaceful setting attracted Dr. Kaldor to move her practice to Prairie Ridge Health. "I enjoy being in Women's Health and connecting with women because I feel like we understand each other. After you have been with a patient for years and you have delivered multiple children, it's a much closer relationship than just doctor and patient," explained Kaldor.

Dr. Kaldor offers OB/GYN services at the Prairie Ridge Health Clinic in Columbus and Beaver Dam. She received honors as the Mercy Health System Family Practice Educator of the Year, the Crozer Keystone OBGYN Residency Program Teacher of the Year, and was featured in Main Line Magazine's "Best Doctors – OBGYN."

She is a member of the American College of Osteopathic Obstetricians and Gynecologists, a member of the American Osteopathic Association, and is Board Certified by the American College of Osteopathic Obstetricians and Gynecologists. Her special interests include: obstetrics and gynecology, gynecologic surgery, high-risk obstetrics, and health care education.

For more information or to schedule an appointment with Dr. Kaldor, call Prairie Ridge Health Clinic at 920-623-1200 or visit www.prairieridge.health.

***CDC recommended guidelines are being followed for all classes.**

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 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

**Online option available for certification*

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

The Prairie Ridge Health Cancer Support group is currently on hold due to COVID-19. **For more information contact Cathy Bolan.**

920.623.6434 or cbolan@PrairieRidge.Health

PrairieRidge.Health

Alzheimer's Support Group

The Prairie Ridge Health Cancer Support group is currently on hold due to COVID-19. **For more information contact Chris DeLapp**

cdelapp@PrairieRidge.Health or

920.623.1276

Diabetes Support Group

The Diabetes and Wellness Support Group provides education, fellowship, and support to help you better manage your diabetes and lead a healthier lifestyle. You do not need to have diabetes to attend - friends and families are always welcome! For more information contact Rachel Selm.

rselm@PrairieRidge.Health or 920.623.1293

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 class to prepare you for the birth of your baby and your first weeks at home with your little one.

The class is designed to provide an overview of essential birth and newborn care concepts. During the course, 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 will learn tips 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? We have a lactation consultant to assist you with questions regarding breastfeeding your baby. To learn more call 920-626-2347 or email jyoung@PrairieRidge.Health.

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 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@PrairieRidge.Health.

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

Now scheduling COVID-19 Vaccines and Boosters

Call 920-623-1415 for an appointment and eligibility information to receive the Pfizer COVID-19 Vaccine or Booster.

Visit www.PrairieRidge.Health for eligibility guidelines and information.



Welcoming

Michelle Bryan, MD, Family Practice

Born and raised in Chicago, Illinois, Michelle Bryan, MD, Family Practice with Obstetrics provider at Prairie Ridge Health in Columbus, originally intended to be an English teacher or a journalist.

After graduating high school in the Chicago suburbs she attended the University of Illinois where her career choice changed quickly. "I took a psychology course and loved it," said Dr. Bryan. "I studied psychology and also took courses in neurosciences. I went to my guidance counselor and decided to focus on neurology."

She received a Bachelor of Science in Psychology from the University of Illinois – College of Liberal Arts and Sciences, and her MD from Rush University College of Medicine. She then had the opportunity to work with an Internal Medicine physician. "He taught me the importance of building a relationship with your patients," Dr. Bryan said. "After that, I decided to practice Family Medicine."

It was at the University of Michigan during her residency in Family Medicine, where she met her husband Jake, who is also a physician. In 2012, the couple moved to Wisconsin and started a family. They have two children.

Dr. Bryan joined the team of physicians at Prairie Ridge Health in Columbus March 1. "I enjoy the opportunity to get to know my patients," she said. "I like the breadth of the specialty. There is a lot of variety. I especially like delivering and taking care of both mom and baby."

She received international medicine experience at Virika Hospital in Fort Portal, Uganda as one of two residents selected to develop and implement sustainable neonatal resuscitation protocol for the urban hospital.

Dr. Bryan values family time and being a mom. During the past year she, just like others, struggled with the stress of school and daycare for her children and other things as a result of the pandemic. Dr. Bryan encourages women to advocate for themselves during this time and remember to practice good self-care. "As caregivers, we are accustomed to putting the needs of others before our own, but it's important to take care of yourself. I was proactive about identifying an experience that worked well for my family and I am so excited to be here at Prairie Ridge Health."

She is a member of the Wisconsin Academy of Family Physicians and the American Academy of Family Physicians. Her medical interests include medical informatics, obstetrics, hospice and palliative care, preventative health, patient education, and primary care advocacy. In addition, she was a recipient of the UW Health Patient and Family Experience Award and a UW Health Physician Excellence "Rising Star" Award Nominee.

"What I love about being a physician is the relationships that I can have with patients," said Dr. Bryan. "I really value medicine as a relationship-based practice, not a transaction. I think it's imperative for patients to find a doctor that fits well with them, because your doctor's going to be your advocate."

For more information or to schedule an appointment with Dr. Bryan, call Prairie Ridge Health Clinic at 920-623-1200 or visit www.PrairieRidge.Health

Accepting new patients

Bridget Sharkey, APNP, Family Practice

Bridget Sharkey, APNP, specializes in caring for patients of all ages and their families. She is seeing patients at the Prairie Ridge Health Clinic in Columbus.

Bridget graduated with her Bachelor of Science in Nursing at the University of Wisconsin-Oshkosh. She later received her Masters of Science in Nursing-Family Nurse Practitioner at Bradley University in Peoria, Illinois.

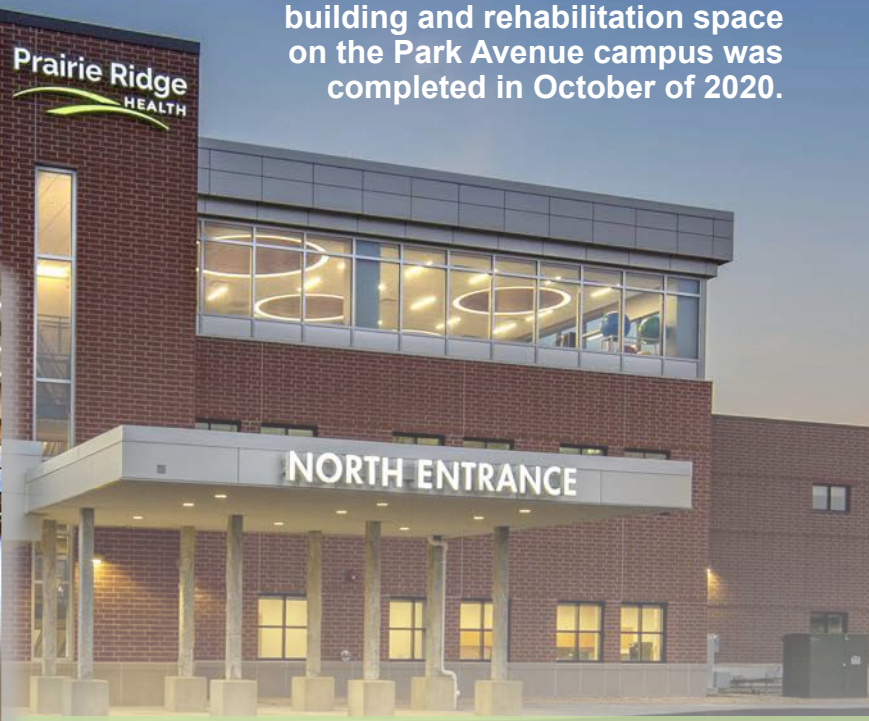
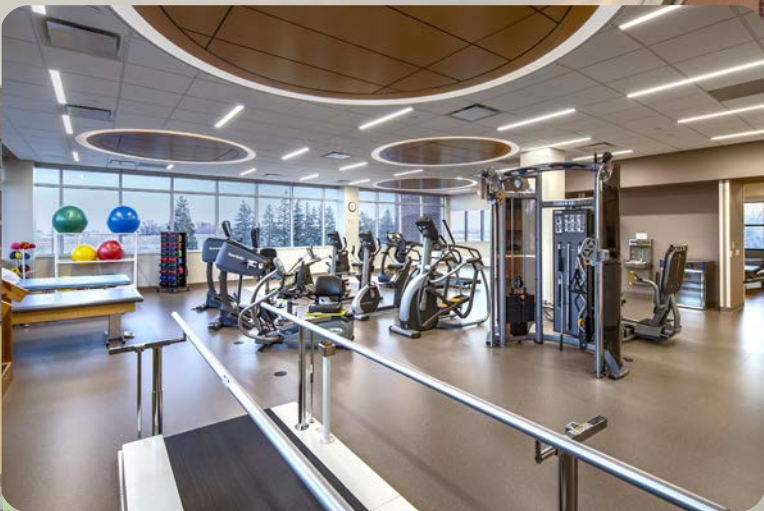
She has been part of the Prairie Ridge team for many years and completed a variety of her clinical rotations with Prairie Ridge primary care and specialty providers. Bridget is certified in Family Practice with the American Nurses Credentialing Center. In her free time, she enjoys traveling, the outdoors, and spending time with her friends, family, and Labrador.

To schedule an appointment with Bridget, call the Prairie Ridge Health Clinic at 920-623-1200 or visit www.PrairieRidge.Health for more information.



Stepping Forward for better patient care

Construction of a three-story clinic building and rehabilitation space on the Park Avenue campus was completed in October of 2020.



The new space features natural light and an open atmosphere, promoting healing and wellness. The expansion was made possible by the overwhelming support of community members who donated \$218,000 to furnish the therapy and cardiac rehab gyms with new equipment and furnishings.

The clinic building's third floor is home to physical, occupational, and speech therapy services with a dedicated registration and scheduling

team for your convenience. Cardiac rehabilitation services now has a dedicated area in the former rehabilitation services space on the hospital's first floor.

The first floor of the clinic building is the home of Prairie Ridge Health's Family Practice and Internal Medicine providers. PRH Orthopedic, General Surgery, Rheumatology and OBGYN specialties remain across the hall in the original clinic.