

healthWORKS

2014 Care for life.

ISSUE 6



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Report

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Our Mission

Improve health and well-being in partnership with our members, patients and community.

Our Values

- Excellence
- Compassion
- Partnership
- Integrity

Find us at:

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Community Pharmacy
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Together we care for our community

Welcome to the latest issue of healthWORKS, a publication of Westfields Hospital and the New Richmond Clinic.

Our board of directors reflects our strong ties to the New Richmond community. And so we were saddened to bid farewell to former board member Stuart Nelson, who passed away in November. Stuart was on the committee that interviewed me for my position here — and he was one of the reasons I took the job. We miss him greatly.

On January 1, we welcomed to our board Jeff Moberg, district administrator of the New Richmond public schools. Jeff grew up here in New Richmond and he's very committed to his hometown. His presence on our board allows us to continue our important relationship with the school district and he'll be a valuable asset to Westfields as we move forward.

Our ability to serve the community was strengthened last year when New Richmond Clinic became part of Westfields Hospital, and a member of the HealthPartners family of care. Our enhanced diabetes education and support program, featured in this issue, is the first example of how we are joining forces to improve our care. The next example will launch in March, when the clinic will start using the same electronic medical records system as the hospital.

These new developments continue our momentum of success from 2013. Westfields Community Pharmacy, which opened last summer, has generated a great deal of positive feedback from community members and patients. And we're delighted to announce that our new Birth Center welcomed four sets of twins to the community last year.

As we continue to move forward, we will be eager to hear how we can partner with you better to improve health and wellness. If you have comments, suggestions or questions, please contact me directly. My telephone number and email address are printed below.

Sincerely,



Steve Massey, CEO
Westfields Hospital
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In Memory:

Stuart Nelson



New Breast Health Center Now Open!

In partnership with Lakeview and Hudson Hospitals,
the Breast Health Center provides:

- New Breast Cancer Screening Technology, including digital mammography
- Team of breast radiologists
- Dedicated nurse navigators
- Stereotactic biopsy services
- Accredited by the American College of Radiology
- Medical oncology at Hudson, Lakeview and Westfields Hospitals

Need to schedule a screening?

3D digital screening mammography available at
Westfields Hospital. Call (715) 243-2895. ■



Blackfoot Medicine Man

Healing Arts brings new life to art

Westfields Hospital continues its partnership with The Phipps Center for the Arts by bringing the worlds of art and healthcare together. Healing Arts promotes total health for our community members, offering spiritual enrichment alongside the traditional care that draws patients to the hospital.

Currently on its third exhibition at the Westfields campus, Healing Arts has displayed a wide variety of art, from pastels to mixed media paintings to printmaking. Collections are switched out quarterly, and next quarter will see new media including assemblage wall sculptures from July Anderson, fibers from Nancy Condon, fibers from Marge Lindemann and stained glass from Steve King. Stained glass will be an exciting focus for Healing Arts this year, with a rotating stained glass exhibition set to launch in April near the entrance to the Cancer Center.

Healing Arts also provides an opportunity for guests to meet the artists, which Program Coordinator Chelsea Kelly believes is a key program strength. She explains, "I feel it's an important part of one's connection with the art." ■

2014 Exhibition Schedule

April 11 – July 6

July 11 – October 5

October 10 – January 11

Meet the artists

Come and enjoy some refreshments while you mingle with guests, patients and artists. (All receptions are from 5:30 – 7:30 p.m.)

Thursday, April 17

Thursday, July 17

Thursday, October 16

Submit your artwork

The Phipps Center for the Arts has a call for submissions ending July 1. Visit thephipps.org and click Calls for Artists under the Visual Arts tab.

To learn more about submission requirements and all things Healing Arts, contact Healing Arts Coordinator Chelsea Kelly at westfields.healingarts@gmail.com.

Seeing double: A big year for twins at the Birth Center

In 2013, four sets of twins were born at Westfields Hospital Birth Center.



Photograph by J.A.D. Photography

If there are twins in your family's future, rest assured that the staff at the Birth Center has had plenty of practice delivering and caring for twins and their families. In 2013, four sets of twins were born at Westfields Hospital Birth Center.

First up, Lindsay and Ryan Stewart welcomed son Declan and daughter Finley in March. In June, fraternal twins Abigail and James were born to Alisha Palmer and husband James. Then Mandy and Matt Kjeseth welcomed daughters Addison and Elliana in September. Finally Abbigail and Maddisen were born to Kristen and Jeremy Schlosser in October.

"It was an unusual year for twins."

H. Zis Weisberg, MD, the Obstetrician/Gynecologist for New Richmond Clinic, delivered all four sets of twins. "It was an unusual year for twins," says Dr. Weisberg. "With twins there is a higher risk for pre-term labor and other complications. All the babies were healthy and born around their due dates."

"There is absolutely nothing I would change about our delivery," says Amanda Kjeseth. "It was one of the most amazing experiences we have ever had. The feeling in the operating room was one of caring and love that I will never forget and will tell my girls about. Dr. Weisberg was with us every step of the way. John, our anesthesiologist, came in on his day off to be part of the delivery. Dr. Brandes also came in on her day off to be the baby doctor. Heidi Colbeth, Heather Meissner, Jean Meier and Angie Radintz of the nursing care team were the best."

Alisha Palmer says they chose the Birth Center at Westfields "because we live just up the hill from the hospital. It's just a few minutes to get there." She especially appreciated the experience of giving birth in a small town hospital. "All my other children were born in big, major hospitals," she says. "But Westfields is small, and I loved the one-on-one attention. I had one nurse I saw most of the time, and Dr. Weisberg. I wasn't trying to keep track of a hundred different people."

"There is absolutely nothing I would change about our delivery."

The Birth Center was remodeled last year to make families more comfortable during their stay. All rooms are equipped with a birthing bed, TV, private bathroom and shower, and a recliner. Support partners are welcome to sleep in the room. Laboring mothers can choose from soothing, supportive options such as aromatherapy, massage or music therapy. And our team of nurses is proud to provide excellent labor and breastfeeding support.

For more information about Obstetrics care or to make an appointment, call **(715) 243-3400**. ■

Meet our Birth Center doctors



H. Zis Weisberg, MD
OB/GYN



Kelli Ostermann, MD
Pediatrics



Robin Reichert, MD
Family Medicine



Allen M. Medini, MD
Family Medicine



Angela C. Brandes, MD
Family Medicine

Community Report

Partnering with you on health and well-being

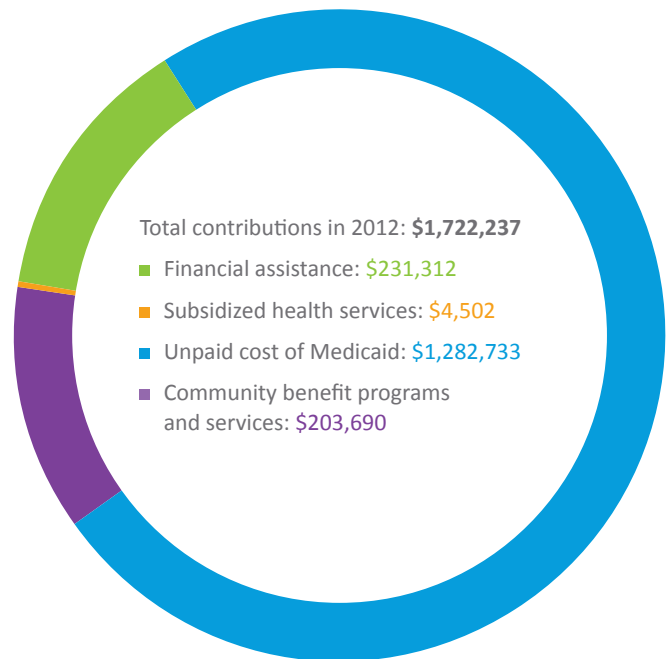
Providing access to the care you need, close to home is why we are here. Improving health and well-being in our community is also part of our mission.

To help us understand both current and future health needs and quality of life in St. Croix County, Westfields Hospital participates in the St. Croix County Community Health Improvement Plan. As part of the Affordable Care Act, non-profit hospitals like Westfields also complete a Community Health Needs Assessment (CHNA) every three years.

In 2012, an assessment identified the greatest needs in our community. Westfields, along with HealthPartners, Regions Hospital, Lakeview Health and Hudson Hospital & Clinics reviewed the assessment's findings and identified five top priorities to address the community health needs. We've created an implementation plan to align resources around the following priorities:

- 1: Increase Access to Mental Health
- 2: Promote Positive Behaviors to Reduce Obesity
- 3: Increase Access to Primary and Preventive Care
- 4: Improve Service Integration
- 5: Promote Change in Unhealthy Lifestyles

2012 Community Benefit Programs and Services



As one of the larger employers in the community, our impact on the local economy in 2012 is estimated at:

- Over 400 direct, indirect and induced jobs
- \$52.8 million in economic activity to local economy
- Over \$16.5 million in labor income
- Resulting in \$24 million in total income

A sustained approach to community health improvement

Here are just a few ways Westfields is addressing the community's top health priorities:

Increase Access to Mental Health

- Westfields has a liaison to the Healthier Together Mental Health Work Group, which will work to solve mental health access issues in St. Croix County.

Promote Positive Behaviors to Reduce Obesity (Nutrition/Physical Activity)

- Westfields has sponsored a community garden, free fruit and vegetable giveaways and cooking demonstrations.
- At Hillside Elementary school, Westfields has supported yumPower, a kid-friendly nutritional advice resource from HealthPartners.

Increase Access to Primary and Preventive Care

- Westfields has a financial counseling program as well as a Certified Application Counselor (CAC) on staff to assist with enrolling for health care coverage through the Federal Exchange.

Improve Service Integration

- Westfields continues to use and expand on the capabilities of the electronic medical record system which reduces the opportunity for error, expedites the patient transfer process and allows for easier appointment scheduling.

Promote Change in Unhealthy Lifestyles (Tobacco/Alcohol/Substance Abuse)

- The Healthier Together Tobacco Task Force/Cessation Services program includes clinical staff from Westfields Respiratory Therapy.

Medical technology and facility enhancements

Visit report.westfieldshospital.com for more information on The St. Croix County Healthier Together Initiative and the full Westfields Hospital Community Health Needs Assessment.

Worrier or warrior?

Take control with patient education and support for diabetes and pre-diabetes

Our hometown care meets national standards

Recognized by the American Diabetes Association (ADA), New Richmond Clinic meets the nation's highest standards for diabetes education and support. And the clinic's team-based care is recognized by NCQA (National Committee for Quality Assurance) as a patient-centered medical home. So you can be confident that you are getting the best care possible, right here in New Richmond.

Diabetes is becoming one of our most serious health problems. According to the Centers for Disease Control and Prevention (CDC), about 52 percent of adults in the U.S will have diabetes or pre-diabetes by 2020.

The CDC estimates that more than 90 percent of people with pre-diabetes — and about 25 percent of people with diabetes — don't even know they are ill.

What is diabetes? According to the ADA, it's a condition where a lack of insulin (a hormone that helps the body use glucose for energy), or the body's inability to use insulin efficiently, causes high blood glucose (sugar) levels. Complications from diabetes can affect the eyes, skin and nerves. The condition increases your risk of heart attack, kidney disease and stroke.

The CDC estimates that more than 90 percent of people with pre-diabetes — and about 25 percent of people with diabetes — don't even know they are ill. So Westfields and New Richmond Clinic are teaming up to expand and improve our care for persons with pre-diabetes and diabetes.

Certified diabetes educators Susan Kurtz and Patricia Klasen now offer classes and one-on-one counseling every weekday. "We have close to a thousand people diagnosed with diabetes or pre-diabetes in our records here at New Richmond Clinic," says Kurtz. "When the clinic became part of Westfields Hospital, it was a great opportunity to expand our education program and reach out to the community." The goal of the classes is to provide the knowledge and skills training that will help individuals identify barriers to their optimal health. The classes facilitate problem-solving to achieve effective health behaviors.

If your doctor says your blood sugar levels are higher than normal, you can attend a free pre-diabetes class that will teach you how to take charge, make smart choices and stay healthy.

John H. MacIndoe, MD, who specializes in diabetes, believes that paying attention to pre-diabetes will help people stay healthier. "There is strong evidence that diabetes is potentially preventable if you start dealing with it in the pre-diabetic condition," he says. "So our program focuses on what every good diabetes program should. First of all we're making sure people are identified as having risk factors. For example, many people might not know that a blood sugar of over 100



before breakfast could be an indicator of pre-diabetes. Secondly, we're giving patients all the education they need to be able to manage their condition — because no one can take care of it but them. And finally, we're coordinating resources for follow up."

If your doctor refers you to the diabetes education program, you can attend a full series of sessions. These sessions teach you to manage your nutrition, improve your activity level and take your medications properly. A type 2 diabetes course consisting of two 90-minute sessions will begin in April and be available each month for newly diagnosed individuals. In the future, Westfields is planning a tune-up class constructed specially for those who have type 2 diabetes.

"When an individual makes an appointment for this, sometimes they want to know what they are going to learn," Klasen says. "The first session is an individual assessment because it really helps us better understand what their particular needs are. Diabetes moves at a different pace within each individual. So it's important for people to know that their therapy is individualized. Following the assessment, people are scheduled into a group for their diabetes education where they can also learn from each other."

By providing a full program of diabetes education and support, Westfields Hospital and New Richmond Clinic can help patients take charge of their health. For more information, call the diabetes education program at **(715) 243-3467**. ■

Dr. John MacIndoe



Free pre-diabetes class

Learn how taking control and making smart choices can delay or prevent the development of diabetes. Classes are held in the New Richmond Clinic Conference Room from 4:00 – 5:30 p.m. on the following Thursdays:

April 4

May 2

June 6

July 11

August 1

Class size is limited. Please call **(715) 243-3467** to register.

Diabetes Support Group & Information Sessions

Held on the third Wednesday of every month at 6:30 p.m.

Facilitated by Westfields Hospital

Location:

The Deerfield, 1127 West Eighth Street, New Richmond

April 16th:

Understanding Your Medications – What's new in diabetic medications. Bring yours from home to have them reviewed.

May 21st:

Building a Better Plate – Hands-on practice for eating well.

June 18th:

Controlling Blood Sugars – How food, exercise and stress affect blood sugars.

See westfieldshospital.com for program updates.



HealthPartners Family of Care

535 Hospital Road
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westfieldshospital.com



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