



Divine Savior Healthcare Introduces eICU System



Dr. Clint Bonebrake
Critical Care Medicine

In an effort to give our physicians, nurses and staff the latest in technology to best serve you, our patient, we are pleased to bring the eICU system to Divine Savior Healthcare. This new system brings the most specialized ICU physicians, from across the country, to our Intensive Care Unit through the use of advanced medical monitoring and communication equipment.

“The eICU program is an added benefit to our ICU services, not a replacement for an onsite physician,” states Divine Savior Healthcare Critical Care physician Dr. Clint Bonebrake. “Divine Savior Healthcare physicians continue to direct their patients’ care in the ICU, but will now have an extra set of eyes and ears available around-the-clock in the eICU control center in St. Louis.”

This advanced new system will allow for a unique and beneficial collaboration between caregivers at Divine Savior

Healthcare and board-certified intensivist counterparts offsite.

The trained eICU intensivist physicians will monitor our ICU patients’ vital signs through high-definition cameras and computer feeds. These cameras are able to monitor fluctuations as miniscule as pupil dilation. Patients and caregivers will be able to communicate directly with the eICU from the patient room if necessary.

The eICU physicians can be used to detect subtle changes in patients’ conditions and communicate this to our staff here at Divine Savior Healthcare. Our physicians will determine how the system will be used on their patients and the cameras will be turned away and microphones will be turned off when not in use to ensure patient privacy.

Divine Savior Healthcare has made it a priority to bring the latest technology and advancements to our community, and the eICU is one way we are making this happen.

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A Message from Our CEO

MICHAEL DECKER

Dear Friends:

We are pleased to bring you the fall/winter edition of our quarterly newsletter. The purpose of this publication is to supply you with information to make informed health care decisions in a health care system that can be complicated and confusing. Divine Savior Healthcare considers it a great privilege to be a resource for you and your loved ones.

It's a very exciting time for us at Divine Savior Healthcare. We are all looking forward to December when we can welcome the staff and residents of Tivoli to our health care campus on the north side of Portage. We are hard at work planning the transition of our current residents and preparing for an Open House on December 18th for our whole community to attend.

We are always looking for ways to both implement technology while keeping our emphasis on people-centered care in place. Our eICU is doing just that. I encourage you to read what our own Dr. Clint Bonebrake has to say about this new system and how it benefits our patients.

In this edition, our audiologists will also share information on how to protect you and your children's hearing and you'll learn more about the newest edition to our medical staff – OB/GYN Dr. Erik Schulte.

If you'd like more frequent updates on the latest news and events at Divine Savior, we encourage you to check us out on facebook and our website! Divine Savior Healthcare is proud to be a member of this community and you can count on us to continue to bring you the health care services you need because life is extraordinary.

Sincerely

Michael Decker
President and CEO

Women's Night Out

HEALTHY BODIES, HEALTHY FAMILIES

Bring your daughter, mother, sister or friend for a fun, educational and interactive evening at Divine Savior!

Relax, get pampered and learn about key women's health issues at Divine Savior Healthcare's fifth annual Women's Night Out — "Healthy Bodies, Healthy Families" on Thursday, November 18.

Our very own local physicians will discuss ways to help women of all ages improve their quality of life.

Raising a Healthy Family

Dr. Brenda Blohm
Family Medicine with
OB Physician

Surgical Solutions for Obesity

Dr. Matt Lynch
Board Certified General Surgeon

Preparing Healthy Meals for the Whole Family

Includes a live cooking demonstration!

Kelly Strigenz
Registered Dietitian

Women's Night Out will also feature:

- Informative booths on various women's health issues
- Free hand massages
- Tasty hors d'oeuvres and beverages
- Giveaways for each attendee and a drawing for door prizes

Women's Night Out

Seating Limited to First 300 Attendees
Doors Open at 5:30

Date: **Thursday, November 18**
Time: 5:30-6:30 p.m. Booths Open
6:30 – 7:45 p.m. Presentation and Q&A

Location: **Divine Savior Healthcare**
2817 New Pinery Road, Portage
Registration and Booths – Hospital Main Level
Food and Presentation –
Café Classroom Lower Level

Cost: **FREE**

Protect YOUR Child's Hearing



October Is National Audiology Awareness Month and National Protect Your Hearing Month

Today's busy world is full of noises. For children today, toys, stereos, headphones, concerts and sporting events are a part of every day life. What you may not know is that noise levels for some of these everyday items and activities can damage hearing and cause permanent hearing loss. A recent national study estimates that approximately 12 percent of all children ages 6-19 years have noise-induced hearing loss.

How does noise cause hearing damage?

Noise can damage hearing with long-term exposure to sound levels at 85 dBA SPL (typical lawnmower loudness.) Even brief exposure to very loud sounds can result in permanent hearing loss.

Inside of your ears you will find thousands of tiny hair cells that send hearing signals to the brain. These hair cells act like the blades of grass in your lawn — if you walk across them too much or stomp on them too hard, they will eventually bend, break and die out. Listening to loud sounds too long or at high volume will damage these irreplaceable delicate hair cells.

Divine Savior Healthcare Licensed Audiologists Bonnie Stanislawski and Lorelei Karcz-Vincent see the effect noise has on hearing all too often. "Hearing loss can happen at any age," states Stanislawski, "but, we are seeing a growing number of children and teens coming to us with damaged hearing from exposure to loud noise."

"The good thing is," adds Karcz-Vincent, "this is something we can prevent."

How can we prevent hearing loss due to noise?

Hearing is extremely important to a child's safety as well as to the development of speech, listening, learning and social skills. Parents and teachers can help prevent permanent hearing loss by doing the following:

- **Monitor noise levels** — a noise is too loud if you have to raise your voice to be understood by someone standing nearby, the noise hurts your ears, you develop a buzzing or ringing in your ears or if you don't hear as well as you normally do until several hours after you get away from the noise.
- **Use volume limiting devices** — purchase personal stereos, mp3 players, etc. with volume limiters on them or use volume limiting earphones. Divine Savior Healthcare's Audiology Department has these available for purchase.
- **Check toy volume** — before you purchase a new toy, listen to it first to determine if it is too loud.
- **Limit exposure** — try to limit the amount of time your child spends in very noisy places.
- **Hearing protection** — if you can't avoid exposure to hazardous noise levels, use earplugs or earmuffs appropriately sized for your child.
- **Testing** — have your child's hearing tested yearly if they participate in noisy activities or you suspect a change in hearing ability.

Who should see an Audiologist?

Audiologists are trained medical-related professionals often employed in hospitals or private practice who know how to help many of the problems caused by hearing loss. Audiologists test, diagnosis and recommend treatment for individuals of all ages with regard to hearing loss.

Audiologists in medical settings, such as Divine Savior Healthcare, have access to area physicians and work together with your medical doctor, your child's school district, your employer, and assistance programs to ensure that everyone has an attainable way of meeting their hearing health and communicative needs

If you have concerns about your child's hearing or would like more information on volume limiting or hearing protection devices, contact one of our Licensed Audiologists Bonnie Stanislawski or Lorelei Karcz Vincent at 608-745-6290.

OB/GYN Coming to Divine Savior Healthcare

Meet Our Concierge



Dr. Erik Schulte
OB/GYN

Divine Savior Healthcare is pleased to announce the addition of Board Certified OB/GYN Dr. Erik Schulte to our medical staff! Dr. Schulte will be joining us in November and will be here to serve all the obstetric and gynecologic needs of our community. He is a welcome addition to our fantastic team of family practice with obstetrics physicians, including Dr. Brenda Blohm,

Dr. Gayl Hamilton, Dr. Susan Kreckman and Dr. Thaddeus Whiting.

Dr. Schulte enjoys getting to know his patients and following them over the course of their lives, including important times, like the birth of a child or for surgery to resolve an issue.

Outside of his practice, he is very busy helping his wife raise their three year-old triplets. In his free time, he enjoys soccer, mountain biking, hiking, skiing and snowboarding.

Dr. Schulte received his undergraduate degree from the University of Nebraska – Lincoln and then attended De Moines University's College of Osteopathic Medicine and Surgery, followed by an internship at the University of Nebraska Medical Center and residency at the University of Illinois at Chicago.

Please join us in welcoming Dr. Erik Schulte and his family to our community. To make an appointment with Dr. Erik Schulte, please call (608) 745-5158.



Kari Richards
Concierge

When you think of a concierge, you probably think of someone who works at a luxury hotel and is available to meet your every need. At Divine Savior Healthcare, we want to extend that same concept to our patients and community.

Meet Kari Richards, Divine Savior Healthcare's Concierge. Kari is available during regular business hours to meet all of our patients' needs and help them navigate the health care system.

From billing to insurance to nearby hotel accommodations for families visiting patients, and more, Kari is available to find the answers to all your questions.

Kari is a lifelong Portage resident who has been with Divine Savior Healthcare for nine years, many of which were spent working in billing. She is passionate about helping others and is always looking for ways to better serve our health care community. For example, she is currently learning Spanish in order to better assist our patients.

Kari can be reached at (608) 745-6239 or krichards@dshealthcare.com during normal business hours. You can speak to her over the phone or arrange an appointment to meet with her. She can help you with any questions you have about your insurance, billing, financial assistance and more.

Having a Concierge available to help you is just one of the many ways we are helping you take charge of your health.



www.dshealthcare.com

Visit us,
Follow us
and Like us!



20th Annual Love Light Celebration



The Partners of Divine Savior Healthcare are excited to bring the 20th Annual Love Light Celebration to the Portage community!

The annual Love Light program provides our community the opportunity to purchase a light on our Love Light Tree for \$5.00 in honor or in memory of friends and loved ones. "Salute to Soldiers" lights recognizing the United States Military are also available for \$5.00.

Proceeds from the Love Light Celebration benefit the Partners of Divine Savior Healthcare and support the Portage area health care community. It will be a bitter-sweet celebration this year as the trees will be lit during the last Love Light Celebration to be held at our current Divine Savior Healthcare Extended Care on December 2nd. The evening celebration will also include musical entertainment and caroling. Refreshments will include hot soups, snacks and hot coffee.

If you would like to purchase a light, or have questions about the Love Light Celebration, please contact Divine Savior Healthcare Volunteer Coordinator Shelby Lang at (608) 745-5166.



*You and your family are
cordially invited to attend the
Love Light Celebration on:*

THURSDAY, DECEMBER 2
6:00 – 8:00 P.M.
DIVINE SAVIOR HEALTHCARE
EXTENDED CARE
715 WEST PLEASANT ST.

SAVE THE DATE

Tivoli Open House



Tivoli opens its doors to residents on December 21st. We invite the community to get a sneak peek of the facility at our Open House:

Saturday, December 18th
10:00 a.m. – 2:00 p.m.

We are so excited to bring this amazing facility to the community and encourage anyone interested to come take a tour and celebrate Tivoli's opening!



Community Education Offerings

*Pre-registration required for all classes unless otherwise indicated.
*To register call Sandy in the Education Department at (608) 745-6405.

EXERCISE CLASSES

Registration will begin one month before the scheduled session. Class sizes are limited.

SLOW FLOW YOGA

Heighten your sense of well-being with this gentle, yet invigorating yoga class.
Days: Mondays and Wednesdays
Dates: November 17th – December 22nd, 2010 (Beginning on a Wednesday)
Time: 8:00 – 9:00 a.m.
Cost: \$33 for 11 classes

MUSCLE MIX N' MOVE

Target, tone and melt away problem areas with this fun, exhilarating blend of Pilates, yoga and floorwork!
Days: Mondays and Wednesdays
Dates: November 8th – December 15th, 2010
Time: 3:50 – 4:50 p.m.
Cost: \$36 for 12 classes

CARDIO SCULPT

Energizing low-impact floor aerobics with body toning.
Days: Mondays and Wednesdays
Dates: November 8th – December 15th, 2010
Time: 5:00 – 6:00 p.m.
Cost: \$36 for 12 classes

PURE ENERGY DANCE

Enjoy this invigorating dance class while burning mega calories and targeting the midsection. Ends with "Melt n' Mist" spa relaxation.
Days: Tuesdays and Thursdays
Dates: November 9th – December 21st, 2010 (skipping Thanksgiving, Nov. 25th)
Time: 4:00 – 5:00 p.m.
Cost: \$36 for 12 classes

MELT N' MIST YOGA (NEW!)

This body, mind & spirit journey integrates gentle body movements and breathing to create serenity within! Ends with "Melt n' Mist" spa relaxation.
Days: Tuesdays and Thursdays
Dates: November 9th – December 21st, 2010 (skipping Thanksgiving, Nov. 25th)
Time: 5:15 – 6:00 p.m.
Cost: \$27 for 12 classes

SLIM N' SIZZLE

Using the body's own resistance and light weights, this routine is sizzlin' hot! Ends with "Melt n' Mist" spa relaxation.
Days: Tuesdays & Thursdays
Dates: November 9th – December 21st, 2010 (skipping Thanksgiving, Nov. 25th)
Time: 6:10 – 7:10 p.m.
Cost: \$36 for 12 classes

ZUMBA®

A Latin-inspired, dance-fitness party that incorporates Latin & International music and dance movements.
Days: Mondays and Wednesdays
Dates: November 8th – December 15th, 2010
Time: 6:30 – 7:30 p.m.
Cost: \$36 for 12 classes

SENIOR FITNESS

A gentle low-impact class designed especially for seniors.
Days: Tuesdays & Thursdays
Dates: November 2nd – December 7th, 2010 (skipping Thanksgiving, Nov. 25th)
Time: 10:00 – 11:00 a.m.
Cost: \$20 for 10 classes

TAI CHI

This is a gentle, low-impact exercise class, great for stress management.
Days: Tuesdays
Dates: November 2nd – December 14th, 2010 (skipping November 9th)
Time: 6:00 – 7:30 p.m.
Cost: \$40 for 6 classes

SCREENINGS

FREE BLOOD PRESSURE MEASUREMENTS

Date: Every Wednesday
Time: 1:00 p.m. – 5:00 p.m.
Location: Suite 100
No appointment necessary.

CHOLESTEROL SCREENING

Date: Thursday, November 4th, 2010
OR Thursday, January 6th, 2011
Time: 7:00 – 8:20 a.m. (By appointment only)
Cost: \$20

PROGRAMS

WOMEN'S NIGHT OUT

Join us for an energizing and motivating evening with information designed specifically for women! Refreshments, hand massages, informational booths, giveaways and more!
Date: Thursday, November 18th, 2010
Time: Booths open 5:30 p.m.
Presentation 6:30 p.m.
Cost: Free
Seating limited to the first 300 people
Registration & Booths – Hospital Main Level
Food & Presentation – Café Classroom Lower Level

BLOOD DRIVE

Date: Tuesday, December 28th, 2010
Time: 12:00 – 5:00 p.m.
Place: DSH, Suite 100
Walk-ins are welcome.

CPR/FIRST AID

BASIC CARDIAC LIFE SUPPORT FOR HEALTH CARE PROVIDERS (For RENEWAL)

Date: Thursday, November 4th, 2010
Thursday, December 9th, 2010
Time: 9:30 a.m. – 1:00 p.m.
Cost: \$45, Book deposit \$12

BASIC CARDIAC LIFE SUPPORT FOR HEALTH CARE PROVIDERS (For NEW providers)

Date: Monday, November 1st, 2010
Monday, December 6th, 2010
Time: 9:30 a.m. – 3:30 p.m.
Cost: \$60, Book deposit \$12

HEARTSAVER CPR FOR THE COMMUNITY

Date: Saturday, November 6th, 2010
Time: 9:00 a.m. – 2:30 p.m.
Cost: Adult/child \$35. Adult/child/infant \$45.
Book deposit \$10

HEARTSAVER FIRST AID FOR THE COMMUNITY

Date: Saturday, December 4th, 2010
Time: 9:00 a.m. – 2:00 p.m.
Cost: \$45, includes book

SUPPORT GROUPS

BREASTFEEDING SUPPORT GROUP

Date: 1st Monday of the month
Time: 10:30 a.m.
Place: Divine Savior Healthcare
Contact: Call Kathy Bolghrin at 745-5696.

CAREGIVERS SUPPORT GROUP

Date: 1st Monday of the month
Time: 1:00 p.m.
Place: St. Mary's Parish Center- Portage
Contact: Nancy at 742-4039

DIABETES SUPPORT GROUP

Date: 2nd Monday of the month
Time: 1:30 p.m.
Place: Divine Savior Healthcare
Contact: Kelly at (608) 745-5123

GRIEF SUPPORT GROUP

Place: Divine Savior Healthcare, Chapel
Contact: LeVonne at 745-5121 for days/times

ENDURING LOSS TOGETHER

(Loss of an infant)
Place: Divine Savior Healthcare
Contact: Daycia at 745-5114 for days/times

LIVING WITH CANCER SUPPORT GROUP

Date: 3rd Monday of the month
Time: 7:00 p.m.
Place: United Methodist Church – Portage
Contact: (608)-742-2281

MULTIPLE SCLEROSIS SUPPORT GROUP

Date: 3rd Saturday of the month
Time: 10:00 a.m. – 12:00 p.m.
Place: Divine Savior Healthcare – Classroom C
Contact: Karen at (608) 697-3814

HOPE HOUSE SUPPORT GROUP

For past and present survivors of domestic violence and sexual assault.
Contact: (608)-745-4722 or 800-584-6790 for more information.

PARKINSON'S SUPPORT GROUP

Date: 3rd Thursday of the month
Time: 2:00 pm
Place: Bethlehem Lutheran Church
Contact: Janice (608) 742-8502

PORTAGE AREA LOW VISION SUPPORT GROUP

Date: 2nd Wednesday of the month
Time: 1:00 – 2:30 p.m.
Place: Divine Savior Healthcare – Classroom C
Contact: Neil at (608) 592-5574

To find out more about these offerings and more, visit www.dshealthcare.com.



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