



# Keeping Your Child Safe in Cyberspace



**Dr. Angela O'Connor**  
*Pediatrics*

There is no denying that technology has found its way into nearly every aspect of our daily lives. For kids and teens, it's even more prevalent. In today's world, parents need to be concerned about their child's safety in cyberspace. Divine Savior Healthcare board-certified pediatrician Dr. Angela O'Connor has information and guidance for how parents can help keep children safe.

"Some of the concerns parents have about their children, or perhaps should have, using the computer and phone include accessing inappropriate sites, online solicitation, texting/sexting and cyber-bullying," states Dr. O'Connor. "It's important that parents stay involved in their kids lives and stay up on the latest technology in order to lay pertinent ground rules and be able to monitor usage."

Independence and trust are important pieces of a parent-child relationship. Unfortunately in a world where 25% of children are exposed to unwanted pornography, 700 children were abducted in 2004 by someone they met over the Internet, 1 in 5 children have been solicited over the internet, 1-2 million teens have a gambling addiction and up to 25% of kids admit to being "cyber-bullied," it's important for parents to keep a close eye on their child's usage.

## Access

Access to the internet is now everywhere. Not only can you surf the web on your laptop or PC, but also on TVs, video game consoles, phones and iPods. Knowing what your children have access to and how to monitor it is important.

## Monitoring

"One tip for keeping an eye on your children is to restrict computer access to a public place in the house," adds O'Connor. Your children should know that you are keeping an eye on them and that it's for their safety. Another tip is to not allow cell phones in bedrooms at night after bedtime.

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## A Message from Our CEO

**MICHAEL DECKER**

Dear Friends:

Thank you for taking the time to read the summer edition of our quarterly newsletter. The purpose of this publication is to supply you with information to make informed healthcare decisions in a healthcare 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.

This summer we are pleased to share tips, resources and information on the latest health trends that affect you and your family. Being a father myself, I know how nerve-wracking it can be to worry about your children. Fortunately, we have board-certified pediatrician Dr. Angela O'Connor as a resource to share with us some ways we can help keep our kid safe online.

Heart health is another important topic for members of our community. We are pleased to once again provide the Heart Care Program to provide our community access to important screening at a very minimal cost.

Our speech, language and audiology department is doing some pretty amazing things with new techniques and technology to help give the gift of communication to so many. In this edition, speech/language pathologist Lynne Dugolenski features the latest program she's using to helping those with Parkinson's disease gain back their ability to speak clearly.

Orthopedics is another area I am very proud of. Dr. Frank Walter and Dr. Jim Foskett are truly bringing the absolute latest in technology to Divine Savior – this matched with their impressive experience and education has resulted in patients experiencing a whole new quality of life. This summer, Dr. Walter would like to share his tips on preventing the lawnmower accidents he sees all too often in the summer.

If you'd like more frequent updates on the latest news 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

## Taking Your Health to Heart



Divine Savior Healthcare's annual Heart Care Program has served the Portage area for over 35 years. In that amount of time, over 10,500 participants have benefited from early detection of risk factors that could lead to heart disease or diminished quality and quantity of life. And, even today, the cost remains nominal due to the on-going support of the Partners of Divine Savior and Divine Savior's generosity to the community. Heart Care is a screening program that provides early identification of heart disease risk factors through screening tests. It identifies each individual's specific risk factors for heart disease such as high blood pressure, elevated glucose, cholesterol, and triglycerides in the blood. Each person who participates receives an immediate report along with a detailed booklet that provides vital information on how to reduce the identified risks.

### Why Should I Participate?

Prevention and early detection are the keys to a long and healthy life. If you can eliminate risk factors before they become a problem, you can reduce your risk for illness. Heart Care offers you the opportunity to find out your personal risks for developing heart disease in the years to come. With this information, you can make changes to improve your lifestyle and help prevent heart disease.

### Heart Care Screening



The fee is only \$15 per person (over a \$275 value) and includes blood pressure, body mass index, HDL, LDL, total cholesterol, glucose, and triglycerides. A less invasive finger stick method instead of a full blood draw is used and immediate results are provided!

**Cost: \$15**

**Phone line registration dates: July 18th – 21st**

**Time: 9:00 a.m. – 5:00 p.m.**

**Phone number: (608) 745-6406**

**Screening Dates: An appointment is required.**

**August 2, 3 & 4 from 6:30-9:30 a.m.**

**August 6 from 8:00-10:00a.m.**

**Divine Savior Healthcare Suite 100**



# Giving a Voice to those with Parkinson's Disease

*Nearly one million people in the United States are living with Parkinson's disease (PD). PD is a movement disorder that is chronic and progressive, meaning that symptoms continue and worsen over*

*time. The cause is unknown and currently there is no cure. Some of the common signs of PD include tremors, a decrease in facial expression, reduced movement in the arms and soft and unintelligible speech.*



**Lynne Dugolenski**  
Speech/Language Pathologist

Fortunately, advances in speech therapy are giving those living with PD the ability to gain back their vocal strength so they can continue to communicate effectively. The gold standard in treating speech disorders for those with PD is a therapy called the LSVT® LOUD method. Divine Savior Healthcare is pleased to be able to offer people with PD in our community, the services of LSVT® LOUD certified speech/language pathologist, Lynne Dugolenski, M.A., CCC/SLP.

“Speech/language pathologists have used many methods to help restore speech to those with Parkinson’s disease over the years,” states Dugolenski. “The LSVT® LOUD method is truly the method backed by the most research and has proven results.”

The LSVT® LOUD method involves a scheduled series of treatments that must be closely followed for optimum results. Treatments involve the patient attending speech therapy with

Lynne for one hour a day, four days a week for one month (sixteen individual sessions). Those in the program must also complete exercises outside of the sessions at home. Results of the sessions can last for years if the patient continues to do their daily exercises. Patients can return for a “refresher” if they note deterioration in their overall speech production.



“The program does require a significant time commitment, dedication and motivation on the part of the patient,” states Lynne. “But, for those who complete the LSVT® LOUD treatments on schedule, results are truly miraculous.”

Patients who complete the entire program can expect to improve their vocal loudness and speech intelligibility as well as increased facial expression. Research tells us that 89 percent of people with PD experience speech and voice disorders, including soft voice, monotone, breathiness, hoarse voice quality and imprecise articulation. As a result, people with Parkinson’s report that they are less likely to participate in conversations, or to have confidence in social settings, than healthy individuals in their age group.

“By dedicating a month to speech therapy with the LSVT® LOUD method, those with PD can expect to gain a quality of life back by improving their communications skills,” states Lynne. For some this may mean better conversations with family members, increased intelligibility over the phone or the ability to gain or keep employment — all of which can increase social interaction and restore quality of life for those with PD.

If you or a loved one are interested in what Lynne and LSVT® LOUD can do to improve your speech impairments due to Parkinson’s disease or another neurological condition, call (608) 745-6290 for a consultation.

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## Community Wellness Walks are Back!

In an effort to support and encourage healthy lifestyles, our community will once again be holding Wellness Walks each Wednesday night on the Wisconsin River Levee Walkway. The walks take place each Wednesday starting June 1st from 6:00–7:00 p.m. leaving from Riverside Park. Teams of 2–10 can sign up to log their miles all summer and compete for the Stinky Shoe Award. Get your family, friends and coworkers together and start walking! For more information on the walks, please visit [www.blauchiropractic.com](http://www.blauchiropractic.com).

Each Wednesday, “Concerts at the Portage” will also be held in Riverside Park. Walkers can get their walk in and return to the park for fun and free entertainment for the whole family! For a full listing of concerts, please visit: [www.travelcolumbiacounty.net](http://www.travelcolumbiacounty.net).

**Divine Savior Healthcare is pleased to sponsor the June 29th Community Wellness Walk. Please come down and join us!**

# Child Safety in Cyberspace

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The American Academy of Pediatrics (AAP) recommends that children do not have more than 2 hours of “screen time” each day. This includes time in front of TVs and computers.

There are also products on the market that allow you to filter and restrict what your child has access to on the computer. While they don’t replace parental involvement, they can prevent your child from accessing inappropriate sites — whether intentional or not.

Parents can check the history on their computer’s internet browser to see what websites have been visited, use website tracking software or check phone texting history to keep an eye on what their child is viewing and saying. If your child has an email address have them share the password with you and let them know you will be checking in on them periodically.

Social media sites have also become a place where children are spending more time. Sites like Facebook are places where each user has a profile on which they share comments, photos and more with their “friends.” “If your child has a profile on a social networking site like Facebook, it’s important for parents to also create a profile and “friend” their child so they can monitor activity,” states Dr. O’Connor. Knowing the password for their profile will also help you to view their private messages where appropriate.

Many parents and children may view monitoring as a violation of privacy and trust. Similar to rules about curfews and R-rated movies that are designed to keep children safe, children need to know the rules about internet and phone usage and that their parents are keeping an eye on them for their safety.

## Establishing Guidelines

“The following guidelines are ones that are appropriate for parents to discuss and establish with their children of all ages,” states Dr. O’Connor.

- Do not spend more than 2 hours per day in front of the computer.
- Computers are not allowed in bedrooms and must stay in a common area of the home where a door can not be shut.
- Keep your identity private: do not share personal information with strangers or post it in places others can view it. Once photos and comments are in cyberspace, they can be hard to remove and can wind up in the wrong hands.

- Never get together with someone you “meet” online.
- Talk to a parent or trusted adult if uncomfortable or frightened.
- Never send or post any messages you would not say to someone face-to-face.

## AAP Age-Based Guidelines for Children’s Internet Use

### Up to Age 10

Children this age need supervision and monitoring to ensure they are not exposed to inappropriate materials. Parent should use Internet safety tools to limit access to content, websites and activities and be actively involved in their child’s internet use.

### Ages 11-14

Children this age are savvier about their internet experience; however, they still need supervision and monitoring to ensure they are not exposed to inappropriate materials. Internet safety tools are available that can limit access to content and websites and provide a report of Internet activities. Children this age also need to understand what personal information should not be given over the internet.

### Ages 15-18

Children this age should have almost no limitations on content, website or activities. Teens are savvier about their internet experience; however they still need parents to define appropriate safety guidelines. Parents should be available to help their teens understand inappropriate messages and avoid unsafe situations. Parents may need to remind teens what personal information should not be given over the internet.

If you have questions or concerns about keeping your child safe online, speak with your child’s physician or visit one of the sites below for more resources.

- American Academy of Pediatrics ([www.aap.org](http://www.aap.org))
- National Center for Missing & Exploited Children ([www.missingkids.com](http://www.missingkids.com))
- Internet Keep Safe Coalition ([www.ikeepSAFE.org](http://www.ikeepSAFE.org))



## Prevent Lawnmower Accidents this Summer



**Dr. Frank Walter**  
Orthopedic Surgery

For many, summer is a time for enjoying the sunshine and outdoors. Along with the warm weather comes the need to take care of our lawns and gardens. This summer, Divine Savior Healthcare board-certified orthopedic surgeon Dr. Frank Walter wants to remind you of a few safety precautions to prevent you or a loved one from experiencing a very serious and common summer accident.

According to the American Academy of Orthopaedic Surgeons (AAOS), in 1999 hospitals and emergency rooms treated 70,640 injuries related to power lawnmowers, hand mowers and riding power mowers. These injuries include deep cuts, loss of fingers and toes, crushed and broken bones, joint injuries, burns, infections and even death due to improper or careless use of lawnmowers. Lawnmower injuries account for a large percentage of accidental partial or complete amputations. Injuries can happen to even the most experienced user, amongst any age group, but most commonly among adults age 25 to 64.

“Most injuries I see from lawnmowers are 100% preventable if the user is exercising common sense and focusing on the task at hand,” states Dr. Walter.

### **To prevent injuries, the AAOS recommends the following precautions:**

- Read the instruction manual before using your lawnmower and ask the salesperson where you purchase to show you how to properly use the machine and its safety features where possible
- Don't use your lawnmower while under the influence of alcohol or other drugs that impair your judgment and motor skills.
- Do not remove safety devices, shields or guards on switches.

- Keep hands and feet away from moving parts.
- Stay away from the engine cowling, as it can become very hot and burn unprotected flesh.
- Add fuel before starting the engine, not when it is running or hot.
- Never use your hands to remove debris from the lawnmower.
- Never let children operate lawnmowers. Keep kids 15 years of age and younger away from lawnmowers in use.
- Never allow children or passengers of any age to join you on a riding mower.
- Do not leave a lawnmower unattended when running. If you must walk away from the machine, shut off the engine.
- Keep your lawnmower in good working order with sharp blades.
- Remove stones, toys and other objects from the lawn before you start mowing.
- Wear protective gloves, goggles, boots and long pants. Never mow barefoot or in sandals.
- Use caution when mowing hills and slopes. Mow across with a push mower; mow up and down with a riding mower. Do not cut wet grass.
- Be sure the motor is off before inspecting or repairing lawn mower equipment.

Dr. Frank Walter and his partner Dr. Jim Foskett are both board-certified orthopedic surgeons here to serve our community. To make an appointment with one of them about your orthopedic concerns, please call (608) 745-6420 or visit [www.dshealthcare.com](http://www.dshealthcare.com) for more information.



# Community Education Offerings

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

## EXERCISE CLASSES

Registration for exercise classes 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: June 20th – July 27th

(Skipping July 4th)

Time: 8:30 – 9:30 a.m.

Cost: \$36 for 11 classes

### MUSCLE MIX N' MOVE

Target, tone and melt away problem areas with this fun, exhilarating blend of cardio, Pilates, yoga and floorwork!

Days: Mondays and Wednesdays

Dates: June 20th – July 27th (Skipping July 4th)

Time: 3:50 – 4:50 p.m.

Cost: \$36 for 11 classes

### CARDIO SCULPT

A fun, energizing cardio workout to top 40 hits, followed by a toning segment to reshape the arms & abs!

Days: Mondays and Wednesdays

Dates: June 20th – July 27th

(Skipping July 4th)

Time: 5:00 – 6:00 p.m.

Cost: \$36 for 11 classes

### ZUMBA®

A Latin-inspired, dance-fitness party that incorporates Latin & International music and dance movements.

Days: Mondays and Wednesdays

Dates: June 20th – July 27th

(Skipping July 4th & 6th)

Time: 6:30 – 7:30 p.m.

Cost: \$33 for 10 classes

### ZUMBA® CLASS & SCULPT

A 40 minute basic version of the most popular Latin-inspired dance-fitness party, followed by a 20 minute toning segment targeting the arms & abs for a total body transformation!

Days: Tuesdays and Thursdays

Dates: June 21st – July 28th

Time: 5:05 – 6:05 p.m.

Cost: \$40 for 12 classes

### TAI CHI

This is a gentle, low-impact exercise class, great for stress management.

Days: Tuesdays

Dates: June 28th – August 2nd

Time: 6:00 – 7:30 p.m.

Cost: \$42 for 6 classes

## SCREENINGS

### FREE BLOOD PRESSURE MEASUREMENTS

Date: Every Wednesday

Time: 1:00 – 5:00 p.m.

Location: Suite 100

*No appointment necessary.*

### CHOLESTEROL SCREENING

Date: Thursday, July 7th

Time: 7:00 – 8:20 a.m.

*(By appointment only)*

Cost: \$20

### HEART CARE

Screening includes blood pressure, HDL, LDL, total cholesterol, glucose, and triglycerides.

Again this year, less invasive finger stick instead of a full blood draw, and you will get immediate results!

Cost: \$15

Phone line registration dates: July 18th – 21st

Time: 9:00 a.m. – 5:00 p.m.

Phone number: (608) 745-6406

Screening Dates: *An appointment is required.*

Divine Savior Healthcare: Suite 100

Dates: August 2, 3 & 4 from 6:30 – 9:30 a.m.

August 6 from 8:00 – 10:00 a.m.

## PROGRAMS

### BLOOD DRIVE

Date: Friday, July 8th

Time: 12:00 – 5:00 p.m.

Place: DSH, Suite 100

*Walk-ins are welcome.*

### COMMUNITY WELLNESS WALK

Enjoy a fun & healthy night with family & friends strolling along the Levee Trail in Portage. Following each walk will be a concert at Riverside Park.

Date: Every Wednesday,

June 1st – August 24th

Time: 6:00 – 7:00 p.m.

Place: The Levee Trail at Riverside Park

Divine Savior Healthcare will be sponsoring the walk on June 29th!

## CPR/FIRST AID

### BASIC CARDIAC LIFE SUPPORT FOR HEALTHCARE PROVIDERS (For NEW providers)

Dates: Monday, June 13th OR Monday, July 11th

Time: 9:30 a.m. – 3:30 p.m.

Cost: \$60, Book deposit \$12

### BASIC CARDIAC LIFE SUPPORT FOR HEALTHCARE PROVIDERS (For RENEWAL)

Dates: Thursday, June 16th or June 30th

Thursday, July 14th or July 28th

Time: 9:30 a.m. – 2:00 p.m.

Cost: \$45, Book deposit \$12

### HEARTSAVER CPR FOR THE COMMUNITY

Date: Saturday, August 13th

Time: 9:00 a.m. – 2:30 p.m.

Cost: Adult/child \$35. Adult/child/infant \$45.

Book deposit \$12

### HEARTSAVER FIRST AID FOR THE COMMUNITY

Date: Saturday, October 8th

Time: 9:00 a.m. – 2:00 p.m.

Cost: \$45, includes book

### ADVANCED CARDIAC LIFE SUPPORT (ACLS) – RECOGNITION COURSE

Dates: October 5th & 6th

Time: 8:00 a.m. – 4:30 p.m.

Cost: \$150.00 for non-employees without

a book. \$175 with book.

Contact: Marcia at (608) 745-6291 to register

### ADVANCED CARDIAC LIFE SUPPORT (ACLS) – RENEWAL COURSE

Date: September 22nd

Time: 8:00 a.m. – 4:30 p.m.

Cost: \$125.00 for non-employees without

book. \$150 with book.

Contact: Marcia at (608) 745-6291 to register

### PEDIATRIC ADVANCED LIFE SUPPORT (PALS) – PROVIDER COURSE

Dates: October 26th & 27th

Time: 8:00 a.m. – 4:30 p.m.

Cost: \$200 for non-employees without book.

\$225 with book.

Contact: Marcia at (608) 745-6291 to register

### PEDIATRIC ADVANCED LIFE SUPPORT (PALS) – RENEWAL COURSE

Date: September 8th

Time: 8:00 a.m. – 4:30 p.m.

Cost: \$175 for non-employees without book.

\$200 with book.

Contact: Marcia at (608) 745-6291 to register

## 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: Levenne 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

### HOPE HOUSE SUPPORT GROUP

For past & 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 p.m.

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](http://www.dshealthcare.com).



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