

Join DSH Run/Walk to Support the **PATHS Project!**



Saturday, June 11th, 2016 • 8:30 a.m.

Divine Savior Healthcare is pleased to host our 35th Annual Run/Walk on Saturday, June 11th at 8:30 a.m. This year's Run/Walk will once again begin on our campus on Portage's north side. Runners and walkers will start and stop near Tivoli, our residential facility located at 2805 Hunters Trail, and follow a course that includes Hamilton Street, East Albert Street and Agency House Road. The 10K course will take runners out along the canal to the historic Indian Agency House and back.

All runners will receive a timing chip which must be picked up on the morning of the race, so please plan accordingly.

Race day registration will be available from 7:00–8:00 a.m.

All Run/Walk proceeds will go to support the Portage Area Trails and Heritage System.

In addition, we are also pleased to host a Kite Flying Festival on our campus following the Run/Walk. This festival, featuring the Wisconsin Kites Club, will take place across our campus from 10:00 a.m.–4:00 p.m. Come see the professionals fly their magnificent kites, participate in a kite making workshop, and/or fly your own kite — bring a lawn chair or blanket and enjoy!

These two events are also on the weekend of Portage's Annual Canal Days. For more information on Portage Canal Days, visit www.portagewi.com.



RUN

2016

WALK

Register Today!

Visit <https://runsignup.com/divinesavior> to register online.

Cost:

PRE-REGISTRATION PRICING:

RUNNERS: \$25 per runner age 13+,
\$20 per runner age 12 and under

WALKERS: \$15 per walker age 13+,
\$10 per walker age 12 and under

Prices good online through June 5, 2016. Registration increases \$5 per person for race day registrants.

For more information on the Run/Walk or the PATHS Project visit DSHealthcare.com or call **(608) 745-6289**.

Registration Includes:

- T-shirt and refreshments (T-shirts cannot be guaranteed for race-day registrants)
- Runners also receive post-race massages, electronic timing, and trophies for the top male and female overall winner in each race.

Community Education Offerings

*Pre-registration required for all classes unless otherwise indicated. *To register call Community Health & Wellness at (608) 745-6289 unless otherwise noted.

SCREENINGS

FREE BLOOD PRESSURE MEASUREMENTS

No appointment necessary.

PORTAGE

Date: Every Wednesday Time: 1:00 – 5:00 p.m.
Location: Divine Savior Healthcare, Suite 101
2817 New Pinery Road
Portage, WI 53901

CROSSROADS CLINIC – OXFORD

Date: 2nd Friday of the month
Time: 12:00 – 3:00 p.m.
Location: DSH – Crossroads Clinic
N4390 Crossroads Clinic Rd
Oxford, WI 53952

PARDEEVILLE CLINIC

Date: 4th Friday of the month
Time: 1:00 – 3:00 p.m.
Location: DSH – Pardeeville Clinic
102 Gillette Street
Pardeeville, WI 53954

HEART CARE

Screening includes blood pressure, HDL, LDL, total cholesterol, glucose, and triglycerides.
Cost: \$15
Phone line registration dates: July 18 – 21, 2016
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 3 & 4 from 6:30 – 9:30 a.m.
August 6 from 8:00 – 10:00 a.m.

PROGRAMS

BABYSITTING BASICS

Students will learn about the responsibilities of babysitting, child development, first aid and child/infant CPR. For students age 11 and older.
Date: Saturday, June 4, 2016
Time: 9:00 a.m. – 3:30 p.m. Cost: \$25

BLOOD DRIVE

Date: Thursday, June 30, 2016
Time: 12:00 – 5:00 p.m.
Place: Divine Savior Healthcare – Suite 103
Make an appointment at www.bcw.edu/divinesavior
Walk-ins are welcome.

WE'VE GOT YOUR BACK

Learn about causes of chronic neck and back pain and possible treatment solutions, including the Spine Clinic.
Date: June 8, 2016 Time: 6:30 – 8:00 p.m.
Place: Rehab Gym at The Wellness Center
Contact: Sue at (608) 745-6214

BREASTFEEDING WORKSHOP

This FREE workshop will introduce parents-to-be about the latest information on breastfeeding. Topics include proper techniques, proper use of breast pumps, what to expect, and the benefits of breastfeeding in today's world.
Date: May 25, 2016 Time: 6:00 – 8:30 p.m.
Place: Classroom C – Lower Level
Cost: FREE
Call: (608) 745-5607 to register or for more info.

HEALTHY LIVING WITH DIABETES

Days: Thursdays
Date: June 23 – August 4, 2016 (no class July 7)
Time: 12:30-3:00 p.m. OR 4:00-6:30 p.m.
Place: Café Classroom Cost: \$15 for book
Call: (608) 742-9219 to register

DIVINE SAVIOR HEALTHCARE RUN/WALK FOR PATHS

1-mile & 5k run or walk, and 10k run
Date: Saturday, June 11, 2016 Time: 8:30 a.m.
Place: The race starts at Tivoli at Divine Savior Healthcare and the 10K route takes runners along the canal to the Historic Indian Agency House.

Registration Fees: Runners: \$25 per runner age 13+, \$20 per runner age 12 and under.
Walkers: \$15 per walker age 13+, \$10 per walker age 12 and under.

(Same day registration available from 7:00-8:00 a.m. for an additional cost.)

All profits from the race will go directly to the Portage Area Trails Heritage System (PATHS) project to create a walkable and bikeable community. Register online by visiting <https://runsignup.com/divinesavior>

Contact: (608) 745-6289 for more information.

CANAL DAYS KITE FLY

Giant show kites, precision stunt kites, spectacular ground displays, treat drop, kite making and flying lessons provided by the Wisconsin Kite Club.

Date: Saturday, June 11, 2016
Time: 10:00 a.m. – 4:00 p.m.
Place: Tivoli at Divine Savior Healthcare

CARING FOR SPORTS INJURIES CLASS

For high school students interested in caring for sports injuries or other health care careers. This year's class will focus on lower body injuries.

Date: July 25 – July 28, 2016
Time: 9:30 a.m. – 4:00 p.m.
Place: Café Classroom – Divine Savior Healthcare
Cost: \$125 Contact: Matt at (608) 742-6290

CPR/FIRST AID

Call (608) 745-6405 to register for all CPR/First Aid classes.

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

Date: June 27, 2016 OR July 25, 2016
Time: 9:00 a.m. – 2:00 p.m.
Cost: \$65, book included

BASIC CARDIAC LIFE SUPPORT FOR HEALTHCARE PROVIDERS (For RENEWAL)

Date: June 23, 2016 OR July 7, 2016
Time: 9:00 a.m. – 2:00 p.m.
Cost: \$65, book included

HEARTSAVER CPR/AED FOR THE COMMUNITY

Date: May 21, 2016 OR July 23, 2016
Time: 9:00 a.m. – 2:30 p.m.
Cost: Adult/child \$60. All ages \$70. Book included.

HEARTSAVER FIRST AID FOR THE COMMUNITY

Date: October 1, 2016
Time: 9:00 a.m. – 2:00 p.m.
Cost: \$50, includes book.

SUPPORT GROUPS

BRAIN INJURY & STROKE SUPPORT GROUP

Date: 3rd Tuesday of every other month
Time: 3:00 – 4:30 p.m.
Place: Divine Savior Healthcare
Contact: Call Kayla or Kaitlin at 745-6290

BREASTFEEDING SUPPORT GROUP

Date: 1st Monday of the month
Time: 10:30 a.m.
Place: Divine Savior Healthcare – Classroom C
Contact: (608) 745-5696

CAREGIVERS SUPPORT GROUP

Date: 1st Monday of the month
Time: 1:00 p.m.
Place: Portage Public Library
Contact: Janet at (608) 742-9055

DIABETES SUPPORT GROUP

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

ENDURING LOSS TOGETHER (LOSS OF AN INFANT)

Place: Divine Savior Healthcare
Contact: (608) 745-5114 for days/times

GRIEF SUPPORT GROUP

Date: Every other Monday afternoon
Place: Divine Savior Healthcare – Classroom D
Contact: Call Jeri Sutter at (608) 697-0645 to register

HOPE HOUSE SUPPORT GROUP

For past & present survivors of domestic violence and sexual assault.
Contact: 1-800-584-6790 for more information.

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

MADISON AREA AMPUTEE SUPPORT GROUP

Place: Wisconsin Physical Therapy Association, 3510 E. Washington Ave, Madison, WI 53704
Who: Amputees and family members
Contact: amputee collaboration@gmail.com for dates/times

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) 566-1272

OSTOMY SUPPORT GROUP

Date: 2nd Monday of every other month
Time: 5:00 – 6:00 p.m.
Place: Divine Savior Healthcare – Café Classroom
Contact: Julie (608)-745-6291

PORTAGE AREA LOW VISION SUPPORT GROUP

Contact Fran at (608) 742-4060 for dates/times.

SUICIDE LOSS SUPPORT GROUP

Date: 1st and 3rd Wednesday of the month
Time: 5:30 – 6:30 p.m.
Place: Divine Savior Healthcare – Classroom C
Contact: (608) 697-0374

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

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Divine Savior
HEALTHCARE




Portage Lumber

We've found a new way to care, **together**

It's been said that alone, one person can only do so much. . .but together, they become unstoppable. With that in mind, Divine Savior Healthcare has taken healthcare to the next level — by bringing our vision of wellness into the community so we can work together to create a place where people are healthy, safe and cared for. We know that healthcare doesn't stop when community members

leave our hospital or clinics. It's what happens outside of our walls that helps our community's complete body and mind wellness flourish.

Everyone in the area has a common purpose: succeeding and thriving. We've formed partnerships with other businesses and organizations in the area so we can build a better community together. You may have seen us recently throughout the community where you live, work and play, encouraging healthy habits in every aspect of life. In the coming months, you'll be seeing us even more. This initiative is all about care that goes beyond our exam rooms, beyond patient visits and beyond what you'd ever expect

“We've formed partnerships in the area... so we can build a better community **together.**”

from a healthcare provider. It's we like to call a **new kind of care.**

A special thank you to our partners, Portage Lumber, Cascade Mountain, and Portage Public Library for supporting the vision of wellness in their organization.



Cascade Mountain



Portage Public Library

PAGE 1

We've Found a New Way to Care, Together

PAGE 2

A New Kind of Care Comes to Life

PAGE 3

Spine Clinic Services Come to The Wellness Center
Caring for Sports Injuries Class

PAGE 4

Our Primary Care Providers Put You First

PAGE 5

Run/Walk to Support the PATHS Project

PAGE 6

Community Education Offerings

A new kind of care comes to **life**

Divine Savior Healthcare has a vision of wellness for our community. Recently our campus in Portage has taken on yet another transformation with the addition of a new building, The Wellness Center, as well as an expansion of our hospital with the addition of new operating rooms.

We owe a great deal of gratitude to the patients, residents, employees, business leaders, donors, and construction professionals who have helped us grow. These new spaces are allowing us to accommodate current demand and be prepared for growth in our future.

The Wellness Center

The Wellness Center, located at 2815 New Pinery Road, is a new building situated between the Hospital and Tivoli with access to both via our underground pedestrian passageway. This brand new 106,000 square foot facility features:

- **La Vita** – Medically integrated, membership-based fitness center
- **Clinical Offices**
 - Audiology & Speech Language Pathology
 - Cardiopulmonary Rehab
 - Orthopedics
 - Occupational Medicine/Physical Medicine
 - Podiatry
 - Rehabilitative Services
- **Child Care Center**
- **Corporate Health & Wellness**
- Additional features such as **locker rooms**, warm **water therapy pool** and **lap pool** for patients and La Vita members



Operating Rooms

Divine Savior Healthcare is thrilled to provide the surgical services here in Portage. The increased operating room and ancillary space will allow our talented team of surgeons and operating room staff to schedule surgeries more efficiently for our patients. This new space includes:

- Two new operating rooms
- One current operating room expanded to full size
- Expanded central sterile area
- Dedicated HVAC system

These projects were a result of an in-depth look at our community needs and it's our hope that they will help us deliver the new kind of care you and your family deserve.



Divine Savior Healthcare is excited to provide another therapy program to help those suffering from chronic neck and back pain. The Spine Clinic at The Wellness Center is a non-operative/non-invasive exercise program specifically designed to treat chronic neck and back pain and is designed to help patients (pre and post-surgical) who are experiencing limitations with daily life activities.

You may have already tried traditional physical therapy, chiropractic treatment, spinal injections, or even surgery, but have continued to have problems with pain. During this program you will initially be evaluated by Physical Medicine specialist Dr. Kenneth Oh, and then work with a team of specially trained Spine Clinic therapists (physical therapists and athletic trainers) who will develop an individualized program geared at bringing you back to optimal function.

Since the program began in August 2015, 23 participants have completed the program and have seen significant results such as:

- 63% increase in low back strength
- 43% increase in neck strength
- 14-21% increase in range-of-motion
- 91% increase in lifting ability improved

One graduate of the program said "By participating in the Spine Clinic program my strength is back, so I can do just about any chores now without pain, and I make sure to get help to lift anything really heavy. Also, I do a lot of sewing and before the program I always had to take breaks and not sew for long periods, but sewing is great now!"

How does the Spine Clinic work?

The program involves strengthening spinal muscles through a moderately intense exercise approach involving a circuit of exercise stations. At the heart of the program are the new computerized MedX Lumbar and MedX Cervical machines. The MedX machines are used to precisely determine the degree of spinal weakness and available range of motion in the neck and low back. Then the MedX information, plus additional clinic testing, is used by the Spine Clinic therapists to create a customized strengthening program for each patient.

Insurance will be pre-authorized prior to the start of Spine Clinic and we will work within insurance guidelines.

What to expect for treatment?

- Each session is 90 minutes in length and includes focused stretching and then closely supervised strengthening that incorporates the MedX equipment.
- Patients usually attend 2 sessions per week for approximately 8 weeks, for a total of 16 sessions. Upon completion of the Spine Clinic, each patient is given a customized home exercise program so that the benefits gained from the Spine Clinic can be maintained for years into the future.

If you're interested in learning more about the Spine Clinic at Divine Savior Healthcare, please contact the Physical Medicine Department at (608) 742-4127 or email the Spine Clinic at: spineclinic@dshealthcare.com.



Physical Therapist, Tracey Allison works with rehab patient, Harry Erdman on the MedX Lumbar machine.

We've Got Your Back!

Looking to learn more about chronic neck and back pain? There are options out there to help you treat and restore your normal function.

Join us Wednesday, June 8th for the "We've Got Your Back" community program to hear from Physical Medicine specialist, Dr. Kenneth Oh and Spine Clinic therapist, Steve Allison, who will discuss causes of neck and back pain along with treatment solutions.

Join us:

June 8, 2016
6:30 – 8:00 p.m.
Rehab Gym at
The Wellness Center

For more information or to pre-register, contact Sue Condon, Director of Rehab Services at (608) 745-6214 or email scondon@dshealthcare.com.

Attention High School Students!

Registration for the 2016 Caring for Sports Injuries class is now open!

The 10th Annual Caring for Sports Injuries class will focus on Lower Body Injuries.

SAVE THE DATE FOR:
July 25 – July 28, 2016

Divine Savior Healthcare, Café Classrooms A&B
 9:30 a.m. – 4:00 p.m.
 Cost \$125

To Register: Complete the registration form found online at DSHealthcare.com and return by mail to Matt Bekkedal or in person at The Wellness Center at Divine Savior Healthcare – Suite 1.

For information call
Matt Bekkedal, LAT: 608-745-6290 or
mbekkedal@dshealthcare.com

Presented by the Sports Medicine Team at Divine Savior Healthcare

Our Primary Care Providers Put You First

Choosing the right primary care provider (PCP) for your medical and personal needs is important. Your PCP is the first healthcare professional you contact with any medical question or concern. They are there to provide preventive care, advice, maintain your medical history, and can refer you to specialists when needed.

When deciding which PCP is right for you, Divine Savior Healthcare puts your best interests first. Whether you're looking for someone who

specializes in internal or adult medicine, family medicine, pediatrics or another type of care, Divine Savior Healthcare has an experienced team of providers here for you. We're welcoming new patients at our locations in Portage, Pardeeville, and Oxford. There's never been a better time to join the Divine Savior Healthcare family to experience a new kind of care.

Family Medicine

Our team of family medicine physicians specializes in the comprehensive treatment of individuals and families ranging from infants to geriatrics. Several of our family medicine physicians provide obstetrical care as well. Supported by a team that includes nurse practitioners and physician assistants, you can rest assured you have access to care when you need it.

New to our family medicine team is Dr. Robert Henry who now provides care at our Crossroad Clinic in Oxford.

Dr. Robert Henry, D.O.



Dr. Robert Henry joins the Divine Savior Healthcare Family Medicine team after working many years as a family medicine physician and assistant professor in Texas. He

served 36 years in the U.S. Navy and was previously voted "Best Family Practice Faculty" by Texas A & M Medical Students. He was originally from the Midwest, as he grew up in Detroit, Michigan, and is excited to be back because of the seasonal variety and the small town atmosphere the area has.

Dr. Henry shares, "The most rewarding part of my career is the patient relationships and trust built when helping patients. Getting to know the patients and their extended families makes me enjoy doing what I do."

To make an appointment with Dr. Robert Henry, please contact the Crossroads Clinic at **(608) 589-5333**.

Internal or Adult Medicine

Similar to a family medicine physician, internists also take a preventative approach to disease and the promotion of health and wellness. The difference is that internists specialize in the care of patients 18 years of age or older and are there to care for their patients from regular office visits and check-ups to more complex health issues. Divine Savior is pleased to have Dr. Adriana Arguello here to provide adult primary care in Portage.

Dr. Adriana Arguello, M.D.



While patients at Divine Savior Healthcare have had an array of pediatric and family medicine providers to choose from, we're pleased to have added Internist Dr. Adriana Arguello to our primary care provider team. One more way we're providing a new kind of care.

Dr. Arguello joined Divine Savior Healthcare in 2015, providing new Internal Medicine services to patients in the community.

Dr. Arguello shares, "I chose Internal Medicine because I was interested in caring for the acute and chronic illnesses seen in adults. I was (and I always will be) attracted to the intellectual challenge of providing comprehensive care to many patients. I have had the opportunity to participate in the continuity of care of my patients and to stress the importance of prevention as the key to maintain health and well-being."

Dr. Arguello is located at the Portage Clinic in Suite 110. To schedule an appointment, please call **(608) 745-6320**.

Pediatrics

Divine Savior Healthcare has a compassionate and caring pediatric team serving children of all ages at all stages of their development. Last year we welcomed pediatrician, Dr. Cindy Henry and pediatric nurse practitioner, Amy Arnold to the team in our Portage Clinic. The two have been enjoying every minute helping children and families live healthy and happy lives.

Dr. Cindy Henry, D.O.



Dr. Cindy Henry finds the most rewarding part of her career is being able to provide healthcare to children and their families and seeing them grow into healthy, happy adults.

She comes from a small town in Michigan, similar to Portage, and is enjoying the sense of community she has found since moving here. Dr. Henry loves doing outdoor activities, such as kayaking and hiking, and is a big fan of Pooh Bear who lives in the Hundred Acre Wood.

Dr. Henry shares, "I view taking care of the family and the children as a collaboration, and together we work to take care of each other. Medicine is like a puzzle sometimes, and it takes more information to take care of someone than what you just find in a textbook."

Dr. Cindy Henry is located at the Portage Clinic in Suite 108. To make an appointment, please call **(608) 745-4598**.

Locations:

Portage Clinic

2817 New Pinery Road
(608) 745-4598

Pardeeville Clinic

102 Gillette Street
(608) 429-2185

Oxford – Crossroads Clinic

N4390 Crossroads Clinic Road
(608) 589-5333