



Sponsored By The Sisters Of The Divine Savior



Joint Journey

Joint Replacement Patients at Divine Savior **Experience Excellence**

Divine Savior Healthcare has changed the way patients and their families think about and experience hip and knee replacement surgery.

Joint Journey is a comprehensive program based on a national practice model for hip and knee replacements, which is structured around the fundamental principles of wellness. According to Divine Savior Orthopedic Surgeons Dr. Doug Arnold and Dr. Frank Walter, patients benefit from an incredible amount of research and best-practice implementation with this program. This innovative program was fully implemented at Divine Savior to maximize outcomes and provide a superior experience for people having

Continued on page 2

Our Mammograms are **Genius™!**

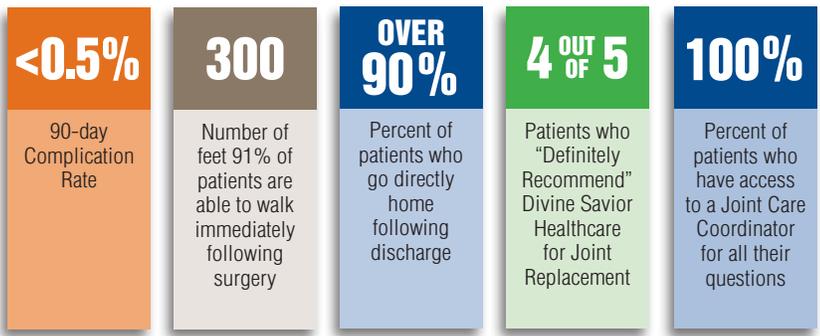
Divine Savior Healthcare Medical Imaging is excited to offer Genius™ 3D MAMMOGRAPHY™ exams. Utilizing advanced breast tomosynthesis technology, Genius™ exams are clinically proven to significantly increase the detection of breast cancers, while simultaneously decreasing the number of women asked to return for additional testing.*

In conventional 2D mammography, overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary call-backs. A Genius™ exam includes a three-dimensional method of imaging that can greatly reduce the tissue overlap effect.

Continued on page 3



Results Speak for Themselves!



*Data based on primary hip and knee replacement surgeries at Divine Savior Healthcare performed during September 1, 2016 – August 15, 2017.

PAGE 1 Joint Journey Our Mammograms are Genius!	PAGE 3 Save the Date: Women's Night Out	PAGE 4 Dr. Blohm and Dr. Kreckman Celebrate 20 Years!	PAGE 4 Thank You For 100 Years Welcome Dr. Ogoma Krause	PAGE 5 On Air with Wisconsin Doctors Fall Back into Fitness at La Vita	PAGE 6 Community Connections
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Joint Journey

Continued from page 1

hip or knee replacement surgery. After one year, care team members, physicians and Joint Journey patients all report incredible outcomes and results.

Data collected from the last year for total hip and joint replacement patients also indicates:

Decreased:	Increased:
Complication Rates	Patient Education
Readmission Rates	Walking Distances & Flexibility
Length of Stay in the Hospital	Patient Satisfaction
Overall Costs	Discharges Directly Home

One program highlight that many patients note, is that their hospital stay and recovery time has become significantly shorter. Patients leave the hospital sooner, and more go directly home rather than to a rehabilitation or nursing facility. Most patients are ready and able to go home in two days.

The Joint Journey Program incorporates advanced, minimally invasive, analgesic and rapid-recovery techniques ... all in an environment that maximizes recovery through education, preparation, a culture of early mobility, family involvement, team work, and returning patients back into their homes faster.

What Is Joint Replacement Surgery?

Joint replacement surgery involves removing a damaged joint and putting in a new one. A joint is where two or more bones come together, like the knee, hip, and shoulder. Your doctor may suggest a hip or knee joint replacement to improve how you live. Replacing a joint can relieve pain and help you move and feel better.

The Joint Journey Experience

An important aspect of the program is that individuals having elective surgery chose a coach – usually a family member or loved one – who is an active participant in the care before, during and after discharge from the hospital. Both the patient and their coach attend a pre-operative class before surgery, where they meet their Joint Journey team, in addition to learning in detail about the procedure, what to expect in the hospital, and how to care for themselves once returning home afterward. Coaches learn the program right along with their loved one, and provide encouragement and support every step of the way.

Each patient meets the Joint Care Coordinator, a registered nurse who oversees their entire experience, and is their resource before, during and after surgery. The team members involved with caring

for joint patients at Divine Savior receive special training, and are selected to work with Joint Journey patients because of their expertise, positive nature, and motivational skills.

Wellness remains a large focus during the patient's stay in the hospital. Patients bring comfortable clothing to wear each day rather than a hospital gown. They also follow an aggressive daily schedule that begins early each morning in a dedicated section of the hospital devoted to joint replacement patients.

Each day, patients receive a daily newsletter, letting them know their agenda for the day, along with tips on how to care for themselves later. Two group therapy sessions are held daily in the rehabilitation department, specific for joint replacement patients. A visual display board tracks individual distances walked helping to keep patients motivated and moving forward. Patients find the camaraderie with other patients' progress both challenging and rewarding.

"I had no idea I would be up and moving that quickly! I was surprised how far I could actually walk. I hadn't walked that far in nearly six years!" reports a Joint Journey graduate.

Care doesn't end after discharge though. Joint Journey graduates receive calls from the Joint Care Coordinator in the days following discharge, and again at intervals throughout the year after surgery. Reunions are held for graduates and their coaches, to celebrate their victories with the surgeons and the Joint Journey team.

The End Result

The Joint Journey program embraces the Divine Savior commitment to change with the changing needs of those they serve. Each patient is evaluated on multiple clinical, functional, and patient satisfaction criteria. These outcomes are analyzed during monthly performance improvement team meetings, and enable Divine Savior Healthcare to become an efficient and cohesive team.

Divine Savior has been offering continued high quality care and services, caring for Portage and surrounding communities for over 100 years.

If you'd like more information on Joint Replacement at Divine Savior Healthcare, please visit www.dshealthcare.com/Joint_Journey or make an appointment with Dr. Arnold or Dr. Walter by calling (608) 745-6420.

Donna Bull's Story

Donna Bull, recent retiree from Portage, Wisconsin, knows all too well about making the decision to have knee surgery.

"It wasn't easy and I kept putting it off," Donna shares. "But now that it's done, I'm so glad I did it!"

Donna worked on the dietary team at Divine Savior Healthcare and was on her feet for many hours of the day. At age 66, she was feeling the aches and pains in her knees, but kept on pushing through.

"I originally tore my meniscus in my right knee and that's when I started having issues. Dr. Doug Arnold (Divine Savior Healthcare Orthopedic Surgeon) had repaired this tear and when I would see him time to time in the café he would always take the time to check in and see how I was doing.

Once I realized it was time, I contemplated on where I should go. I did my research and asked questions. After speaking with Dr. Arnold, he reassured me that the new Joint Journey program at Divine Savior was a really great choice. I asked about the "one knee fits all" theory and he set my mind at ease and confirmed I would have my own size that was right for me."

Donna then contacted the Divine Savior Joint Journey Coordinator to get the process started.

"I liked how the whole process worked, from scheduling my first visit to the month of preparation time before surgery. The month between my visit and surgery date allowed for time to meet my care team, prepare my home and family, become familiar with the surgery and healing process, and allow time to overcome that overwhelming feeling I got right away knowing I was going to have a major surgery.

Plus I didn't do this alone. It was really great to have my family be part of the process as well. The coaching part of the program allowed for my daughter and granddaughters to be there, and staff was great with welcoming and taking care of my family too.

I won't forget my Joint Care Coordinator Dawn and how well she took care of things. If I had a question, she answered it right away and would call me to see how I was doing after surgery. I was really impressed with everyone. Of course Dr. Arnold for doing the surgery, but also my anesthetist, Tonia, she was wonderful, and Traci in the Joint Journey class was great. My therapist, Paula, while recovering in the hospital did her job in making sure I wasn't just laying around. I was surprised with how much I could do after surgery."

Since surgery, Donna has been in rehab doing physical therapy two times a week at the new Divine Savior Healthcare Wellness Center. She is most impressed with how she doesn't have to think from sitting to standing and can just get out of the car without hesitation.

"Getting up was the hardest. I have Danielle and Sarah to thank from the Divine Savior Healthcare Physical Therapy department. They are encouraging, real personable and continue to check on my progress."

If you're considering having joint replacement surgery, Donna recommends to take one step at a time. *"Depend on your doctor to say "yes this is what you need." If you're looking for a program that has it all and is close to home, I would definitely recommend the Joint Journey program at Divine Savior Healthcare."*



Donna with Divine Savior Physical Therapist Danielle at the Wellness Center.

Mammography Continued from page 1

A Genius™ exam includes both 2D images and tomosynthesis scans. During the tomosynthesis-DIMENSIONAL portion of the exam, an X-ray arm sweeps in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing the radiologist to review the breast tissue one layer at a time. A Genius™ exam requires no additional compression and takes just a few seconds longer than a conventional 2D breast cancer screening exam.

The Hologic system is the only clinically superior breast tomosynthesis system as approved by the FDA. The new system is recommended for women of all ages and breast densities. The system allows our radiologists to more effectively pinpoint the size, shape and location of abnormalities. This leads to better detection and greater peace of mind for our patients.

Large clinical studies in the U.S. and Europe have demonstrated the positive benefits of a Genius™ 3D MAMMOGRAPHY™ exam. The largest study to date on breast cancer screening using the Genius™ exam was published in the June 25, 2014 issue of the *Journal of the American Medical Association* (JAMA). Findings include:

- A 41% increase in the detection of invasive breast cancers.
- A 29% increase in the detection of all breast cancers.
- A 15% decrease in women recalled for additional imaging.

Divine Savior Healthcare is committed to the fight against breast cancer. In offering the Genius™ exam, DSH Medical Imaging provides a more accurate* tool for breast cancer screening.

If you would like to schedule a Genius™ 3D MAMMOGRAPHY™ exam, or have questions about this important breast health procedure, please contact Divine Savior Healthcare Medical Imaging at **608-745-5020**.

*Compared to 2D Mammography

Save the Date

Shimmer & Shine

at Divine Savior Healthcare's 2017 Women's Night Out!

Date: Thursday, November 16, 2017

Time: Booths open 5:30 – 6:30 p.m. (main floor)
Presentation 6:30 – 7:30 p.m.

Place: Divine Savior Healthcare, lower level

Cost: Free, but seating limited to the first
300 people

Thank You for 100 Years!



One hundred years ago this community recognized that their health, economic prosperity and future could be dramatically and positively impacted by bringing to its citizens a hospital. Our legacy begins in the

spirit of collaboration as the money for the hospital was raised in a partnership between The Sisters of the Divine Savior, the community and the City of Portage. Our founding Sisters infused a spirit of selfless caregiving into that building and into those first employees and physicians that connects all of us to them over our 100 years and keeps us inspired to continue to collaborate to take care of your needs.

If you have chosen to be an employee, volunteer, patient, resident or Board Member at Divine Savior Healthcare, please know that you have made a difference in our community. We believe that local community hospitals like ours are important to health, wellness and economic development. By supporting your local hospital you help us ensure that healthcare will always be accessible in the great community we are so very fortunate to call home. Because world-class care belongs here. Thank you for 100 years.

“We will keep growing and changing to meet our community’s needs because world-class care belongs in our community.”



Dr. Brenda Blohm



Dr. Susan Kreckman

Dr. Blohm and Dr. Kreckman Celebrate 20 Years!

2017 brings many celebrations for Divine Savior Healthcare, including the celebration of two of our providers, Dr. Susan Kreckman and Dr. Brenda Blohm. For 20 years, Dr. Kreckman and Dr. Blohm have been providing care for thousands of patients within the community. The two of them are both woven deeply into the fabric of Divine Savior Healthcare and we thank them for their continued care, compassion, time and leadership.

Welcome Endocrinologist Dr. Ogoma Krause!

Divine Savior Healthcare has expanded clinical services and has welcomed Dr. Ogoma Krause to our team of talented physicians. Dr. Krause brings a wealth of knowledge and experience to her area of practice in Endocrinology. She completed a residency training program in Internal Medicine and Pediatrics at Wayne State University in Michigan, which developed her love for all things endocrine.



She shares, “It truly is a great day at work when I can work with and encourage people to achieve better management/control of their endocrine conditions.”

Dr. Krause is excited to be part of the Portage community and enjoys the historic focus the area has. She strives to deliver the best patient care, and being at Divine Savior she values “that the organization cares for, is compassionate about and is dedicated specifically to the needs of the people of Portage and the surrounding areas.”

What is Endocrinology?

The endocrinology clinic at Divine Savior in Portage specializes in caring for patients with endocrine disorders, including, but not limited to:

- Diabetes Mellitus
- Thyroid Disorders
- Adrenal Disorders
- Hypoglycemia
- Osteoporosis and Bone Health
- Parathyroid Disorders
- Pituitary Disorders
- Female Endocrine Health
- Male Endocrine Health
- Obesity

Patients, 18 years of age or older, interested in making an appointment with Dr. Ogoma Krause can reach her office at **(608) 745-4598**.

Does your health plan allow you to choose your local hospital?

Not all health plans allow you to see your local Divine Savior doctor.

Not sure? Call your insurance company or our concierge at **608-745-6239**.

On-Air with Wisconsin Doctors

We are excited to share that Divine Savior Healthcare has partnered with the TV station Madison 57 to do a series of episodes of Wisconsin Doctors. Divine Savior will be featured the second week of each month. Each episode will be posted to YouTube and will air on the following stations:

Channels:

Charter: 6
Charter HDTV: 613
AT&T Uverse: 57
AT&T HDTV: 1057
DirecTV: 57
DISH: 58
Antenna: 57.1

Aired Days and Times

*the second week of each month

Monday: 11:30 a.m. and 9:00 p.m.
Tuesday: 6:30 a.m.
Wednesday: 5:00 p.m.
Thursday: 5:30 a.m.
Sunday: 9:30 p.m.



It's what we like to call
a new kind of care.



Fall Back Into **Fitness**

with **50% Off** Your Enrollment Fee!

Sign-up to become a La Vita member
October 14 – October 20, 2017 and
receive **50% off** your enrollment fee.

*50% off enrollment special valid only during promotion dates and times, starting 8:00 a.m. Saturday, October 14, 2017 and ending 7:00 p.m. Friday, October 20, 2017. Pro-rated membership fee applies from the day you sign-up for the remaining days of October. This pro-rated amount is in addition to the 50% off enrollment fee.

Receive a Free La Vita Day Pass!

Try out La Vita one time for Free during the enrollment special dates.

First 50 new members to join during this special will receive a free gift.

BODYPUMP™ 103 Launch classes will kick off the weekend of the special! Want to be a part of the newest release? Join us on October 14th from 7:45-8:45 a.m. or October 15 from 9:00-10:00 a.m. to experience BODYPUMP™.

Pre-signup suggested in order to reserve your spot. Space limited for guests.

Stop by today to take a tour of Portage's medically-integrated fitness center, La Vita!

La Vita Hours:

Monday-Thursday:

5:00 am – 9:00 pm

Friday: 5:00 am – 8:00 pm

Saturday: 6:00 am – 3:00 pm

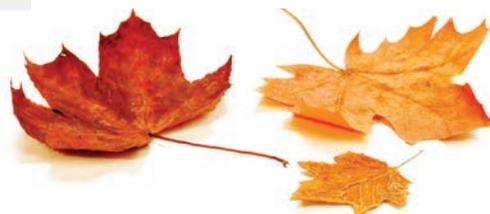
Sunday: 7:00 am – 3:00 pm

For more information, call
La Vita Membership Services at
608-745-3800 or email:
LaVita@DSHealthcare.com

Membership pricing can be
found at **DSHLaVita.com**.

LA VITA

La Vita is located at
The Wellness Center



Community Connections

SUPPORT THE PARTNERS WHO ARE SUPPORTING DIVINE SAVIOR HEALTHCARE.
Interested in making a difference? Contact the Volunteer Coordinator at 608-745-5166.



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, Clinic Atrium
2817 New Pinery Road, Portage, WI

CROSSROADS CLINIC – OXFORD

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

PARDEVILLE CLINIC

Date: 4th Friday of month Time: 1:00 – 3:30 p.m.
Location: DSH – Pardeville Clinic
102 Gillette Street, Pardeville, WI

CHOLESTEROL SCREENING

Date: Thursday, November 2
Cost: \$20
Time: 7:00-8:30 a.m. (By appointment only)

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, January 6, 2018
Time: 9:00 a.m. – 3:30 p.m. Cost: \$25

CHILDBIRTH EDUCATION CLASS

This four-week course introduces parents-to-be to the fundamentals of childbirth. Topics include: pain control options, relaxation techniques, the labor process, C-sections, preparing for your baby, breastfeeding, and a tour of Divine Savior Healthcare's Birthing Center.

Dates: Wednesdays, October 25 – November 15
Time: 6:00 – 8:30 p.m. Cost: \$40
Place: Café Classroom – Lower Level
Call: (608) 745-5607 to register or for information.

BREASTFEEDING WORKSHOP

This FREE workshop will introduce parents-to-be to the latest information on breastfeeding. Topics include proper techniques, what to expect, and the benefits of breastfeeding in today's world.
Date: November 15 Time: 6:00 – 8:30 p.m.
Place: Café Classroom – Lower Level
Cost: FREE
Call: (608) 745-5607 to register or for information.

HEALTHY LIVING WITH DIABETES

Days: Wednesdays Time: 4:30 – 7:00 p.m.
Date: October 11 – November 15
Place: Classroom D
Cost: \$15 for book
Call: (608) 742-9219 to register

MOMMY & ME CONNECTIONS

This group is open to all mothers as an opportunity to connect with one another, listen to one another's stories, and build relationships with other mothers in the community.

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

EVENTS

BLOOD DRIVE

Date: Thursday, October 19
Time: 12:00 – 5:00 p.m.
Place: Divine Savior Healthcare – Suite 100
Make appointment at www.bcw.edu/divinesavior

HOLIDAY SALE – 20% OFF ALL ITEMS

Date: Thursday, Nov. 8 – Saturday, Nov. 11
Time: 9:00 a.m. – 5:00 p.m. Thursday & Friday,
9:00 a.m. – 12:00 p.m. Saturday
Place: DSH, Lower Level – Café A & B
Contact (608) 745-5166 with any questions.
Sponsored by the Partners of Divine Savior Healthcare

WOMEN'S NIGHT OUT

Date: Thursday, November 16
Time: Booths open 5:30 – 6:30 p.m. (main floor)
Presentation: 6:30 – 7:30 p.m.
Place: Divine Savior Healthcare, lower level
Cost: Free, seating limited to first 300 people
Contact (608) 745-6289 with any questions.

LOVELIGHT CEREMONY

Date: Thursday, December 7 Time: TBD
Place: Tivoli at Divine Savior Healthcare
Contact (608) 745-5166 with any questions.
Sponsored by the Partners of Divine Savior Healthcare

CPR/FIRST AID

Contact (608) 745-6405 with any questions.

BASIC LIFE SUPPORT (BLS) PROVIDER COURSE

Date: October 30, November 13, December 11
Time: 9:00 a.m. – 2:00 p.m.
Cost: \$65, includes book

HEARTSAVER CPR/AED COURSE

Date: October 28, December 16
Time: 9:00 a.m. – 2:30 p.m.
Cost: Adult/child \$60. All ages \$70. Book included.

HEARTSAVER FIRST AID COURSE

Date: November 4 Time: 9:00 a.m. – 2:00 p.m.
Cost: \$50, includes book.

SUPPORT GROUPS

BRAIN INJURY & STROKE SUPPORT GROUP

Date: 3rd Tuesday of month Time: 4:00 – 5:00 p.m.
Place: The Wellness Center at DSH, Suite 4
Contact: Call Kayla at 745-6290

CAREGIVERS SUPPORT GROUP

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

GRIEF SUPPORT GROUP

Call Jeri Sutter at (608) 697-0645 for dates/times

HOPE HOUSE SUPPORT GROUP

For past and 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 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. – Noon Place: DSH – 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: DSH – Café Classroom
Contact: Theresa (608)-742-1063

SUICIDE LOSS SUPPORT GROUP

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

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