



Joint Replacement at **Divine Savior**

World-class surgical care is closer than you think.

There may come a time when your knee or hip pain reduces the quality of your life. Everyday activities, such as walking, shopping, or housework can become difficult or unbearable. Taking part in favorite hobbies such as golf or bowling may be a thing of the past because conservative measures like diet, exercise and medications no longer provide pain relief. If this describes your situation, it may be time to consider joint replacement.

for this crowd — you get to wear your own clothes! And family members are encouraged to participate in group activities, meals and other special events. Exercise and therapy is also provided in a group setting, so that our patients can support and encourage each other on the road to recovery. New friendships are made, enhancing the healing process.

We have a dedicated Joint Care Coordinator who guides patients along their journey before, during and following surgery. Our joint care team members have been specially trained to provide comprehensive clinical care for patients undergoing this important surgery.

Our Comprehensive Approach

At Divine Savior, we have created a special Joint Journey program that brings together a team of experienced and skilled surgeons with caring and specially-trained nurses, therapists and technicians. Our goal is to provide seamless, coordinated care, and get you back to your favorite activities as soon as possible

Education

We believe the key to better outcomes is a commitment to provide you with a thorough understanding and knowledge of what to expect during your surgical experience. Knowing what to expect each step of the way goes a long way to reducing stress and anxiety and preparing you for as smooth a recovery as possible. Our Joint Journey patients and their family attend a pre-op class so our team can get to know each patient's unique needs and to prepare him/her for joint replacement.

Dedicated Place, Dedicated People

We created a special area just to care for knee and hip replacement patients. No hospital gowns

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Our Commitment to Excellence

We continue to evaluate and measure our performance to help ensure we provide the highest quality program possible, tailored to each and every patient. Our team meets regularly with a focus on maintaining clinical and service excellence in all aspects of your joint replacement experience.

You are Special!

We know you have a choice of where to go for your procedure. Our goal is to ensure your stay with us is as pleasant and comfortable as possible. We have planned a number of special activities to lift your spirits as you speed your way to a more active lifestyle.

Questions about your knee or hip pain?

Attend one of our free upcoming Arthritis Seminars! Learn what you can do now to relieve joint pain and what your options are for treatment.

2016 Daytime Seminar

1:00 – 2:00 p.m.
November 2

2016 Evening Seminars

6:00 – 7:00 p.m.
October 5 and December 7



For more information or to RSVP to an Arthritis Seminar call (608) 745-6289 or email CommunityWellness@dshealthcare.com

At Divine Savior Healthcare, we recently made improvements to MyHealth, your online patient information portal. The new MyHealth combines your patient information for clinic and hospital visits, is more user-friendly, and has additional capabilities to improve your online experience with Divine Savior Healthcare.

Benefits:

MyHealth is a patient portal for internet access to your medical records. With MyHealth, you can:

- Review your lab results sooner. Now there's no need to wait — just log on in the comfort of your own home to receive your information.
- Message your provider a non-urgent question. If you have a concern, your team of providers will respond to your inquiry via MyHealth as soon as they can.
- Easily pay your bills. You can use MyHealth to get access to your bills and conveniently pay them online.
- Update your personal information. Whether you're moving to a new home or having a baby, logging onto MyHealth is an easy and quick way to change your information.
- View current prescriptions and request prescription refills. Once submitted, you will also be able to view prescription renewal requests.
- Request an appointment time for one of our clinics and keep track of your requests, upcoming appointments, and past visits with the MyHealth Appointment feature.

To sign up or if you have any questions regarding MyHealth, call our Divine Savior Healthcare concierge at **(608) 745-6239** or speak with a care team member at your next visit.

SAVE THE DATE

Cupcake Cook-Off for a Cure & Dance Fitness Party

Date: Monday, October 10th, 2016
Time: Free WERQ™ fitness class 5:15 p.m. Cupcake Cook-Off 6:00 p.m.
Place: Divine Savior Healthcare, Lower Level

Bring your dancing shoes and your best cupcake creations! Enter in the Cupcake Cook-Off to support Breast Cancer Awareness Month. Design a breast cancer awareness themed cupcake for a chance to win prizes!

Call **(608) 745-6289** for more information and to register your cupcake in the cook-off by Monday, October 3rd.



Women's Night Out

Date: Thursday, November 17, 2016
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



“Time is Heart”

“Divine Savior
emergency resp

When it comes to life saving measures, Divine Savior Healthcare Emergency Medical Services (EMS) and Emergency Room (ER) staff are setting gold standards. Partnering with UW Health, St. Mary’s, and UnityPoint Health – Meriter, the Divine Savior EMS and ER have become a trusted emergency response team for the surrounding communities. The team was quick to learn that their response times have been beating the standard response times when it came to ST segment elevation myocardial infarction (STEMI) patients (patients having a heart attack) and patients going into cardiogenic shock (patients with significant heart damage, when the heart is unable to pump blood effectively to meet the body’s demands).

Dr. Amish Raval, Medical Director for UW Health Regional ST Elevation Myocardial Infarction Program stated, “You are one of the regional hospitals setting the gold standard.”

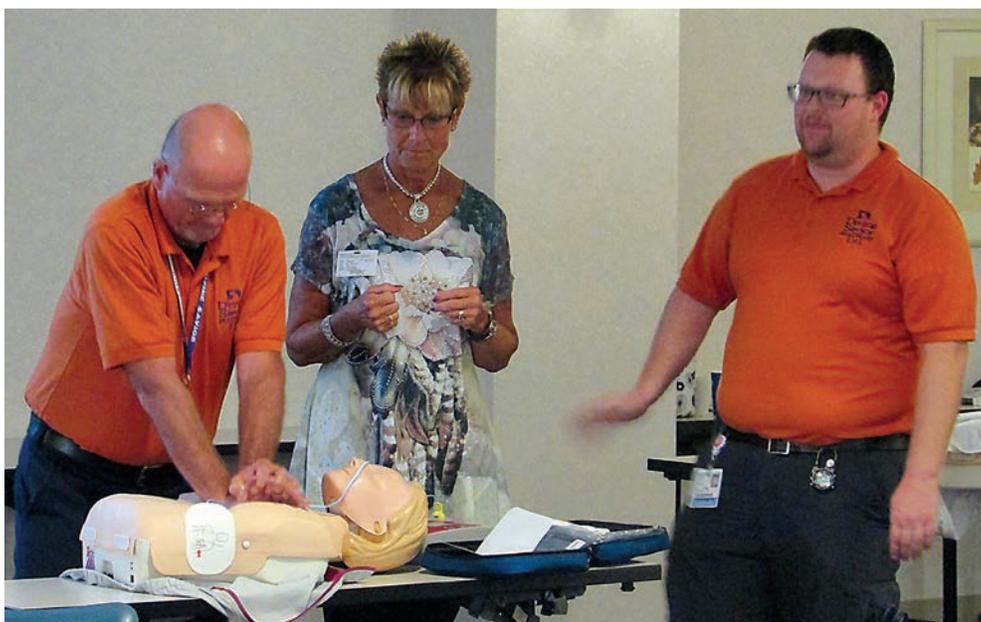
In an interview with the Divine Savior Healthcare Emergency Services Director, David Spannagel and EMS Supervisor, Cody Doucette, they both agreed it’s all about time. “Time is life and time is heart,” they stated.

Divine Savior Healthcare feels very fortunate to have professionals on staff who are trained and equipped to help patients who are suffering from STEMI or cardiogenic shock. Whether it be a 9-1-1 call or a patient walking into the ER, the team can administer, diagnose, and treat a patient, all while in route to UW, St. Mary’s or UnityPoint Health – Meriter Hospital. There are specific protocols when it comes to caring for patients with these cardiac concerns and because of the



partnerships and trust Divine Savior has built with the three receiving hospitals, staff at Divine Savior is able to communicate with cardiologists and transfer data directly to them to make the transport as smooth as possible.

As Spannagel explains, “We call it right. Our false activations are very low and the trust we have built allows us to contact the cardiologist earlier to get the transfer process going right away.”



Divine Savior Healthcare educators and paramedics demonstrate hands-only CPR during Heart Health Day at Divine Savior on September 8th, 2016.



EMS and ER have become a trusted response team for the surrounding communities. ”

Welcome Dr. Amy Doherty!

In addition to the patients cared for at Divine Savior Healthcare, the Divine Savior EMS staff provides paramedic level services to many of the outlying services that are not equipped to provide treatment. Divine Savior has become known as the go-to facility to aid in the transportation of a patient to the appropriate level hospital. They help outlying services get EKG intercepts sooner and help keep response times down. Doucette said because of the efficiency of being able to respond to a patient, stabilize, and administer medications, all while in route to another hospital, Divine Savior's ambulance is a safe and sometimes unbeatable way to transport patients.

When breaking down response times and numbers, the benchmark for a standard EKG hookup is 10 minutes. Divine Savior Healthcare's average is 4 minutes. From the time a patient first sees medical contact to the time they are at a cardiac catheterization lab, connected to a device and being cleared, the standard benchmark is 120 minutes. Divine Savior Healthcare's average is 104 minutes.

These times say a lot about the priority Divine Savior Healthcare makes for each patient, making each response time count, and making sure each person is receiving extraordinary care. As Spannagel and Doucette share, "It all starts by being taken care of from the beginning and working with a great team at Divine Savior. It's not just the EMS and ER that are making a difference, it's respiratory therapists, doctors, nurses, registration, health unit coordinators, lab, radiology, to name a few. Everyone has a part in saving a life."

“You are one of the regional hospitals setting the gold standard. ”

— **Dr. Amish Raval**, Medical Director for UW Health Regional ST Elevation Myocardial Infarction Program

These efforts don't go unnoticed, as Amy Shepard, UW STEMI/Shock Program Manager noted, "Your organization's dedication to quality care and outcomes is apparent and is something to be proud of."

Earlier this year, Divine Savior EMS and ER teams had the opportunity to meet with Dr. Amish Raval and Amy Shepard to learn what's new with the UW Health Acute Care Cardiology program and how they're looking at ways to create new programs to improve cardiogenic shock treatment. Both teams are very excited about the partnership and working together to continuously improve measures that help save lives and impacting patients in a positive way.

A new kind of care

Divine Savior Healthcare welcomes Dr. Amy Doherty to our team of talented physicians. Dr. Doherty brings a profound background in Osteopathic Manipulative Medicine and Family Medicine and will be providing care for patients at the Family Medicine Clinic in Portage.

She shares, "There are several things I am especially passionate about: nutrition, osteopathic manipulation, and support of my local community."

Dr. Doherty joins the community after living in Kentucky, where she completed her fellowship in Osteopathic Manipulative Medicine at Pikeville Medical Center. New to the area, she likes that the community is both rural and naturally beautiful, where she can spend time enjoying activities such as rock climbing and gardening. Dr. Doherty also has a passion for cooking and spends a lot of her spare time cooking and coming up with new recipes. Her love for cooking and nutrition is something she enjoys sharing with others and she created her own nutrition blog, www.dramydoherty.com.

Patients interested in making an appointment with Dr. Amy Doherty can reach her office at **(608) 745-4598**.

Portage Clinic at Divine Savior Healthcare

2817 New Pinery Road
Portage, WI 53901



"I enjoy helping people navigate pathways through difficult times, like disease and disability, and see them come out stronger and more informed on the other side. I enjoy the relationships I develop with my patient community as we work through that process."

— **Dr. Amy Doherty**

Need a Primary Care Provider?

Accepting new patients at all 3 of our 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

La Vita Open House

Saturday, October 8, 2016 • 9:00 a.m. – 1:00 p.m.

Celebrating a healthier you!

Please join us for our Open House event at Divine Savior Healthcare's new medically-integrated fitness center, La Vita!

This event is open to all La Vita members and community members, ages 14 and older.

At the event you can:

- Take a variety of 30 minute group fitness sample classes, such as yoga, cycling, WERQ™, BodyBlast and more to find out which class is your favorite!
- Exercise in the fitness center
- Take a dip in the warm-water pool or lap pool
- Walk or jog on the indoor track
- Teens (ages 14+) can come try a sample Speed and Agility class for free!

- Healthy food prep demos and FREE samples
- Win Prizes!

Come meet our staff, learn about nutrition, enjoy free samples, and win prizes!

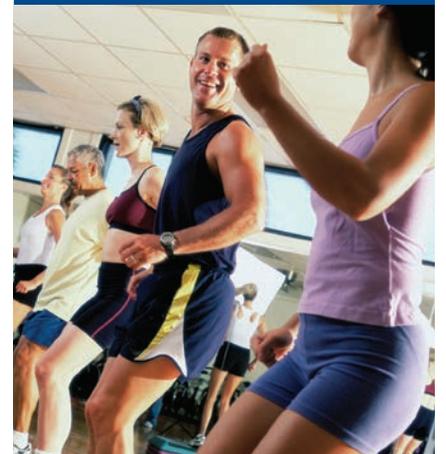


**La Vita is located at
The Wellness Center:**

2815 New Pinery Road
Portage, WI 53901
(608) 745-3800

Special Open House Offer:

Join As A Member During
The Open House To **Save**
50% Off Enrollment!



Dr. Robert Castrovinci

**Divine Savior
Healthcare
Ophthalmology**

Portage Clinic
2817 New Pinery Road
Portage, WI 53901
(608) 745-5919

Are Electronics Straining Your Eyes?

Did you know? The average American worker spends seven hours a day on the computer, either in the office or working from home. This could lead to the common disorder of computer vision syndrome (CVS) or digital eye strain. CVS can affect anyone who spends three or more hours a day in front of a computer, tablet, e-reader or cell phone. Many individuals are at risk, including those who "cannot work without a computer." And that's not counting the millions of children, adolescents and adults who spend many hours a day playing screen-based games or using e-readers.

The most common symptoms associated with CVS are:

- eyestrain
- headaches
- blurred/double vision
- dry eye symptoms
- neck and shoulder pain

One way to help your eyes focus at a comfortable distance is to have the screen at about 20 to 26 inches away from your face. Read more about CVS and other recommendations in the "Computer Vision Syndrome" blog by Divine Savior Healthcare's Ophthalmologist, Dr. Robert Castrovinci and Certified Ophthalmic Technician, Rebecca Richmond at DSHealthcare.com.

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: Divine Savior Healthcare –
Crossroads Clinic
N4390 Crossroads Clinic Rd
Oxford, WI 53952

PARDEEVILLE CLINIC

Date: 4th Friday of the month
Time: 1:00 – 3:30 p.m.
Location: Divine Savior Healthcare –
Pardeeville Clinic
102 Gillette Street
Pardeeville, WI 53954

CHOLESTEROL SCREENING

Date: Thursday, November 3rd, 2016
Time: 7:00-8:20 a.m. (By appointment only)
Cost: \$20

PROGRAMS

ARTHRITIS SEMINARS

Are you suffering from arthritis joint pain?
Our experts will share options for relief.

Dates: October 5th, 6:00 – 7:00 p.m.
November 2nd, 1:00 – 2:00 p.m.
December 7th, 6:00 – 7:00 p.m.
Place: Wellness Center – Suite 4

BLOOD DRIVE

Date: Thursday, October 27th, 2016
Time: 12:00 – 5:00 p.m.
Place: Divine Savior Healthcare – Suite 100
Make an appointment at
www.bcw.edu/divinesavior
Walk-ins are welcome.

WALK WITH EASE

Suffering from pain due to arthritis?
Divine Savior Healthcare's new Walk With Ease
program at La Vita can help relieve your symp-
toms and support your health care needs.

Starting October 3rd, 2016
Days: Monday, Wednesday and Friday
Time: 12:30 p.m. – 1:30 p.m.
Place: La Vita
Cost: Cost (for 6 week session):
\$96 for current La Vita members
\$120 for non-members

Physician referral is required.
Contact: La Vita member services at
(608) 745-3800

BREASTFEEDING WORKSHOP

This FREE workshop will introduce
parents-to-be about the latest information
on breastfeeding. Topics include proper
techniques, what to expect, and the benefits
of breastfeeding in today's world.

Date: November 16th, 2016
Time: 6:00 – 8:30 p.m.
Place: Café Classroom – Lower Level
Cost: FREE
Call: (608) 745-5607 to register or for
more information.

CUPCAKE COOK-OFF FOR A CURE & DANCE FITNESS PARTY

Join us for an evening filled with cupcake
tasting and breast cancer education. WERQ™
off the calories in advance with a free WERQ™
dance fitness class! Enter a cupcake to be
judged for prizes, or just come to show your
support and taste the cupcakes!

Date: Monday, October 10th, 2016
Time: Free dance fitness class: 5:15 – 6:00 p.m.
Cupcake judging & tasting: 6:00 p.m.
Place: Divine Savior Healthcare, Lower Level
Call: (608) 745-6289 to register your
cupcake in the cook-off by October 5th

MOMMY & ME CONNECTIONS

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

VARICOSE VEIN PRESENTATION & SCREENING

Do you experience discomfort, leg pain or swell-
ing? Attend a free presentation and screening
to learn what you can do to treat varicose veins,
and to see if you are a candidate for treatment.

Date: Thursday, September 29th, 2016
Free Screening: 5:00 – 6:30 p.m.
(appointment required by calling
(608) 745-6289)
Presentation: 5:30 p.m. – Lower Level

WOMEN'S NIGHT OUT

Date: Thursday, November 17th, 2016
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

CPR/FIRST AID

Call the Education Department to register for
CPR/First Aid Classes at (608) 745-6405.

BLS PROVIDER

Date: October 13th, 2016 or October 31, 2016
November 3rd or November 14th, 2016
Time: 9:00 a.m. – 2:00 p.m.
Cost: \$65. Book included.

HEARTSAVER CPR/AED FOR THE COMMUNITY

Date: November 5th, 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: December 17th, 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

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

GRIEF SUPPORT GROUP

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

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 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 & family members
Contact: amputeeecollaboration@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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