



Now Accepting New Patients!



Divine Savior's team continues to grow to meet the needs of our community. We are pleased to provide the largest team of primary care providers in the region. Many of these providers are accepting new patients and would be honored to provide care for you and your loved ones.

With clinic locations in Portage, Pardeeville and Oxford, our team includes pediatric, family medicine, obstetric, internal medicine and geriatric providers to meet the primary care needs of those of all ages.

Divine Savior accepts most major insurances, including many Dean and Quartz policies. If you would like to establish care with our team, please call 608-745-4598 or learn more about our providers at dshealthcare.com/find_a_provider.

New Providers



Dr. Liz Wood, M.D.

Specialties: Family Medicine, Obstetrics

Location: Divine Savior Portage Clinic, 2817 New Pinery Road, Suite 109

Quote: "Being a doctor has allowed me to become a part of the lives of my patients and I find that incredibly rewarding."



Dr. Fatema Omran, M.D.

Specialty: Internal Medicine

Location: Divine Savior Portage Clinic, 2817 New Pinery Road, Suite 107

Quote: "My goal is to provide the best quality of care and to treat all patients as family."



Dr. Lorenzo Perez, M.D.

Specialty: Pediatrics

Location: Divine Savior Portage Clinic, 2817 New Pinery Road, Suite 107

Quote: "The most rewarding part of my job is learning from the wisdom of children. They teach me how to be a better human being."



Dr. Michael Schreiber, D.O.

Specialty: Family Medicine

Location: Divine Savior Portage Clinic, 2817 New Pinery Road, Suite 108

Quote: "I try to practice preventive medicine and encourage patients to improve their lifestyle in order to prevent disease."

Learn More at:
[dshealthcare.com/
find_a_provider](http://dshealthcare.com/find_a_provider)

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Community Questions

Do you have a question about our services and providers or your insurance coverage? Our Concierge is here to help you find answers at concierge@dshealthcare.com or 608-745-6239.

Q Do you take my insurance?

A Divine Savior is pleased to be a preferred provider on most of the policies available to those who live and work in our community. This includes many policies by major insurance providers such as Dean and Quartz. For information on your coverage, please contact our Concierge at concierge@dshealthcare.com or 608-745-6239.

Q My insurance is changing, do you have primary care providers who are accepting new patients?

A We have a large team of providers at our Portage, Pardeeville and Oxford Clinics, many of whom are accepting new patients. To make an appointment and establish care, please call 608-745-4598.

Q I understand Divine Savior may soon be part of the Aspirus system. If and when this happens what will change?

A While our name will change, the same people will continue to provide care for you and your family. Aspirus shares our belief that thriving local health care is vital to our community. If we become a part of their team we believe it will allow us to ensure a robust, growing and successful future for generations to come. The partnership will provide access to additional resources and expertise in order to help us build upon our strong foundation so that we may continue to grow and evolve for those we serve.

WOMEN'S NIGHT OUT Give Thanks for Your Health

Ladies, join us for a fun night out with your friends at **Divine Savior Healthcare's Women's Night Out** Thursday, November 21, 2019.

This year we'll be celebrating in seasonal style as we **"Give Thanks for Your Health."** We'll have a delicious assortment of food and refreshments, some fun interactive activities, and, of course, fabulous prizes and giveaways. Plus, our panel of local providers will share the latest information on a variety of health and wellness topics. It's an event you won't want to miss!

Time: Booths open at 5:30 p.m.
Presentation starts at 6:30 p.m.

Cost: FREE!

Place: Registration and Booths: Hospital Main Entrance
Food and Presentation: Café Classroom Lower Level

This Free Event Features:

- Educational booths
- Interactive presentations by Divine Savior Healthcare providers
- Hand massages
- Gift and door prizes
- Divine Boutique exclusive shopping hours from 5:00 to 8:30 p.m.
- Refreshments

*No pre-registration needed, seating limited to first 300 people.



Be seen today

WALK-IN HOURS:

8am–4pm, Monday–Friday

The Wellness Center

2815 New Pinery Road, Portage
Or call (608) 745-6420 to schedule
dshealthcare.com/orthopedics

Get the region's MVP Orthopedic & Sports Medicine Experience

You deserve to feel your best

Are you dealing with aches and pains that come with aging or exercise? Recovering from an injury or illness, or looking for ways to prevent problems? Maybe you just want to live a full, active life.

We can help. When it comes to healing and wellness, you won't find another source for the orthopedic expertise, first-class amenities and personal commitment to your needs — so close to home.

Here for every Orthopedic need

Why do people of all ages with bone and joint pain come here to feel so much better? For a lot of reasons.

- You get highly specialized expertise for diagnosis and treatment — including knee and hip joint replacement; hand, elbow and shoulder repair; surgical Sports Medicine and more.
- You get genuine guidance and support, including a Joint Journey Program tailored to your needs — before, during and after joint replacement surgery.
- You get rehabilitative therapy with seamless access to La Vita, the region's medically integrated fitness center, to stay empowered about health.

Here for more than Surgery

Most orthopedic injuries do not require surgery. Our team works to diagnose, treat and help you rehabilitate smartly — whether you're a top-notch athlete or a master gardener and devoted dog-walker.

We specialize in diagnostic ultrasound and ultrasound-guided joint and soft tissue injections to relieve pain. Leading-edge regenerative medicine techniques, like platelet-rich plasma (PRP) and the Tenex procedure, help us treat chronic tendinopathy, arthritis and plantar fasciitis.

Here for Sports Medicine

Need customized athletic training or education programs for injury prevention? We go from the clinic to classrooms, companies and beyond. For concussion assessment and treatment, athlete conditioning and care, orthotics, brace fitting and more.



CHAMPIONS OF HEALTH

Meet a team that believes in the power of wellness — and that believes in you. It's the best part of our care. You get specialized expertise from medical professionals with a dynamic depth and range of experience who value being able to listen to the needs of each person they treat. And respond in ways that make you feel like the most valuable person around.

Visit us online to watch videos and learn more. Or simply stop by and say hello.
dshealthcare.com/orthochamps

Here for recovery and life: The Wellness Center

Come see an environment where you can train or rehabilitate with expert guidance. Stop by for a tour of La Vita. When you join our medically integrated fitness center, you get access to therapy pools, leading-edge cardio equipment, personal training, assessments, classes and more.



Divine Savior Healthcare, Inc.

Annual Report 2019

Fiscal Year Ending June 30, 2019

La Vita Fitness Center now offering Aerial Yoga

One of the most popular fitness trends in the country is now available at La Vita.

In Aerial Yoga participants hold poses and perform exercises with the help of silk hammocks that are draped from the ceiling. Yogis are able to bend deeper and move with ease as they explore familiar shapes and postures using the hammock as a prop.

La Vita offers a variety of weekly classes, beginning with an Introduction to Aerial Yoga, which is required of all participants before they can take any of the other classes. The introductory class helps students build a trusting relationship with the hammock and instructor and learn how to move in and out of the hammock through a slow flow style. The first class is free.

Other classes include:

- Aerial Yoga Restorative: This experience provides the body a cocoon of support as you stay closely connected to your mat yet allows elevation, lift and support in various asanas.
- Aerial Yoga Flow: This class focuses on vinyasa flows with warrior sequencing as well as lengthening the muscles through deep stretches.
- Aerial Yoga in Flight: This class begins with a gentle warmup, connection to the breath, followed by some focused flow work, and then lift off time to explore a new perspective.

The complete class schedule is available on the La Vita website, dshlavita.com. Call La Vita at **(608) 745-3800** or stop by Member Services for more information or to sign up for a class.



Divine Savior Healthcare charged:

Inpatient services	\$ 41,192,619
Outpatient services	\$ 190,160,937
Long-term care services.....	\$ 9,393,313

In addition, we received:

From non-patient and other services	\$ 1,846,007
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We did not receive full payment from:

Those unable to pay	\$ 715,321
Those unwilling to pay	\$ 5,932,741
Government and third-party payors	\$ 139,712,954

Total Funds Available \$ **96,231,860**

Divine Savior Healthcare applied funds to:

Pay employees and physicians..	\$ 49,066,835
Provide employee benefits	\$ 11,965,453
Purchase medical supplies.....	\$ 11,665,878
Purchase supplies and other.....	\$ 18,033,154
Provide for equipment needs.....	\$ 5,748,065
Provide for debt financing.....	\$ 1,195,703
Reserve used from previous periods	(\$ 1,443,228)

Total Funds Applied \$ **96,231,860**





Breast Cancer Support Group and Resources

A breast cancer diagnosis can be scary, but Divine Savior Healthcare is here to help, providing support and services on every step of your journey to recovery.

Group & Individual Support (608) 745-6289

Our Breast Cancer Support Group gives participants the opportunity to share experiences, provide support to each other, socialize and learn about topics that can help improve their quality of life. The group meets **the first Tuesday of each month from 5:30–6:30 p.m.**, in Classroom C at the hospital. All breast cancer patients/survivors are welcome to attend.

If you would like to connect one-on-one with someone who has been on a similar journey through breast cancer, please email communitywellness@dshealthcare.com or call (608) 745-6289.

Divine Savior Resources (608)742-4131

In addition to the support group, Divine Savior has many local clinical options to offer, including:

- Radiology & Medical Imaging
- Infusion
- Rehabilitation:
 - Lymphedema services
 - Post-operative management, including education, exercise, compression and edema massage
- Concierge (to help answer billing and insurance questions)
- Dietitians
- Fitness
 - La Vita Fitness Center Programs
 - Divine Savior Indoor Walking

For more information about the support group or any of the services available at Divine Savior, contact our Community Wellness Coordinator at (608) 745-6289 or communitywellness@dshealthcare.com.



2019 LOVE LIGHT CELEBRATION

Love Lights 2019 – Save the Date!

We would like to invite you to join us in celebrating the season while improving the quality of life for residents at Tivoli!

Part of the Love Light Celebration includes a fundraiser that allows you to recognize and remember the important people in your life while also raising funds to enrich the lives of our residents at Tivoli. In addition, we are hosting an event at which we will light the three Love Light trees and celebrate the holiday season.

BUY A LOVE LIGHT

To purchase Love Lights in Honor or in Memory of someone, or to Salute a member of the military, please visit <https://dshealthcare.com/lovelights>. When you purchase a light, the name of those you are honoring will be posted online and be featured at the Love Light Ceremony on December 5th.

JOIN US TO CELEBRATE

We invite you to join us for the Love Light Celebration at Tivoli on December 5th from 6:00-7:30 p.m. at which we will light the Love Light Trees and celebrate all we have to be thankful for this season.

This year, all proceeds from the sale of Love Lights will go to enrich the quality of life of our residents through activities year-round. Thank you in advance for your support!

Thank you to 2018 Love Lights supporters. Your generous support allowed us to purchase a TrioBike for Tivoli's residents to enjoy.



Community Connections

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 53901

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 & GLUCOSE SCREENING

(By appointment only)

Cost: \$20

Date: Thursday, March 12, 2020

Time: 7:00 – 8:30 a.m.

Place: Divine Savior Healthcare – Portage

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, February 1, 2020

Time: 9:00 a.m. – 3:30 p.m.

Cost: \$30

BLOOD DRIVE

Date: Thursday, December 19, 2019

Time: 12:00 p.m. – 5:00 p.m.

Place: Divine Savior Healthcare – Suite 100

WOMEN'S NIGHT OUT

Date: Thursday, November 21, 2019

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

COMMIT TO QUIT

Enjoy the benefits of a smoke-free life, and reduce your risk of tobacco related diseases.

This 7 week course is led by our Certified Smoking Cessation Specialists.

Cost: \$25 for a 7 week session.

Call: (608) 745-5918 for information

on how to get started

CHILDBIRTH EDUCATION CLASS

This comprehensive four-week course introduces parents-to-be to the fundamentals of childbirth.

Dates: Wednesdays, November 6 - 27, 2019

Time: 6:00 – 8:30 p.m.

Place: Café Classroom – Lower Level

Cost: \$40

Call: (608) 745-5607 to register or for more information.

BREASTFEEDING EDUCATION CLASS

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 27, 2019

Time: 6:00 – 8:30 p.m.

Place: Café Classroom – Lower Level

Cost: FREE

Call: (608) 745-5607 to register or for more info.

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 the month Time: 6:00 p.m.

Place: Divine Savior Healthcare – Classroom C

Contact: (608) 745-5696

CPR/FIRST AID

BASIC LIFE SUPPORT (BLS)

PROVIDER COURSE

Dates: November 11, December 9, 2019

Time: 8:00 a.m. – 1:00 p.m.

Cost: \$65, includes book

HEARTSAVER CPR/AED COURSE

Date: January 25, 2020

Time: 8:00 a.m. – 1:00 p.m.

Cost: Adult only \$50. Adult/child \$60.

All ages \$70. Book included.

SUPPORT GROUPS

BRAIN INJURY & STROKE SUPPORT GROUP

Date: 3rd Tuesday of every month

Time: 4:00 – 5:00 p.m.

Place: The Wellness Center at DSH Suite 4

Contact: Call Kayla at 745-6290 or

kwolff@dshealthcare.com

BREAST CANCER SUPPORT GROUP

Date: 1st Tuesday of the month

Time: 5:30 – 6:30 p.m.

Place: Divine Savior Healthcare, Classroom C

Contact: (608) 745-6289

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

Dates: Jan. 15, April 15, July 15 & Oct. 21, 2020
Time: 1:30 p.m.

Place: Divine Savior Café Classroom – Lower Level

Contact: (608) 745-6289

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

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) 566-1790

PARKINSON'S SUPPORT GROUP

Date: Wednesday, November 6, 2020

Time: 2:00 p.m.

Place: Divine Savior Healthcare –

Tivoli Gathering Room

Contact: (608) 617-2894

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

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