



# Finding Unique and Innovative Solutions to our Community's Health Needs

Divine Savior Healthcare is deeply committed to a process of continuously improving the quality of care we provide. In this edition of our newsletter, we want to focus on all the ways we've been working hard to find innovative ways to meet the unique health challenges of our community. From innovative fitness programs, state-of-the-art technology, and contributions to community projects, to helping reduce the opioid epidemic, providing support during difficult times, and providing education for future caregivers, we want you to know our staff always has our community's unique health, safety, and wellness needs at the front of our minds.

## Impacting Health Through Fitness

We recently completed the Journey to Better Campaign for La Vita with the installation of our official donor wall at The Wellness Center. We are unable to express in words how meaningful your financial contributions are to Divine Savior Healthcare. On behalf of the nearly 2000 La Vita members — those who have lost weight, gained confidence, made friends, reduced medications, avoided surgeries, met their fitness goals and improved their quality of life — we THANK YOU.

Because of you we are able to provide the following innovative, medically integrated services and programs at La Vita:

- **Pave the Weigh** — A weight management program that will up your weight loss approach and help you be more successful with your weight loss journey.
- **Transition** — This program helps build upon the improvements you have already experienced in therapy and provides individual support as you continue your exercise program.

- **Walk with Ease** — Suffering from pain due to arthritis? La Vita's Walk with Ease program can help relieve your symptoms and support your health care needs.
- **Swimming Lessons** — La Vita offers a variety of classes for all ages and abilities.
- **Speed and Agility Courses** — Improve your performance on the field/court! La Vita offers a Speed and Agility program for community members 14–18 years old.
- **EatSmart Nutrition Coaching** — Are you trying to lose weight or improve your health, but are struggling? La Vita offers fitness coaching, EatSmart, to help you achieve your goals. Start with a free consultation!
- **Individual and Group Training** — Certified Personal Trainers will work with you every step of the way to make your goals a reality.
- **La Vita membership includes** access to over 50 FREE land and water group fitness classes including BODYPUMP™, TRX®, Cycling, Zumba®, Yoga, and more!

For more information or a complimentary tour stop by La Vita or visit [www.dshlavita.com](http://www.dshlavita.com).



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# Connecting Our Community With Paths

We found a new way to work together with our city to improve recreational opportunities. Through proceeds raised from our Run/Walk participants and sponsors, over \$24,000 has been donated by Divine Savior Healthcare to the City of Portage PATHS Fund to support efforts to connect the community through walking and biking paths.

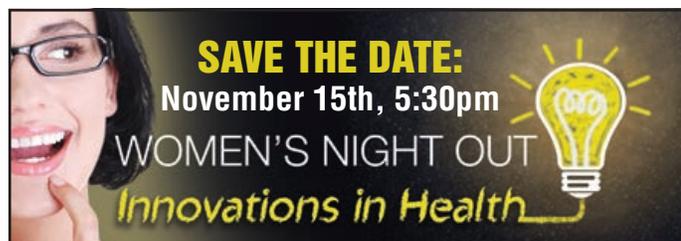
## By supporting the creation of paths, Divine Savior hopes to:

- Encourage physical activity and social interaction in our community
- Decrease pollution
- Provide free recreation and transportation
- Increase heart-healthy exercise and decrease cardiovascular diseases
- Reduce stress and depression
- Enrich overall quality of life
- Increase tourism and economic development

## Addressing Opioid Addiction

While pain control is important, Divine Savior recognizes and is sensitive to how and when prescription drugs are prescribed. This includes only providing opiates for concerns where they have been proven beneficial and only providing correct amounts based on the clinical condition. For those patients receiving opioids, information is included educating them on the potential dangers of opioids and their participation in the Wisconsin Prescription Drug Monitoring Program is required.

For those struggling with addiction, Divine Savior Healthcare also provides Medication Assisted Treatment plans to fight addiction using Vivitrol and Suboxone. We have providers at each of our three clinic locations who are able to prescribe Suboxone and oversee its usage.



**SAVE THE DATE:**  
**November 15th, 5:30pm**  
**WOMEN'S NIGHT OUT**  
*Innovations in Health*

Attention, Ladies! It's almost time for DSH's Women's Night Out annual event! A panel of providers will discuss trending health topics related to innovative options for women's healthcare needs.

**FREE** • No pre-registration • Refreshments • Prizes • Activities

## Going Green and Local



As our guests, your dining experience is very important to our dedicated team. We are committed to serving our employees, patients, residents and guests nutritious meals to promote healing and improve the quality of your life. With these goals in mind, we have implemented environmentally friendly and healthy options throughout the organization. These include but are not limited to: a heart healthy patient menu, grass-fed beef, antibiotic free items, locally sourced food, eco-friendly disposables, smaller portion containers, and less pre-packaged to-go items. We will also be replacing plastic, stir sticks at the coffee stations with wooden options. And there will be re-useable straws available for purchase in the gift shop.

### Grass Fed Beef Benefits

- Less total fat
- Higher nutrient density (lower calorie:nutrient ratio)
- More heart-healthy omega-3 fatty acids
- More antioxidant vitamins, such as vitamin E



### Antibiotic Free Benefits:

- It is estimated that 80% of the antibiotics sold in the United States go to animals and it is proposed that administration of antibiotics in the food we eat may impact the growing trend of antibiotic resistance.
- All of our chicken served from our patient room service menu is free from antibiotics.



### Locally Sourced Benefits:

- A fresher flavor
- A higher nutrient value due to less transportation time
- It stimulates local economy



### Aquaponics:

Divine Savior has a local partnership with Nelson and Pade, an aquaponics farm in Montello, Wis.

Aquaponics is a form of agriculture that combines aquaculture (raising fish in tanks) with hydroponics (soilless plant culture). Benefits of this type of growing method include:

- Completely natural fertilizer
- Pesticide free
- Produce can be eaten fresh, with minimal processing and preservatives
- Uses a fully sustainable agricultural process

# Reducing Antibiotic Resistance

We know that some common bacteria are becoming resistant to popular antibiotics. Bacteria can change and become resistant making it difficult for antibiotics to kill off bad bacteria. Doctors, administrators, and pharmacists at Divine Savior Healthcare have formed an anti-microbial stewardship committee and are working very hard to do all that we can to save the effectiveness of the most valuable antibiotics. We provide patient and doctor education on preventing antibiotic resistance, keep and monitor statistics on all bacterial infections and antibiotic prescriptions, and our pharmacists ensure we have the best, correct drugs for infections. Our dietary team uses antibiotic free chicken, as it is estimated that 80% of the antibiotics sold in the United States go to animals and it is proposed that administration of antibiotics in the food we eat may impact the growing trend of antibiotic resistance.

## What you can do

- Do not take antibiotics when you do not need them – antibiotics are NOT helpful for the common cold, influenza, sore throat, and other common ailments. Antibiotics are used for infections like UTIs, ear infections, strep throat, skin infections, and STIs
- Only take antibiotics when they are prescribed by your doctor
- Do not take antibiotics that were prescribed for a different infection
- Do not share antibiotics with other people or your family
- Take antibiotics exactly as prescribed – do not skip a dose, take the exact amount prescribed by your doctor
- Support you doctor's decision if you are not prescribed antibiotics.

# Educating Future Generations



Divine Savior is committed to creating an excellent workforce to provide quality care in our community for generations to come. This commitment translates into many innovative on-site and off-site training opportunities for continuing education and professional development for our staff and opportunities for students to train and learn to prepare for their careers. Last year alone, we provided:

- 40,000 hours of staff training
- Tuition assistance to further our employees' education and train them for important roles
- 85 high school and first year college students with job shadowing opportunities in real-life, clinical settings in radiology, physical therapy, nursing and more
- On-site CNA training to provide CNA certification to help launch healthcare careers
- Clinical rotations for 179 college students — including CNAs, nurses, radiology, surgical, pharmacy, and laboratory techs, physical therapists, occupational therapists, dieticians, and speech pathology

In addition, we have had nearly 200 medical student and resident rotations over the last five years in Family Medicine, OB/GYN, General Surgery, Orthopedics, and the Emergency Department.

For information on career opportunities at Divine Savior, visit <https://jobs.dshealthcare.com/>.

# Providing Innovative Non-Surgical Back Pain Treatment

The Spine Clinic at Divine Savior Healthcare is a non-operative/non-invasive exercise program specifically designed to treat chronic neck and back pain.

Our team of Spine Clinic trained physical therapists, athletic trainers, and Physical Medicine Specialists, Drs. Kenneth Oh and Amy Doherty, will develop an individualized program geared at bringing you back to function!

The Spine Clinic helps patients (pre and post-surgical) who are experiencing chronic neck and back pain, causing limitations in daily life activities. Many patients will have already failed other forms of physical therapy, chiropractic treatment and even spinal injections.

## The innovative approach includes:

- Twice weekly sessions for eight weeks

- Each session is 90 minutes and typically covered by insurance like standard physical therapy
- Group and individual sessions are available in the morning and afternoon
- Increased spinal range of motion
- Improved overall daily function
- Reduced pain
- Reduced disability
- Reduced reliability on medications for pain relief
- Reduced fear and avoidance of activity
- Possible avoiding of surgery



[dshealthcare.com/spine\\_clinic](https://dshealthcare.com/spine_clinic)

608-742-4127

# Increasing Access to **World-Class** Providers

We've taken a team approach to providing care to our patients so that we can best take care of your preventive and acute care needs. Our team is growing and we're excited for you to meet our newest additions! If you're looking for a new provider — please consider Divine Savior Healthcare.



Dr. Melissa Faubert

## **Dr. Melissa Faubert**

Family & Sports Medicine, 608-745-4598

Dr. Melissa Faubert comes to the Divine Savior Medical Staff from all over the United States and Canada, becoming a Doctor of Osteopathy at Midwestern University – Chicago College of Osteopathic Medicine.

Dr. Faubert is proud to be the first female to have completed the Primary Care Sports Medicine Fellowship at NorthShore University Health System/University of Chicago. She uses this specialized training to provide care for patients in Divine Savior's orthopedic clinic, in addition to her practice in family medicine. Dr. Faubert values developing relationships with her all her patients, earning their trust, and getting them back to a healthier state.



Dr. Katherine Skaggs

## **Dr. Katherine "Kate" Skaggs**

OB/GYN, 608-745-5158

Dr. Katherine "Kate" Skaggs, OB/GYN, brings nearly 30 years of OB/GYN experience to her patients at Divine Savior. She values Divine Savior's commitment to providing immediate access to expert care.

In spite of many options, the providers here have chosen to be here to provide personalized, kind, expert care to patients in a beautiful setting.

In addition to her OB/GYN practice, Dr. Skaggs is certified in Death and Grief studies and can help her patients explore their feelings following a difficult diagnosis, a miscarriage, or loss of loved one. She enjoys making her patients truly feel listened to, even if the topic is a tough one.

Dr. Skaggs has previously served as an assistant professor for the University of Wisconsin-Madison, has significant third-world medicine experience.

**World-class care**  
is closer than you think.

## **Accepting a Wide Variety of Health Insurance Carriers**

Have you met your deductible this year? Are you ready for open enrollment 2019? Are you in search of a primary care provider or unsure if a certain provider is out of your network? Let the professionals at DSH help you! The insurance landscape is a difficult one to navigate. We take all of your questions and work very hard to make sure DSH is included in the majority of insurance policies so we can provide high quality, high value care, locally. Our patient financial specialists can check insurance contracts, your deductible, and assist with other billing questions. Open enrollment for marketplace coverage begins Thursday, November 1, 2018, to Saturday, December 15, 2018. If you don't act by December 15, you can't get 2019 coverage unless you qualify for a Special Enrollment Period. Plans sold during Open Enrollment starts January 1, 2019.

Have questions? Contact Concierge services at 608-745-6239 or [concierge@dshealthcare.com](mailto:concierge@dshealthcare.com).



Christine Whelley, APNP

## **Christine Whelley, APNP**

Family Medicine, 608-745-4598

Christine decided to practice at Divine Savior Healthcare because of the organization's commitment to the Portage community, "The fact that DSH is a charity, their presence for over 100 years, and their commitment to treating all people holistically is something that is very rare in a healthcare today". She loves the history of Portage, the canal, and the easy access to the Wisconsin waterways.

Christine loves teaching patients about their body, its reaction to disease, and how to minimize it.



Elizabeth Dolan, PA-C

## **Elizabeth Dolan**

PA-C, Family Medicine, 608-745-4598

Elizabeth Dolan grew up in Cottage Grove, Wisconsin, not far from and similar in size to Portage, Wisconsin. She chose to practice at Divine Savior Healthcare because she values direct involvement with the community. Elizabeth has a background in Nutrition and is very passionate about nutrition as a component of overall health.

She enjoys building relationships with her patients to understand their values and who they are as individuals. For her, "The most rewarding aspect of working in healthcare is helping patients achieve their goals. Each patient may have a different path to accomplishing the same outcome, and I enjoy individualizing care to work for each unique patient. Whether it's accomplishing a large goal or taking small steps in the right direction, I enjoy celebrating these successes with my patients!"



## Caring for Moms and Babies

Divine Savior is not only committed to caring for moms during pregnancy, but also to ensuring a safe and healthy delivery and support after birth. The unique set of services and support include:

- Three Obstetric providers — OB/GYNS Dr. Brenda Jenkin and Dr. Kate Skaggs and Family Medicine with OB provider Dr. Susan Kreckman.
- Nitrous oxide for labor pain management
  - Nitrous oxide gives women more control during the laboring process and allows them to be a more active participant in their birthing story
  - It's safe and effective and we are one of the first rural hospitals in the area to offer this service
- Childbirth Education Classes, providing an introduction to the fundamentals of childbirth and breastfeeding education are available in person or online.
- Mommy and Me Connections group
  - This group is open to all mothers, breastfeeding or not, as an opportunity to connect with one another, listen to one another's stories, and build relationships with other mothers in the community.
- Complimentary Lactation consulting with Wendy Sherwood LPN, IBCLC and current president of the Breastfeeding Coalition of South Central Wisconsin.
- Lindsay Schehr, APNP is an award winning lactation consultant, who was recently recognized by the Breastfeeding Coalition of South Central Wisconsin for excellence for lactation consulting by a health care provider.
- Fourth trimester care to optimize the health of mothers and infants.
  - DSH is committed to postpartum care — the 4th trimester. The care is ongoing in the weeks following the birth of your baby, it is tailored to each woman's physical, social, and psychological needs
  - Your wellbeing, infant care, sexuality, contraception, health maintenance and physical recovery are all addressed and supported during one of the most difficult transitional periods of a woman's life.

### **SUPPORT THE PARTNERS WHO ARE SUPPORTING DIVINE SAVIOR HEALTHCARE.**

Interested in making a difference? Contact the Volunteer Coordinator at 608-745-5166.

## 3D Mammograms for Superior Detection

If you have a history of breast cancer or are age 40 and over, please talk to your provider to discuss your options and schedule a mammogram. When looking for a place to have your mammogram, consider Divine Savior Healthcare where you'll have access to:

- Comfortable suites for breast care patients with snacks, reading materials, and exceptional privacy
- Mammo pads to prevent discomfort during your mammogram
- Experienced technologists and radiologists
- 3D mammography technology that provides:
  - earlier detection
  - detection of breast cancer when it is most treatable
  - lower radiation levels
  - better detection and accuracy
  - fewer patient callbacks due to improved accuracy
  - less patient anxiety while dealing with callbacks and follow up appointments
  - reduced call backs by forty percent
  - detection of 20-65 percent more invasive cases than conventional mammography

Call 608-745-6295 or visit <https://dshealthcare.com/mammogram>

## World-Class Quality Care

We know that world-class care is delivered here every day, but we're excited to share the stats that prove it. Divine Savior Healthcare's team has been recognized recently for the following stellar accomplishments:

- The Ambulatory Surgery team was ranked in the 99th percentile nationally in patient satisfaction last quarter by Press Ganey.
- Portage, Pardeeville, and Crossroads Medical Clinics obtained Rural Health Clinic accreditation with a zero deficiency, perfect survey score.
- The Emergency Department total time for admission, discharge, transfer averaged 212 minutes vs. the national average of 307 minutes.
- The average transfer to higher level of care center is 62 minutes at Divine Savior vs. national average of 90 minutes.
- Our employees had 100 percent flu shot compliance.
- Divine Savior was presented certificate for outstanding efforts in providing families with tissue donation options in 2017 by the American Tissue Services Foundation (ATSF) for the second year in a row.

Help us congratulate the men and women of Divine Savior who work tirelessly to keep world-class care here in our community!

# 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 – Pardeeville Clinic  
102 Gillette Street, Pardeeville, WI 53954

### CHOLESTEROL & GLUCOSE SCREENING

(By appointment only) Cost: \$20

Date: Thursday, November 1, 2018

Time: 7:00 – 8:30 a.m.

Place: Divine Savior Healthcare – Portage

Date: Friday, November 30, 2018

Time: 8:15 – 10:15 a.m.

Place: Pardeeville Clinic

Date: Friday, December 7, 2018

Time: 8:15 – 10:15 a.m.

Place: Crossroads Clinic – Oxford

## 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 5, 2019

Time: 9:00 a.m. – 3:30 p.m. Cost: \$25

### BLOOD DRIVE

Date: Thursday, December 13

Time: 12:00 a.m. – 5:00 p.m.

Place: Divine Savior Healthcare – Suite 100

Date: Friday, December 14, 2018

Time: 9:00 a.m. – 2:00 p.m.

Place: Divine Savior Healthcare – Suite 100

### WOMEN'S NIGHT OUT

Date: Thursday, November 15, 2018

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

### CHILDBIRTH EDUCATION CLASS

This comprehensive 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, November 7 – 28, 2018

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 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 28, 2018

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: 10:30 a.m.

Place: Divine Savior Healthcare – Classroom C

Contact: (608) 745-5696

### 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

### CPR/FIRST AID

#### BASIC LIFE SUPPORT (BLS) PROVIDER COURSE

Date: November 12, 2018

December 10, 2018

Time: 8:00 a.m. – 1:00 p.m.

Cost: \$65, includes book

#### HEARTSAVER CPR/AED COURSE

Date: December 15, 2018

Time: 8:00 a.m. – 1:00 p.m.

Cost: Adult/child \$60. All ages \$70.

Book included.

#### HEARTSAVER FIRST AID COURSE

Date: December 1, 2018

Time: 8:00 a.m. – 1:00 p.m.

Cost: \$50, includes book.

## 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 Divine Savior, Suite 4

Contact: Kayla 745-6290 or kwolff@dshealthcare.com

### 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: 3rd Wednesday of the month Time: 1:30 p.m.

Place: DSH Café Classroom – Lower Level

Contact: Kari at (608) 745-6289

### GRIEF SUPPORT GROUP

Contact: 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 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) 566-1970

### 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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Divine Savior  
