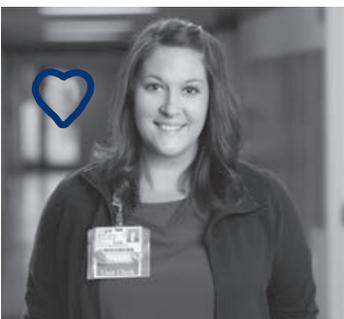




★ ★  
**CHAMPIONS** ★ ★ ★  
**OF HEALTH**



We bring together our collective strengths, our minds and our hearts to champion the health and well-being of every person who calls our beautiful community home, because we know that hospitals like Divine Savior play a vital and significant role in your quality of life.

We know that you're unique and that's why we are focused on responding to your specific health needs and the needs of our community.

It's why we provide free and reduced cost preventive health and wellness programs and serve as a healthcare resource for local businesses, schools and more. It's why we proudly support local projects that improve the quality of life of our community with our resources and donations.

It's why our team includes care providers and board-certified physicians who train in the same universities as those who practice in urban centers. In many instances, our nurses and physicians have more training and certificates in order to be proficient in providing care for a wider variety of patients.

We treat patients with a full spectrum of concerns and employ our own physicians in the areas of

family medicine, general surgery, orthopedic surgery, podiatry, physiatry, endocrinology, pulmonology, sports medicine, obstetrics/gynecology, emergency medicine and more. These professionals handle everything from preventive health and regular check-ups, to complicated surgeries and trauma cases.

What's truly remarkable is these champions choose to give their talents to our community. That kind of dedication translates to high-quality and incredibly compassionate care and we couldn't be more proud of our team.

Our providers want to listen and understand you, to heal you, and to provide the kind words that make you smile. It's these abilities and more that you'll find in the kind hearts and fierce minds of the champions who provide care to you and our community at Divine Savior Healthcare. Our doctors, nurses, specialists could work anywhere, but they choose to work here to care for you, to care for this community.

At Divine Savior Healthcare we appreciate the support we continue to receive from our community. For those of you who champion our organization and recognize the importance of community health care close-to-home, we thank you. For more information on what Divine Savior Healthcare means to our community, please visit [www.dshealthcare.com/champions](http://www.dshealthcare.com/champions).

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# Can we help?

## Do you have a question for our Concierge?

Give us a call at **608-745-6239** or send an email to [concierge@dshealthcare.com](mailto:concierge@dshealthcare.com).

Divine Savior has a dedicated Concierge available to assist you with better understanding your coverage and health care information. See below for a list of the most common question our concierge receives.

- 1. What will my cost be for this test/surgery?** DSH is happy to provide the cost of the service that is sent to insurance companies. To calculate your out-of-pocket costs, you will need to know your own insurance benefit plan. We can help give you our best estimate; however, there are other factors considered for billing reimbursement that we will not know until we receive the response on the claim from the insurance company.
- 2. How do I get my radiology test results on the MyHealth Patient Portal?** Radiology test results are available through your doctor's office or Hospital Medical Records. The available information on the portal includes: lab results, past clinic appointment dates, private messaging to your provider and a link to online payment resources.
- 3. Do you take my insurance?** We've worked very hard to make sure that Divine Savior Healthcare is included in the overwhelming majority of insurance policies available to those who live and work in and around our community. The choice is yours and we hope that when you choose your care, you choose Divine Savior Healthcare. A comprehensive list of DSH's common contracted insurance companies is available on our website. However, we advise you to personally contact your insurance provider to inquire if DSH is in-network for your specific coverage plan.
- 4. I filled out the email/text survey with the smiley faces and then I got a list telling me to share my results. Did you get my survey?** Thank you for filling out the email survey. Your results were received once you were taken to the page prompting you to share your feedback online. We appreciate you taking the time to complete the survey. The data helps us make improvements to provide the best services for patients.

## Caring for our community.



We bring together our collective strengths, our minds and our hearts to champion the health and well-being of every person who calls our beautiful community home.



### OUR VISION

Divine Savior Healthcare is deeply committed to a process of continuously improving the quality of care and services provided as an integral part of the Church's healing ministry to all persons.



### OUR DREAM

Healthy lifestyles will be a trademark for our community.



### Wholehearted Care

We have been recognized as one of the best in the nation for outstanding quality performance by the Federal Health Resources & Services Administration

### OUR IMPACT

#### 1190 Jobs

748 (full time equivalent) jobs are staffed by 940 community members who work directly at Divine Savior Healthcare.

442 Jobs are affected or supported by those working outside our setting.



### \$60.4 Million Annually in Wages & Benefits

Our employees earn at or above market wages and benefits and then spend those dollars on goods and services in our community.



### \$139.4 Million Annually in Economic Activity

\$87.9 Million is created due to direct efforts in our setting.

\$51.5 Million is generated by us outside of our setting.



### \$5.9 Million Annually in Uncompensated Care

This care is provided to those who are unable to pay.

## WE BELIEVE

It is our charge as champions of health to work together to meet the health and wellness needs of our community.

# Do you have a sleep disorder?!

It is estimated by the American Association of Sleep Medicine (AASM) that there are 22 million Americans suffering from a sleep disorder, with 80% of them going undiagnosed.

If you or a loved one answer yes to any of the following questions you may be suffering from a sleeping condition.

- **Are you a loud, habitual snorer?**
- **Do you feel tired or groggy upon awakening?**
- **Are you overweight and/or have a large neck?**
- **Have you ever been observed to choke, gasp, or hold your breath during sleep?**
- **Are you sleepy during wake hours and/or can you fall asleep quickly?**
- **Do you have trouble falling asleep at night?**
- **Do you feel you sleep too much?**

Difficulty sleeping for several weeks can be dangerous and indicative of a more serious medical condition in need of attention. Complications from sleeping disorders include: reduced energy, excessive daytime sleepiness, diminished mood, irritability, greater risks for motor vehicle and heavy equipment accidents, pain resulting from the physical and mental effects from a lack of sleep, and decreased memory, concentration, and reasoning skills. In addition, sleep disorders significantly increase your risk for obesity, hypertension, diabetes, heart disease, stroke, dementia/early aging, lower immunity, and some cancers.

If you feel that you may have a sleep disorder, see your primary care provider for a sleep study referral or make an appointment directly by calling Divine Savior's Sleep Center at (608) 745-6320.



**Dr. Clint Bonebrake**

Divine Savior operates a three-bed Sleep Center that is accredited by the AASM and directed by our Board Certified Sleep Medicine Specialist, Dr. Clint Bonebrake. If you are found to have a sleep disorder, our physicians will work with you to develop a treatment plan and options to correct your condition. Sleep studies are covered by most insurance plans.

[https://dshealthcare.com/sleep\\_disorders\\_center](https://dshealthcare.com/sleep_disorders_center)



## UW Health Med Flight expands to Divine Savior Healthcare

To enhance emergency services in north-central Wisconsin, a second regional Med Flight helicopter base will be set up at Divine Savior Healthcare, bringing the total number of UW helicopter bases to three. Divine Savior Healthcare is focused on continuing to increase access to the best preventive and life-saving care for our community. We are proud of the emergency care we provide in our region and are looking forward to enhancing it with the addition of a Med Flight base in Portage to take those in our region needing a higher level of care to Madison. For those situations in which seconds count, it will allow those in our region with critical injuries and illnesses to receive the crucial care they need sooner. Med Flight is equipped with state-of-the-art navigational and safety equipment including automatic terrain-avoidance systems, night-vision goggles and instrument-flight rules (IFR) capability to enhance visual flying, and Med Flight is among only a handful of medical helicopter programs in the country that provide a physician on every flight. Construction for the new Med Flight facility on our campus began on March 11th and will continue through June. The Portage base is scheduled to begin operations in summer 2019. We appreciate your understanding as we bring this incredibly exciting and valuable resource to our community!



# Battling Acid Reflux?



**Dr. Josh Pogorelec**

As with a poor night's sleep, it's normal to occasionally experience indigestion or require an antacid following a large meal. But, if you're experiencing the following symptoms twice or more each week, you may be suffering from a condition called GERD.

GERD (Gastroesophageal reflux disease) occurs when stomach contents move into the esophagus causing a burning sensation commonly referred to as heartburn, pain in the upper abdomen, bloating, nausea or an acidic taste in the mouth. Prolonged exposure of the esophagus to stomach contents can result in damage to the lining of the esophagus and can result in difficulty and pain when swallowing or permanent damage to the esophagus.

## **Common Symptoms of GERD include:**

- Heartburn
- Acid regurgitation
- Belching
- Difficulty or pain when swallowing
- Sudden excess of saliva
- Dysphagia, the sensation of food sticking in the esophagus
- Chronic sore throat
- Laryngitis
- Inflammation of the gums
- Erosion of the enamel of the teeth
- Chronic irritation in the throat
- Hoarseness in the morning
- A sour taste
- Bad breath
- Coughing at night

In many cases, the symptoms of GERD can be effectively treated with over-the-counter medications like an antacids and lifestyle changes. However, if relief is not received from these medications your provider may recommend you be evaluated by our board-certified general surgeon Dr. Josh Pogorelec, who specializes in GERD treatments at Divine Savior.

Following endoscopy, a procedure used to visualize the esophagus, stomach and intestine to evaluate damage, a highly effective, minimally invasive surgical procedure called Nissen fundoplication may be recommend for those suffering from severe GERD or damage to the esophagus.

Another new and highly effective procedure is also now available at Divine Savior. Dr. Pogorelec is trained in state-of-the-art surgical procedures called the LINX Reflux Management System. For those patients for whom this option is an appropriate, LINX provides advanced, minimally invasive treatment quickly and effectively.

LINX is a revolutionary treatment that controls reflux issues long term, eliminating the need for continuous use of antacid medications. A simple device that is roughly the size of a quarter is implanted at the base of the esophagus to do what your failing reflux barrier is supposed to do — prevent stomach acid from entering your esophagus. This tiny, life-changing device starts working almost immediately and leads to relief from day one.



## **Benefits of LINX**

- LINX® preserves normal physiological function so you can belch or vomit as needed. The titanium beads open and close to let food down, and if it needs to come up, it can.
- Eighty five percent of patients are free from reflux medications after treatment, providing uninterrupted relief, and eliminating medication side effects and trips to the pharmacy
- Nearly 90 percent of patients reported elimination of heartburn
- Ninety nine percent of patients eliminated regurgitation after treatment
- LINX patients report decreased bloating, gassiness, and discomfort, and improved quality of life.

If you have chronic, painful reflux or have already been diagnosed with GERD, and think you may be a candidate for treatment, take your first step toward winning the battle against reflux and call 608-745-5186 for a consultation with Dr. Pogorelec today or visit [www.dshealthcare.com/gerd](http://www.dshealthcare.com/gerd).



**SAVE THE DATE**

**2019**  
**RUN WALK**  
Divine Savior Healthcare

**Join us for  
the 2019 DSH Run/Walk**  
Saturday, June 1

**ONSITE REGISTRATION: 7:00 – 8:15 A.M.**  
**START TIME: 8:30 A.M.**

**RUN: 10K, 5K or 1 mile**

Runners will start and stop near Tivoli, our residential facility at 2805 Hunters Trail in Portage, 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.

**WALK:** One mile and 5K walk for adults and children of all ages!

**For more information** visit [DSHealthcare.com](http://DSHealthcare.com) or call (608) 745-6289.

Pre-register online by May 27, 2019 at <https://runsignup.com/divinesavior>

All Run/Walk proceeds will be used to fund efforts to create a walkable and bikeable trail system in our community!

**Registration fee includes:** A pre-race guided warm-up, t-shirts, refreshments and participation medals are available for all participants. For those participating in the run, there will be electronic timing and trophies for the top male and female finishers in each category.

## Be Safe! Dispose of unused medications anytime at DSH.

More than 100 Americans die every day from opioid abuse. Seventy thousand children are seen in emergency rooms each year due to accidental ingestion of medications. Teens admitting to taking medications for non-medical reasons often say they got them from cabinets at home. The statistics prove that occasional drug take-back days are simply not enough.

In our ongoing support of efforts to keep our community safe, Divine Sav-

ior Healthcare is proud to introduce a new year-round option for safely disposing of unwanted or unused medication. Near the main entrance of the hospital you will now see a secure green receptacle for quick and easy disposal of surplus, expired, and unnecessary drugs. This receptacle is available for anyone in the community to safely dispose of any type of over-the-counter or prescription medication at any time!



# 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

### HEART CARE

Screening includes blood pressure, HDL, LDL, total cholesterol, glucose, and triglycerides.

Cost: \$15

Phone line registration dates: September 9 – 12

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: September 19 and 20, 6:30 – 9:30 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 8, 2019

Time: 9:00 a.m. – 3:30 p.m.

Cost: \$25

### BLOOD DRIVE

Date: Thursday, June 20, 2019

Time: 12:00 a.m. – 5:00 p.m.

Place: Divine Savior Healthcare – Suite 100

### 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

### BREASTFEEDING EDUCATION CLASS

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: May 15, 2019

Time: 6:00 – 8:30 p.m.

Place: Café Classroom – Lower Level

Cost: FREE

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

### 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

### DIVINE SAVIOR HEALTHCARE RUN/WALK

1-mile & 5k run or walk, and 10k run

Date: Saturday, June 1, 2019

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

<https://runsignup.com/divinesavior>

### CPR/FIRST AID

#### BASIC LIFE SUPPORT (BLS)

#### PROVIDER COURSE

Dates: May 6, 2019 and June 10, 2019

Time: 8:00 a.m. – 1:00 p.m.

Cost: \$65, includes book

### HEARTSAVER CPR/AED COURSE

Date: September 28, 2019

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

Divine Savior Healthcare, Suite 4

Contact: Call Kayla at 745-6290

or [kwolff@dshealthcare.com](mailto: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: 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 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

### 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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