



**Memorial  
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# HealthWise

YOUR SOURCE FOR MMC & HAMH/WE NEWS

magazine



**Hayward Area  
Memorial Hospital  
& Water's Edge**  
*Right here in the place we love.*



## Sleep Regained

**JAN PENN**

shares her journey to a good night's sleep



Issue 14  
Spring 2017

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# Working Together

Health impacts so many aspects of a person's life. Our missions show our commitment to providing high quality health care and our dedication to improving the overall health of the people in our communities, while providing access to care close to everything we love.

Within each edition of **HealthWise** we will provide you with healthy tips for daily living and inform you of services that contribute to maintaining and improving your overall health. We will also introduce you to our staff, who help to serve our mission by providing excellent care and who take great pride in volunteering and giving back to our community, because we are our community.

This issue features retired Nurse Practitioner Jan Penn who learned by undergoing a simple sleep study, a minor health condition was affecting her ability to lose weight, control her blood sugar levels and was interrupting her sleep. The test, results and treatment for her condition have greatly improved her overall quality of life.

You are probably aware that allergy season is upon us. Unfortunately, many of us suffer from seasonal allergies. The ENT Clinic of Memorial Medical Center sees patients in both Ashland and Hayward. Lynn Faulkner is an RN focusing on allergy treatment and shares some options to allergy relief.

We are happy to share that our Water's Edge Senior Living Community located in Hayward will be expanding. Breaking ground this spring, the expansion will double the size of the facility's assisted and independent living options for seniors. More details of the planned expansion are featured within this issue.

We would love to hear from you. If you have any questions, comments or concerns about this issue of **HealthWise** or the work we are doing please contact us by emailing [healthwise@ashlandmmc.com](mailto:healthwise@ashlandmmc.com).



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MMC & HAMH/WE

# VALUES

Prevention • Respect • Value  
Quality • Communication • Education

# Sleep Study Success

Jan Penn



For over 40 years, Jan Penn has helped thousands of women and their families take care of themselves. The Nurse Practitioner from Highbridge, devoted her life to caring for five generations of northern Wisconsin families, working up to 60-70 hours per week. But, like so many health care providers, she let some aspects of her own health slide.

“I was having trouble losing weight and my blood sugar levels were starting to concern me,” she explains. “There were other signs as well, but it was easy to rationalize my way out explaining why I was tired.”

But then she got a FitBit, and it quickly became clear that some of her health issues were tied to something we all need—sleep. “I started to notice on my reports that there were a lot of interruptions in my sleep patterns,” she says.



Penn knew a common reason for interrupted sleep was sleep apnea. And, that a simple, non-invasive sleep study could provide clarity and solutions as to why she wasn't sleeping as soundly as she should. It had been something she'd been telling her patients for years. After undergoing a consultation with a physician, she decided to proceed with a sleep test at MMC.

MMC's Faye Johnson, RRT, RPSGT administered the test. "When Jan arrived, we went over the process which includes multiple tests that measure everything from oxygen levels in your blood, heart rates and your sleep pattern."

Patients generally show-up a couple hours before bedtime to get hooked up to the non-invasive equipment and go through this explanation of the process. From there, a patient has a space similar to a hotel room where they can do their normal activities such as reading or watching television. Once asleep, the patient is monitored by the sleep study team and the next morning, the test is sent to a physician to go over results with the patient.

"I have more energy and I think more clearly throughout the day. I've also noticed that I don't have the afternoon slumps I used to get."

It is a very casual atmosphere that allows for the patient and sleep study team to connect. "We enjoy some nice time together," Johnson explains. "It is an opportunity for me to really get to know my patients and help them with something that's a key piece of their life." What many of them find when the test results come back is they have sleep apnea.

Johnson says a number of patients are hesitant to take the test due to experiences they perhaps had with their parents who suffered from sleep apnea.

"Previously, there wasn't always a good outcome to these tests. The treatment options just weren't there and what was available was cumbersome, uncomfortable and loud. This just isn't the case anymore."

Today, there are over a hundred treatment options. The most common is a small mask, often referred to as a positive airway pressure machine (PAP). The more common forms of PAPs include continuous (CPAP) bilevel (BiPAP) and variable (VPAP). There are also dozens of oral devices on the market to assist with sleep apnea. The common goal among all of these treatments is to keep the sleeper's airway from collapsing.

Following Penn's sleep study, she learned she had a mild form of sleep apnea. She now uses a CPAP at night. And, in typical Penn fashion, she used this experience to help her patients right up until her retirement in January.

"We're taught in healthcare to never reveal personal information. But, after I did it, I was able to share my experience and show some of my results with patients which gives them more information to make an informed decision," she says. She also hopes it inspires them to take action to make a small change that can reap big rewards.

Today, Penn is sleeping with minimal interruptions at night. "I have more energy and I think more clearly throughout the day," she says. "I've also noticed that I don't have the afternoon slumps I used to get." It has also been easier to lose weight and her blood sugars are stable.

If you know Penn, you know she was always a woman of high energy. She plans to direct this newfound energy towards spending time with her twin 10 year old granddaughters, engaging with the League of Women Voters and continuing to make a positive impact in the community she loves.



# Meet the Staff

## Q&A

With Respiratory Therapist,  
Leslie Steidl



### What is the purpose of a sleep study?

The purpose of a sleep study is to diagnose sleep disorders including sleep apnea, narcolepsy, restless legs and REM (restless eye movement) behavior disorder. A sleep study records data including EEG (brain waves), oxygen saturation, respiratory airflow and effort, ECG (electrocardiogram), Eye movement (REM sleep) and limb movement.

### When a patient comes to see you, what information should they bring?

Any patient scheduled for a sleep consult will be mailed a questionnaire to fill out and bring with them. This information will include their health history and sleep patterns.

### What can a patient expect during a sleep study?

A technologist registered in sleep will monitor the patient the entire night and explain the process during the set up period prior to going to bed. Electrodes and wires are attached to the body to collect data. The equipment should not cause any discomfort to the patient although it can be slightly restrictive. All monitoring devices are connected to a small portable box that is easily disconnected to allow the patient to get up and use the bathroom. If the patient documents sleep apnea during the study, they may be asked to wear a mask for the second portion of the night. The technologist can assist with any needs the patient has during the night. As soon as the sleep study is completed the patient is free to leave.

### What are three questions patients should consider asking during their visit?

- What are the health risks of sleep apnea?
- What are the treatment options for sleep apnea?
- What will happen if I decide not to use these options?

### What is the largest misconception you think patients have about sleep studies?

Patients often believe we can tell what they are dreaming because of the electrodes on their head. Patients are surprised how good they feel after using the CPAP (continuous positive airway pressure) machine for only four hours during the study.

### What's the one piece of advice you'd give patients to improve their overall health?

Get a minimum of eight hours of sleep every night. Treat sleep apnea if you are diagnosed, doing so can help prevent heart attacks and strokes.



# Recipe Corner

## Low Fat Fruity Smoothy

Eating more fruits and vegetables adds nutrients to your diet, reduces risks of heart disease, stroke, some cancers, and can help manage weight. If the foods we eat help prevent potential health disparities, you might be wondering, how you can fit both fruits and vegetables into one meal.

Look no further than the Low-Fat Fruity Smoothie. This delicious drink incorporates a blend of fruit, with the added hidden health-bonus of spinach, and the low-fat qualities of kefir and skim milk to help with proper digestive health. Try this smoothie today!

### Ingredients:

- 1 cup frozen mixed berries (I used mixture of mango, strawberries, and blueberries)
- ½ cup spinach (handful)
- ½ cup plain kefir
- ½ cup skim milk (can add more to taste)

### Directions:

Combine ingredients into a blender. Blend until no chunks exist and smoothie is thick and creamy. This recipe yields 1 serving or about 1.5 cups of smoothie mixture.

*Submitted by the Registered Dietitians of Hayward Area Memorial Hospital and Water's Edge and Memorial Medical Center.*

# WellnessWise

## Understanding the New Nutrition Labels

Have you ever glanced at the calories on a bag of chips and thought, that isn't so bad? Only to later discover, that little bag of chips was actually three servings? You are not alone. But, changes in food labels may help.

The FDA has announced the new Nutrition Facts label for packaged foods. The label will reflect new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The label will also make it easier to make informed decisions about the food we eat.

### Six Changes to the Nutrition Fact Label:

**Calories, servings per container, and serving size** will have larger type size, number of calories and serving size will be in bold type.

**Actual amount of the vitamins and minerals in each serving will be listed.**

- Vitamin D and potassium content will be required on the food label, according to nationwide food consumption surveys, they are nutrients we don't always get enough of. A diet without these nutrients can lead to an increased risk of chronic disease.
- Calcium and iron will still be required.
- Vitamins A and C will not be required, but can be included on a voluntary basis.

**Added sugars (in grams) will be listed under the Total Sugars section of the label.**

- This will help consumers understand how much sugar has been added to the product.

It is difficult to meet nutritional needs while staying within calorie limits if sugar exceeds 10% of your daily calories. Added sugars refers to sugars added during the processing of foods, for example; sugars from concentrated fruit or vegetable juices are in excess of what would be found in the same amount of 100% fruit or vegetable juice.

"Calories from Fat" is being removed.

- Research shows the type of fat is more important than the amount.

Serving sizes will be based on amounts of foods and beverages that people are actually eating, not what they should be eating. For example, the serving size for soda was previously 8 ounces, this will change to 12 ounces, which is a typical serving of soda.

The footnote is changing to better explain what percent Daily Value Means.

- It will read: "The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general advice."

Manufacturers have until July 26 to comply with the final food label requirements. If you need more information about the new Nutrition Facts label, feel free to contact a registered dietitian at Memorial Medical Center or Hayward Area Memorial Hospital for assistance.

## Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 72
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

## New Label

Nutrition Facts	
8 servings per container	
<b>Serving size 2/3 cup (55g)</b>	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Kerrie Gamboni, RD, CDE is a registered dietitian at Hayward Area Memorial Hospital & Water's Edge. Kerrie exceeds her 10,000 daily steps by walking and playing with her three golden retrievers. To learn more about choosing the best foods for your diet, consider taking a free grocery store tour lead by one of our registered dietitians in Ashland or Hayward.

Additional details can be found at:  
[haywardmemorialhospital.com](http://haywardmemorialhospital.com); 715-934-4311  
[ashlandmmc.com](http://ashlandmmc.com); 715-685-5465

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# WellnessWise

## Free Yourself from Allergies

Did you know 60 Million People in the US suffer from allergies? In fact, allergies are the leading cause of chronic illness in the United States, costing over \$18 billion annually.

Allergic disease has a significant impact on quality of life causing sneezing, wheezing, nasal congestion, coughing, itchy watery eyes, hives, fatigue and irritability. In other words, they make you miserable!

Allergies are caused by your immune system's overreaction to natural substances in the environment. If you suffer from allergies your immune system reacts to these substances the same way it reacts to something harmful like bacteria. For non-allergy sufferers think of how you feel when you have an upper respiratory infection and then consider this going on for months at a time!

How can you treat allergy symptoms if you are one of the 60 million who are affected?

Generally we look at one of three ways:

1 Medications like antihistamines such as Loratidine, Allegra, Zyrtec or Benadryl as well as nasal sprays such as Rhinocort, Nasonex or Flonase. All of these are available over the counter and can help with symptom relief.

2 Environmental controls. If you know what is triggering your allergic response you can concentrate on avoidance in your environment. For example if you always sneeze around a cat it's best to avoid them! This will work well over things you have control of such as cats, dogs or dust mites. Unfortunately, if you know you always have symptoms in the spring time it's likely to be caused by tree pollen which can be difficult to avoid!

3 Immunotherapy which involves injecting you with small amounts of the substances you are allergic to. This stimulates your body to building antibodies which block the immune response. Immunotherapy can improve symptoms in about 85% of the patients treated.

At Memorial Medical Center's ENT clinic we can help test and treat your allergies. Testing is performed by both skin pricks (the skin is pricked with a needle where a drip of allergen has already been placed) and intradermal (consists of injecting small amounts of an allergen into the superficial layers of the skin). Once your allergens have been identified you will meet with the physician to determine the best way to treat your allergies.

Don't suffer through the upcoming pollen season, which will be here sooner than you think. In fact, tree pollen will be detected in the environment long before we see the buds coming out! Call 715-685-6010 to schedule an appointment for evaluation.



Lynn Faulkner is a registered nurse focusing on allergy treatment at the ENT Clinic of Memorial Medical Center seeing patients in both Ashland and Hayward.



# News Updates

## THOMAS JENSEN TO LEAD BEHAVIORAL HEALTH SERVICES DEPARTMENT OF MMC



MMC is pleased to announce Thomas Jensen is our new Director of Behavioral Health Services. In this role, Jensen will oversee Outpatient Mental Health Treatment, Recovery Services and our 10 bed Inpatient Chemical Detox and Mental Health Stabilization.

Jensen comes to MMC with over 20+ years of experience in both management and as a mental health therapist. Most recently, he served as Manager of Integrated Behavioral Health at Essentia Health. In this role, he worked to further develop the connection between primary care and behavioral health to provide a more cost-effective treatment approach for patient-centered care. He also developed tele-psychiatry at 14 clinics throughout northwest Wisconsin and northeast Minnesota.

“Tom’s commitment to improving access to mental health services will be a great asset to this community,” says MMC CEO Jason Douglas. “I was immediately impressed by his genuine passion and desire to find innovative solutions to ensure all patients have access to the services they need, even in rural communities.”

Tom has a Master of Social Work (MSW) from the University of Minnesota Duluth. He also completed 90 hours in Process Excellence Leader Training and participated in a Healthcare Kaizen at ThedaCare. Tom utilizes this training to focus on daily continuous improvement for behavioral healthcare delivery.

## DIANE LULICH NAMED CHIEF HUMAN RESOURCES AND CULTURE DEVELOPMENT OFFICER AT MMC



MMC is pleased to announce Director of Human Resources Diane Lulich has been appointed to Chief Human Resources and Culture Development Officer. In this new role, she will continue to oversee Human Resources, but will also oversee Pastoral Services, Education, Nutrition, Health and Safety and Cardiopulmonary Services.

“Throughout her tenure, Diane has made countless contributions to improving the overall employee experience at MMC,” MMC CEO Jason Douglas says. “We know that Human Resources plays a critical role in attracting and retaining a high quality workforce to ensure our patients receive the best care possible. We’re fortunate to have someone so dedicated and experienced on our team to take on this critical role.”

Lulich has worked within Human Resources at MMC for 40 years, including the past 9 years as Director. She has a Bachelor’s Degree in Business Administration from UW-Eau Claire, along with a Human Resources Certificate from UW – Superior. She’s an active member of the Society for Human Resource Management, Wisconsin Healthcare Human Resources Association and Healthcare Human Resources Association of Minnesota.



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# News Updates

## WATER'S EDGE ASSISTED LIVING EXPANSION

In addition to serving the Hayward community as a critical access hospital, Water's Edge is home to many of the area's seniors. Water's Edge opened in 2011, and quickly set the standard in long-term care through the implementation of culture change that is positively reflected in their resident satisfaction surveys. They began serving 50 residents in a skilled nursing setting, and 20 tenants in an assisted living setting, but it was not long before it became increasingly evident that their strong reputation meant a growing waiting list and high community demand. To meet this demand and serve the community, there are plans to break ground in May 2017 to add 20 additional assisted living apartments.

Thanks to the area's vocal community members, great insight into what the market is demanding from today's senior living communities was gained. During the market research process, it was discovered that the consumers will be expecting amenities such as a large fitness facility, education/community event space, social gatherings and, of course, more parking. Thus far, the current plans for the addition will accommodate these expectations, if not exceed them.

One topic that was found to be very popular among the sample group was health and wellness. This feedback was carefully taken into consideration by designing a place where tenants' wellness needs would be met. A large fitness center was designed to accommodate not only the growing number of tenants, but also to be utilized by the employees to help them meet their personal health and wellness goals.

With the constant changes in the delivery of senior living services, Water's Edge strives to stay up-to-speed to ensure quality care is provided at every level. Their unique location, person-centered culture, and engaged staff are what brings community members to Water's Edge. Not only do they work to ensure that the demands of senior living consumers are met, but that they promote a lifestyle that makes for a healthier and happier senior population.

# SAVE THE DATE

# 55+ Health Expo

**Wednesday, August 16**  
**9 am - 2 pm**

**Bretting Center and Bay Area Civic Center, Ashland**



**Screenings**  
**Seminars**  
**Health Expo**  
**Give-aways & More!**



# Giving Back

We take pride in supporting our communities



The warm spring & summer months will bring many opportunities for our staff to volunteer at outdoor events. We are always willing to give back to the people of our area and beyond. Pictured below, you can see some of the ways we have recently helped different causes to ensure the health and happiness of our fellow community members.



Each year HAMH/WE gives area students an opportunity to learn about healthcare careers. Medical professionals work directly with students and offer insight into their area of expertise, educational requirements for their position and career opportunities within their chosen field.

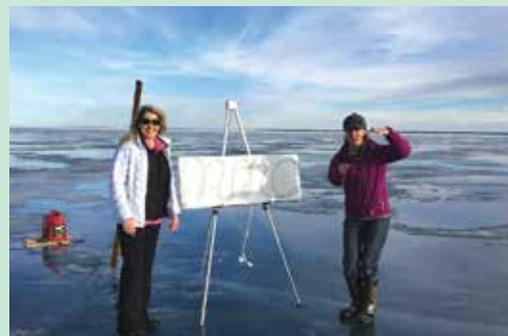


Staff and volunteers of HAMH/WE donated personal products throughout the month of March. The Hayward Community School District, LCO Schools, Salvation Army and Ventures Unlimited took care of distributing the items to families and individuals in need.

HAMH/WE served as sponsors of the Shamrock Shuffle, a great local event encouraging people to get out and move. Additional event support included staff volunteers to help at the finish line



food station and award distribution. Proceeds from the event support the Hayward Nordic Kids.



MMC staff were at their annual water tent for the Book Across the Bay walk, ski, or snowshoe race. They also held a social media photo contest for race participants. The winner received \$100 cash and

a paid entry fee for next years' race. This race draws approximately 2,000 people to the Ashland area.

MMC's Cardiac Rehab Department hosted a community open house in February. Folks learned about low-salt food options, and how to do some simple daily exercises that can increase strength and balance.



1615 Maple Lane  
Ashland, WI 54806



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# Break up with your allergies



Memorial  
Medical Center  
ENT CLINIC

715-685-6010



Dr. Terrence Tuominen and his expert staff can help you diagnose and treat your allergy symptoms. Call today for an appointment in Ashland or Hayward. Learn more at [ashlandmmc.com](http://ashlandmmc.com).