

# Healthwise



ISSUE 33 | FALL 2022

magazine



## Foot Pain Defeated

Joann Lemke shares her Podiatry Services experience

### WELLNESS

Recognizing  
Eating Disorders

### MEET THE STAFF

Ophthalmologist,  
Sam Kuchinka, MD

### NEWS

Introducing Providers  
and Services

# Giving Back

We take pride in carrying out our mission to improve the health and wellbeing of the people in our region.

If you know of any events or causes where we can lend a healthy helping hand, please let us know by calling:

Hayward Marketing Department: 715-934-4325

Ashland Marketing Department: 715-685-5186



Community Picnic - HAMHWE



Rescue Divas EMT Girls Camp - MMC



Recovery Picnic and Raffle - MMC



First Aid Kits Donation to Youth Hockey - HAMHWE



Bike Helmets for Primary School - HAMHWE



55+ Wellness Day - MMC



Donation to LCO Women's Shelter - HAMHWE

# Back on Her Feet

DON'T LET FOOT PAIN KEEP YOU DOWN. A PODIATRIST CAN HELP.



Joann Lemke is a small woman with a big personality. When persistent foot pain began to interfere with her ability to do the things that bring her joy, she decided to seek the care of a podiatrist.

After doing her research, Joann chose to receive her care close to home and scheduled an appointment with podiatrist, Dr. Keith Anderson at Hayward Area Memorial Hospital. Following her first appointment, Joann knew Dr. Anderson was the right choice for her, saying, "He was just one of the nicest doctors that I have met in long time. He took the time to answer all my questions."

**When it comes to feet, it's not one size fits all. Treatment options vary patient-by-patient.**

Joann and Dr. Anderson discussed all of her options together. Dr. Anderson says, "I don't recommend surgery to everyone, we discuss each person's lifestyle and needs—then decide together what the right treatment is."

For Joann, who was experiencing foot pain as the result of a bunion, the right treatment did involve surgery. Dr. Anderson is able to perform many different surgeries for painful bunions and after discussing the different options with Joann, they agreed to proceed with "Big Toe Fusion" which involves realigning the big toe by fusing two bones together. This was a great option for Joann, because she was able to bear weight on her foot the same day of surgery, allowing her to retain her independence.

The day of surgery, a caring neighbor drove Joann to the hospital and helped her get situated. "All of the staff were very kind," says Joann. "They took time to explain everything they were doing and why." Following surgery, Joann was able to return home to recover, under the watchful eye of her neighbor. Though she did experience swelling, she was happy to be able to be on her feet again. Recovery for this type of procedure is approximately six to eight weeks. While she is still awaiting clearance during her next appointment with Dr. Anderson, she is very satisfied with her recovery so far.



**Keith Anderson, DPM**  
Podiatrist

When asked to give their advice to other people experiencing foot pain, Dr. Anderson and Joann both said the same thing, “Don’t wait.”

While Joann credits Dr. Anderson with her successful surgery, he says that she played an important role in

her successful outcome. “Joann is a great patient, she was very compliant and carefully followed her post-operative instructions,” says Dr. Anderson.

Joann is now looking forward to next year when she can rejoin her bowling league pain free. If you are experiencing pain or discomfort, don’t wait too long - the right treatment is available for you. Dr. Anderson sees patients at Hayward Area Memorial Hospital and Memorial Medical Center.



**Hayward: 715-934-4850**  
**Ashland: 715-685-6010**

## WellnessWise

# How is Your Relationship? *(with food)*

## Identifying Eating Disorders

By: Jocelyn Langholz, Psychotherapist at Behavioral Health Services of MMC

***Food is an integral component to our daily lives, our health, our relationships, celebrations, and our basic survival.***

Food is rooted in family, culture, and tradition. Some of us have mothers and grandmothers who encouraged us to clean our plates, even when we were full. We all have our favorite foods and those we’d prefer to avoid. Many people have food allergies, intolerances or other health reasons for avoiding particular foods. Emotions impact eating habits and appetite. In our society, particularly for young women, thinness is considered a virtue, a measure of beauty and personal worth.

With all of this, having a healthy relationship with food and body can be a challenge. While most people make poor choices related to food at times, such as skipping meals, using food to manage emotion, or eating past fullness from time to time, most will not develop an eating disorder. However, when obsession with food, body image, and/or weight takes on a life of its own, an eating disorder may be emerging.

***Eating disorders are serious but treatable mental and physical illnesses.***

They can affect people of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes, and weights. These disorders can cause significant impairments in all areas of life.

Some people are predisposed to developing an eating disorder due to genetics, temperament, social location, and trauma. Despite these risk factors, we do not know who will develop an eating disorder. We can reduce the risk through education about eating disorders and creating environments where positive relationships with the food we eat and the bodies we live in are nurtured. Creating an environment at home, in friend groups, at school or sports teams includes:

- 1 Encouraging appreciation for food as the fuel which allows our bodies to perform in many amazing ways.
- 2 Rejecting diet culture and challenging messages that create shame about body size or food choices.
- 3 Teaching and practicing emotional regulation skills.
- 4 Cultivating awareness of hunger cues and practicing mindful eating.
- 5 Valuing people as whole selves, not defined by body size or shape.

Early intervention is a primary factor in full recovery from an eating disorder. Eating disorders include: Anorexia Nervosa, characterized by significant restriction of food intake and weight loss; Bulimia Nervosa, a cycle of binge eating and attempts to undo the binge by throwing up or over-exercising; Binge Eating Disorder, secretly eating a large amount of food with no sense of control and significant shame; and ARFID (Avoidant Restrictive Food Intake Disorder) undereating due to extreme food rules and fears, not related to weight/body size concerns.

**More details about these disorders can be found on the NEDA website: [nationaleatingdisorders.org](http://nationaleatingdisorders.org).**

While eating disorder symptoms vary greatly, some common warning signs are: preoccupation with weight, food, calories, or body image; changes in eating habits and exercise routines, often characterized by increased rigidity; withdrawal from friends and activities; increased anxiety, irritability, and inflexibility in general; frequent trips to bathroom after meals; disappearance of large amounts of food; observable change in body size or attempts to hide body. If you have concerns that someone you love may be suffering from an eating disorder, inquire with care and non-judgment. If they are willing, encourage them to get help.

Treatment for eating disorders is available at Behavioral Health Services of MMC in Ashland. We provide an initial eating disorder assessment, outpatient individual and family therapy, and care coordination with nutrition services, psychiatry, and your primary care physician. After assessment, we may also recommend and coordinate with a higher level of care if the patient is not able to safely and successfully be treated on an outpatient basis.



*Jocelyn Langholz, MSW, LCSW, has been a therapist at MMC since 2001 and has been working with people with eating disorders since 2012. She is currently working to become a Certified Eating Disorder Specialist through IAEDP, (International Association of Eating Disorder Professionals.)*

**If you would like to learn more or make an appointment with Jocelyn, call Behavioral Health Services of MMC at 715-685-5400.**

Go to [ashlandmmc.com/eatingdisorders](http://ashlandmmc.com/eatingdisorders) to see a video of Jocelyn's daughter, Maria, who shares her incredible journey about coming out of an eating disorder and becoming an elite long distance runner.



**Watch the Video**





**Sam Kuchinka, MD**  
*Ophthalmologist*

## Meet the Staff: Q&A

# LASIK Eye Surgery in Ashland

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Dr. Kuchinka is originally from Faribault, MN and received his medical degree from the University of Minnesota, Minneapolis. He completed his ophthalmology residency at Saint Louis University in beautiful Midtown St. Louis, Missouri. Dr. Kuchinka has been practicing the full spectrum of comprehensive ophthalmology, with both medical and surgical treatments of eye disease in Northwest Wisconsin since 2017.

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### What is LASIK?

LASIK is a procedure of the eye that uses lasers to correct several vision problems such as nearsightedness, farsightedness, and astigmatism. The procedure reshapes the cornea with a laser to adjust the power of the eye. The surgery is performed by an ophthalmologist and recovery time is minimal. LASIK is very common with 20-25 million procedures done in the US in the last 25 years.

### How do I know if LASIK is right for me?

If someone is tired of wearing their glasses and contacts or their vision is interfering with their daily life, LASIK is something a person should consider or pursue. The best candidates for LASIK would be people with healthy eyes, with ages 25-40 benefiting the most. Younger and older patients need to have stable vision and older patients will likely need reading glasses after the procedure. A pre-screening will take place prior to surgery to determine if LASIK is right for the individual.

### How is LASIK performed?

First, measurements of the eye are taken and are programmed into the laser. The laser actually does most of the work. The laser then creates a flap, and another laser changes the shape of the cornea. The patient is prescribed a medication to take to help make the procedure more comfortable. The procedure itself only takes 10-20 minutes to complete.

### How long is the recovery process post LASIK surgery?

Most people recover in a week after LASIK, however, it could take 1-3 months for full vision recovery. The most common side effect of LASIK is experiencing dry eyes, or the feeling of something in your eye. Follow-up appointments with your ophthalmologist are important.

### Does LASIK hurt?

LASIK surgery does not hurt. Your surgeon will put numbing drops into your eyes prior to surgery. You may feel some slight pressure, but you should not feel any pain.

### How long does the procedure take?

LASIK surgery takes 10-20 mins, but plan to be there for an hour for paperwork and post-surgery checks.

### How soon can I drive after LASIK?

Every person's recovery is different after LASIK surgery, but your vision should be good enough to drive two days following the procedure. We ask that you have a driver to bring you home after receiving LASIK.

Dr. Kuchinka with Ophthalmology Services of MMC is seeing patients in Ashland, Hayward and Spooner, and performing LASIK surgery at MMC. Do you want to find out if LASIK is an option for you?

**Find out today: 715-682-0363**

# PUMPKIN PIE OVERNIGHT OATS

*Submitted by Memorial Medical Center  
Nutrition Services Assistant Director, Angie Beckman*

Pumpkin Pie Overnight Oats are a tasty make-ahead breakfast to start your day. Enjoy them cold or warm in the microwave. Breakfast is the most important meal of the day and these yummy oats will keep you filled up all winter long!

**SERVING: 1 Bowl**

**INGREDIENTS:**

- 1/3 cup Old-Fashioned Rolled Oats
- 1/8 tsp. Cinnamon
- Pinch Nutmeg
- Pinch Ginger
- 1/4 cup Pumpkin Puree
- 1/2 Tbsp. Brown Sugar
- 1/2 cup Low-Fat Milk (Dairy or Non-Dairy)
- 1 Tbsp. Walnuts or Pecans
- 1 Tbsp. Craisins or Raisins (Optional)

**PREPARATION:**

1. Add rolled oats (uncooked), cinnamon, nutmeg, ginger, nuts, and optional dried fruit to a jar (12-16 oz.) or other resealable container.
2. Combine pumpkin puree, brown sugar and milk.
3. Top oat mixture with the pumpkin and milk mixture, stir all ingredients together in jar.
4. Close container.
5. Refrigerate overnight or up to five days.
6. Before eating, stir contents of jar until evenly combined. Enjoy cold or microwaved.

**NUTRITION FACTS** (Per 1 cup Serving):

Calories: 240cal | Carbohydrates: 34.8g | Protein: 10.2g | Fat: 7.8g  
Saturated Fat: 1.5g | Cholesterol: 6mg | Sodium: 60mg | Potassium: 458mg  
Fiber: 5.2g | Sugar: 13.2g | Vitamin D: 63mg | Calcium: 187mg | Iron: 2mg

# News Updates

## MMC is Pleased to Welcome Karen Hansen to its Board of Directors



*Karen Hansen, New Board Member at MMC.*

Karen was born and raised in Ashland. She recently retired from a long-time career at MMC that began in 1977 as a Nurse's Aide. In 1979, she became an RN and worked at MMC until 1981, then left to provide care at a private clinic. She returned to MMC in 1983 and was employed at the hospital until she retired in June of 2021. Karen served as Director of Nursing from 1992

until 2012, when she became Chief Operating Officer. She served in that role for nine years.

Karen and her husband live near Mason, WI in a country home that they have owned for 40 years. She is enjoying retirement and spending lots of time with family; especially with her five grandchildren. Karen volunteers at the MMC Thrift Store and is just wrapping up a long-time service as a trustee for Our Lady of the Lake Catholic Church. She helps at Ashland Chamber of Commerce events as needed. Some of her favorite pastimes are biking, golfing, tending her flower garden, and spending time boating on Lake Superior. She and her husband own a motorcycle that they enjoy taking out for day-long road trips.

Jason Douglas, CEO of Memorial Medical Center says, "We are so pleased to welcome Karen Hansen to our board of directors. I've had the privilege of working with her for the past eight years at MMC and I'm thrilled to be able to continue our professional relationship. Her deep knowledge of the history of MMC along with her intelligent perspective as a nurse and leader will be a real asset to the organization. We are honored to have her join our board."

## MMC Launches Pain Management Services

MMC is pleased to bring Pain Management Services to the Chequamegon Bay area. These treatments will help patients suffering from chronic pain.

Launching this new service is the result of the hospital's pursuit to providing better access to treatment for those in our community suffering from chronic pain. Providers started seeing patients in October, 2022.



*Nate Opland, Matt Janezic, Alexa Honstad, CRNAs and Pain Management providers at MMC.*

Certified Registered Nurse Anesthetists (CRNAs), Nate Opland, Matt Janezic, and Alexa Honstad have completed an Advanced Pain Management

Fellowship at the University of South Florida and are excited to use this training to provide relief to those experiencing headaches, ongoing back pain, and more.

Matt Janezic, Director of Anesthesia Services said, "Our team is excited to begin offering services. We aim to develop individualized patient-specific treatment plans, and our focus is on early and accurate diagnosis of pain conditions to improve function and enhance patient and family quality of life."



*Matt Vincent and Ryan Portel. CRNAs and Pain Management providers at HAMH.*

Are you living with chronic pain? Pain Management Services are available in Ashland and Hayward. Ask your provider if Pain Management Services is right for you.

# News Updates

## Family Medicine Services of HAMH Welcomes New Provider



*New Provider at HAMH, Lisa Bratvold, NP*

Family Medicine Services of Hayward Area Memorial Hospital has expanded their list of providers, welcoming Family Nurse Practitioner, Lisa Bratvold. Lisa has extensive experience working in diverse clinic and hospital environments. She is very familiar with the Hayward area and has worked in the community for ten years.

Lisa chose Family Practice because she enjoys working with a variety of people across all ages. She has a desire to help her patients manage chronic illnesses such as diabetes and hypertension.

She considers herself a partner in her patients' care saying, "Together we will work to meet your needs and discuss opportunities to stay healthy in the future. As a team we will make decisions about how to treat and manage your current medical conditions."

In addition to supporting family medicine, Lisa also performs Department of Transportation (DOT) physicals. A DOT physical is a health examination required for commercial motor vehicle drivers to obtain or maintain a valid commercial driver's license (CDL). The physical determines whether the driver is physically, mentally and emotionally fit to operate a commercial vehicle.

In her free time, Lisa likes to spend time at home with her extended family. She lives in Birchwood with her husband Brad, German shepherd Kilo and she has two children in college. During the summer she enjoys spending time in her garden or relaxing on the pontoon. She also likes to spend time reading, watching movies and football.

Lisa's advice to patients: "Try to always make decisions that support keeping yourself healthy. Prevention is so beneficial to your long term and overall health."

Call 715-934-4910 to talk to a representative about Family Medicine Services.

## Honoring the Past. Celebrating What's Next.

In October, MMC celebrated 50 years of providing healthcare to our region with an outdoor community gathering that drew over 800 people. Attendees enjoyed complimentary lunch, coffee from Antler Specialty Goods, free root beer floats, live music, tours of EMS vehicles and a large kids activity area. Thank you to everyone who came out for the event and to all of the people who helped make it happen!



*Past and present MMC leaders celebrated 50 years.*



*Carole Huhn, a nurse who worked at MMC when it first opened shows her photo published in the 1972 Grand Opening announcement.*



*The partners of MMC volunteers were integral in fundraising for construction of the hospital.*

**Watch the MMC 50 Year Celebration video at [ashlandmmc.com](http://ashlandmmc.com).**

# News Updates

## HAMHWE Honors Volunteers

Hayward Area Memorial Hospital and Water's Edge (HAMH & WE) recently hosted their annual Volunteer Education & Appreciation Day for the first time since May 2019. The event took place at Sawyer County Fairgrounds, providing the opportunity to gather and enjoy camaraderie and education with fellow volunteers.

Joanie Zecherle, Sawyer County Dementia Care Specialist and Alison Cuddy, LCO Aging and Disability Services provided dementia education to all participants. Deb Piecuch, Director of Health Information and HIPAA Privacy Officer provided a series of scenarios dealing with confidentiality.

Volunteer services were suspended for 13 months beginning in March 2020. Despite changes in roles and requirements, 60 volunteers returned to HAMH & WE and 13 new volunteers joined the team since reopening the volunteer program earlier this year.

"We are grateful that we were able to host an appreciation event for our volunteers," says Ann Kozak, Volunteer Coordinator. "A year without volunteers in our facility brought home the positive impact volunteers have on the wellbeing of our patients, residents, tenants and staff."

A big part of the day is recognition for their volunteer service. Senior Team Leaders presented service awards to volunteers reaching a five-year milestone in 2020, 2021 and 2022. A total of 41 volunteers were recognized for a cumulative total of 480 hours of service.

Bob Haddick received a special plaque in honor of 40 years of service. The plaque included the quote, "Never give up," which was something his father said and inspires Bob to continue to volunteer and serve the people who call Water's Edge home.

The final honor of the day was presented to Volunteer of the Year, Gary Crandall. Each year Volunteer Services picks one volunteer who has shown an extreme amount of dedication and commitment to his or her volunteer role.

"This is never an easy decision as every volunteer brings their special talents and traits to their volunteer service," says Kozak.

Gary Crandall was one of the first volunteers to return when volunteer services resumed in 2021. He helps with lunch service in the Water's Edge Senior Apartments dining room, fills in for bingo and was instrumental in bringing the Cycling without Age program to Water's Edge. The Cycling without Age program gets residents and tenants outside to enjoy fresh air and the company of volunteers.

"This program is successful because of Gary," says Kozak. "He has been the leading force in the program from inception to our current program which includes the trishaw, a bike with a bench seat for passengers and a cargo bike which allows a passenger in a wheelchair to ride."

If you would like to learn more about the Hayward Area Memorial Hospital and Water's Edge volunteer program, please contact Ann Kozak at 715-934-4323 or visit [haywardmemorialhospital.com/join-our-team/volunteers/](http://haywardmemorialhospital.com/join-our-team/volunteers/).



*Gary Crandall is recognized as the Hayward Area Memorial Hospital & Water's Edge Volunteer of the Year.*

# News Updates

## MMC Nurse Practitioner Selected for Prestigious Fellowship

MMC is proud to announce that David L. Mischel, Advanced Practice Nurse Prescriber at Behavioral Health Services of MMC, has been inducted as a Fellow by the International Academy of Addiction Nursing (FIANN). This is a very well-deserved



*David Mischel, APNP,  
MMC*

acknowledgement of his outstanding work and accomplishments in addictions nursing.

David has been practicing addiction nursing services at Behavioral Health Services of MMC for over five years. His main area of focus is serving children, adolescents and adults with substance use disorders.

He often works with

families where substance use has impacted multiple generations. David also has a special passion for working with members of the LGBTQ+ community.

David's education includes an Associates of Nursing degree from Western Technical College in 2008, a Bachelor's degree in Nursing from Viterbo University in 2010, a Master's of Science as a Psychiatric/Mental Health Nurse Practitioner from the University of North Dakota in 2013, and he became a Certified Addiction Registered Nurse-Advanced Practice in 2018. He is currently completing his Doctor of Nursing Practice degree with the University of North Dakota.

During his career, David has worked in healthcare systems in rural Wyoming and Wisconsin. He has instructed clinical rotations for undergraduate and advanced psychiatric nursing programs as an expert in diagnosing and treating substance use disorders in psychiatric patients. In his practice, he has constructed and implemented staff hybrid training programs in cooperation with the National Crisis Prevention

Institute. He is now leading a two-year project to improve alcohol withdrawal treatment in the hospital setting.

Behavioral Health Services of MMC is accepting new patients, and hosts a variety of addiction and mental health services focused on forward-thinking individualized plans that allow you to live life fully. To find out more or to make an appointment call 715-685-5400. We are here to help.

## MMC Welcomes Two New Specialists



*Dr. Larry Munch,  
Urologist at MMC*

MMC is pleased to welcome Dr. Larry Munch, a urologist, and Dr. John Watkins, an orthopedic surgeon to our growing Specialty Services team.

Both providers are joining established urology and orthopedic surgery teams at MMC, providing comprehensive specialty services to this region.

Dr. Munch and Dr. Watkins are currently accepting new patients.

For Dr. Munch, Urology Services, call 715 -685-6040.

For Dr. Watkins, Orthopedic Services, call 715-685-6010.



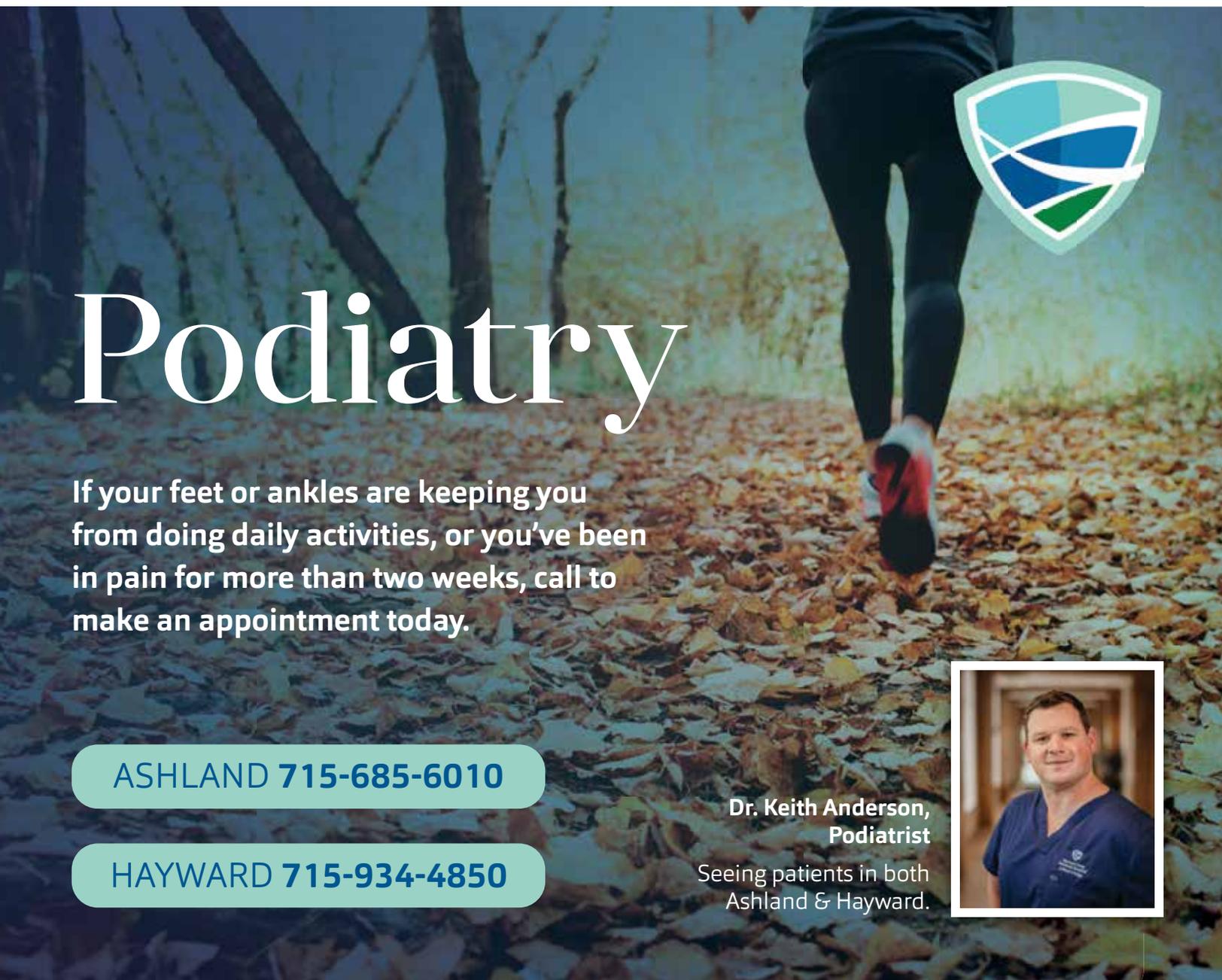
*Dr. John Watkins,  
Orthopedic Surgeon  
at MMC*

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# Podiatry

If your feet or ankles are keeping you from doing daily activities, or you've been in pain for more than two weeks, call to make an appointment today.

**ASHLAND 715-685-6010**

**HAYWARD 715-934-4850**

**Dr. Keith Anderson,  
Podiatrist**

Seeing patients in both  
Ashland & Hayward.

