



# HEALTHWISE



## ≡ Better Together

### BELOIT HEALTH SYSTEM UNITES STATELINE HEALTHCARE

Beloit Memorial Hospital and Beloit Clinic are now one integrated health system, and patients agree that we are “better together.” As of Jan. 1, 2010, the two independent healthcare providers partnered to form Beloit Health System.

“This integration creates a stronger healthcare system for Stateline residents,” explains Greg Britton, president and CEO of Beloit Health System. “Our goal is for patients to enjoy improvements in convenience, service and technology in their local medical care.”

What other benefits does this partnership mean for Stateline residents?

**Better access.** Now as Beloit Health System, we provide residents with convenient access to more than 118 primary care and specialized physicians. The communication between doctors and caregivers is more streamlined and there is a better continuum of care throughout this system. These efficiencies allow doctors to spend more time with their patients.

**Better choices.** You still have the ability to see your doctor and receive the specialized treatment you need, just as before, only now you have 12 locations to



Dr. Maureen Kidd (right), surgeon, and Erica Nenko, medical assistant, are both integral members of the new Beloit Health System, a new partnership formed between Beloit Memorial Hospital and Beloit Clinic.

choose from. The new system also increases our ability to recruit and retain the best physicians available.

**Better technology.** Beloit Health System increases your access to technology by reducing duplication of services such as MRI, CT or lab services. By reducing this duplication, we will have the means to purchase new, state-of-the-art technology to provide the best care possible.

“We are very pleased with the progress of this integration,” adds Britton. “The physicians and staff

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## ≡ Talk to Your Doctor before Splitting Pills

Looking for ways to save money on medications? Buying higher-dosage pills that you can split may seem like an economical solution. But it can also take a slice out of your health and safety if done incorrectly.

### WHAT ARE THE RISKS?

Unfortunately, not everyone asks a doctor or pharmacist before splitting their pills, and many are not aware of the risks. Dr. Jack-Ky Wang, Family Practice Physician for Beloit Health System – Family Health Clinic cautions about the following:

- **Not all pills are safe to split.** The American Medical Association advises against pill splitting unless it's specified on a drug's label. Splitting certain medicines, such as time-release drugs, may cause you to absorb your medicine too fast or not at all.
- **Some pills do not split accurately.** Some tablets are too tiny to split or may crumble.



Dr. Jack-Ky Wang,  
Family Practice Physician

*Splitting pills isn't your only potentially money-saving option. Talk to your doctor or pharmacist about generics.*

- **Looks can be deceiving.** Studies have found that even when two halves look the same, they don't always contain equal amounts of medicine.
- **Overdose may be more likely.** The Food and Drug Administration notes cases where people have intended to split higher-strength tablets, but then forgot and took the whole tablet.

### SAFE SPLITTING

"Splitting pills isn't your only potentially money-saving option," reminds Dr. Wang. "Talk to your doctor or pharmacist about generics. Even if there wasn't a lower-price option in the past, new choices may be



available now. You may also benefit from buying drugs in bulk via mail-order or from using a drug assistance program."

If your doctor or pharmacist confirms your medication is safe to split, you'll need a pill cutter. Look for one with a rubber insert to hold the pill so that you get nice, even halves. Keep in mind that split tablets may be affected by heat and humidity, so only split one at a time.

Dr. Wang suggests calling your doctor or pharmacist anytime you have questions about your prescriptions.

## ≡ Better Together

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of both the hospital and clinic have worked diligently to make this a smooth transition. The community is the true winner in this partnership. Containing costs will allow us to expand services such as cardiac and critical care in the future."

### LOCAL HEALTHCARE DECISIONS

As an integrated system, Beloit Health System has the ability to assess and deliver healthcare based on what local residents need and desire. The system has one leadership board consisting of 11 members (four physicians and seven independent community members). These are physicians and business people who have the health and happiness of our residents as their primary concern. The strength and future success of our healthcare system is based on this localized component.

## Get to Know Beloit Health System

### BELOIT MEMORIAL HOSPITAL AND BELOIT CLINIC PARTNERSHIP INCLUDES:

- 12 health facility locations, including seven outreach clinics:



*The community is the true winner in this partnership.*

Gregory K. Britton,  
President and CEO

- Beloit Hospital, Beloit Clinic and Occupational Health and Wellness on Lee Lane in Beloit.
- Outreach Clinics in Clinton, Darien, Janesville, NorthPointe-Roscoe and South Beloit. Also, the West Side Clinic and Family Health Clinic in Beloit.
- Riverside Terrace and NorthPointe Terrace assisted living centers.
- Employees – 1,469
- Physicians on staff – 118
- Consulting physicians – 73

One of the hospital's next steps is to expand the Hospitalist Program and launch an Intensivist Service. This will include a multidisciplinary team of cardiologists, pulmonologists and hospitalists to care

for patients who are critically ill. "This is another example of the new expanded services we can provide as a strong integrated system," adds Britton.



Ann Sitrick, Foundation Executive Director, and Dr. Rick Barney, Emergency Room Medical Director, showcase some of the state-of-the-art equipment now available in the two new trauma treatment rooms.



Lynn Johnston, PA, with the new tube system.

## ≡ New Expanded ER Nears Completion

OPEN HOUSE SET FOR JULY 17

### “Just amazing!”

That’s what Bernadine Wemken exclaimed after her experience in Beloit Health System’s new Emergency Department. The \$11.6 million expansion and renovation is scheduled for completion this summer, but the ER continues to care for patients throughout this 22-month rebuilding process. The three phases of construction began in September 2008 and will be finished on-schedule and on-budget.

A community Open House is planned for Saturday, July 17, where the complete project will be open for families to tour. The morning event will showcase one of the most effective, state-of-the-art Emergency Departments in Wisconsin – a welcome gift to the residents of the Stateline area.

“Modernizing the ER not only makes our patients’ emergency experience more comfortable, high-tech and efficient,” explains Tim McKeveatt, Senior Vice President, “but it also helps attract and maintain the best emergency medical and clinical staff.”

#### SOMETHING FOR EVERYONE

Phases III and IV, the final phases before completion, will include new treatment, reception and staff support areas, as well as the addition of a covered entrance for easier patient access.

“The ER staff couldn’t be happier,” remarks Dr. Richard Barney, Emergency Room Medical Director, and lead advocate for

the expansion project. “From the planning process through this final realization, it has been a very exciting journey for our staff and community.”

Beloit Health System’s ER, which is one of the busiest in the state, previously cared for about 90 patients per day, however it was not uncommon for this to increase to 125 on some days. The new expansion helps reduce wait times for patients.

“There are much greater efficiencies behind the scenes, as well,” adds Jeannie Yowler, Director of Emergency Services. “With the additional private treatment rooms for patients and larger central staff areas, there is much less noise and disturbance. Our patients now feel they are a priority.”

#### SUPPORT FOR NEW AND IMPROVED FEATURES

“The Stateline area rallied to provide impressive support for this project,” states Ann Sitrick, Foundation Executive Director. “Thanks to Tom Finley and Dale Reeves, who co-chaired the steering committee, we were able to benefit from generous corporate and individual gifts to finance a portion of this improvement.”

Beloit Health System’s new Emergency Department features:

- A total of 27 treatment rooms, including two trauma rooms equipped with state-of-the-art equipment, including

## Grand Opening Celebration

SATURDAY, JULY 17, 9 A.M.-NOON

Join us for tours, healthy snacks, giveaways and family activities. We will have fire trucks, ambulances and the Med-Flight helicopter available for tours. The ER will continue to serve patients during this time.

## Hats Off to ER

“My husband came into the ER in a lot of pain and I have to say, my hat is off to everyone we came in contact with. The new ER is wonderful and has so much more space, we were just amazed. The testing could be done in the room, with results right on the in-room monitors. It’s just 10 minutes from my home in Roscoe, so why would I drive all the way to Rockford?”

– Marvin and Bernadine Wemken, Roscoe, Ill.

pediatric/adult crash carts, fiber-optic camera scope, double monitors and more.

- Separate areas to treat minor illnesses in the Fast Track area or general emergency care.
- A new ambulance garage that can hold up to six emergency vehicles.
- Larger private treatment rooms and additional waiting areas, including a separate area for families.
- New digital X-ray and CT located within the Emergency Department, all PACS digital diagnostics, plus new lab transport systems.

*From jewelers to journalists, every job has its own jargon. In healthcare, that jargon is called “medicalese” – long words that sound impressive but actually can be confusing and even scary when used to describe your health.*

*Drs. Leo Egbujiobi, Maria Taveras and Nadine Thomas, cardiologists with Beloit Health System, strive to communicate effectively with their patients – especially when it comes to heart disease, the No. 1 killer of Americans. From prevention and screening to diagnosis and treatment we try to stick to straight-talk about your heart’s health.*



Dr. Leo Egbujiobi, Cardiologist



Dr. Maria Taveras, Cardiologist



Dr. Nadine Thomas, Cardiologist

## TERMINOLOGY GUIDE

# How to Talk with Your Doctor about Your Heart

Talking with your healthcare provider is the best way to get information about your heart’s health. And being familiar with the following terms can help you know what questions to ask and make informed decisions.

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**Acute coronary syndrome** – an umbrella term that covers heart conditions that can cause chest pain, such as life-threatening heart attacks.

**Aneurysm** – a bulge or “ballooning” in the wall of an artery.

**Angina** – chest pain due to narrowing or spasm of your heart arteries.

**Angiogram** – an imaging test that shows blocked/narrowed blood vessels.

**Angioplasty** – a procedure using a tiny tube to clear blocked blood vessels.

**Anticoagulant** – medicine that thins blood to help prevent blood clots and stroke.

**Arrhythmia** – an irregular heartbeat.

**Atherosclerosis** – fat or plaque that builds up inside the blood vessels, which may increase heart disease risk.

**Atrial fibrillation (AF)** – a common type of irregular heartbeat that may cause palpitations or chest pain; generally not life-threatening.

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**Blood vessels** – arteries carry blood away from the heart; veins carry blood toward the heart.

**Bradycardia** – a slower-than-normal heartbeat.

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**Cardiac catheterization lab or “cath lab”** – a high-tech area of the hospital where heart/blood vessel tests and treatments are done.

**Cardiologist** – a doctor who specializes in treating heart disease and related conditions.

**Cardiomyopathy** – a condition in which the heart muscle has difficulty pumping blood and delivering it to the rest of your body.

**Cardiovascular disease** – similar to heart disease, but includes problems with blood vessels.

**Cardiovascular exercise** – walking, cycling and other activities that raise the heart rate and can help prevent heart disease.

**Cholesterol** – fat in the blood that is both made by the body and also comes from certain foods.

**Congenital heart defect** – a heart abnormality present at birth.

**Congestive heart failure (CHF)** – a condition caused by the heart’s inability to pump enough blood through the body.

**Coronary artery disease (CAD)** – a condition caused by the narrowing of the arteries that supply blood to the heart, increasing heart attack risk.

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**Diabetes** – a condition where the body’s blood sugar is too high; a risk factor for heart disease and other health conditions.

- Type 1: The body does not make enough of the hormone insulin that helps blood sugar enter cells to create energy.
- Type 2: The more common type in which the body does not make or use insulin well, and sugar stays in the blood.



To make an appointment with one of our cardiologists, please call (608) 364-2400.

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**Ejection fraction (EF)** – percentage of blood pumped out by the heart with each beat. This is a major determinant of development of heart failure. Everyone with diagnosis of CHF should know this EF number.

**Electrocardiogram (EKG or ECG)** – a test that measures the heart’s electrical activity.

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**Heart disease** – an umbrella term for heart conditions. (See cardiovascular disease.)

**Heart murmur** – a “swishing” sound heard through a stethoscope when a valve does not close properly.

**High-density lipoprotein (HDL or “good” cholesterol)** – high levels of this type of cholesterol may protect against heart attack.

**Hypertrophic cardiomyopathy (HCM)** – an enlarged heart; thickened heart muscle that makes it harder to pump blood.

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**Low-density lipoprotein (LDL or “bad” cholesterol)** – blood fat that builds up on artery walls and may create blockages that trigger heart attack or stroke.

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**Minimally invasive** – procedures that use smaller incisions than traditional open surgeries.

**Myocardial infarction** – a heart attack; occurs when blood supply to the heart is narrowed/blocked, causing that area of the heart to die and become scar tissue.

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**Obesity** – too much body fat; a risk factor for heart disease, stroke and some cancers.

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**Sleep apnea** – condition that includes paused/shallow breathing during sleep; may increase risk of heart attack and worsen heart failure.

**Stent** – a small, expandable wire mesh tube that is permanently inserted into a diseased artery to hold it open.

**Stroke** – brain attack: occurs when blood flow to the brain is interrupted. Frequently results in loss of speech and/or paralysis on one side of the body.

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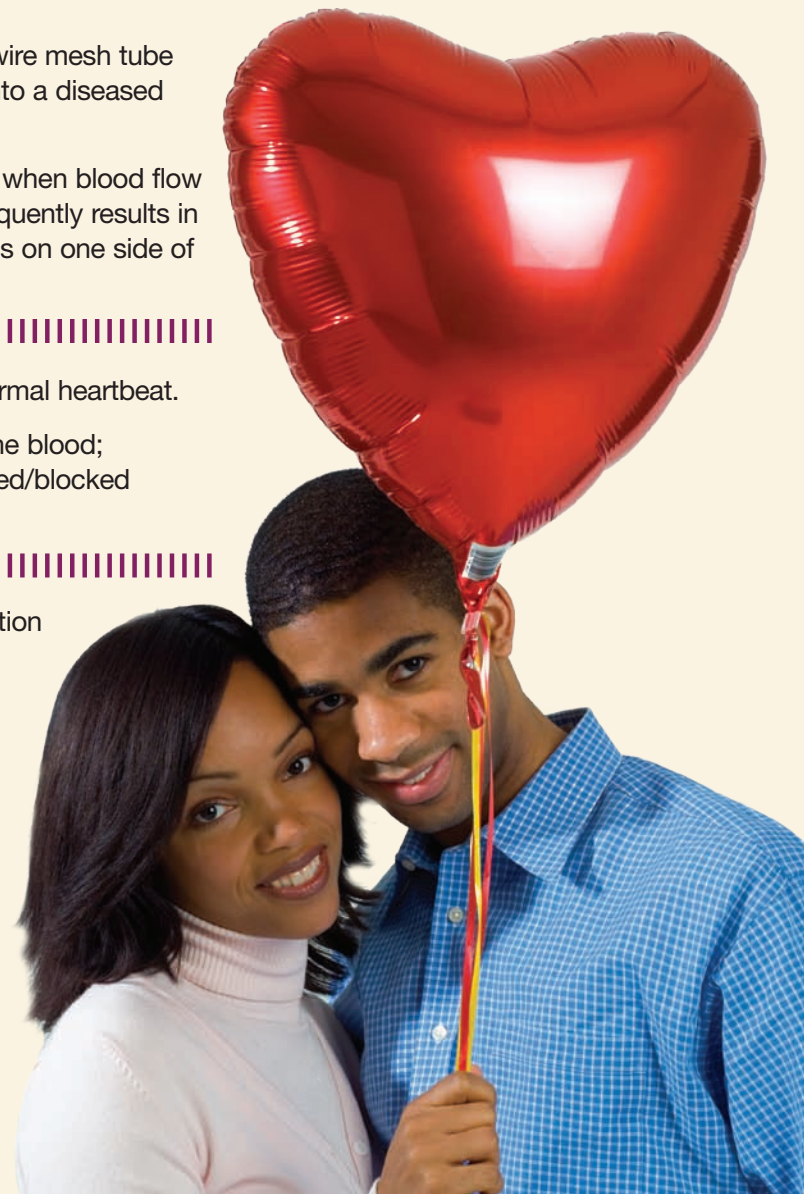
**Tachycardia** – faster-than-normal heartbeat.

**Triglyceride** – type of fat in the blood; high levels may cause narrowed/blocked blood vessels.

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**Vasodilator** – type of medication that relaxes blood vessels, allowing better blood flow.

Source: MedlinePlus.



## Singing Our Praises

“The staff at the hospital are outstanding, and the care is exceptional – from the doctors to the CNAs and housekeeping. My nurse, Karon, and a CNA named Megan were both so very kind and supportive ... above and beyond my expectations.



Every single staff member who came into contact with me always said, ‘If you need or want anything, just let me know.’ I knew they were sincere and really meant what they were saying.”

*Excerpt from a letter sent by Nancy Graham from Beloit. Nancy was happy to get back to good health so she could get back to playing guitar and singing in her church choir.*

## ≡ New Cooling System Helps Save Life of Heart Attack Patient

Many of us may not enjoy the area's long winters, but for one local man who was declared dead after suffering a massive heart attack, cool temperatures were a lifesaver. Beloit Health System's new temperature management system, called Arctic Sun, saved the life of Gary Keller, who arrived at the hospital without a pulse and not breathing.

Keller, 50, suffered sudden cardiac arrest due to a ventricular fibrillation at his home in late November. His mother witnessed it, and immediately called 911. Thanks to a team of many medical professionals, including paramedics and police, they were able to get his heart started. Dr. Warren Tripp, Emergency Room physician, and Dr. Maria Taveras, cardiologist, decided to stabilize Keller with the new Arctic Sun induced-hypothermia device to allow his body to heal.

"The paramedics said I had been clinically dead for 4 to 6 minutes before they got there," explains Keller, who was released from Beloit Hospital 10 days after his remarkable recovery. "I can't tell you how appreciative I am to be here today."

### A SAVING GRACE

Fortunately for Keller, the hospital had recently purchased the Arctic Sun device, which allowed him to stay in Beloit. "I'm certain that I wouldn't have made it if they would have transferred me to Madison," Keller says. "Staying in Beloit was the best thing that could have happened."

The Arctic Sun induces therapeutic hypothermia by circulating chilled water in a padded blanket with a sophisticated computer system that controls the patient's body temperature. Reducing a person's body temperature to about 92 degrees for 24 hours slows the body processes and gives a heart attack or stroke victim a chance to heal. Studies have shown that inducing hypothermia can reduce mortality of heart attack victims by 35 percent. The patient's body temperature is then slowly

brought back to a normal range with the help of the same gel-padded device.

"Previous to the purchase of the Arctic Sun, we would transfer a patient in this situation to the University of Wisconsin in Madison," explains Doris Mulder, vice president of Beloit Memorial Hospital. "There are always risks in transfer due to the time element, so this patient was best served by immediate attention. Gary's remarkable improvement within a few days is testament to getting the help he needed so quickly."

### "I KNOW I'M ONE LUCKY MAN"

"Keller was the perfect candidate for this treatment," Dr. Taveras emphasizes. "He was a witnessed arrest and was found in ventricular fibrillation – two of the criteria a patient needs to meet. His recovery is a tremendous success."

"After the third day in the hospital they couldn't keep me down," adds Keller, who was not aware that he had any heart disease prior to his heart attack. "They were surprised that I was feeling well enough to walk the halls. I know I'm one lucky man."



Dr. Maria Taveras, cardiologist, follows up with heart attack victim and Arctic Sun patient Gary Keller.

## Neurosurgeon Now in Beloit

Dr. Richard Freeman, board certified neurosurgeon with the Illinois Neurological Institute, now helps patients in the Beloit area with their spine or nerve concerns at Beloit Health System – Beloit Clinic. Spine disorders are more common than brain disorders and can cause severe discomfort and concern.

Spine disorders can be the result of aging, trauma, tumors, infections or congenital defects. Back pain, tingling in hands or legs, or muscle weakness may be caused by a herniated disc pressing on your spinal cord. The herniated disc can sometimes be relieved with rest, exercise or physical therapy. Anti-inflammatory drugs, steroid injections or surgery are further options to relieve the pressure.

*If you have back pain that lasts more than a few weeks, please consult your physician about treatment or the option of seeing a neurosurgeon. For an appointment with Dr. Freeman, please call (815) 387-1717.*

EAT FRESH

# Help Your Teens Manage Their Weight

Even though your teens may act as though they don't notice you, think again. You may be surprised to learn that your actions influence your children more than you know. Therefore, the strongest ally in keeping your teens at a healthy weight is you.

Dr. Abraham Rodriguez, pediatrician with Beloit Health System, advises, "Teens' food choices often reflect their parents' bad habits." Recent surveys reveal that 62% of teens surveyed drink soda every day and 43% eat fast food daily. The survey also indicated that children of parents with more healthful diets ate more healthfully themselves.

"Food choices at home are very important," emphasizes Dr. Rodriguez. "It's a good place to start. With healthy foods at their fingertips and encouraging more activity, you are helping your teen avoid a tendency for weight issues." Fifteen percent of children and teens ages 6-19 are overweight today.

**COLOR YOUR PLATE**

You may not be able to control what your children eat when they aren't at home, but you can provide nutritious meals and a variety of healthful snacks. If you're unsure how to begin, think color. Nature offers a variety of delicious and nutritious fruits and vegetables sure to excite the palate.

**MIX AND MATCH**

Make nutrition a mealtime staple in your busy household:

- Blend fruits and yogurt for a carry-along breakfast smoothie.
- Toss spinach, strawberries and walnuts with yogurt dressing for a dinner salad.
- Add sautéed mushrooms, onions, green peppers and garlic to spaghetti sauce.
- Keep chopped vegetables and low-fat dip handy for snacks.
- Replace high-fat desserts with sliced fruit.
- Combine beans, chopped peppers and low-fat cheese between two corn tortillas, and heat in a frying pan for a quick, nutritious lunch.



Dr. Abraham Rodriguez, Pediatrician

*With healthy foods at their fingertips and encouraging more activity, you are helping your teen avoid a tendency for weight issues.*

- Enjoy a large salad for lunch with beans and diced vegetables.
- Top sandwiches with dark green lettuce, tomatoes, avocado and peppers.
- Mix dried fruit, whole grain cereal and nuts for a quick trail mix.



- Top baked potatoes with sautéed vegetables, salsa and low-fat cheese.

Eating healthfully can be quick, easy and less expensive than fast food. So stock up on fresh fruits, vegetables and healthful beverages and slowly eliminate junk food and soda from the pantry. Everyone in your family will reap the rewards. If you are concerned about your teen's weight, talk to your pediatrician about additional information that can help.

## New Faces



**Richard Freeman, M.D.**  
Neurosurgeon  
Beloit Health System – Beloit Clinic  
(815) 387-1717

Dr. Freeman is a board certified neurosurgeon specializing in the diagnosis and treatment of spine disorders, pain and traumatic injuries. He also evaluates neurological conditions, including aneurysms and brain tumors. He attended the Mayo Graduate School of Medicine where he performed his neurosurgery residency.

Dr. Freeman is a member of the Illinois Neurological Institute and now has a new clinic in Beloit.



**Maureen Kidd, M.D.**  
General Surgery  
Beloit Health System – Beloit Clinic  
(608) 364-2400

Dr. Kidd received her medical degree from Rush Medical College in Chicago and completed her general surgery residency at Michigan State University. She completed her fellowship in acute and reconstructive burn surgery at the University of North Carolina. We are pleased to have Dr. Kidd join our team of surgeons at Beloit Health System.

# FOUNDATION VIEW



**BELOIT MEMORIAL HOSPITAL  
FOUNDATION, INC.**

Ann Sitrick, Executive Director • (608) 363-5724

## Now's the Time for Your Annual Review

AN IMPORTANT REMINDER

Tax time is also a great time to review your personal finances and to update other important information. The list below offers some ideas about documents that should be reviewed periodically. If it has been five years or more since you created any of these documents, it's time for a review.

- **Review your will.** Should it be updated to reflect a change in your life or that of a beneficiary, new tax law changes or your desire to add a gift to a charity like Beloit Memorial Hospital Foundation?
- **Check your executor.** Is the person you've named still the qualified individual you want to manage your estate, resolve claims, minimize taxes and distribute the designated portions of your estate to your chosen beneficiaries?
- **Check the guardian you've named.** Are you comfortable with the guardian named in your will for those under your care? If your dependents were minor children that are now grown, does a guardian still need to be listed?
- **Update your beneficiaries.** Review your insurance and retirement plans to make sure you haven't named a deceased loved one or a former spouse. Have your beneficiaries experienced a name change, moved away or had some other change of circumstance?
- **Review the titles for your assets.** Make sure they reflect your current circumstances and wishes. If you've created a trust, have all of the intended assets been placed in the trust?
- **Implement a current plan that minimizes taxes.** Jan. 1, 2010, brought the repeal of the federal estate tax, and a new tax was enacted for those who inherit from estates in 2010. Check with your tax advisors for more information on how these changes might affect the plans you've made for your loved ones.
- **Include a healthcare power of attorney in your estate plan.** Help guide your family and healthcare providers when you are unable to make decisions for yourself.

For information on these and other estate and planned-giving topics, please visit [www.beloitmemorialhospital.org](http://www.beloitmemorialhospital.org) and click on "Foundation – How to Contribute."



Youth hockey players presented a check to Ann Sitrick, Beloit Memorial Hospital Foundation's Executive Director, from funds raised during "Pink the Rink" week. Clockwise from upper left: Chris Ferguson, Zach Woodman, Maci Weiser, Tyler Caple, Courtney Katalin, Josh Oldenburg, Trey Caple, Russell Oakes, Ann Sitrick, Jeff Edwards, Tyler Diderich, Kolton Hatch and Colin Grove.

## Hockey Youth Donate Proceeds from "Pink the Rink" Fundraiser

For the second year in a row, Beloit Youth Hockey players laced up their skates to raise funds for patients with cancer. This year they even added pink tape to their socks and hockey sticks, showing visible support during "Pink the Rink" week. A total of \$320 was collected through a variety of fundraisers. The donation to Beloit Memorial Hospital Foundation supports breast cancer patients.

Youth hockey players sold delicious pink-ribbon sugar cookies made by the teams and pink ribbons in honor, support or memory of those with cancer. These

ribbons were placed on the glass around the rink for a week. Supporters received a pink ribbon to wear during the event.

The following organizations helped raise funds during January: Beloit Youth Hockey Association (BYHA), the Rock County Fury (Girls High School Co-op Hockey Team) and the Beloit Memorial High School Boys Hockey Team.

The students want to help support local families who are going through a difficult time while fighting breast cancer. The hockey families look forward to sponsoring this event again next year.



Vickie and Jim Fisher of Beloit spend a few minutes learning more about Beloit Health System's newly expanded Emergency Department with Dr. Rick Barney, Emergency Room Medical Director.



A good laugh is always close at hand with Vonnie Adams and Dr. Leo Egbujiobi, cardiologist.



Beloit Health System's Foundation has hosted several events bringing together hospital physicians and community residents. From left, community members Bonnie Wetter, Laurie and Craig Goodwick share information and updates with Beloit Health System President and CEO Greg Britton.

## Guests Delight at "Dinner with the Docs"

The second annual "Dinner with the Docs" provided another enjoyable and informative evening for the Foundation's Olympian and John Morse Society donors. To start, Greg Britton, President and CEO, shared the hospital's 2009 activities and projects. Dr. Richard Barney's featured presentation, "The New ER: A Physician's Perspective," outlined how the new Emergency Room will enhance and expand treatment in a more private and compassionate manner.

"I enjoyed learning about what happens behind the scenes at the hospital," comments guest Craig Goodwick. "It was nice to talk one-on-one with the doctors during dinner and learn more about what they do, and how the money we've given to the hospital has helped make a difference for them and for their patients."

Foundation Executive Director Ann Sitrick said those comments "sum up perfectly" the reasons why "Dinner with the Docs"

was created. "One of the most consistent requests I hear from our donors is how much they appreciate the opportunity to hear first-hand from our doctors," she states. "The physicians share details about their specialty, the tools and equipment they need to do their jobs, and what a difference those items make in the life of a patient. This event helps to highlight the role that donors' gifts play in making those life-changing and life-saving connections possible."

## Volunteer! It's Good for You

Volunteering is a great way to help the people and organizations in your community. But did you know that volunteering may help you, too? Giving your time to others may make you healthier and happier! Here's how.

- **Practical knowledge.** Everyone can benefit from learning new things.
- **Social bonds.** The social connections built through volunteer activities may strengthen ties to the community and create a larger social network.
- **Mental and emotional health.** Helping others feels good and gives volunteers a sense of purpose, which may in turn have a positive effect on mental and physical health.
- **Good health and longevity.** Research indicates that adults who volunteer are more likely to live longer, enjoy better physical health and have lower rates of depression later in life.

### OPPORTUNITY KNOCKS

Beloit Health System and many Stateline organizations have a variety of opportunities for volunteers of all ages and skill levels. From escorting patients and welcoming visitors to flower delivery and clerical duties, we have a job to suit you. For more information on volunteer opportunities at Beloit Health System, call Linda Lynch, Volunteer Coordinator, at (608) 364-5162.



(Pictured at top) Les Schreoder, Arnie Lee, Marietta Axnear, Marcia Lee and Nancy Schroer, volunteers with Beloit Health System, don their official baking attire for the volunteer's monthly cookie bake fundraiser.



(Pictured at left) Karen Saunders (left) and Geri Heldt, shown here in the volunteer-staffed gift shop, are weekly volunteers who help escort patients.

# Annual Gifts

## ANNUAL GIFT DONORS WHO MADE A GIFT TO BELOIT MEMORIAL HOSPITAL FOUNDATION IN 2009.

### PATRON

**Donors who have contributed gifts of \$25,000 or more.**

Beloit Foundation Inc.  
Kerry Americas  
Mel and Mary Palmer Trust  
Volunteers in Partnership with  
Beloit Memorial Hospital

### BENEFACTOR

**Donors who have contributed gifts between \$10,000 and \$24,999.**

John and Helen Eldred  
Peter and Nancy Halverson  
McCleary Industries

### SPONSOR

**Donors who have contributed gifts between \$5,000 and \$9,999.**

Joanne and John Acomb  
Dorothy E. Bigelow  
Charitable Trust  
First National Bank and  
Trust Co.  
JP Cullen & Sons, Inc.  
Dr. Larry and Julie Ojeda  
Regal Beloit Corporation  
Tricor Insurance

### PARTNER

**Donors who have contributed gifts between \$2,500 and \$4,999.**

Alliant Energy Foundation  
Beloit Radiology, LTD –  
Drs. Ahmed, Cherian,  
Junck, Lisk  
Bud Weiser Motors, Inc.  
Dan and Pam DeLong  
Finley Dencker Buick  
Pontiac GMC  
Mark and Beth Gliebe  
Hall, Render, Killian, Heath &  
Lyman, P.S.C.  
Klobucar Construction  
Mr. and Mrs. Curtis Lansbery  
Doris and Bruce Mulder  
Plunkett Raysich Architects

### FRIEND

**Donors who have contributed gifts between \$1,000 and \$2,499.**

ABC Supply Co., Inc.  
Acceletronics, Inc.  
Dr. Susan Behrens and  
David Look  
Beloit Clinic, S.C.  
Beloit Memorial Hospital  
Nurses

Blackhawk Bank  
Greg and Becky Britton  
Leon and Phyllis Carpenter  
Casey and Nancy  
Christofferson  
Fairbanks Morse Engine  
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# PLACES TO BE



Visit our calendar Web pages at  
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## COUNSELING CARE CENTER

Call **(608) 364-5686** for more information about the following services.

### Alcohol or Drug Abuse Assessment

### Anger Management or Anxiety Group for Adults and Children

**Cancer Patient/Family Therapy**  
Individual or family therapy designed for cancer patients and their families.

### Children of Divorce

### Depression Group for Women

**Developmental Disability Group**  
Skill-building treatment group for adults with developmental disabilities.

### Dialectical Behavior Therapy (DBT) Group

Develop skills to help you think, control negative emotions and relate better to others.

### Rebuilding After Divorce Group

Helps women move forward after their marriage ends.

### Women Rebuilding Their Lives

Marriage/Family/Parenting and more.

## FAMILY CARE CENTER

For more information or to register for any of the classes, call **(608) 364-5237**.

### Big Brother/Big Sister Classes

Sibling prep class, one Saturday each month. 10 a.m.-noon, BMH Auditorium. \$5/child (\$10 family). Gift bags and refreshments are provided.

### Birth Preparation Classes

Prepare for your delivery and future parenthood with this four-session class. Cost is \$25 to those delivering at Beloit Memorial Hospital and \$50 if delivering elsewhere.

### Birth Refresher Classes

Free class consists of two, three-hour sessions, refreshing you on breathing and all aspects of birth. Cost is \$10 if delivering at Beloit Memorial Hospital, and \$20 if delivering elsewhere.

### Breastfeeding Classes

Pave the way for a successful breastfeeding experience before you have your baby or after. The free class is held six times a year from 6-8:30 p.m. in the Family Care Center.

### Family Care Center Tours

Having a baby? Check out our special delivery services.

## HEALTH AND FITNESS

### Diabetic Counseling and Support Group

By appointment, call **(608) 364-5138**.

### Foot Care Clinics

"Treat Your Feet" clinics offered at many outreach centers. Call **(888) 932-2245**.

### Lifeline

Emergency Personal Response System with help at the touch of a button. Call **(608) 364-5480**.

### Living Successfully with Diabetes

A comprehensive Diabetes Education program offered several times a year. Call **(608) 364-5137**.

### Mammogram Mondays – Now at NorthPointe

Walk-in screening mammogram clinic held every second and fourth Monday, 5-8 p.m. Most insurance accepted. Call **(815) 535-4000** for more information. Hospital mammograms available by appointment at **(815) 364-5249**.

### Massage Therapy

Let our certified Massage Therapist help you feel better. Call **(608) 364-5173**. Cost is \$50/hour. Massage services also available at NorthPointe Spa.

### New Pulmonary Rehab Program and Better Breathers Club

Call Liz at **(608) 364-5191** for more information.

### Seniors Stay Active and Strong

Individual strengthening and endurance exercise program for people over age 60. Call **(608) 364-5173**.

## SUPPORT GROUPS

All support groups are free.

### Alzheimer's Support Group for Caregivers

Meets second and fourth Tuesday, 1-2:30 p.m. at BMH. Call **(608) 314-8500**.

### A.W.A.K.E. Support Group

For those with sleep apnea and their families. Call Bonnie at **(608) 364-5481**.

### Cancer Support Group

For more information, call **(608) 364-5130**.

### Chronic Pain Support Group

Meets first Wednesday of the month, 1-2:30 p.m. Call Sharon at **(608) 364-5686**.

### Courageous Survivors Support Group

For those recovering from stroke, amputations and other illnesses or conditions. Call **(608) 364-5203**.

### Diabetes Support Group

Call Barb/Nancy at **(608) 364-5138**.

### Lap-Band® Support Group

For patients who have had Lap-Band surgery. Call **(608) 364-1429**.

### Lymphedema Support Group

For more information, call **(608) 364-5173**.

### Ostomy Support Group

Meets on a monthly basis. Call for schedule at **(608) 363-5705**.

## YOUNG ADULT/CHILDREN

### Counseling for Individuals and Groups

Social skills, coping with divorce, anxiety and more. Call **(608) 364-5686**.

### Operation Timothy

Hospital orientation and tour for first graders. Thursdays, October through May. To register, call **(608) 364-5237**.

### Safe Sitter

Meets for two separate sessions to educate adolescents to safely care for younger children. Fee of \$35 for one-day class from 9 a.m.-4 p.m. Call **(608) 290-4832** for class dates at BMH and NorthPointe. Watch for details!

## NOW "HEAR" THIS!

Hospital audiology services are now located at Beloit Clinic for easy patient access. Lisa Kosmicki, Audiologist, and Jane Brook, Doctor of Audiology, are providing complete audiology services there for people of all ages. Please call **(608) 364-2400** or **(608) 364-5244**.