No Hit Zone expands beyond our walls

Did you know Gundersen was among the first health systems to adopt a No Hit Zone policy? The policy (GL-1110) took effect in 2014 and we’re now leading the way across the country as other healthcare systems and organizations look to implement No Hit Zones of their own.

“No Hit Zones promote a culture of safety, awareness and education. It’s a statement about healthy relationships and safe environments across the lifespan,” states Center for Effective Discipline program coordinator Lacie Ketelhut, who oversees and recently updated the program at Gundersen.

Hitting and violence, as part of any relationship, are destructive and can lead to long-term physical, mental and emotional problems. A No Hit Zone policy applies to everyone and focuses on the prevention of adults hitting children, children hitting adults, children hitting children and adults hitting adults.

One piece that is commonly overlooked in No Hit Zones is prevention and supportive intervention when early signs of stress are identified, according to Lacie. “Instead of waiting for a problem to occur, staff of No Hit Zones are equipped to be proactive and either take action to prevent a problem or provide support to de-escalate a situation,” she says.

Center for Effective Discipline has seen a positive impact from the implementation of No Hit Zones, with increased awareness and education. It’s a statement about our responsibility as a community to portray the role we all play in creating healthy relationships and safe environments across the lifespan.

If you have questions, contact Benefits at ext. 70140 or email HR-Benefits@gundersenhealth.org.
Please join us in welcoming…

Nov. 13-19 is National Nurse Practitioner (NP) Week

Plus free shipping!

Menopause care, contraceptive services and more. Including prenatal, childbearing and delivery, breastfeeding care, perimenopause and continuing her medical career.

Force personnel at bases around the nation and overseas, before returning to civilian life and continuing her medical career.

She will provide a large range of women’s health services to Tomah Clinic patients including prenatal, childbirth and delivery, breastfeeding care, perimenopause and menopause care, contraceptive services and more.

“I am looking forward to embracing Tomah’s residents, getting to know and become part of the community,” says Lyn. “I have always wanted to be a certified nurse midwife in a small, rural hospital.”

Her husband, David, is also retired from the Air Force. Their children are David and Dylan.

Disease Management is focusing on ‘Next Appointment’

Primary care departments have solid processes in place to take excellent care of our highest risk patients—if they have an appointment scheduled.

Currently, only 66.4 percent of our patients with diabetes have a next appointment scheduled with their primary care clinician or endocrinologist. “As you can imagine, it is very difficult to provide exceptional care to patients if we don’t see them,” says Jon Zlabek, MD, medical director of Disease Management.

To change this, Disease Management is challenging all Gundersen Primary Care and Endocrinology clinics and clinicians to close the “Next Appointment” gap for these patients.

Our system goal is that at least 90 percent of these patients will have a next appointment.

The Gundersen clinic and individual clinician who moved the needle the largest percentage in October were: Gundersen Spring Grove Clinic and Kris Brueggen, NP. Gundersen Vinopea Clinic. Disease Management will be focusing on “Next Appointment” with new processes for every role to reach this goal. Questions? Call Holly Boezen, project manager, Quality and Efficiency, at ext. 55970; or Dr. Zlabek at ext. 52166.

GunderGear closeout sale week of Nov. 14-20

Plus free shipping!

Inventory reduction sale! Help us reduce our excess inventory and we’ll reward you with up to 25 percent savings or more. Stop by our on-site events in Onalaska and La Crosse or shop GunderGear.org to take advantage of these lower prices. Place an order by your manager or supervisor, the educational meetings or conferences for our product, or at the front desk.

Nutrition

Women’s Health

All patients at the Gundersen Health System are on electronic health records.

Submit news, story ideas or other materials to Neil Stilwell, Corporate Communications, mailstop NCA1-03, by noon Monday before publication.

Editor & Circulation: Neil Stilwell Graphic Design: Zach Johnson

Gundersen Health System is an Alternative Action Employer. Employer and does not discriminate against any person on the basis of race, color, national origin, disability, sex or gender identity, age, treatment, or participation in its programs, services and activities, or in employment. Access to TVT (telephone teletypewriter) is available for persons who are hearing impaired, is available through Great Rivers 2-1-1 or by dialing 2-1-1 or (800) 362-8255.

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‘You Make the Difference’

Nov. 13-19 is National Nurse Practitioner (NP) Week

This week provides an opportunity to celebrate the vital role that NPs play in bringing high-quality, cost-effective, comprehensive, patient-centered, personalized healthcare to all populations.

Gundersen Health System NPs perform the functions of examining, assessing, planning and implementing the healthcare of assigned patients in collaboration with a licensed physician. The NP secures patient histories, performs physical examinations, orders laboratory tests, develops and implements treatment plans, performs diagnostic and treatment procedures, records findings and provides patient education and counseling to enhance our effectiveness in providing primary care, specialty care, emergency services, impatient care, preventive services and improved outreach.

Take a moment next week to recognize the nurse practitioners in your department or clinic for their role in providing quality patient care at Gundersen Health System.

Achievements

Gundersen surgeon Sharron Kohut, MD, recently presented results of a research study, “Long-Term (greater than 10 year) Outcomes after Laparoscopic Roux-en-Y Gastric Bypass,” at the American Society for Bariatric Surgery (ASBSM) meeting. This paper was accepted for the “Top Ten Paper” session. Co-authors were Mark Baker, MD, Brandon Gorther, MD and researchers Andrew Borger and Kara Kallies with contributions by analyst Kristin Jerome.

At the same meeting, surgery fellow Emanual Nearing H. MD, presented, “The Benefits of Bariatric Surgery Prior to Elective Total Joint Arthroplasty: Is There a Role for Weight Loss Optimization?” Co-authors Mark Topoloski, MD, Dr. Kohut, Andrew Borger, Karri Kallies and Tyler Santos.

Both of these presentations were also delivered at the Wisconsin Surgical Society meeting.

Gundersen surgeons had papers accepted for presentations at the recent Western Surgical Association Annual meeting.


• Benjamin Jarman, MD, presented, “Enhancing Confidence in Graduating General Surgery Residents: Establishing a Chief Surgery Resident Service at an Independent Academic Medical Center.” Co-authors include Dr. Coghill, Colette O’Heron and Karri Kallies.

Gundersen experts recently presented two programs to the 2016 annual conference of the National Renal Administrators Association (NRAA).

In attendance from Gundersen at the Oct. 26-29 conference in San Diego, Calif., were Kumari Usha, MD, medical director of Renal Dialysis; Bridget Piff, MS, Team 3 administrative director (including Infectious Disease and Nephrology); and Carol Wittenberg, RN, Renal OP. The presentation is titled a multidisciplinary Approach to the Complex Patient.

This project highlights the quality work conducted by more than 90 staff who take care of dialysis patients throughout the seven dialysis locations each week and was selected for presentation at the conference from numerous submissions. The presentation entitled the collaborative approach the entire division takes to improve patient care through collaboration.

When another presenter had to cancel a week before the event, Bridget Piff decided to ask an additional session, “Germinobesophagus: Are We Too Clean?” This session focuses on how our germ-obsessed society, where the latest outbreaks are the stuff of 24/7 cable news, has led to the creation of the “hygiene hypothesis.”

However, in healthcare, we cannot be “too clean.” The presentation addressed the importance of that in dialysis.
Brian Theiler has served in many roles and witnessed great change in his nearly 32 years with Gundersen Health System. What’s remained constant is his commitment to the people and communities Gundersen serves.

Brian, chief executive officer (CEO) of Gundersen Tri-County Hospital and Clinics, will retire Dec. 30 with his wife, Martha, a patient representative in Gundersen Service Excellence.

“Given the many twists and turns of life, some of which we have little control, Martha and I have decided to make family our mission and retire together,” Brian said in a message to Gundersen Tri-County staff.

“During his time at Gundersen Tri-County, Brian has become an integral member of the community,” says Bryan Erdmann, vice president, Regional Services. “With his involvement in a variety of community activities, Brian has shared the great work and improvement that is occurring at Gundersen Tri-County. We will miss Brian, and we wish him and Martha a very happy retirement.”

Prior to becoming CEO at Gundersen Tri-County, the Kiel, Wis., native worked as an inpatient psychiatric social worker, director of Teen Health Services, therapist and director in Gundersen Behavioral Health. He then became director for Gundersen Social Services, followed by a position in Regional Services and gaining executive administrative assistant, without their support and dedication none of this would have been possible. We’ve done great work to establish trust and commit ourselves to better health and well-being for Trempealeau County communities.”

“Gundersen Tri-County is in a really good place and headed to an even better place,” Brian continues. “None of our success happened by chance. It happened because our team believed in the mission, especially during a period of change and growth.”

A search is underway for Gundersen Tri-County CEO candidates. More information will be provided as it becomes available.

Please share your holiday hours

Many Gundersen Health System medical departments, along with business offices, will be closed in observance of Thanksgiving, Christmas and New Year’s Day holiday periods.

Most outpatient care departments other than Urgent Care and Emergency Services will be closed:

• Thanksgiving Day, Thursday, Nov. 24
• At noon on Friday, Dec. 23, to observe Christmas Eve
• On Monday, Dec. 26, to observe Christmas Day
• On Monday, Jan. 2, for New Year’s Day

If your department, unit or publically accessed business office will be closed any time outside and beyond the days and times listed here, submit the holiday hours form that you’ll find on Gladiador under Featured Links, so that the information can be included in patient and staff communications.

Second shuttle to start Nov. 14

Beginning Monday, Nov. 14, a second shuttle bus will be available for Gundersen Health System employees who want a ride from Parking-F to the Legacy Building, Founders Building, East Building or Green Bay Building on the La Crosse Campus.

The two buses will operate Monday through Friday from 6 to 9 a.m. and 2:30 to 6 p.m. Employees are picked up and dropped off in Parking-F at the following locations:

• Shelter 1 on the west side of the lot, near resident housing
• Shelter 2 on the east side of the lot, near the Laundry building

The second bus will be in service until spring 2017.

Holiday shuttle schedule:

Thanksgiving Day—Thursday, Nov. 24: No shuttle service
Christmas Eve observed—Friday, Dec. 23: Shuttle service 6-9 a.m. and 11 a.m.-1 p.m.
Christmas Day observed—Monday, Dec. 26: No shuttle service
If you have questions about the shuttle service, contact Organizational Development at ext. 55923.

Memorial service planned Nov. 10 at new location

Spiritual Care is holding a memorial service on Thursday, Nov. 10, at 3 p.m. (doors open at 2:30 p.m.) at First Presbyterian Church (Hope Chapel) at the intersection of Cass Street and West Avenue in La Crosse.

The service is being held at this new location due to renovation of the Overolt Auditorium.

Memorial services are conducted every other month and are open to all, particularly family and friends of Gundersen Health System patients who have died. Gundersen staff members who are also affected by such losses, are encouraged to attend. For more information, contact Spiritual Care at ext. 55620.

Ask EAP

The following is a frequently asked question heard by Gundersen Health System Employee Assistance Program (EAP) staff. To learn more, visit EAP’s website at gundersenhealth.org. If you have a question for EAP call (608) 775-4780 or (800) 527-9991 or email eap@gundersenhealth.org.

Q: “I’ve noticed that every year around this time, my mood changes when it starts to get colder. I remember hearing something about seasonal affective disorder but I really don’t know much about it.”

A: Seasonal affective disorder (SAD) is a mood disorder that affects more than three million people annually. In the Midwest, its onset usually occurs during the fall months and continues into the winter, but some individuals do experience symptoms during spring into summer.

Although the cause of SAD is not entirely known, it may be in part due to the reduction in sunlight during certain times of the year. Symptoms of Fall-Winter SAD include irritability, tiredness or low energy, increased emotional sensitivity, heaviness of limbs, oversleeping, increased appetite and weight gain. Symptoms of Spring-Summer SAD include decreased energy, trouble sleeping, weight loss, poor appetite and agitation. SAD is a diagnosable subtype of major depressive disorder.

To be assessed for SAD, contact your primary care provider. Possible treatments for it are phototherapy, psychotherapy and medication. If you or a family member has concerns about mood changes during the coming months, EAP is an available resource to discuss those and options for further support or services. To schedule an appointment, please contact EAP by phone at the number above. Appointments are available Monday through Friday from 8 a.m. until 5 p.m.

Painting a picture of patient experience excellence

Gundersen celebrates Healing Arts Week Nov. 7-11 with displays and activities all week.

Schedule of events, Legacy Building Lobby

Wednesday, Nov. 9
• Basket making, 10 a.m.—2 p.m.—Kjerl Garvin will demonstrate traditional basket weaving. Kjerl is a member of the Ho-Chunk Nation. She has been making baskets for 10 years after being taught by elder basket maker Lila Blackdeer as part of their work together with the Ho-Chunk Nation Language Division.
• Music, 11 a.m.—noon—Heart Strings harp group

Thursday, Nov. 10
• Rosemaling, 10 a.m.—2:30 p.m.—Mary Koehler will showcase the Norwegian art of rosemaling and have some extra brushes on hand for you to try a few strokes yourself! Watch and learn about the Rogaland County style of art and chat about that specific region her ancestors came from.
• Music, 2:30-3 p.m.—Kay Johnston on piano in the La Crosse Clinic Lobby

Friday, Nov. 11
• Watercolor, 11 a.m.—2 p.m.—Colleen Shaw is well known in the area for her beautiful water colors. She will showcase several of her works and demonstrate the process of capturing nature on paper.
• Music, 11 a.m.—noon—Jane Young on piano in the Clinic Lobby

For more information or to make a reservation please contact EAP at ext. 53847.

Sympathy

Gundersen Health System friends and co-workers express their deepest sympathies to:

Debra C. Jorstad, Telecommunications, on the death of her father, Kenneth Wrobil;
Juanita M. Olson, Quality Management-Health Plan, on the death of her sister-in-law, Kate Berger;
Barbara K. Jesen, Nutrition Therapy, on the death of her brother-in-law, Harold Jesen; Rhonda P. Tremain-Yetter, Claims Administration-Health Plan, on the death of her father, Robert Halverson; and
Lorraine J. Bushek, Service Excellence, on the death of her daughter, Rebecca Lynn Paulson.

Computer Security Bytes

Gundersen Information Systems, with the help of ThreatTrack Security and the SAS Institute, offers these tips to help you avoid common online threats and protect our organization’s computer network. If you have questions, contact Linda Seubert, director, IS/Information Security, at ext. 55567.

Mobile apps

Only install mobile apps from trusted places, and always double-check the privacy settings to ensure you are not giving away too much information.
Honoring all who served

As Veterans Day approaches on Friday, Nov. 11, we consider the many sacrifices these individuals and their loved ones have made for us. We especially want to thank our veterans and active service personnel currently working at Gundersen Health System, as well as our volunteers and retirees.

Gundersen will honor all veterans with the following events Nov. 11:
• A flag raising ceremony at noon on the La Crosse Campus. The event will be held outdoors by the entrance to the Legacy Building. Special guests: La Crosse American Legion Post No. 52.

Honor our veterans Nov. 11

• A flag raising ceremony at noon on the Onalaska Campus. The event will be held outdoors at the main entrance to Gundersen Onalaska Clinic. Special guests: Onalaska American Legion Post No. 336 and Color Guard.

Gundersen is grateful to our many veterans for their bravery, commitment and sacrifice on behalf of the U.S. Please join us by reviewing the list of many of our employees who have served or are currently serving:

Accounting
Colleen Tracy

Accounts Payable
Cindi Aasen

Anatomic Pathology
Laurence Berg, MD
Jeffrey Mizi
Joshua Staggemeier

Anesthesia
Scott Jackson

Anesthesiology
Steven Boone, MD
John Erickson
Stewart Heaton
Mary Jo Maloszycki
Gina Mason
Andrew Nevitt
Jacqueline Proper, MD

Anesthesiology—Gundersen Medical Foundation/ GLMC Services
A. E. Gundersen, MD
Stephen Webster, MD

ARCC
Joseph Irvin

Ashley Wellness Center
Ruben Garza

Behavioral Medicine
Joseph Rois

Billing and Insurance Follow-Up
Dawne Nelson

Blood Bank
Mark Deigne

Business Systems/Data Management
Lance Jungersen

Cardiology
Julie Bird, MD
Ward Brown, MD
Gordon Johnson, MD
Herbert Roberts

Cardiothoracic Surgery
Terry Barnes
Eric Rauch

Center for Breast Care
John Pape, MD

Central Service
Jeffrey Strong
Michael Ward

Child Care Center
Brady Brever

Clinical Data Services
Shaiki Hanson

Clinical Engineering
James Balow
Matthew Miller

Dawne Nelson

Diagnostic Physics
Alan Daus

Diagnostic Radiology—La Crosse
Carl Decker, MD
Pearie Dering, MD
Murray Donovan, MD
Jennifer Hanson

Emergency Medicine
Neil Tator

Emergency Services
Richard Brunoni
Rhonda Brye
Rhode Debeck
Paul Habec
Michael Hammel
Tyler Hanson
Samuel Hopp
Robert Korishi

Endocrinology—La Crosse
Arnold Ass, MD

Environmental Services
Kevin Deal
Nancy Haynie
Kim Minch
Donald Olson
Phillip Pederson

Express Care—Onalaska
Jennifer Johnson
Pauline Watters

Family Care—Onalaska
Danyl Brey
Karl Erickson
Timothy Foust
Keith Hanson
Andrew McAlistier
William Powell
Scott Tannor
Daniel Tantwe
Frank Van Lin
Jeffrey Waansch

Family Care—Onalaska
Adam Bostrack
Carl Clements

Family Medicine—Harmony
Diana Nelson

Family Medicine—Houston
Bradley Bender

Family Medicine—Onalaska
Charles Clark, MD
Kimberly Coyne, MD

Family Medicine—Prairie du Chien
Chasity Allen

Family Medicine—Prairie du Chien
Charles Clark, MD
Kimberly Coyne, MD

Family Medicine—Residency
Lucas Hammell, DO

Family Medicine—Sparta
John Coffey, MD
Lisa Knudtson

Family Medicine—Tomah
April Berghorn
Christine Jacobson, MD
Lauma Keith
Jill McMullen, MD

Family Medicine—Viroqua
Lydia Schlicht

Family Medicine—Waukon
Stephen Bramblett

Foodservice—Patients
Lai Chia Yang

General Internal Medicine—La Crosse
Laura Kelley

General Internal Medicine—Onalaska
Stacey Lock
James Munn, MD
Stephen Wissink, MD

General Surgery—Prairie du Chien
Carrie Kramer, MD

GI Lab
Joseph Brod
Kari Kamrowski

Gundersen Medical Foundation/ GLMC Services
A. E. Gundersen, MD
Stephen Webster, MD

Gundersen Boscobel Area Hospital and Clinics
Theresa Brewer
Bobbie Jor Dorst
Tara Hamilton
Christine Naggszek

Gundersen Harmony Care Center
Michael Yslas

Gundersen Palmer Lutheran
David Doucette

Gundersen St. Joseph's Hospital and Clinics
Samuel Dalverchel
Joseph Havlik
Jill Jaconski
Rachel Kerian
Kim Kurtz
Steve Nitz, MD
Lowell North
Katherine O'Rourke, DO
Dennis Prekert
Angela Retzlaff
Amy Sarbanes
Sara Severson
Allen Verbsky
Rita Winches

Gundersen Tweeten Care Center
Carl Magers
David Sefo
Lara Wolff

Health Unit Coordinator Services
Daniel Anderson
Nicole Davis
Debbie Hubert Roelich

HIM Patient Record Services
Michelle Knooss

Hospitalist
Rachel Hawker, MD

Honor our veterans Nov. 11

As Veterans Day approaches on Friday, Nov. 11, we consider the many sacrifices these individuals and their loved ones have made for us. We especially want to thank our veterans and active service personnel currently working at Gundersen Health System, as well as our volunteers and retirees.

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Honor our veterans Nov. 11

• A flag raising ceremony at noon on the Onalaska Campus. The event will be held outdoors at the main entrance to Gundersen Onalaska Clinic. Special guests: Onalaska American Legion Post No. 336 and Color Guard.

Gundersen is grateful to our many veterans for their bravery, commitment and sacrifice on behalf of the U.S. Please join us by reviewing the list of many of our employees who have served or are currently serving:
Honoring all who served

Infusion-La Crosse
Kimberly Domingue
Saido Reyes III
Heather Touville

Inpatient Behavioral Health
Cully Lee

Integrated Center for Education
John Alameida

Integrated Platform
Tudd Kjos
Vance Mitchell
Jeremy Torkelson

IS Customer Services
William Kuennen
Bradley Lyga
Robert Mahr
David Ortmeier
Paul Pierce
Jose Rivera
Aaron Schaefer
Gerald Trockinski

IS Network Services
Michael Manske

IS Technical Services
Randall Reisbig

IV Therapy
Robert Boland
Carol Scoville
Jason Stanley
Russell Van Riper
William Vanatta

La Crosse Administration
Mark Platz

Lab Administration & Support
Ronald Krejmen
John Kuecker
Richard Loomis
Reece Rykal
Dennis Schlicht
Lee Strowinsky
Ronald Wilhelm
Thomas Wuest

Laundry
Ronnie Statslenski

Legal
Catherine Maccha

Logistics
Joseph Pitsch
Michael Wiedemann

Medical and Oncology Unit
Russ O’Neil

Medical Communications
Whitney Volkweiser

Medical Education
Craig Destree, MD

Medical Staff Recruitment
Jon Nevala
Jacqueline Ross

MedLink AIR
Dave Bond
John Clements
Dale Dougherty
Doug Ehlers

MRI
Ricky Olson
National Child Protection Training Center (NCPTC)
Nicholas Cota

Neuroscience Unit
Brigham Elliott

Neurosurgery
Michael Eisenfeld, MD
Lara Tesman
Matthew Zimmermann

Nuclear Medicine
Thomas Feehrer

OB/Gyn-La Crosse
Theodore Peck, MD

OB/Gyn-Onalaska
Mary Alvarado, MD
Carleen Poellinger

OB/Gyn-Tomah
Anna Shebesta

Obstetrics and Nursery Unit
Betty Hunter

Occupational Health Services-La Crosse
Maria Doria, MD
William Scoby, MD

Ophthalmology
Paul Kuck, MD

Orthopaedic Surgery
Leah Baldwin
Stacey Glaunert
Edward Riley II, MD
Kevin Splain
Mark Steging
Mark Topolski, MD
Lance Trumbore

Orthotics
John Bartek

Otolaryngology
Steven Overholt, MD
Brian Seck, MD

Outpatient Surgery Center Pre/Post
Julie Stanford

Outpatient Surgery Center (OR)
Linda Richmond

Payment and Refund Posting
Susanne Schwartz

Pediatric Neontal ICU
Vanessa Nordgaard

Pediatrics-La Crosse
Lori Webel, MD

Pediatrics-Onalaska
Shelly Blumentritt
Steven Johnson, DO
Nicole Pendover

Pharmacy-Hospital
Christopher Pedersen
Fuix Xiong

Pharmacy-Prairie du Chien
Michael Bouzek

Physicians-West Union
Ronald Myron, MD

Palmer Lutheran Family Medicine-Postville
Krisen Larter

Plastic Surgery
Mark Connolly, MD

Podiatry-La Crosse
Daniel Meier

Power Plant
Byron Olsteen

Pre-Op
Joanne Doherty
Linda Justad Berg
Lisabeth McDow

Patient Access/Pre-Registration,
Customer Service
Shannon Carey

Physical Therapy-Hospital
Scott Anderson

Purchasing
Harlow Demoirest

Quality Management
Michele Stahl

Quality, Efficiency & Safety
Adam Hansen

Recruitment Services
Regional Jefferson
Regional Administration
David Culpepper

Regional Float Pool
Bruce Polender, MD

Regional Services and Telemedicine
Kimberly Hable

Rehabilitation
Jennifer Crain
Jennifer Kranz

Renal OP-Onalaska
Keri Elliott
Brian McKitterick

Renal OP-Prairie du Chien
Jennifer Sturutz

Respiratory Care
Terry Bendickson
Jarrett Brandses
Thomas Friemel
Andrew Wagnerer

Rheumatology-Onalaska
Carol Dunne, MD
Tina Larso

Risk Management
Jaye Spindler

Security
Thomas Barteck
Jeffrey Geary

Sports Medicine Therapy-Onalaska
George Davies

Sports Medicine-Onalaska
Glennmore Newkirk

Surgery
Shanna Lavec-Quinby
Chad Mahutga
Barbara Miller
Colleen Sorensen
Mark Tallman

Surgery Clinic
Matthew Baker, MD
Brandon Grover, DO

Surgeon Unit
Heather Hust

Tri County Hospital and Clinics (TCM)
Ambulance
Christopher Cuddy
John Oscar

TCM Emergency
Jonathan Paulson

TCM Laboratory
Jennifer Putman

TCM Nursing Administration
Katie Paulson

Team 1 Administration
Scott Kunrath

Telephone Nurse Advisor
Jeannie Schmidt
Carol Vothage

Therapy-La Crosse
Bonnie Borchardt
Thomas Schmitt

Transitional Services
Jon Dickson

Tri-State Ambulance
James Barloon
Sean Mortenson
Callie Revels
Kent Stein

Tri-State Regional Ambulance
Nathan Allen

Urgent Care-Onalaska
James Tomlin
Kyle Henry

Urology
Joseph Endrizzi, MD
Chris Hofland, MD
Marvin Van Every, MD

Vascular Institute
David Faas

Anthony Sanchez

Nov. 9, 2016 5
Medical Assistants, Our Super Hero Celebration held Oct. 20

Almost 115 medical assistants (MAs), managers and friends of MAs came out to celebrate their profession recently at the Western Technical College event center. They had fun sharing MA “superhero” stories that were submitted to show how their teams are health crusaders each and every day.

MA staff members are superheroes because:

• They dress in special costumes (scrubs)
• They are able to conquer a workload that appears superhuman on many days
• They fight supervillains (infection and illness)
• They protect our patients from chronic disease

MAs have participated in a special fundraiser for the past nine year and this year, Toys for Tots were chosen. More than 170 toys have been collected and will go to families in need through the La Crosse Jaycees, JCI La Crosse.

If you have toys to share that need to be collected yet, contact Edie Kubicek at ext. 54403.

“Thank you to everyone in every area that donated to this great cause for our community and helping make a child smile,” says Edie. ●

Area Culver’s host Miracle Mondays in support of CMN Hospitals® at Gundersen

If you’re looking for a good excuse to indulge in a Culver’s famous burger, frozen custard, cheese curds or any of the other dozens of delicious menu items, here it is. Every Monday in November and December, participating Culver’s restaurants will donate 5 percent of all sales to help children in our area through Children’s Miracle Network Hospitals®.

Culver’s restaurants in La Crosse, Onalaska, Sparta, Tomah and Viroqua are teaming up again this year to sponsor Miracle Mondays in support of all the great work CMN Hospitals does for children in our area.

CMN Hospitals provide funding that supports a number of pediatric programs and services benefitting kids battling virtually every type of childhood illness or injury. CMN Hospitals is a service of Gundersen Health Foundation, but they help area children no matter where they get their care.

So stop by Culver’s to enjoy good food and that good feeling you get when you do something nice for others. ●

Love + Medicine is a hug

Editor’s note: Every day through the many locations that make up Gundersen Health System, staff is helping to deliver really great medicine plus a little something extra—we call this Love + Medicine. The hope is this story might also inspire you to share a story of your own or one you may have witnessed.

This story comes from a grateful patient Angie Mitchell.

I was able to hug someone without pain today. It’s been so long since I’ve been able to do that I’ve forgotten what it was like.

Three years ago I was in an automobile accident. I was initially taken to a different hospital where they said, “You’re fine, shake it off.” But I wasn’t fine. After the accident I continued to suffer with horrible neck and upper shoulder pain. I’ve tried four different providers and numerous appointments with no relief.

Today I was able to turn my head to the left without pain and without turning my body! I cried! I haven’t been able to do this in three years! I couldn’t have done this without my team of Gundersen providers including (Erin) Madawski, MD, Physical Medicine and Rehabilitation; physical therapists Jessica Robide and Sheryl Holzad; and Kim Tarn, APNP, Family Medicine at Gundersen Tomah Clinic.

Had they not taken me seriously I would still be in horrible pain and adjusting the way I do things to avoid it. I truly believe in Love + Medicine and today it’s shown through in everything they’ve done for me. ●

To submit a story, go to gundersenhealth.org/submitstory.

Get free tickets to holiday shows

Drawings will be held for tickets to the following holiday community performances. Enter your name for these drawings by emailing Linda Duffy at lkduffy@gundersenhealth.org no later than noon on Tuesday, Nov. 22. Include your name, mailstop and daytime phone number/extension:

• Viterbo University presents Handel’s “Messiah,” Saturday, Dec. 3, 7:30 p.m. Viterbo Fine Arts Center, 929 Jackson St., La Crosse (two pairs)
• La Crosse Community Theatre presents “A Christmas Carol: A Live Radio Play,” Saturday, Dec. 10, 2 p.m. Weber Center for the Performing Arts, 428 Front St. South, La Crosse (one pair). ●

Love + Medicine.

Click it and tell us about your good deeds, or those of your coworkers.

La Crosse dining

Thursday, Nov. 10

Cafeteria: Tenderloin tips with noodles, chicken enchilada, refried beans, spinach rice, baby beets, Brussels sprouts, egg noodles, salad bar, three-bean chili, cream of tomato soup.

Cafeteria: Crispy cod sandwich, baked stuffed pork cutlet/gravy, macaroni and cheese, vegetable paits, roasted carrots and cabbage, redskin mashed potatoes, salad bar, three-bean chili, potato chowder.

Cafe Too: Hawaiian pizza, cheese pizza.

Saturday, Nov. 12

Cafeteria: Meat lasagna, vegetable lasagna, corn, beer cheese soup, salad bar.

Sunday, Nov. 13

Cafeteria: Wild rice medley cassoulet, broccoli, Italian cream of tomato soup, salad bar.

Monday, Nov. 14

Cafeteria: Smothered chicken, garlic and herb tortilla, meatballs marinara, spaghetti noodles, garlic cheese bread, parmesan zucchini, carrots, salad bar, three-bean chili, chicken noodle soup.

Cafe Too: Patty melt, garden burger.

Tuesday, Nov. 15

Cafeteria: Teryaki chicken on a bun, beef stew, taco lasagna, corn spoon bread, broccoli, beans, salad bar, three-bean chili, curried wild rice coconut soup.

Cafeteria: Roasted vegetable pita pizza, sausage and pepperoni pita pizza.

Wednesday, Nov. 16

Cafeteria: Crispy cod sandwich, Swedish meatballs, chicken tater tots, honey roasted root vegetables, Brussels sprouts, redskin mashed potatoes, salad bar, three-bean chili, Louisiana sausage soup.

Cafe Too: Loaded baked potato.

Thursday, Nov. 17

Cafeteria: Tortellini with Alfredo or marinara, cheese and tomato pesto sandwich, turkey dressing baking, breadbusts, corn, garlic green beans, salad bar, three-bean chili, cream of potato soup.

Cafe Too: Chicken Alfredo pizza, cheese pizza.

Specials Nov 10-11

Bistro: Turkey festa panini. Addilo’s: Bacon cheeseburger.

Specials Nov 14-17

Bistro: Chicken caprese panini. Addilo’s: Grilled cheese.

Menus are subject to change.

Get free tickets to holiday shows

Drawings will be held for tickets to the following holiday community performances. Enter your name for these drawings by emailing Linda Duffy at lkduffy@gundersenhealth.org no later than noon on Tuesday, Nov. 22. Include your name, mailstop and daytime phone number/extension:

• Viterbo University presents Handel’s “Messiah,” Saturday, Dec. 3, 7:30 p.m. Viterbo Fine Arts Center, 929 Jackson St., La Crosse (two pairs)
• La Crosse Community Theatre presents “A Christmas Carol: A Live Radio Play,” Saturday, Dec. 10, 2 p.m. Weber Center for the Performing Arts, 428 Front St. South, La Crosse (one pair). ●

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Love + Medicine.

Click it and tell us about your good deeds, or those of your coworkers.

La Crosse dining

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Cafeteria: Crispy cod sandwich, baked stuffed pork cutlet/gravy, macaroni and cheese, vegetable paits, roasted carrots and cabbage, redskin mashed potatoes, salad bar, three-bean chili, potato chowder.

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Cafe Too: Loaded baked potato.

Thursday, Nov. 17

Cafeteria: Tortellini with Alfredo or marinara, cheese and tomato pesto sandwich, turkey dressing baking, breadbusts, corn, garlic green beans, salad bar, three-bean chili, cream of potato soup.

Cafe Too: Chicken Alfredo pizza, cheese pizza.

Specials Nov 10-11

Bistro: Turkey festa panini. Addilo’s: Bacon cheeseburger.

Specials Nov 14-17

Bistro: Chicken caprese panini. Addilo’s: Grilled cheese.

Menus are subject to change.
Welcome new employees and volunteers

Radiothon dials in another great year!

Thank you to everyone who made a donation during the 2016 Children’s Miracle Network Hospitals® Radiothon. The three-day event is the single largest fundraising drive each year conducted by CMN Hospitals and a host of avid supporters and sponsors.

“We had another wonderful event this year, and our numbers were amazing at $90,000 and counting,” says Ashley Zibrowski, CMN Hospitals specialist, Gundersen Medical Foundation. “We’re so grateful for the support we have from this community. Our success would not have been possible without the families who shared their stories, Miracle Teams and volunteers on the phone bank, and our sponsors.”

CMN Hospitals extends its gratitude to the following Miracle Maker Sponsors:

- Oral Surgery Clinic of La Crosse, 7 Rivers Region Chapter of Credit Unions, Cary Heating and Air Conditioning, HotSpring Spas and Pools, Oral Surgery Clinic of La Crosse, BloodCenter of Wisconsin, BioLife Plasma Services, John’s Omni Auto Services, Benedictine Living Community of La Crosse, Wieser Brothers, La Crosse Archery, McDonald’s, Toppers Pizza, JavaVino, Subway, Big Boy and Pickerman’s Soup and Sandwiches.

“Thank you to our generous donors who listened during Radiothon and called in to make a pledge,” says Ashley. “We also want to give a special thank you to the La Crosse Radio Group and to Gundersen staff who helped make our event in the clinic lobby possible.”

If you’d like to add to the tally, contact Ashley at ext. 50012.
Santa is coming to Gundersen!

The Gundersen Health System traditional of helping staff on duty celebrate Thanksgiving Day continues this year.

Complimentary hot Thanksgiving dinners will be offered to all staff scheduled to work at the La Crosse Campus. The meal will be turkey dressing baked or vegetable lasagna, corn or green beans, roll, pineapple pie and a beverage.

Meals are available 10:30 a.m. to 2 p.m. and 4:30 to 6:30 p.m. in the Cafeteria. Also, boxed lunches will be prepared for the overnight staff to be picked up by your unit the evening of Wednesday, Nov. 23. Ask your manager for details.

Boxed lunches will be prepared for delivery on Thanksgiving Day to the Onalaska Campus.

It’s Chili-mania 2016!

Come to the annual Chili Cookoff Nov. 16

What’s cookin’ at the ICE House? Chili!

The fifth annual Gundersen Chili Cook-off is Wednesday, Nov. 16, from 11:30 a.m. to 1 p.m. at the Integrated Center for Education (ICE House), Level 4, in the La Crosse Campus. This fundraiser benefits patients served by Gundersen Social Services.

We’re talking good eats for a good cause! For $5 a person entitles you to all the chili you want and to vote on your favorites. And don’t miss out on the raffles for awesome prizes. Raffle tickets ($1) and chili tickets ($5) will be available outside the Heritage Building Cafeteria 11 a.m. to 1 p.m. Wednesday-Friday, Nov. 9-11; and Monday-Friday, Nov. 14-15.

Prizes include Green Bay Packers, Minnesota Vikings, Milwaukee Brewers, Minnesota Twins, Wisconsin Badgers and Minnesota Gophers gear for you sports fans. Or win a spa package, Ho-Chunk gaming get-away, handmade quilt and more. Raffle tickets for the 16 prizes are also available from any chili cook-off planning committee member:

• La Crosse Clinic: Jean Hougom, ext. 56329; Rhonda Smith, ext. 56600.

No Hit Zone continued from page 1

A position available to internal employees only has “Internal” in red in the posting.

All job postings are available on Gladiator. From Gladiator, select Gund UHR and then select Employment. The Career Development departments job list is the key to all open positions. A position available to internal employees only has “Internal” in red in the posting page. Please note some positions may be open to employees of a particular department or division. This is clearly stated in the posting.

If you have questions regarding the application process, contact Recruitment at ext. 54743.

Small steps to successful intervention

If you notice situations that have the potential to lead to hitting or other violent behavior at Gundersen, here are some tips to help:

• Review strategies as a department to prevent problems from occurring or escalating.
• Try to intervene early at the first signs of a problem.
• Respond in a calm, non-judgmental way.
• Sympathize with the frustrations and stress that the individual(s) may be experiencing.
• Try to have conversations with the involved individual(s) and any witness or bystander(s) so the individual(s) is not embarrassed.
• Avoid making any type of threat.
• Thank the individual for respecting our policies and offer written education materials, if appropriate.

Gundersen’s current fleet of Alaris IV pumps is approaching 10 years old. Work is underway to replace the pumps by the end of 2017, and add bi-directional connectivity between the pumps and our electronic medical record. This work will be replaced on all Gundersen inpatient units, dialysis units and operating rooms, as well as affected clinic departments across the health system. Pumps at our regional centers may also be replaced, but this would occur three to six months after initial implementation.

If you work in any of these areas, plan to attend two onsite demonstrations to preview the IV pumps under consideration:

• Hospira pump demonstration – Thursday, Nov. 10, 1-4:30 p.m.
• La Crosse Clinic Basement Conference Room 1

All hospira pump demonstration – Tuesday, Nov. 15, 1-4:30 p.m.

Legacy Building, Critical Care Terrace, Room HM3711

You may drop in between 1-4:30 p.m. to watch a quick demonstration, ask questions and offer feedback. Plan for about 30 minutes of your time.

If you have questions, contact clinical project manager Kay Zbignowksi, BSN, RN, at ext. 54779 or IT project manager Alicia Walczek, RHIA, at ext. 51948.

Annual holiday meal planned for working staff on Thanksgiving

The Gundersen Health System traditional of helping staff on duty celebrate Thanksgiving Day continues this year.

Complimentary hot Thanksgiving dinners will be offered to all staff scheduled to work at the La Crosse Campus. The meal will be turkey dressing baked or vegetable lasagna, corn or green beans, roll, pineapple pie and a beverage.

Meals are available 10:30 a.m. to 2 p.m. and 4:30 to 6:30 p.m. in the Cafeteria. Also, boxed lunches will be prepared for the overnight staff to be picked up by your unit the evening of Wednesday, Nov. 23. Ask your manager for details.

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Your help is needed to select a new IV pump

Onsite demonstrations are
Nov. 10 and Nov. 15

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Great American Smoke Out is a great time to kick the habit

Thursday, Nov. 17, marks the annual Great American Smoke Out. Quitting smoking is the best thing you can do to improve and protect your health, and the Smoke Out is a great day to take another step toward that goal.

For smokers, this is a day to try quitting. For ex-smokers, it is a time to remind yourself about your reasons for quitting.

If you are a nonsmoker and know a smoker who wants to quit, make it your challenge to support that person in their efforts.

How to quit

There are many ways to quit and one size does not fit all. However, to increase your chances of success, consider this:

• Make the decision—a personal commitment—to quit.
• Set a quit date and make a quit plan.
• Deal with withdrawal—change your habits, talk to your doctor about medications and seek a supportive environment.
• Keep quitting—maintain cessation and prepare for your future as a non-smoker.

Tobacco cessation resources at Gundersen

Gundersen offers many smoking cessation resources for staff, and this includes free individual counseling through Employee Health Services. There is also an 80 percent employee discount on nicotine patches, gum and lozenges available. Call ext. 53747 for more information.

To learn more about other employee and community quitting options, visit gundersenhealth.org/wellness (click on tobacco cessation) or call Susan Lundsten, wellness education specialist, Community & Preventative Care Services, at ext. 55442. Additional resources can be found at American Cancer Society online at cancer.org. Or call (800) QUIT NOW (784-8669), the national tobacco quit line. Free quit coaching and support is available to callers.

No Hit Zone policy. Lacie is also available for consultation following an incident or to answer any questions staff may have.

“We all play a role in the well-being of our kids, families and community, as well as our patients and colleagues here at Gundersen,” says Lacie. To arrange a department visit or to ask questions at any time, contact Lacie at ext. 54891.

No Hit Zone page continued from page 1

to all open positions. A position available to internal employees only has “Internal” in red in the posting page. Please note some positions may be open to employees of a particular department or division. This is clearly stated in the posting.

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