Steppin’ Out in Pink honorary chair sees the silver lining

Surviving cancer is anything but easy. Just ask Candice (Candi) Bucheger, of Onalaska. She has conquered cancer three times.

In 1996, at age 48, Candi first heard the dreaded words, “You have fallopian tube cancer.” It was the same year her son graduated from high school and her daughter graduated from college.

Nineteen years later, in 2015, she was diagnosed with renal cancer. And, in 2018, a routine mammogram detected early-stage breast cancer.

Those who have survived cancer once, twice or more know it never gets easier. But Candi doesn’t let misfortune consume her thoughts.

“You need to appreciate daily the joy in your life,” she says.

For Candi, joy comes from many things—attending her grandson’s hockey and baseball games, playing pickleball and golf; monthly book club, spending winters in warmer climates, playing piano, enjoying the company of friends and family, and being wrapped in her husband’s loving arms.

“You don’t remember the days, you remember the moments,” she adds.

One of the moment’s Candis looks forward to in 2019 is serving as honorary chair of Gundersen Medical Foundation’s Steppin’ Out In Pink.

“Gundersen has always been there for me. So many medical and support staff have brought me through so many health challenges. If I can give back and help just one person through Steppin’ Out In Pink, it is so worth it,” Candi says.

As honorary chair, one piece of advice she shares is to be your own, best advocate and be diligent about getting preventative screenings.

“Please remember that a mammogram is a simple test with only a couple minutes of discomfort. Had I not been so religious about getting a mammogram, my outcome would have been very different,” Candi admits.

Another message she shares, “Don’t discount your family history. Genetic testing revealed that I have Lynch syndrome, which puts me at higher risk for certain types of cancer below the waist. It also explains the prevalence of cancer on one side of my family.”

No one expects a cancer diagnosis—let alone three—but Candi continues to see the silver lining.

“Cancer has taught me the real meaning of gratitude. One thing I’m forever grateful for is knowing that the great healthcare at Gundersen has allowed me to get to and stay healthy to experience all the things that bring me joy. You know you’re in good hands here. You can feel it,” she says.

Beat back and neck pain with chiropractic care

More than 80 percent of people will experience back or neck pain that can prevent them from enjoying their favorite activities. Whether the pain is acute or chronic, Chiropractic at Gundersen can help you get back to living fully.

Chiropractic care optimizes health and manages pain stemming from a variety of conditions, including:

- Disc injuries
- Pregnancy-related back pain
- And more

Personalized, collaborative treatment

To determine the best technique for you, Gundersen’s chiropractors begin with a thorough exam and review of medical history for a personalized approach to treatment.

Since Chiropractic is part of Physical Medicine & Rehabilitation in La Crosse and the Integrative Medicine Center in Onalaska, treatment also may include suggestions for complementary therapies (e.g., massage therapy, acupuncture, functional medicine) and/or referrals for other methods of treatment when appropriate. The close working relationships between departments and providers means referrals are as seamless as possible with shared treatment goals.

“Chiropractic is an integral part of our treatment at Gundersen,” Dr. Potaracke says. “When patients present with a mechanical back or neck issue, we consider chiropractic care in the treatment plan.”

Cancer survivor Candice Bucheger is the 2019 honorary chair of Steppin’ Out In Pink.
Thank you for your years of service
We wish you the best in retirement!

Kris Litscher-Lee, RN, MS, CPNP
Pediatics
35 years of service

Contribution: "Kris Litscher-Lee epitomized patient-centered Primary Care Pediatrics. Her devotion to her patients, and their families, endeared her to a countless number of children and caretakers over her long and successful career. Her integrity, positive demeanor and commitment to improving the lives of all in our community made her an influential and respected member of our department. She will be missed dearly by all and should be confident that she made a difference. Her families and her colleagues are better for having time with Kris. What a truly great legacy to leave." – David Gerhard, MD, Pediatrics.

"We are sad for the retirement of Kris Litscher-Lee from her practice at Gunderson Pediatrics. She has dedicated decades of her profession to the selfless and loving care of children in our region. Her patients will miss her dearly. However, we are excited for the next chapter of her life." – Steven Manos, MD, Pediatrics.

Fondest memories: "After my first year at Gundersen Clinic, a fellow pediatric nurse practitioner introduced me to her friend, who later became my husband. I have learned to approach healthcare and patients with respect and compassion. Kris is a true role model for all healthcare professionals." – Sarah Lucas, RN, care coordinator

Retirement plans: "I’m looking forward to more time with my dear family, volunteering, gardening and spending as much time as possible outdoors on our farm." – Kris Litscher-Lee, RN, MS, CPNP

Take your Fostering Healthy Relationship skills to the next level

Communicating in a clear, respectful and timely manner to foster healthy relationships is not only a part of your employee compact, but also a way we enrich each other’s lives every day. We are excited to share that registration is open for an optional new course for staff designed to reinforce and strengthen the skills you learned at Fostering Healthy Relationships. This 90-minute course will allow you to enhance your skills through a quick review, some practice and other engaging activities.

Course details:

• 3 to 4:30 p.m. May 7 at the Onalaska Campus WHRC Conference Room

Learning objectives:

• Stop the Bleed offers basic techniques to control bleeding in an emergency.
• The International Walk to School Day draws attention to child pedestrian issues and promotes safe walking. Last year, 1,425 children from 17 area schools participated.
• Teen Car Control Clinic provides classroom education and in-car instruction for teens to build skills necessary to help avoid accidents. This program began in 2008 after data showed that nearly 70 percent of teenage motor vehicle crashes in our region were due to loss of control.

Healthcare professionals in an Rural Trauma Team Development Course (RTTDC) emphasizes a team approach to the evaluation and resuscitation of trauma patients at rural facilities. Advanced Trauma Life Support (ATLS) teaches a systematic, concise approach to the care of the trauma patient. Advanced Trauma Care for Nurses (ATCN) increases knowledge regarding management of multiple trauma patients. To learn more about trauma prevention classes, visit gundersenhealth.org/classes or call Trauma Services at ext. 53054.

Celebrating years-of-service milestones
Check the following Gundersen Health System staff who are celebrated noteworthy service anniversaries in April:

35 years
Jane Dickens, central service distribution aide
Joan Reining, chart auditor

30 years
Jane Binkley, medical laboratory scientist
Sue Knell, medical assistant
Heather Pieper, network engineer 1
Jenny Quinn, RN
Kari Shaw, clinical informaticist 3

25 years
Lisa Garber, RN
Sue George, scheduling specialist
Shola Lawson, RN, clinical documentation specialist
Penny Micksch, RN, robotics coordinator
Cheryl Shear, RN
Dawn Withington, scheduling specialist

20 years
Dan Adams, physical therapist assistant
Jen Anderson, central service technician
Amy Buschmann, accounts receivable representative
Kersten Drake, clinical informaticist 2
Jackie Hoffman, healthcare record technician
Linda Kastentin, regional clinic manager
Sarah Kiyoshi, therapist
Tamara Kodka, RN, care coordinator
Jenny Lucas, GI therapeutic assistant
Brad Lyga, manager
Sarah Melde, continuous readiness specialist
Julie Noll, patient services specialist
Julie Seiler, manager

15 years
Lisa Blisse, radiologic technologist
Tina Buchal, rehabilitation technician
Wanda Dach, peripatetic technician
Fred Hengst, residential treatment specialist
Jody Marcou, MRI technologist
Renn Myers, regional business office coordinator
Rachel Schroeder, mammography technologist
Steve Sprague, IR technologist
John Taylor, 15 disaster recovery analyst

10 years
Jill Anderson, RN, NP
Amanda Fitter, medical assistant
Anita Rajanala, systems analyst programmer 3
Susan Saxe, pharmacy technician

5 years
Casey Andrik, pharmacy technician
Rachel Bassett, MD
Lindsay Bett, medical communications specialist
Kayla Breuer, dental assistant
Tina Duerkopp, patient services specialist
Mary Hawes, medical assistant
Anne Long, RN
Kathleen Mullen, lead pharmacist
Shannon Nyhus, dental assistant
Mae Polnaszek, RN
Stephan Randall, MD
Marlene Riegel, office assistant
Elizabeth Schediwy, pharmacy technician
Morgan Stegemeyer, lab technical leader
Ka Thao, medical assistant
Anne Urbanek, dispensing optician

Bridges
Bridges is published weekly to communicate news to Gundersen Health System employees, volunteers, retirees and Board members. Unless otherwise directed by your manager or supervisor, the educational meetings or conferences published in Bridges are voluntary, not mandatory. Hourly staff will not be compensated if they choose to attend meetings or conferences and their employment will not be adversely affected by nonattendance.

Submit news, story ideas or other materials to bridges@gundersenhealth.org or mailing: SMS-001, by noon Friday before publication.

Editor & Circulation: Anne Welch & Graphic Design: Zach Johnson

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World Hand Hygiene Day is May 5

In recognition of World Hand Hygiene Day, Infection Control thanks all employees for their continued outstanding hand hygiene. As we celebrate our success, it’s also important to remind ourselves of the importance of our hand hygiene efforts—to maintain and improve the health of our patients, our staff and our communities.

This year’s theme, “Clean care for all—it’s in your hands,” aims to highlight the importance of hand hygiene in healthcare by bringing people together in support of global hand hygiene improvement. Hand hygiene saves millions of lives every year when performed at the right times in healthcare.

Did you know?

- An estimated 722,000 healthcare-associated infections occur each year in U.S. hospitals.
- About 75,000 patients with these infections die during their hospital stay.
- Although hands are known to be a major factor in germ spread in healthcare facilities, studies show that adherence to the Centers for Disease Control and Prevention hand hygiene recommendations remains low among providers, with clinicians on average cleaning their hands less than half as frequently as they should.

Comics tell personal stories of illness and health in traveling exhibit

A new traveling exhibit titled “Graphic Medicine: Ill-Conceived and Well-Drawn!” is now on display in the Hospital Lobby on the La Crosse Campus. The exhibit, presented by the History Division of the National Library of Medicine (NLM), will be on display through June 8. “Graphic Medicine: Ill-Conceived and Well-Drawn!” explores an increasingly popular, yet little-known literary field that presents personal illness narratives and health information through the medium of comics. The exhibition showcases items from the NLM’s growing collection of graphic memoirs depicting people’s experiences with an array of health issues, including breast cancer, deafness, mental illness, HIV/AIDS and more.

Learn more about graphic medicine and the traveling exhibit at nlm.nih.gov/exhibition/graphicmedicine/index.html. The traveling exhibit “Graphic Medicine: Ill-Conceived and Well-Drawn!” was produced by the National Library of Medicine (NLM).

Foundation’s 2018 Annual Report now online

The dedicated staff of Gundersen Medical Foundation has been busy—one look at the newly released digital 2018 Annual Report quickly illustrates that point. What is equally clear is there are a lot of dedicated donors to the Foundation who are part of that success.

The Annual Report can be viewed online at gundersenhealth.org/annualreport and on gundersenhealth.org/foundation and click on “About” and then “Annual Report” in the left-hand menu. The report is also available as a printed insert in the 2019 Spring edition of Pathfinders.

The 2018 Annual Report features highlights of Foundation activities and accomplishments. This includes philanthropy office, Children’s Miracle Network Hospitals’, fund distribution, Resolve Through Sharing®, Global Partners, grants, medical research and medical education. There’s also information on Foundation finances, Board of Directors and donor lists.

The online format has strong visual interest to showcase how Foundation funds are being used to advance medicine and the impact of donor gifts in the community, region and across the world.

Strut your stuff to celebrate Healthcare Week

Gundersen’s Got Talent registration deadline is May 3

Ready to show off your skills and impress your coworkers? Gundersen’s Got Talent is the just the place to do so while joining in the fun of Healthcare Week! All participants will take home a special gift for participating.

Gundersen’s Got Talent is open to all employees. The program will take place on Thursday, May 16, on the La Crosse Campus in Rasmus Center and will make for an exciting highlight during Healthcare Week once again this year. The registration deadline is May 3, so get your registration form in soon!

Sneak peek!

Look who’s already signed up:
- Jon Williamson, OD, Optometry; and Marty Williamson, OD, Medical Education, will sing a duet of “The Sound of Silence” by Simon & Garfunkel.
- Emily Ware and Michelle Walker, both of Ophthalmology, will sing a duet of “Gutter in the Air” by Pink.
- Andreas Comstock, Patient Experience, will play his instrument and sing “All of Me” by John Legend or “On the Way Down” by Ryan Cabrera.

The registration form and official program rules can be found on Gladstone, GundU/HR, Other Resources, Gundersen’s Got Talent. Please complete the form and return it to Ellie Schmidt at emschmid@gundersenhealth.org or forward it to mailstop BELL-05 by May 3. Questions? Contact Ellie Schmidt, Organizational Development, at ext. 56784 or email emschmid@gundersenhealth.org.

Class of 2019: Deadline approaching for Bridges graduation photos

There will be a special graduation insert in the June 12 edition of Bridges. Gundersen employees and volunteers have until Friday, May 17, to submit graduation photos of themselves or their children (sorry, no grandchildren) who graduated in winter 2018 or who are graduating this spring from high school or college.

Submissions should be entered online at gundersenhealth.org/registration. You will need to submit the graduate’s name, high school or college name, degree, and the parent’s name, department and extension, if applicable. Entries will not be accepted after the deadline.

Show us some Gunderful!

Email your “It’s a Gunderful World!” digital photos to bridges@gundersenhealth.org with subject line “Gunderful.” “It’s a Gunderful World,” a Bridges fun feature, seeks photos of you and your work buddies doing the jobs you love. Photos can also be from a team-building event, birthday party, department group photo or just an “out to lunch” snapshot—Bridges wants to share your photos.

• No photos showing patients or patients’ protected health information.
• Each submission needs to include names, department name, what you’re doing in the photo and why. We don’t need everyone’s name if it’s a group photo, just a description of the action.
• Tell people in the photo that it’s going into Bridges.
• Bridges reserves the right to edit/reject photos.

May 1, 2019 3

Sympathy

Gundersen Health System friends and co-workers express their deepest sympathies to:
- Kristen E. Breining, General Internal Medicine-Onalaska, on the loss of her brother, Matt Glander;
- Michelle L. Butterfield, Mid Revenue Cycle Coding Services, on the loss of her grandfather, Steve Voakj;
- Heather L. Liethen, Compliance, on the loss of her brother-in-law, Jeff Liethen;
- Marlene K. Neigel, Purchasing, on the loss of her father-in-law, Joseph Neigel;
- Brittany A. Kosil, Dermatology-Onalaska, on the loss of her grandfather, Charles Habban;
- Stefanie L. Davis, General Medical Unit, on the loss of her father, Richard Mason;
- Shanna L. Lueck-Quimby, Surgery, on the loss of her grandmother-in-law, Maxine Quimby;
- Jessica A. Kendhammer, Outpatient Surgery Center, on the loss of her father, Jerome “Bud” Bakkestuen;
- Conny L. Stoikes, Orthopaedic Surgery-Viroqua, on the loss of her father, Jerome “Bud” Bakkestuen;
- Beverly L. Shong, Family Medicine-Tomah, on the loss of her mother, Lorraine Frances Stanek.

Envision Gundersen's Udderly Green soil amendment products are derived from one of Gundersen's renewable energy projects! Learn more at gundersenrenew.org.
Memorial Service set for May 9
A memorial service remembering those who died at Gundersen Hospital and with Gundersen Hospice will be held at 3 p.m. Thursday, May 9, in the Overholt Auditorium. The memorial service, a ministry of Gundersen’s Spiritual Care, is open to all, especially family and friends of those who have died in 2019. Gundersen staff members are encouraged to attend. For more information, contact Spiritual Care at ext. 53620.

Heads up: Read-only access to CWS, CIS and Gladiator May 4-5

Applications that you use in Clinical Workstation (CWS) and Clinical Information Suite (CIS), along with portions of Gladiator, will be in read-only mode from 8 p.m. Saturday, May 4, to 2 a.m. Sunday, May 5.

What should I expect?
If you work during this time (8 p.m. May 4 to 2 a.m. May 5), you will be able to access CWS and CIS in read-only mode, but you will not be able to enter new information. Some portions of Gladiator will also have read-only access. Impacted applications include, but are not limited to:

- CWS
- CIS
- Medlink
- Fuji Synapse PowerJacket
- Ewet/Board (data will not be updated from 8 p.m. to 2 a.m.)
- Medlink Referral Unit Division
- Performance Appraisals
- Project Intake

What is read-only access?
Read-only access is a temporary measure that is put in place to prevent data corruption during the underlying systems update. It is important to understand that any data entered before or after this time frame will be lost. Please be prepared to follow any established downtime procedures for applications requiring new or updated information.

Why is this happening?
The underlying systems will be updated to take advantage of new hardware and software.

Questions? Please contact the Help Desk at ext. 53070.

Annual burial and memorial service for early pregnancy loss May 16
Parents who have experienced miscarriage, ectopic pregnancy or other types of early pregnancy loss are invited to attend Gundersen’s annual burial and memorial event May 16 at Mormon Coulee Memorial Park in La Crosse. Not all women recognize the ending of their pregnancy as the loss of a life. For others, this farewell ritual helps validate the life of their baby who died. The ceremony provides a collective space for grieving these babies and facilitating healing.

Babies who died at Gundersen between May 1, 2018, and May 1, 2019, and have not been buried elsewhere are invited during the service. Anyone who has experienced an early pregnancy loss is welcome to attend.

Gundegear featured item of the month: Campfire roasting sticks – order through May 12 only

Can you hear the cracking of the campfire? Or smell the toasting of marshmallows? Summer evenings spent around the firepit will be here soon. Enjoy hot dogs or S’mores over the open flame with a new set of stainless steel roasting sticks. They extend to 34-inches to keep you a safe distance from the heat and collapse into a convenient carrying case. Rubberized handles ensure a comfortable and safe grip while roasting. You can’t buy those summer memories, but you can purchase a set of the roasting sticks for only $12.98.

This item is available only through May 12, so place your order today. Find it at gundegear.org or via Gladiator under Careers, Searches & Shop on the home page.

Nursing Connections: An opportunity for nursing staff to connect with nursing leaders
Nursing Connections have started and will continue throughout the year. These town-hall style events offer nursing staff a chance to hear from and share feedback with Gundersen’s chief nursing officer, director of nursing and colleagues.

Nursing staff, please plan to attend and share with leadership how you are innovating, inspiring and influencing patient care and how nursing leaders can better enrich your lives at work. To add to the conversation, you can submit questions and comments to Hannah Raasch prior to attending an event.

For a complete schedule, visit Gladiator > Internal Sites > Nursing > NPP Homepage under Featured Nursing Links.

Healthcare Week food drive benefits local schools
Gundersen Health System needs your help feeding our communities. A food drive will run May 13-23, during and beyond Healthcare Week, to benefit Hamilton Early Learning Center and Onalaska Schools Food Pantry.

Food items in need include canned fruits, vegetables, meats, soups, pastas and sauces (no glass please); Hamburger Helper and other boxed items that could make meals; and any nonperishable food items like paper products and personal care products.

Bin locations:
- Belle Square: Dining area
- La Crosse Campus: East Building Lobby, La Crosse Clinic Lobby and Legacy Building Lobby
- Onalaska Clinic: Outside of Education Center, Lower Level (near Employee Dining Room)
- Onalaska Support Services Building (SSB): Lobby, Level 1
- In La Crosse and Onalaska, there will be food bins and barrels with food drive signs, so employees can find drop off locations.

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