

## Do you notice changes in your driving abilities?

For those of us over 65 many changes in the roadways, the vehicles and the laws have occurred since we first began to drive. AARP offers a four-hour Driver Safety Program (DSP) focusing on how to compensate for changes incurred in vision, hearing and reaction time due to aging.

Columbus Community Hospital will host a Driver Safety Program for drivers over the age of 50, April 15 from 9 a.m.-2:00 p.m. at Columbus Community Hospital. Pre-registration is required. Contact Chris DeLapp at 623-1276.

The DSP cost is: \$12 for AARP members (AARP membership number required), \$14 for non-members. A participant workbook, lecture and videos make for a fast paced presentation. Some auto insurance companies offer a discount to clients that take the DSP. Coffee, rolls, and lunch will be provided.

# Transforming Care at the Bedside

Columbus Community Hospital (CCH) is one of over 50 hospitals in the nation and the sole Wisconsin hospital participating in the American Organization of Nurse Executives (AONE) Transforming Care at the Bedside (TCAB) initiative. The program is geared to share a set of practical, easy-to-use tools designed to help hospitals improve the quality and safety of patient care on medical surgical units.

The AONE TCAB initiative is based on the original collaboration between the Robert Wood Johnson Foundation (RWJF) and the Institute for Healthcare Improvement (IHI), as well as a recently completed project involving 67 hospitals as part of a grant to AONE from RWJF. Participating hospitals will learn basic steps of the TCAB innovation process with a concentration on caring and transformational leadership.

"Our goal is to teach TCAB quality improvement techniques as a vehicle to encourage healthful practice environments and change the way nurses ultimately deliver patient care in the future," said AONE board president Donna M. Herrin, MSN, RN, NEA-BC, FACHE.

CCH will participate in virtual learning sessions, including webinars, conference calls, and other

all-virtual learning and networking meetings. CCH participated in its first webinar in August 2009 and will continue working with AONE through December 2010.

"Participating in the project provides CCH with an opportunity to network with other hospitals across the country, and reaffirms our commitment as an organization to ongoing improvement in the care we deliver to the patients we serve," said Peg Haggerty, CCH Vice President of Patient Care Services.

The project is staff driven, with the initiatives and ideas coming directly from the healthcare employees.

"While the program starts in our medical surgical unit, the culture developed will fan out to all hospital departments," said Haggerty.

The American Organization of Nurse Executives (AONE) is the national professional organization for nurses who design, facilitate and manage care. With more than 6,500 members, AONE is the leading voice of nursing leadership in health care. AONE is a subsidiary of the American Hospital Association (AHA). For additional information, visit [www.aone.org](http://www.aone.org).

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## Strengthening your heart

Most of us tend to forget that the heart is a muscle, and like any muscle, it can improve with exercise.

The normal heart beats at a rate of approximately 70 beats per minute when you are at rest. That means that your heart beats an average of 100,000 times each day. By exercising and strengthening your heart, you may be able to decrease your daily heartbeats by as much as half that amount. That means that your heart is working more efficiently – it takes fewer beats to supply the same amount of oxygen to the rest of your body. In other words, by improving the condition of your heart, you can reduce it’s workload while helping it to perform more efficiently.

Regular aerobic exercise has also been shown to increase the body’s levels of “protective” HDL cholesterol. (HDL actually carries cholesterol out of the bloodstream). Increased HDL levels may offer some protection from atherosclerosis (the build up of fatty deposits on the inner walls of the blood vessels). Aerobic exercise has also been proven to be a successful method of lowering blood pressure. (High blood pressure is a primary risk factor for heart attack and stroke.)

To reap the benefits of exercise, it is important that you exercise within your target heart range (the safest amount of heartbeats per minute during exertion) for 20-30 minutes, 3-5 times a week. If you have an existing heart or medical condition, are a smoker, or are just beginning an

(Continued on next page)



# A Message from Ed Harding, President/CEO

Spring is a season of change and growth. When it finally arrives, we all seem to become energized, eager to spend time outdoors after the long winter hibernation. One of the most popular forms of spring exercise is walking. Columbus Community Hospital (CCH) is providing a wonderful opportunity for anyone wishing to combine good fun along with some exercise - all for a good cause. The event, the CCH Annual Hospital Walk, is scheduled for Tuesday, May 11. Participants are able to walk at their own pace and have the option of short and longer courses. Funds raised for this year's event will benefit the Columbus/Fall River Food Pantry. Registration information is available in this newsletter.

At Columbus Community Hospital, our caring staff is ready to assist you in developing an exercise program right for you through our rehabilitation department and education classes; create a nutritional plan through our nutrition and diabetes education services; and keep your home and community safe through our medication

take back programs, which we hold twice a year.

The first step to making any change in your life is becoming informed. Information may be in the form of our radio show, "Well into the Future," broadcast twice a month on WBEV, or it may be in the form of one of our staff members providing information at an area health fair or event. Our quarterly newsletter and website are also excellent ways to receive health information. In addition, many of our education programs are free of charge, and can give you the jump start you need to make a positive change in your health and wellbeing.

To learn more about the many options available, review this newsletter, or visit [www.cch-inc.com](http://www.cch-inc.com) for a complete list of upcoming education programs and hospital events.

Ed Harding  
President/CEO

## Recognize the warning signs and act quickly

A heart attack occurs when blood flow is limited to your heart. More permanent damage takes place the longer your heart goes without adequate blood flow. Treatments for heart attacks are better than ever before. In order to be effective, treatments must be started as soon as possible after symptoms are first noticed.

### *Warning Signs of a Heart Attack*

- Unexplained fatigue, weakness, dizziness, or lightheadedness.
- Shortness of breath.
- An uncomfortable pressure, squeezing, fullness, tightness, burning or pain in the chest that lasts for more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Other symptoms may include flu-like symptoms such as nausea, clamminess, or cold sweats as well as feelings of indigestion, heart burn, or anxiety.

### *If you experience one or more of the warning signs for 5 minutes:*

- Don't delay - call 9-1-1.
- Don't drive yourself or a loved one to the hospital. Diagnosis and treatment of a heart attack can start in the ambulance, not your car. Delaying treatment for even a few minutes could be fatal.
- Don't be fooled. Symptoms often start slowly, but recognition and quick action are your best weapons against a heart attack.

## Heart (Continued from cover)

exercise program after age 40, check with your physician first.

Columbus Community Hospital's Cardiac Rehab Program, Fitness For Life Services, and Second Step Rehabilitation Program offers a variety of monitored and independent fitness programs to work with your health and exercise plan.

The Cardiac Rehab Program combines exercise with education to create an individualized, step-by-step program designed to get your heart back in shape after suffering a heart attack, bypass surgery, angioplasty or angina.

The Fitness for Life program is a private pay supervised exercise and education program designed to help build your strength and endurance.

The Second Step Rehabilitation Program is an independent exercise program for individuals who have completed physical or occupational therapy and desire to continue with a structured rehabilitation program.

For more information regarding these programs call the CCH Rehabilitation Department at 920-623-2200, Ext. 1432.

# AEDs and knowledge provided for area churches

According to the American Heart Association, more than 200,000 Americans die of sudden cardiac arrest every year. Up to 50,000 of these deaths could have been prevented if someone had initiated the Cardiac Chain of Survival, and an automated external defibrillator (AED) had been available for immediate use at the time of emergency.

Columbus Community Hospital, community members, and the Columbus and Fall River Ecumenical Association took action by raising funds to supply AEDs in four area churches over the past two years.

"Sudden cardiac arrest is one of the leading causes of death in the United States," said Chris DeLapp, CCH Education Coordinator and CPR Instructor. "By supplying public places, such as churches, with AEDs, we can help improve the chances of survival from sudden cardiac arrest."

An AED is a device about the size of a laptop computer that analyzes the heart's rhythm for any abnormalities and, if necessary, directs the rescuer to deliver an electrical shock to the victim. This shock, called defibrillation, may help the heart to re-establish an effective rhythm of its own.

Delivering an electrical shock to the heart (the third step in the cardiac chain of survival) is recognized as the most critical step in restoring cardiac rhythm and resuscitating a victim of sudden cardiac arrest.

The cardiac chain of survival consists of four steps:

1. early access to care (calling 9-1-1 or another emergency number)
2. early cardiopulmonary resuscitation (CPR)
3. early defibrillation
4. early advanced cardiac life support, as needed

"Unlike a heart attack, many victims of sudden cardiac arrest have no prior symptoms, meaning sudden cardiac arrest can strike anyone, at any time, anywhere," explained DeLapp.

Funds for the four AEDs were raised through the Columbus Community Hospital 2008 Walk in the Park, private donations, the Columbus/Fall River Ecumenical Association, and 2009 Lenten offerings. The AEDs were placed in the Columbus United Methodist Church, the Fall River United Methodist Church, the Wisconsin Academy Seventh-Day Adventist Church, and the Olivet Congregational Church. Columbus Community Hospital provided complimentary training sessions for ushers and congregation members at those churches who requested training.

DeLapp encourages the congregations of other area churches which currently have AEDs in place to undergo AED training. "The 45-minute training session covers call and pump, non-breathing CPR (for adult victims of cardiac arrest), AED usage, and proper infection control measures for responders," said DeLapp. "Further training is available at the request of the parish." DeLapp can be contacted by calling 920-623-1276.



AEDs were donated to four area churches, representing the congregations are (l to r) Sally Owen, Olivet Congregational Church; Pastor Steve Aust, Wisconsin Academy Seventh-Day Adventist Church; Chris DeLapp, CCH Education Coordinator and CPR, AED instructor; Pastor Jim Cotter, Columbus United Methodist Church; and Pastor Wayne Hull, Fall River United Methodist Church..



# Massage Therapy

An increasing number of research studies show massage reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins (enhancing medical treatment).

**Columbus Community Hospital  
Massage Therapy Services are  
available:**

**2:30 - 8:00 p.m. Tuesdays**

**5:00 - 8:00 p.m. Thursdays**

**Every other Saturday  
8:00 a.m. - 1:00 p.m.**

For more information or to schedule an appointment call 920-623-6431.

## Massage Therapy Rates

**1/2 hour - \$35**

**1 hour - \$60**

**1 1/2 hour - \$75  
Chair Massage**

**10 minutes - \$20**

Gift certificates are available for purchase at the Columbus Community Hospital main registration desk.

## Recipe of the Month

### Beef Enchiladas

#### Ingredients:

- ½ lb. extra lean ground beef
- ½ c. chopped green peppers
- ½ c. chopped red peppers
- 2 c. chunky salsa, divided
- 1 c. reduced-fat sharp cheddar cheese, divided
- 8 6-inch corn tortillas
- 2 Tbsp. chopped fresh cilantro

#### Cooking Direction:

1. Preheat oven to 400 degrees.
2. Cook meat and peppers in a large nonstick skillet on medium heat until meat is no longer pink, stirring frequently.

3. Add 1 c. salsa; simmer 3-4 minutes or until peppers are tender.
  4. Remove from heat. Stir in ½ c. cheese.
  5. Spread ¼ c. salsa on bottom of 13x9 inch pan.
  6. Stack 4 tortillas and wrap them in a large piece of wax paper. Microwave on HIGH 20-30 seconds. Immediately spoon 1/3 c. meat mixture down center of each warm tortilla; roll up. Place seam-side down in pan. Repeat with remaining 4 tortillas and remaining meat mixture.
  7. Spoon ¾ c. salsa evenly over filled tortillas. Cover pan with foil.
  8. Bake 20 minutes or until heat through. Uncover; top with remaining ½ c. cheese. Bake an additional 2-3 minutes or until cheese is melted. Top with cilantro.
- Yield: 4 servings, 2 enchiladas each



#### Meal Nutrition Information:

2 enchiladas, 2 c. lettuce salad with 1 Tbsp. Italian dressing.

Calories	403 cal
Total Fat	15 g
Saturated Fat	6 g
Protein	24 g
Carbohydrate	43.5 g
Dietary Fiber	5 g
Sodium	1563 mg

## Basic Life Support Programs

### Heartsaver CPR & AED

The American Heart Association Heartsaver CPR course teaches lay rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for an adult, child and infant victims.

Cost: \$45

Wednesday, April 14, 5 – 9 p.m.

Wednesday, May 12, 5 – 9 p.m.

Wednesday, June 9, 5 – 9 p.m.

Ground Floor Classroom

### Heartsaver First Aid

The American Heart Association Heartsaver First Aid class provides the skills to effectively assess and maintain life from the crucial minutes immediately following an emergency until the arrival of emergency medical services personnel.

Cost: \$45

Wednesday, April 28, 5 – 9 p.m.

Wednesday, May 26, 5 – 9 p.m.

Wednesday, June 23, 5 – 9 p.m.

Ground Floor Classroom

### Alzheimer's Support Group

Ask any caregiver of a loved one with Alzheimer's disease and he or she will tell you - being a caregiver is rewarding, but also very challenging. The disease is life-changing for those who develop it, but also for all those who love and care for them.

An educational support group for family members assisting loved ones who have memory loss or dementia meets the second Thursday of each month, from 10 a.m. to 11:30 a.m. at the Columbus Community Hospital. The group is a place where family members come to learn more about the disease; share tips, knowledge, and concerns; and discover resources and strategies that can help.

For more information, contact Olson at 608-742-9055, 963-2688 or [carol.olson@alzisc.org](mailto:carol.olson@alzisc.org), or contact Chris DeLapp at Columbus Community Hospital at 920-623-1276.

Thursday, April 8, 10 a.m. Thursday, June 10, 10 a.m.

Thursday, May 13, 10 a.m. Thursday, July 8, 10 a.m.

### Diabetes Support Group

Designed for all persons with Diabetes and their family and/or support person(s).

The purpose of this group is to provide support and education to help face the challenges of living with diabetes, and learn self-management techniques. Health care professionals share their expertise by presenting topics related to managing diabetes.

To register or for more information about our diabetes education services, call Renee Davis, RD, CDE at (920) 623-1244.

Wednesday, April 28  
6 - 7 p.m.

Dr. Jerrold Russell, OD  
Optometry

Thursday, May 27  
6 - 7 p.m.

Wednesday, June 30  
6 - 7 p.m.

## Women & Childbirth Services

### Childbirth Classes

#### Five Class Series

Designed for the first-time parent.

April 27 - May 25

June 22 - July 20

August 24 - September 21

October 19 - November 16

Tuesdays, 7 - 9 p.m.

### Weekend Childbirth Class

Designed for the experienced parent.

April 23 & 24

June 18 & 19

August 20 & 21

October 15 & 16

Friday 6 - 9 p.m., Saturday 9 a.m. - 3 p.m.

### Breastfeeding & Baby Care Class

Learn about cord care, circumcision, feeding, and our breast pump rental and purchase program.

June 10

August 12

October 7

December 2

Thursdays, 7 - 9 p.m.

### A New Baby For Us!

Designed for children expecting a new sibling. Children learn about new babies and how they can help with their new brother or sister.

Cost: FREE. Call for start times.

April 18

June 3

August 5

October 10

December 5

### CPR for Family & Friends

Learn rescue skills in CPR and relief of choking (foreign body airway obstruction), as well as the AHA pediatric, infant and child Chain of Survival, signs of choking in infants and children, how to reduce the risk of sudden infant death syndrome (SIDS), and prevention of the most common fatal injuries in infants and children.

April 7

June 2

September 29

November 24



Visit our web nursery  
at [www.cch-inc.com](http://www.cch-inc.com)

To register for any of our CCH Women and Childbirth classes and for class cost information, contact our Education Department at (920) 623-1276.

# New Chief of Staff

## Gary Galvin, MD

### General Surgeon

Gary James Galvin, MD, FACS, was recently named Chief of Staff at Columbus Community Hospital.

Dr. Galvin joined Columbus Community Hospital as an active medical staff member and a member of the Dean/St. Marys Clinic in Columbus in 2003. Dr. Galvin is a general surgeon certified by the American Board of Surgery.

Dr. Galvin received his medical degree from the University of Iowa College of Medicine in 1986. He completed his internship and residency at the Ohio Valley Medical Center in Wheeling, West Virginia and the Jewish Hospital of Cincinnati in Cincinnati, Ohio. Before moving to the Columbus area, Dr. Galvin served as a general surgeon at Shenandoah Memorial Hospital in Iowa.

He is a Fellow of the American College of Surgery, certified in the Neonatal Resuscitation Program, and a member of the American Medical Association, and the Wisconsin Medical Society.

As a general surgeon, Dr. Galvin performs laparoscopic procedures, endoscopies (colonoscopies and gastroscopies), breast surgeries, thyroid/parathyroid surgeries, varicose vein procedures, c-sections, vasectomies, tubal ligations, hernia surgeries, bowel/colon surgeries, gallbladder, and appendix surgeries.

"The Columbus Community Hospital Surgery Department utilizes great teamwork, hard working nurses and technicians, as well as excellent anesthesia support to provide excellent care for our patients," said Dr. Galvin.

During his two-year term as CCH Chief of Staff, his responsibilities will include, chairing the medical executive committee meetings, attending hospital board and committee meetings, acting as the liaison between medical staff and administration, overseeing the functioning of committees, and assisting in the marketing and support of the hospital.

"Columbus Community Hospital has strong community support because of the loyal and supportive employees and nursing staff, personal and friendly care for patients, and the good range of services," said Dr. Galvin. "The medical staff includes a good mix of primary care physicians and specialists, who work together to solve problems and provide the proper care for our patients. We are almost like a large family, and we lack many of the 'turf wars' and difficulties encountered with some medical staffs in other hospitals."

**To schedule an appointment with Dr. Galvin, please call (920) 623-9611, or visit [www.cch-inc.com](http://www.cch-inc.com) for more information.**

Columbus Community Hospital is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). Current members of the Columbus Community Hospital Board of Directors are: Robert Lange, chairperson; Jan Robbins, vice-chairperson; Nancy Kind, treasurer; Bruce Zander, secretary; Gary Galvin, MD, Chief of Staff; Berit Poser; Ted Long; Bruce Kraus, MD; Mary Starmann-Harrison, Regional President & CEO, SSM Health Care of Wisconsin; Charles Johnson, Regional Vice President of Finance & CFO, SSM Health Care of Wisconsin; and Marilyn Biros, Regional Vice President of Strategic Development, SSM Health Care of Wisconsin.



"Columbus Community Hospital's loyal and supportive staff, provide personal and friendly care for our patients."

# A Walk in the Park

Columbus Community Hospital will host a Walk in the Park on **Tuesday, May 11, 5:30 p.m.** at Fireman's Park in Columbus to benefit the Columbus/Fall River Food Pantry.

The food pantry was started in 1982 by three local dieticians: Lorna Will, Ruth Myer, and Margaret Patchett. Initially it was housed in the Columbus City Hall and the food was delivered to homes by area volunteers. As of May 2008, the food pantry changed the distribution format to pick up by appointment only. The site of the food pantry also changed to the back of the Columbus Senior Center.

Currently, the food pantry serves on average over 100 people per month, an increase of about 25 people per month from 2008, and the numbers continue to climb in 2010. Six local churches rotate the responsibility of taking calls for food requests. Those requesting food may utilize the food pantry once every six weeks. Those in need of the service may contact one of the following: Olivet Congregational Church, St. Jerome's Catholic Church, Faith Lutheran Church, Columbus United Methodist Church, Columbus Presbyterian Church, the Wisconsin Academy Seventh-Day Adventist Church, or the Columbus Police Department.

Proceeds from the CCH Walk in the Park will be donated directly to the Columbus/Fall River Food Pantry. Walkers are also encourage to bring a non-perishable food item to the walk on May 11. To participate in the 2010 Walk in the Park, complete the form below and return it to Columbus Community Hospital.

Columbus Community Hospital organizes the Walk in the Park each year to benefit a local cause. For more information about Columbus Community Hospital and the Walk in the Park, call the **Community Relations Department at (920) 623-1280.**

## A WALK IN THE PARK

Sponsored by Columbus Community Hospital

Tuesday, May 11, 5:30 p.m.

At the Fireman's Park Pavilion, Park Avenue, Columbus

Join Columbus Community Hospital in a walk through Fireman's park in Columbus.  
Proceeds will benefit the Columbus/Fall River Food Pantry.

To register, please complete this form and enclose \$20 for your registration fee.

Mail to: Columbus Community Hospital, Walk in the Park, 1515 Park Avenue, Columbus, WI 53925

Make checks payable to: Columbus Community Hospital

Registration deadline: April 23, 2010

PLEASE SIGN AND DATE THIS FORM

WAIVER: I hereby release Columbus Community Hospital and the employees and agents and any other people officially connected to this event, from all liability for any injuries or damages which I may suffer. Specifically, I release said persons from any liability or responsibility for my physical condition, for the condition of the course route and for the presence or actions of any other participants. (Participants under 18 must have a parent or legal guardian sign this form.)

PARTICIPANT OR GUARDIAN SIGNATURE \_\_\_\_\_

Participant Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Circle the size of your shirt: SMALL MEDIUM LARGE XLARGE XXLARGE XXXLARGE