



Passion for excellence.
Compassion for people.



Go, team!
How we
coordinate
care for your
best health
page 6.

**A decade
of lifesaving
transport**
MedEvac
celebrates
10 years
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aspire

YOUR GUIDE TO HEALTHY LIVING

SPRING 2017

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Whole-person care

Coordinated care means a dedicated team to meet your health needs.

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An essential test

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aspire

Aspirus Langlade Hospital's **ASPIRE** is a free publication intended to provide health information to the people living in and around Langlade County. Aspirus Langlade Hospital is proud to offer this publication as a resource to you and your family. This publication is also available online at aspirus.org.

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Information in this publication is not intended to replace medical advice, nor is it for self-diagnosis. Individuals should speak with their primary care provider or other health care professionals regarding medical concerns. If you would prefer not to receive **ASPIRE** magazine, call Sarah Olafson at 715-623-9877 or email sarah.olafson@aspirus.org and provide your mailing address. Models may be used in photos and illustrations.

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On the cover:

Sydney and Allie,
daughters of Tricia,
Aspirus Langlade
Hospital HR
Business Partner

RAIN OR SHINE

We'll park your car

We take the stress out of parking. Let our excellent staff help you in the windy, rainy months or on a day when the parking lot is full and you don't want to walk.

Valet parking is **FREE** and available for our hospital and clinic patients and families:

Monday through Friday
7:30 am–4:30 pm
Main hospital canopy entrance

Meaning in all that we do

It is a privilege for me to have been appointed as the Chair of the Aspirus Langlade Hospital Board of Trustees, and I am honored to serve the hospital and the people we care for in Langlade County. We are continuing to grow and expand services to our patients and commit our resources to help improve the health of the communities we serve.

There are many new developments at the hospital that underscore this commitment, including the opening of the newly expanded Rosalia Gardens. This assisted living facility has added 25 rooms and offers a memory care alternative for people who are diagnosed with dementia. The new Birnamwood Clinic is a beautiful expanded facility that will offer two full-time providers and great service to the people living in the Birnamwood, Aniwa and Wittenberg areas. The expansion of the Kidney Care Center, Gerald and Dorothy Volm Cancer Center, and the Pain Clinic will enable us to serve and care for even more patients in the future.

We are also involved in activities to help those most vulnerable and in need, such as the WeekEnd Backpack program, the 100 Mile Club®, expansion of the local public transportation network and many other great causes.

All these developments are a reflection of our Mission, which states, "As a ministry of Jesus, we heal, promote health and enrich lives." That is our stated purpose, and all of us associated with Aspirus Langlade Hospital strive to give these words meaning in all that we do. The hospital board, the leadership, medical staff, employees and volunteers are here for you and your family every day of the year. We view this responsibility as a great privilege and appreciate the trust that so many people place in us every day.



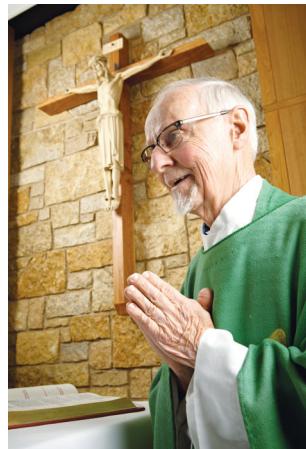
Michael B. Winter

A fond farewell to our Chaplain

After his three decades as the Aspirus Langlade Hospital Chaplain and the recruitment of Father Robert “Bob” Obol, Father Omer Kelley has decided to retire from his part-time position. Fr. Omer is in his mid-90s and wishes to quietly retire to his home and his little dog here in Antigo.

Fr. Omer is known throughout Langlade County and the Green Bay Diocese as a wonderful, kind and compassionate Catholic priest who has dedicated his life to serving others. He is especially well-known for his homilies, which, though always short, have touched the lives of thousands of people with messages of love and kindness and the importance of faith in our lives.

He will be missed by all of us. As the Aspirus Langlade Hospital CEO told the *Antigo Daily Journal* a few years ago, “Surely there is a special place in heaven reserved for this selfless and humble servant of God.”



Your feedback helps us serve you better

Our Mission statement: “As a ministry of Jesus, we heal, promote health and enrich lives”

At Aspirus Langlade Hospital and Clinics, we are committed to our Mission and aim to provide holistic, compassionate care. This means that we not only treat your physical symptoms, but are also mindful of the emotional and spiritual needs of our patients and families. Hearing valuable feedback from those we serve is very important, so we have incorporated ways for your voice to be heard.

Professional Research Consultants (PRC) is a company that partners with Aspirus to conduct telephone interviews about your health care services. PRC randomly selects patients to seek feedback about a recent visit to our hospital and clinics, and we encourage you to participate should you be called.

We strive to be patient- and family-centered, and we want to learn what we can do better to meet your health care needs and positively enhance your overall experience. Mary Kubeny, our Patient Experience Coordinator, acts as a link between you and our team at Aspirus and is happy to speak with you in person as well. Mary always appreciates when patients or families take the time to share compliments, concerns or suggestions regarding their experience. She can be reached at **715-623-9494** or **mary.kubeny@aspirus.org**.



Mary Kubeny, RN, Patient Experience Coordinator

Welcome to the Aspirus Langlade Hospital family

Leading with a spirit of wisdom



Father Robert “Bob” Obol

Father Robert “Bob” Obol began full-time employment as the Associate Director of Mission Services at Aspirus Langlade Hospital in January. He previously served as a Senior Chaplain and Coordinator of Catholic Ministries at Kansas University Hospital, where he supervised 55 Chaplains.

Fr. Bob, born in Uganda, East Africa, has been a Catholic priest for the past 15 years. Prior to his five years with Kansas University Hospital, he served as a Chaplain at St. Charles Hospital in the city of Oregon, Ohio, and the Cleveland Clinic.

Fr. Bob has extensive academic and professional qualifications, including master’s degrees in education and theology, a doctorate in ministry, a nursing home administrator’s license and certification in human resources. He is also a published author.

Helping to ease your pain



Aspirus Langlade Hospital welcomes Advanced Nurse Practitioner Nicole Wolfgram to the team of experts caring for you.

Nicole completed her Master of Science in Nursing from the University of Wisconsin–Eau Claire and has worked in northern Wisconsin for the past few years. She has experience with pain management and will be a great asset to the team at Aspirus Langlade Pain Clinic. She began seeing patients in March.

“I didn’t know how important a role they would play in my life. I have the three of them to thank for being alive today.”

—Stu Carlson



A plot twist he didn't see coming



Stu Carlson and his wife, Pam

Former board member experiences compassionate cancer care at Aspirus

MOST of us go to movies because we've seen an intriguing preview and have an idea of what the movie will be about. Unfortunately, life has no previews to prepare you for the unexpected. And when Stu Carlson first heard the words "you have cancer" five years ago, it totally flipped the script.

Stu recalls feeling shock and disbelief and being scared when his doctor revealed that he had bladder cancer.

"I felt fine, so when he said I had cancer, I told my wife 'Who's he talking to?'" says the 70-year-old Wausau area resident. "Once it sunk in, all I knew is that I wanted to get the cancer out of me."

The background story

Stu, a former longtime executive with Wausau Paper, previously served on the board of directors for Aspirus for more than 10 years. During that time, he met and formed relationships with many of the physicians and support staff that provided his care, including his primary care physician, David Tange, MD; Aspirus Network urologist Carl Viviano, MD; and his eventual oncologist, Hamied Rezazadeh, MD.

"I knew all three of them on the business side of things from my days on various hospital boards, but now I had to look at it through a different prism because it wasn't business anymore; it was much more personal," Stu says. "I didn't know how important a role they

CANCER BY THE NUMBERS



CANCER CARE DESIGNED FOR YOU

For more information, call the Volm Cancer Center at Aspirus Langlade Hospital at **715-623-9587**.

**LEARN ABOUT THE LIFETIME RISK A MAN
OR WOMAN HAS OF DEVELOPING OR DYING
FROM SPECIFIC TYPES OF CANCER AT
MOREHEALTH.ORG/CANCERNUMBERS.**

to go over step-by-step what my treatment would be. He really offered us encouragement, hope and assurance that we were a team and we would get through it.”

Saving the day

The treatment plan designed for Stu included a 16-week chemotherapy regimen. His treatments were administered one day a week with every third week off. His wife and friends accompanied him to his appointments, and along with their support, he realized on his very first visit to the Aspirus Regional Cancer Center that he was in good company.

He marveled at the strength and determination of the other patients. He also noticed very early on that the nurses and other staff at the cancer center were

there to care beyond the requirements of a job.

“As a cancer patient, you learn right away that everyone who’s there with you is supportive of each other, and the nurses take a personal interest in each patient,” he says. “When you have cancer, you have enough to worry about. You don’t want a doctor you don’t like or cold nurses, and that is not the case at Aspirus. I was given more than just medicine; the treatment I received was very personal.”

Today, Stu’s cancer is in remission, and he attributes that to more than just the chemotherapy treatments. He says that the wonderful staff, the caring nurses and the watchful eye of his doctor have gotten him to a better place.

would play in my life. I have the three of them to thank for being alive today.”

Within two months of his initial diagnosis, Stu underwent successful surgery to remove the cancer from his bladder and prostate. Following surgery, he had checkups every six months to ensure cancer did not resurface.

Stu remained cancer-free until June 2016, when a routine follow-up scan revealed an area of concern.

Drs. Tange and Viviano reviewed the scan and determined that Stu’s cancer had recurred. They referred him to the Aspirus Regional Cancer Center. Soon after, he and his wife, Pam, went to see Dr. Rezazadeh.

“I’ve been in the hospital hundreds of times for meetings, but I never wanted to drive down that cancer center driveway as a patient,” Stu says. “Chemo is a scary prospect, but Dr. Rezazadeh spent 45 minutes with Pam and me



Coordinated care for your

HEALTH CARE is a partnership between patients and providers. In the patient-centered primary care model, providers focus on whole-person healing and relationship-building.

They seek to improve communication; understand and respect each patient's unique needs, culture, values and preferences; and nurture more personal relationships with patients

and their families.

At Aspirus Antigo Clinic, we provide patient-centered care in multidisciplinary teams. Together we work with an understanding of how each team member's

distinct role, skills and values can be of service to patients.

Our care teams consist of physicians, advanced practice clinicians, registered nurses and medical assistants.



ALL TOGETHER
FOR YOU: The
care team of Bart
Kneeland, MD, and
Kristine Flowers,
MD, at Aspirus
Antigo Clinic

best health

Patient-Centered
Medical Home nurses and
Medication Refill nurses also
assist in the coordination of
patient care.

Your trusted care team will
provide you with efficient,

high-quality care based
on your unique medical
needs and health goals. Our
coordination of care aims
to help you stay in the best
health and improve your
quality of life.

Physicians

Your physician
leads the
clinical team of
caregivers and
works with the
team to ensure
you receive
the best care
possible.

Advanced Practice Clinicians (APC)

The APC (such as a nurse
practitioner or a physician
assistant) is critical to improving
patient access to health care.
They collaborate with your
physician to ensure you receive
supervised and coordinated
medical care.



Medical Assistants

The medical assistant
completes a pre-visit plan
by reviewing and updating
the patient medical record.
They collect information
such as height, weight
and blood pressure to
ensure the provider has
up-to-date information for
your visit. They help the
provider during exams,
complete injections and
immunizations, collect
and prepare laboratory
specimens, and are able
to schedule appointments
and follow-up visits.

Registered Nurses

They gather
information over the
phone to determine
the best course of
action, offer advice
under the direction
of your provider
and provide health
education. The Care
Team Registered
Nurse can answer
questions and help
solve medication
problems and
supervises team
members.

Aspirus supports future medical providers

In January, the Aspirus Health Foundation awarded scholarships to three college students pursuing careers in health care. The scholarships are part of the Aspirus Scholars Program, a community collaboration to address the national physician shortage and meet the needs of people and communities in north central Wisconsin and Upper Michigan today and for future generations.

The Aspirus Scholars Program provides generous scholarships for tuition to medical students and advanced practice provider students—such as physician assistants and nurse practitioners—and connects them to Aspirus and the communities served by Aspirus during their training. In return, students will commit to future employment at Aspirus in the areas of primary care, psychiatry or general surgery.



Christopher Zeman is a medical student at Medical College of Wisconsin-Central Wisconsin campus.



Hayley Schanen is a physician assistant student in the University of Wisconsin-Madison wisPACT (Wisconsin Physician Assistant Community-Based Track) program.



Kristin Erickson is a physician assistant student in the University of Wisconsin-Madison wisPACT program.



MEET OUR SCHOLARS

Learn more about our scholarship winners at aspirus.org/scholars.

Trouble in an artery

Aspirus program treats life-threatening aneurysms

Every year about 15,000 people in the U.S. die from an abdominal aortic aneurysm (AAA). Most deaths occur after the aneurysm bursts or splits open. But if an AAA is found in time, doctors can often successfully treat them with medicines or surgery.

Aspirus Heart & Vascular has developed a Ruptured AAA Program, making it among a select few centers in the country with the expertise and capabilities to offer such a program.

The program, called RAAAP1, mobilizes resources throughout north central Wisconsin and the Upper Peninsula of Michigan to help with rapid recognition of AAAs, transportation and the delivery of definitive surgical care. The program coordinates efforts across numerous specialties and care teams at Aspirus.

“A ruptured abdominal aortic aneurysm is one of the most serious medical emergencies there is, and time is critical when treating them,” says Benjamin Herdrich, MD, Vascular Surgeon with Aspirus Heart & Vascular. “Our service area has a lot of challenges, given the geographic size, large rural component and harsh winters, but we feel this program gives us a coordinated process to identify and treat patients faster to ultimately give them the best possible chance for a successful outcome.”



Benjamin Herdrich, MD
Vascular Surgeon

About AAA

An AAA is a bulge that forms in a weakened area of the aorta, the largest blood vessel (artery) in our bodies that runs from the heart down through the chest and abdomen. If the bulge expands to the point of breaking through one or more layers of the artery’s wall, it can become a fatal bleed.

“Aneurysms are dangerous because they are often silent until they rupture, although some are identified during an evaluation for abdominal symptoms,” says Ralph Fairchild, MD, Vascular Surgeon with Aspirus Heart & Vascular. “If you have bleeding inside your body from an aortic aneurysm, you will need emergency surgical intervention right away.”

When treating ruptured aortic aneurysms, the abnormal vessel is typically replaced with a graft made of man-made material or a stent. Aspirus Heart & Vascular’s RAAAP1 program utilizes elements of Aspirus’ highly successful Level 1 heart attack program. In each, a devoted team is always ready to quickly identify cases, streamline transport to Aspirus Wausau Hospital and get patients into diagnostic tests and treatment within a defined window of time to improve outcomes.

Talk with your provider about a screening if you’re concerned about your risk. If you need help finding a provider, go online to aspirus.org or call the Aspirus Customer Contact Center at **800-847-4707**.



Ralph Fairchild, MD
Vascular Surgeon

Sources: National Institutes of Health; Society of Interventional Radiology

We'll get you there

Aspirus MedEvac celebrates 10 years

THE new planets NASA discovered are 40 light-years away. We haven't flown *that* far, but the Aspirus MedEvac helicopter has transported more than 3,000 patients and flown more than 400,000 miles—the equivalent of circling the Earth 15 times. In June, Aspirus MedEvac will celebrate 10 years of providing lifesaving care to residents of North Central Wisconsin and Michigan's Upper Peninsula.

Growing to serve

Aspirus MedEvac, licensed in Michigan and Wisconsin, provides 24-hour emergency ground and air medical transport service for critically ill and injured individuals. The Bell 407 helicopter started transporting patients from accident scenes to health care facilities in 2007.

Over the past decade, the demand for patient transports has increased, and what began as coverage for the Wausau area has grown significantly. There were 20 staff members in 2007, and now MedEvac has 80 employees, including critical care paramedics, emergency medical technicians (EMTs), registered nurses, pilots, mechanics and administrative staff. The Aspirus MedEvac team (ground and air) has traveled more than 2.5 million miles and transported more than 23,800 patients.

"Our dedicated and highly-trained staff has been able to improve the quality



of life for so many patients prior to their arrival at the hospital," says Jason Keffeler, Aspirus System director of Trauma & Transport. "We truly recognize the significant impact we have from the second we're at the scene of an accident until the time the transport is complete."

Ready at a moment's notice

Aspirus MedEvac's helicopter base is located at the downtown Wausau Airport, and ground ambulance bases are located in Weston, Medford, Rhinelander, Ontonagon, Iron River and Crystal Falls. The fleet comprises 11 ambulances, two specially equipped intercept vehicles that provide intercepts for area basic life support agencies and the Bell 407 helicopter. Three new ambulances will be added in May, and two new ground critical care bases are scheduled to be developed. The ambulances are staffed with critical care paramedics, registered nurses and EMTs.

When seconds count, the specially equipped MedEvac helicopter can pick up patients from regional hospitals or directly from the scene of an emergency. The Bell 407 helicopter is equipped with sophisticated safety gear, including night-vision goggles, satellite tracking, enhanced operational control, auto pilot and a helicopter terrain avoidance system. MedEvac air is staffed with a pilot, a flight nurse and a flight paramedic and is capable of transporting one patient.

A celebration of the MedEvac's 10-year anniversary will be held at Aspirus Wausau Hospital later this year.

MedEvac expands to serve

• June 2007

MedEvac began helicopter services

• June 2008

Aspirus partnered with PHI Air Medical for helicopter services with a new Bell 407 helicopter

• 2009

Ground ambulance base was established in Medford

• 2010

Ground ambulance base was established in Rhinelander

• December 2012

Helicopter was licensed in Michigan

• October 2014

Aspirus MedEvac established EMS base in Ontonagon, Michigan

• December 2014

Aspirus MedEvac expanded services in Iron River/Crystal Falls, Michigan

• July 2015

Medical Transport Accreditation was received

• March 2016

EMS coverage area was expanded to include Watersmeet, Michigan

Don't pass on a Pap test

ARE you up-to-date on your Pap test screenings for cervical cancer? If you aren't sure, consider these facts:

- ▶ Every woman is at risk for cervical cancer.
- ▶ About 12,000 women in the U.S. get cervical cancer every year.
- ▶ Symptoms usually don't appear until the cancer is advanced.

But here's the good news: Cervical cancer is one of the easiest gynecological cancers to prevent. And according to the American Cancer Society, the incidence of this cancer has gone down more than 50 percent since 1975, thanks to widespread screening with the Pap test.

During a Pap test, your doctor takes a sample of cells from your cervix. The sample is tested for precancerous cells and cancer cells.

When detected early, precancerous cells can be treated before they become cervical cancer. And when cervical

cancer is found early, it's highly curable. That's why these screening guidelines are so important:

Age	Recommendation
21	First Pap test.
21 to 29	Pap test every three years, as long as test results are normal.
30 to 65	Pap test combined with a test for the human papillomavirus (HPV) every five years. This is the preferred approach, but it's OK to have just a Pap test every three years. HPV can cause precancerous changes in the cervix and is a major cause of cervical cancer.
Over 65	No more Pap tests. The exception is for women who have had a serious precancerous change to their cervix at some point in their lives. These women should continue to be tested for at least 20 years after their diagnosis, even if testing continues past age 65.
All ages	Pap tests are no longer needed after a total hysterectomy, which includes removing the cervix.

Additional sources: American College of Obstetricians and Gynecologists; Centers for Disease Control and Prevention



Get your yearly wellness exam too

The Pap test is vital to your health, but it's only part of the picture. That's why it's important to schedule a yearly wellness exam with your doctor.

"The annual exam consists of screening tests (such as breast exams), laboratory screenings (such as cholesterol), counseling (such as contraception) and immunizations (such as flu and pertussis)," says Dennis McFadden, DO, an OB-GYN at Aspirus Antigo Clinic and Aspirus Langlade Hospital.

Your annual exam is also a good opportunity to talk to your doctor about which screenings you'll need in the future, since they may change based on new recommendations and your own health history. Dr. McFadden says, "Let your doctor keep track of that for you."



Dennis McFadden, DO

Community action helps children and families thrive

WeekEnd Backpack

WeekEnd Backpack (WEB) program volunteers continue to pack bags every Wednesday. The backpacks are filled with easy-to-open foods that children can prepare themselves. On average, 198 families and 360 children benefit from the program each week.



The program began after Community Health Needs Assessment feedback from the community noted an elevated rate of students' eligibility for free and reduced lunches. The program has continued to receive positive feedback from families throughout the school year.

When a family doesn't need the program any longer, the backpack is returned. Students can apply for the program through their school secretary or guidance counselor.

Each backpack, for the entire school year, costs around \$160. Donations are accepted through the Antigo Community Food Pantry—WEB.

If you are interested in volunteering, please email sarah.olafson@aspirus.org.



100 Mile Club®

The 100 Mile Club® continues to encourage students to run or walk during the school year. To date, 1,104 shirts indicating that students have reached their 25-mile goal have been ordered. Students who reach 100 miles by the end of the

school year will receive a gold medal. The community has embraced this program and held family activities throughout the year, such as the Family Fun Day in February, Monday Miles walk with the Antigo Fire Department (pictured) and the Homecoming parade.

TOP: Community comes together in activities like Monday Miles with the Antigo Fire Department.

BOTTOM LEFT: Volunteers work the WeekEnd Backpack assembly line.

BOTTOM RIGHT: Key Club members are some of the WeekEnd Backpack program's happy helpers.

SPIRITS AT THE LAKE

Friday, July 14, at Bass Lake

From 5:00–8:00 pm, try a sampling of spirits and taste a western-themed buffet; then tap your cowboy boots to live music under the tent by Hip Pocket.

Safe rides home sponsored by Malliette Bus Company. Proceeds benefit the Community Health Foundation of Aspirus Langlade Hospital.

The Mission of the Community Health Foundation is to identify needs, raise funds, and award grants to advance health care and the health and well-being of people in Antigo and neighboring communities served by Aspirus Langlade Hospital.

Last year, \$120,000 was granted throughout the community. Here's where the money went:

Boys & Girls Club

Funds provided services for summer camp programs.

Healthy Kids ☺ Bright Kids

The Foundation awarded health-related grants to all schools within our service area.

Aspirus Langlade Hospital Kidney Care

Funds provided a sonic window device to minimize patients' discomfort and guide dialysis staff in accessing veins.

Langlade Emergency Action Plan (LEAP)

Funds trained and certified staff to implement ALICE (Alert, Lockdown, Inform, Counter and Evacuate) in all school districts in Langlade County.

Let's Go Fishing

Grants supported excursions for veterans, people with disabilities, seniors and youth.

Adult Day Care Center

A grant funded the purchase of an interactive computer.

Contact us
Aspirus Langlade Hospital
715-623-2331

Marketing Department
715-623-9877
715-623-9455

Community Health Foundation
715-623-9557

Visit us online at aspirus.org
If you did not receive this issue at your home address and would like one sent to you, please email sarah.olafson@aspirus.org.

Aspiring Women

Quit the Sit



Aspirus Langlade Hospital Conference Room

5:30–6:30 pm
Monday, May 22

Sitting ducks are an easy target for many serious health conditions. Health experts say that "Sitting is the new smoking." Learn why—and how you can build activity into your day to maintain your health—with Bart Kneeland, MD; Greg Renfro; and Sandi Robrecht.

To register, please call
1-800-847-4707.

Free. Please register by May 15.