

HEALTH WISE

HEALTH & WELLNESS NEWS FROM SOUTHWEST HEALTH CENTER

Bringing life back into balance

Senior Behavioral Sciences provides compassionate care

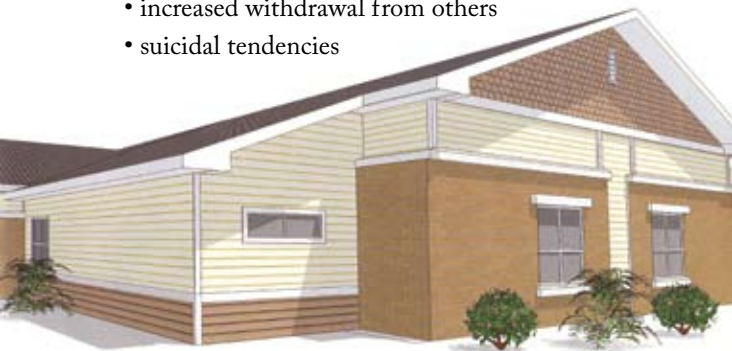
Addressing the complex healthcare needs of older adults and the families who care for them in a warm and gentle environment is the goal of Senior Behavioral Sciences (SBS).

“Adults ages 55 and older confront issues that are very different from people in their 20s, 30s, and 40s,” says T.J. Norton, MD, SBS Medical Director. “Many are coping with the loss of a spouse, loved ones, or friends. They may have limited mobility, chronic health problems, or illnesses such as Alzheimer’s or Parkinson’s disease that alter their ability to think clearly.”

WATCH FOR THE SIGNS

If an older adult in your life shows a change in his or her behavior, he or she may be displaying more than the normal signs of aging. Warning signs that may indicate the need for treatment can include:

- confusion or incoherence
- frequent mood swings
- increased withdrawal from others
- suicidal tendencies



Artist's rendering of the new Senior Behavioral Sciences facility.



- agitation and/or aggression
- major changes in appetite
- sleep problems

A VARIETY OF SERVICES

SBS offers a wide range of services designed to help older neighbors bring life back into balance and maintain as much independence as possible. Our team of professionals—including psychiatrists, physicians, nurse practitioners, social workers, nurses, activity therapists, psychotherapists, and counselors—specializes in geriatric care. Other Southwest Health Center support professionals are available if needed.

The inpatient program provides a caring and supportive environment that meets the individual needs of older adults.

Formerly located at Southwest Health Center’s Nursing Home in Cuba City, SBS has moved to Park Place Senior Village at 1185 North Elm St. in Platteville. In addition to better accessibility, the new location will have some private rooms. ●

> You are not alone

Schedule an assessment for yourself or a loved one. Call Senior Behavioral Sciences at **(608) 348-2331**, or e-mail us at **sbs@southwesthealth.org**. Inquiries are always confidential.

A new home for a caring staff

When Southwest Health Center was built three years ago, a wing in a corner of the hospital was reserved for future development. That extra space has come in handy for the Hospice Department, now located on the second floor.

As the hospice program expanded, it became clear that a larger home was needed. “We’re a close-knit team so we didn’t mind working in close quarters, but as we’ve grown, we’ve simply run out of space,” says Barbara Manion-Platt, Hospice Manager. “The new office will enhance our ability to serve our patients.”

Hospice care is unique because it can be given in a variety of settings—the patient and his or her family make the choice. “However, the essence of hospice care is the same regardless of the setting: to provide compassionate care so patients can live an alert and pain-free life,” says Manion-Platt. ●



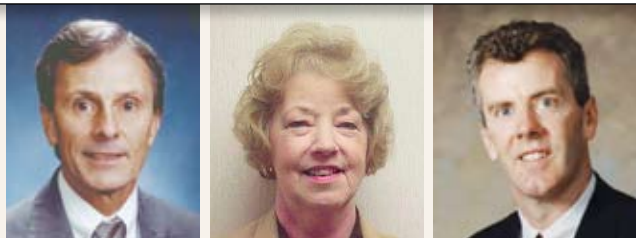
Southwest Health Center's hospice team members. Front row (l-r): Barbara Manion-Platt, Hospice Manager; Berni Ostby, Social Worker; Ingrid Olson, RN; Karla Egan-Dailey, RN. Back row (l-r): Diane Dalberg, LPN; Patty Hamlin, Office Manager; Nancy Butson, CNA/Volunteer; Teri Steinhoff, RN; Theresa Kauffman, RN; Madeline Wall, Volunteer; and Rev. Jeff Pedersen, Pastor. Not pictured: Michael Connolly, MD, Nancy Oglesby, Lila Veith, Cindy Rupp, Ann Bonner, Joan Faherty, Alleine Lachine, Sharon Reed, and Sheila Tranel.

> Help is here

Learn more about the hospice program. Call Barbara Manion-Platt at **(608) 342-0921**. Information is also available in the hospital's Resource Center, located at 1400 East Side Road in Platteville.

Committed to quality and care

Southwest Health Center fared impressively in a recent survey—especially in overall patient satisfaction—when compared with other hospitals in Wisconsin and the United States. Patients were asked a



(l-r) Jerome Huebner, MD, Chief of the Medical Staff; Anne Klawiter, President and CEO; and John Streich, Board President.

> Check us out

You can find more Southwest Health Center and Wisconsin hospital information online by visiting CheckPoint at **www.wicheckpoint.org** and PricePoint at **www.wipricepoint.org**.

variety of questions about their hospital experience.

“Our staff has a strong commitment to patient satisfaction,” says Anne Klawiter, Southwest Health Center President and CEO.

Jerome Huebner, MD, Chief of the Medical Staff, says the results showed that 80 percent of patients would “definitely recommend” Southwest Health Center to their friends and family. “This statistic is one that really stood out for me,” says Dr. Huebner.

“It’s gratifying to see Southwest Health Center’s high satisfaction levels,” says John Streich, Board President. ●

Concerned about memory loss?

We're here to help

You may have heard the recent news that one in eight baby boomers will develop Alzheimer's disease during his or her lifetime. That's an estimated 10 million people who will face this incurable condition, according to a report released by the Alzheimer's Association.

Dementia is caused by the destruction of brain cells. While common in older people, it's not a normal part of aging. The condition is characterized by a gradual loss of a person's mental abilities, memory loss, changes in personality, forgetfulness, confusion, or impaired judgment. While Alzheimer's disease is the most common cause of dementia, other conditions can cause the disorder. Neurological diseases, a head injury, stroke, a brain tumor, or the effects of medication can also lead to dementia or dementia-like symptoms.

There is good news, though. Early intervention can give physicians a chance to change the direction of dementia. Southwest Health Center's Memory Diagnostic Clinic specializes in the early diagnosis and treatment of dementia. Some of a person's symptoms can be delayed or reversed if physicians can identify and treat the illness in time. ●

> **Schedule a mood and memory screening**

Call **(608) 348-2331** to make an appointment at the Memory Diagnostic Clinic. We're now located at 1185 North Elm St. in Platteville.



Calling all women!

**Southwest Health Center
can keep you healthy**

Managing your health is important. For women, that often includes managing the healthcare of others—children, parents and perhaps even grandparents. Keeping up with immunizations and scheduling well-child visits, sports physicals, and your mammogram can be time-consuming and challenging.

Amy Coulthard, MD, a family practitioner at Medical Associates, knows just how overwhelming it can be. "It can be daunting to keep track of our own medical needs—not to mention the needs of others," she says.

STAY WELL INFORMED

Southwest Health Center created "The Beginning of Better Health," a special brochure to simplify the lives of tri-county area women. It highlights the major health issues associated with various stages of life. "When visiting with patients, there can be so many things to discuss," says Dr. Coulthard. "This guide helps ensure that my patients are well informed. They can easily see what needs attention, in their lives or in the lives of loved ones." ●

> **Pick up your health guide today**

To get a free copy of Southwest Health Center's women's health guide, just ask your physician or stop by the hospital's Resource Center at 1400 East Side Road in Platteville.



A special welcome

Please extend a warm welcome to Gwen

Kirchhof, who joins us as the new Director of the Southwest Health Center Foundation.



Gwen Kirchhof

Kirchhof comes to us from Cresco, Iowa, where she served as the Executive Director/Director of Community Relations for nine years at Regional Health Services of Howard County. Like Southwest Health Center, Regional Health Services is a 25-bed, critical-access hospital. Prior to that, she was a Laboratory Technician at Mayo Clinic.

“Gwen brings a wealth of healthcare and fundraising experience to Southwest Health Center. We’re excited to have her join our team and lead our Foundation Board towards ‘Investing in Your

Future. For Life,’” says Anne Klawiter, Southwest Health Center’s President and Chief Executive Officer. ●



Mark your calendars!

The Southwest Health Center Foundation will host the

[58th]

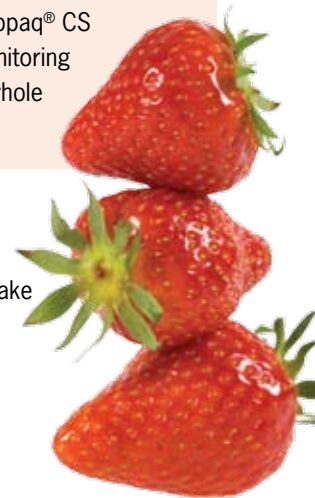
Annual Strawberry Festival

Tuesday, July 22, 4:30 to 8:30 p.m.
Legion Park, Platteville

Strawberry Festival is one of Platteville’s great traditions. The festival is a way for our local communities to come together and have a little fun while raising money for vital equipment for the hospital. The proceeds from this year’s festival will be directed toward the purchase of a portable Propaq® CS Monitor, which is designed to enhance the monitoring of patients’ vital signs. Plan now to bring the whole family and be a part of this special project.

THIS YEAR’S FESTIVAL FEATURES:

- great food
- delicious desserts, including strawberry shortcake
- live music
- dunk tank
- exciting kids’ games (and prizes!)
- Charlie the Corpuscle
- dancing and more!



www.southwesthealth.org

1400 East Side Road
Platteville, WI 53818

Anne Klawiter, President and CEO

Kathy Neumeister, Communication Coordinator

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