

ON THE COVER:

New family physician, Brian Sachs, MD, makes doctor visits easy on the whole family.

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Or, visit epionepavilion.org to find out
what Epione can mean to your life.



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Heart2Heart

WINTER 2013

A NEW BEGINNING



With new PURPOSE comes a new IDENTITY.

What's in a name? Well, your name is your identity. It becomes part of your personality. And it's a big part of who you are.

For a healthcare facility, a name is all that and more. A name should say something about what we do and what

we value. It should symbolize our essential character. And it should exemplify the compassion of our people.

So when Southwest Health Center's Cuba City facility (a place known for award-winning and nationally-recognized nursing care) changes in major ways, its old name no longer fits. We added a new local physician; a new outpatient center for physical, occupational, and speech therapies; and a beautiful new memory care wing. As a

The Cuba City facility Advisory Board is composed of local citizens.



Dan Rohrbach
Southwest Health Center CEO



Lisa Tranel
Cuba City Facility Administrator



Matt Andrews
DDS



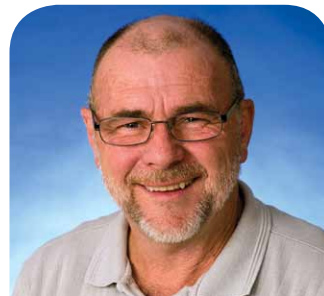
Michael Connelly
MD



Kevin Carr
MD



Kendal Bruner



Gary Droessler



Diane Casey



Porter Wagner



Dean Pearce



Tom Gile



Lou Schweigert
Chair

result of these additions, our facility's 12-member Advisory Board began exploring ideas for a new name.

"I feel like our group has a broad outlook, and I think we understand what this facility means in our community because we live here," says Dean Pearce.

"At the very first meeting it was evident that the Advisory Board and SHC were truly looking at and addressing the needs and future of healthcare in our community," says Diane Casey.

"I'm a member of the Advisory Board because I wanted to be involved in any capacity I could to see that healthcare remained a vital part of this small-town community," Matt Andrews says.

"My grandmother, my mother and a close female neighbor all enjoyed spending a part of their lives at the Cuba City facility," Porter Wagner says. "I believe the efforts of the Advisory Board members will help keep the facility open for years and will enable many more people to enjoy it as much as the ladies I know did."

Nursing and beyond

The Advisory Board recognized that the facility today is much more than "the nursing home" it had become known as.

"Long-term nursing care is important at this facility, but it's only part of the story," Dan Rohrbach, SHC's CEO says. "A large number of the patients and residents are only there short term to get stronger, complete therapy, and then return home."

"We are more than a nursing home," Kendal Bruner says. "And increasing awareness of the additional services helps make us a stronger community, and one people are proud to call home."

Uniquely Cuba City

In addition to moving beyond nursing care, the advisory board wanted a name that would properly symbolize the facility's essential character.

"The name change is an integral part of the rebirth of the Cuba City facility and another step in the assertive forward movement of the entire SHC family," says Lou Schweigert, the Advisory Board's Chairperson.

"It will give Cuba City its own identity in the healthcare field, which is what we've been striving to accomplish," Tom Gile says.

"It's not only a fresh start and a new look, but the new name also shows the commitment Southwest Health Center has for Cuba City," Gary Droessler says.

"To me, the new name promotes the overall feeling of wellness and caring we pride ourselves on," says Kevin Carr, MD, a physician who practices at the Cuba City clinic.

After many interviews with staff, diligent conversations with residents and families, and months of thoughtful consideration, the group chose to move forward with a very fitting, yet revolutionary new identity.

The new name for our Cuba City facility is...



A member of the Southwest Health Center Family

Epione is the Greek goddess of soothing pain. She is a new symbol of our most long-held and cherished values and of the deeply caring attitude we know every staff member strives to deliver.

Whether it's physical, emotional or mental soothing, these two words – Epione and Pavilion – convey the warm, inviting and hope-filled atmosphere the facility has become known for. And, it's these same emotions that are echoed in the calming feel of the facility's new logo.

"We present our new identity proudly because it reflects the tranquility and peace of mind patients and families experience here," says Lisa Tranel, the facility's administrator. "And Epione Pavilion perfectly encompasses everything we do." ■

Doing what you love. Loving what you do. THAT'S LIBERTY.

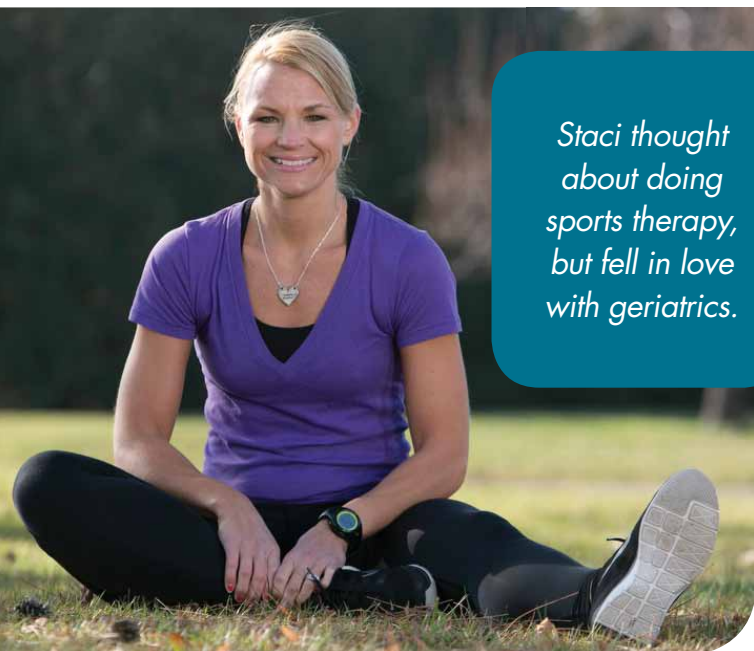
The direction a high school career test tells most people they should pursue isn't always the career they end up in. Otherwise, there probably would be more marine biologists and historians and fewer accountants and insurance brokers.

But for Staci Graber of Cuba City, what she loved, what she's doing now, and what her high school career counseling recommended for her, all came together beautifully.

Staci Graber, MSPT, has been a physical therapist since 2000, specializing in geriatrics, wound care, and balance disturbances. And she's enjoyed every minute of it.

Life-long Passion

Staci's love for athletics in high school was one of the reasons she chose physical therapy. She's still active herself



Staci thought about doing sports therapy, but fell in love with geriatrics.

and enjoys helping others regain strength and get back to their activities. And that is exactly what she has done at Epione Pavilion since starting there in November 2011.

Living and working in Cuba City also is a passion of Staci's. She was born and raised in Cuba City and moved back home after graduating from Clarke University in Dubuque.

"Now I'm able to help my friends, my neighbors, my parents' friends, and my friends' grandparents," Staci says. "And because I live right in town, I can see patients early in the morning, or I can stay a little later if they need to come in after work."

A Short Stay

When Staci started at Epione Pavilion, the facility offered only inpatient rehabilitation. This is when someone actually stays at the facility to complete therapy. Inpatient rehab patients are typically recovering from surgery or an accident, and they eventually return home. Others are longer-term residents of the skilled nursing unit, a place we now fittingly call *Renaissance*.

"It's a nice service for people who have a history of falls or general weakness and for those who need extra care during more intensive therapy," Staci says. "These patients stay for a short period of time, during which we help them build strength and complete their therapy, so they can ultimately return home."

Inpatient therapy also is beneficial for some joint replacement patients. Since mobility is limited following a joint replacement, patients can stay at *Renaissance* and receive their therapy without having to travel every day.

"Patients can stay a couple weeks and not only receive their therapy, but also have skilled nurses and medical staff on hand to ensure their incisions heal properly," Staci says.

No Stay

But Epione Pavilion doesn't only offer inpatient therapy anymore; Staci and her team now provide a full slate of rehab therapy services for outpatients as well.

For highly independent and mobile people and those whose schedules don't allow two to three weeks off school or work for therapy, outpatient rehab is convenient and effective.

"Educating and guiding outpatients on how to recover quickly and fully is our key to success," Staci says. "We identify problems, teach our patients specific exercises, and show them ways they can manage their pain, increase strength and get their lives back by regaining full function."

Epione Pavilion also can provide combination therapy, where patients use both inpatient and outpatient services. For example, patients who have just had a joint replacement may start as an inpatient while they really need the extra care. Then, once they are more mobile and can get around easily, they may switch to outpatient therapy to further increase strength, extension, and mobility.

"Because we now offer outpatient care at Liberty in Cuba City, local athletes and people who need occupational or speech therapy don't have to travel out of town," Staci says. "They can schedule times that are convenient for them, get in quickly, recover faster, and not have the added hassle of traveling."

Meet the Liberty Team

The rehab staff at Liberty in Cuba City includes more than a dozen highly skilled therapists and aides who provide physical, occupational, and speech therapy on both an inpatient and outpatient basis. So no matter what your personal goal is, Liberty's staff is passionate about helping you get where you want to go.

Learn more about Liberty's staff and services at epionepavilion.org. ■



Kerri Sue Stange, MPT
Physical Therapist /
Manager of Rehab
Services



Staci Graber, MSPT
Physical Therapist /
Therapy Supervisor



Julie Grabandt,
MSPT, ACT
Physical Therapist /
Athletic Trainer Certified



Samantha Leslie, DPT
Physical Therapist



Julie Tashner, MPT
Physical Therapist



Amy Hoerner, PTA
Physical Therapy
Assistant



Linda Rakow, RRA
Rehab Aide



Vickie Bennett, CNA
Rehab Aide



Ann Morley, OTR
Occupational Therapist



Lyndsay Byrnes, OTR
Occupational Therapist



Katie Parkins, Rehab
Aide, CNA



Nichole Federman, COTA
Occupational Therapy
Assistant



Nicole Runde, COTA
Occupational Therapy
Assistant



Kathryn Johnson,
MS-CFY/SLP
Speech Therapist



A SHORT STAY TO MAKE THE PAIN GO AWAY

Standing for long periods behind a saw. Kneeling down to sand a table leg. Lifting heavy pieces of hardwood onto sawhorses.

These are a few of the knee straining movements required to make a piece of fine furniture. So when they become painfully impossible, what do you do?

For Bill Gile, the answer was not giving up his woodworking passion. It was getting a knee replacement.

Bill had been suffering from knee pain for several years. It not only forced him to stop woodworking temporarily but also restricted his movement around his own house.

"I wasn't able to do much of anything, and it got to a point where I couldn't even walk," Bill says.

So on October 30, 2012, Bill had his left knee replaced. He wasn't too worried about the actual procedure, but the thought of getting to therapy every day and doing exercises alone at home was daunting.

"I'm retired and live alone, so I knew I wouldn't be able to take care of myself properly after surgery. And I had no one to bring me to therapy or help me at home," Bill says.

Even the midwest's harsh winter weather can't slow Bill down thanks to the combination of inpatient and outpatient physical therapy he received at Epione Pavilion.

Finding the Right Care

As he was making the decision about where to go for his therapy, Bill kept hearing good things about Epione Pavilion. Beyond the positive word of mouth, Cuba City only was 20 minutes away from his home in Shullsburg, compared to the much longer drive to Dubuque.

In addition to the time and gas-saving convenience, Epione Pavilion offered inpatient therapy services—something that would really speed-up Bill's recovery. Plus, he wouldn't have to find someone to drive him to rehab or help him around the house because he could stay at the Pavilion. The advantages of Epione made his decision (and his recovery) easier.

Bill spent one week at the Pavilion after his surgery where he worked with the physical therapy team twice a day. His time with Staci Graber, MSPT, included an incalculable number of leg extensions to increase his knee mobility and strength. The result: Bill was able to return home faster and get back to living life on his own terms.

"I enjoyed my stay because everything was very clean and comfortable, like home. And the people were always nice," Bill says.

Another bonus in choosing Epione Pavilion was that when Bill returned home, he could easily continue physical therapy two times a week on an outpatient basis.

That flexibility enabled him to recover even faster than he thought possible. Between his inpatient and outpatient rehab, Bill progressed quickly from needing a walker to a cane. And within six weeks, he was walking completely unaided.

But he's not just walking. He's been out snow-blowing his driveway, moving around his house with ease, and he can't wait to start making all kinds of furniture again.

"I'm very happy with the care I've received at Epione Pavilion," Bill says. "So happy, in fact, that when I get my right knee replaced in about five months, I already decided I'll be coming back." ■



a memory **AWAY**

We all forget things at times: where we put the car keys, to call grandma on her birthday, or even what we ate for breakfast. Such simple memory lapses are part of life. But when we start to lose track of time and place or have difficulties remembering how to do familiar tasks, that's when normal forgetfulness becomes significant memory loss.

Those symptoms are often the beginning of Alzheimer's, a brain disease that causes a progressive decline in memory, thinking, and reasoning.

Journey for Care

Tim Moxness of Platteville was diagnosed with Alzheimer's in 2006. He was fortunate to have two years after his diagnosis at home with his wife Pat. However, due to the progressive nature of the disease, in 2008 his wife knew his time at home was up.

"It was very challenging to find a local facility for him because after those first two years, his disease was very severe and presented challenging behavior issues," Pat says. "What we really needed was specialized memory care."

So they started looking. The first place Tim stayed at was an Alzheimer's unit in Darlington, then he moved to a short-term mental health facility in Oshkosh as his disease progressed even more. After his stay in Oshkosh, Pat once again was looking for a place for Tim. So she contacted 20 different facilities, some as far away as La Crosse, but they all were either full or would not accept Tim. Fortunately, a spot opened in Dubuque—the closest option to their home in Platteville.

Though Tim was done traveling, Pat was forced to continue. During the year Tim spent at the Alzheimer's facility in Dubuque, Pat did her best to make the 45-minute drive each day to visit him.

Then in 2011, Tim reached a stage in the disease when Pat wanted him closer to home. So, yet another search began.



Because Pat and Tim both worked in Cuba City for many years, they knew a lot of people within the community and at Epione Pavilion. This gave Pat added comfort knowing Tim was among family, friends and neighbors.

"We were so happy and relieved to place him in a community we knew and at a facility I truly trusted," Pat says.

"For this round, my main concern was finding a facility that would provide the personal care and respect Tim deserved," Pat says.

She knew exactly where she wanted to take him—Epione Pavilion in Cuba City.

"I had been the Cuba City facility's administrator from 1990 to 2007, and Tim had taught in the Cuba City school district from 1972 to 1995. We were so happy and relieved to place him in a community we knew and at a facility I truly trusted," Pat says.

At the time, Epione Pavilion did not offer specialized memory care, but Tim still received the individualized nursing care he needed. And Pat received the peace of mind she needed, knowing he was in skilled hands and close to home.

Yet sadly, Tim's six year battle with Alzheimer's ended with his passing in June 2012.

Reflections Memory Care

At Epione Pavilion, we believe how we care for others is a reflection of our personal values and of our collective role in caring for our communities.

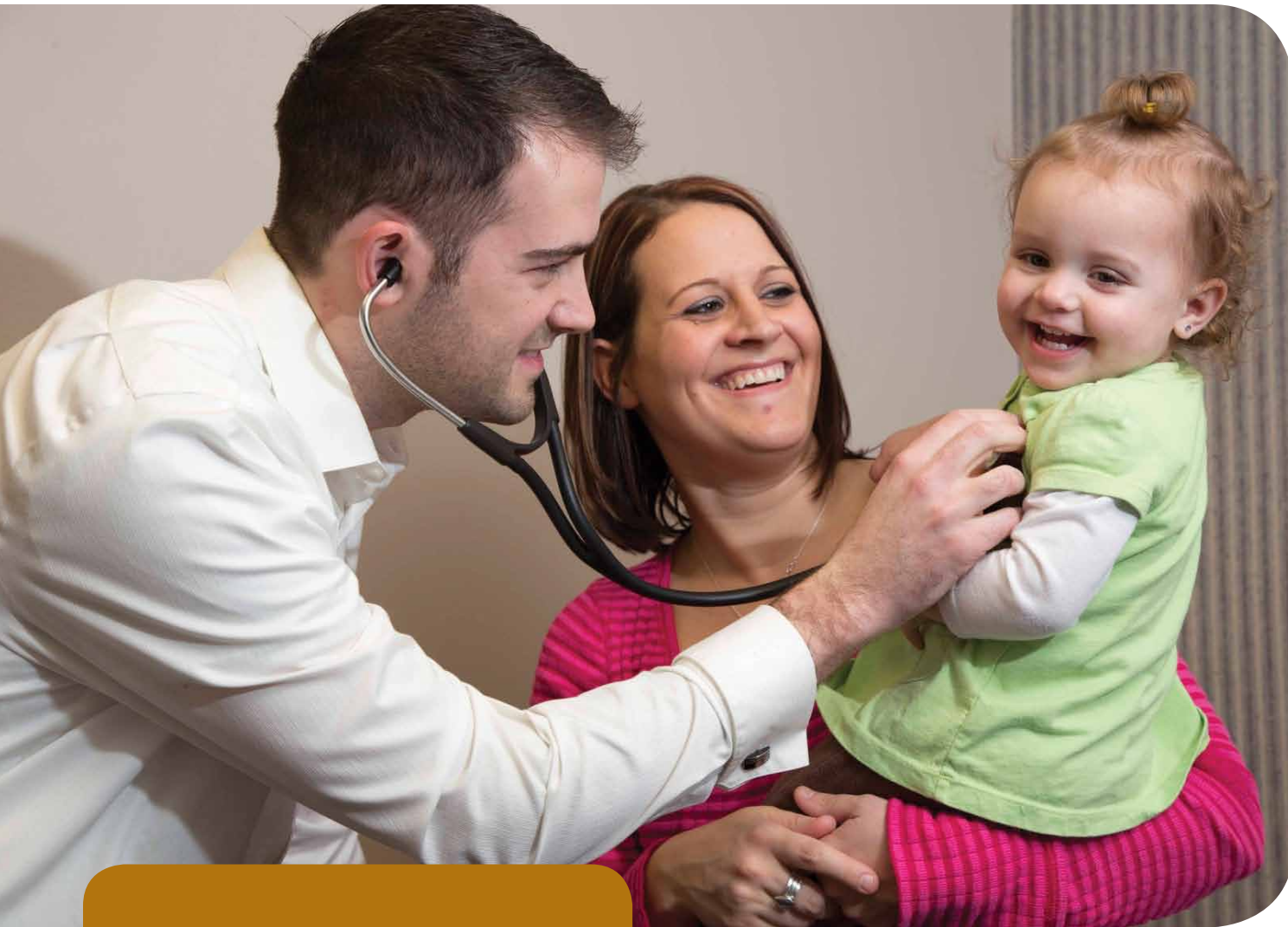
That's why Reflections Memory Care is now open in Cuba City. Reflections is here to help people suffering from memory loss live well and thrive each day. The facility allows loved ones to stay close to home and family, and to receive personal care sensitive to the unique needs of their individual conditions. The newly renovated wing offers 12 semi-private rooms, 24-hour care, plus a common area, a garden, and an in-house beauty and barbershop.

And, as part of the Southwest Health Center family, residents and their families have easy access to other medical needs, including specialized physicians. This results in better coordination of overall care.

"The new unit is one more way SHC provides care to our community," Pat says. "It's a great resource that will keep other people from having to take the same long, complicated and stressful journey Tim and I had to."

Learn more about the amenities and services of the new memory care unit at epionepavilion.org. ■

LESS TRAVEL TIME. MORE FAMILY TIME.



One of the many reasons Dr. Sachs joined Epione's Physician's Clinic was to help provide Cuba City and the surrounding areas with stable, long-term and local family medicine.

With three young kids, Kim Lutes is busy, busy, busy. Busy reading to them, busy picking up after them, and busy playing outside with them. There's never a dull moment at Kim's house.

So when one of her kids gets sick, it's hard to drop everything, load everyone up, and drive 45 minutes to sit and wait to see a doctor.

Kim has lived her whole life between Hazel Green and Cuba City, and she's always had a primary care physician in Dubuque. But with young children, the drive was getting more and more difficult to make every time her family needed care.

Kim knew it was time for a change when drive time began cutting into family time.

Cutting the Travel

In August 2012, Kim started working as an account representative and scheduler at Epione Pavilion, where she schedules nurses and nursing assistants and works with resident trust accounts. It was through her new position that Kim heard about Brian Sachs, MD, a new family physician practicing at the Cuba City Physician's Clinic.

Since Dr. Sachs was so close to home, Kim thought it might be a good idea to check him out.

"The first thing I noticed is he's very down to earth and easy to work with," Kim says. "And he is great with my three kids."

Another plus for Kim is Dr. Sachs' location. To see him, her drive is under 10 minutes, compared to her 45-minute drive to Dubuque.

So in September 2012, Kim made the switch and chose Dr. Sachs for family medical care.

"Since he is so close, going to the doctor is less time-consuming for our family," Kim says. "That leaves more play time for the kids and me to enjoy our new ATV, which they all love!"

Expanding Care

Before Dr. Sachs joined SHC, there was only one family physician, Kevin Carr, MD, and one nurse practitioner, Heidi Hochhausen, APNP, practicing at the Cuba City Physician's Clinic.

Dr. Sachs saw not only an opportunity to help expand care to the communities around Cuba City, but also a chance to get to know the people of this area even better.

"I currently see patients at the Cuba City clinic three half days a week," Dr. Sachs says. "But if there is more



"The first thing I noticed is he's very down to earth and easy to work with," Kim says. "And he is great with my three kids."

demand, I'll change my hours accordingly and be there more often."

Dr. Carr and Heidi also know how important increasing the availability of care in Cuba City is.

"SHC has a fair amount of patients in Cuba City, Hazel Green, Benton, and Shullsburg, so I'm glad the three of us are able to make primary care more convenient for them," Dr. Carr says.

"I've always lived in small rural towns where healthcare isn't always easily accessible," Heidi says. "So I understand what it means to the people in this area to have quality healthcare right in their own community. I'm proud to be practicing here." ■