

## Welcoming a New General Surgeon



**Dr. Aaron Schwaab**  
General Surgeon  
Stoughton Hospital

Stoughton Hospital is pleased to announce the arrival of our new General Surgeon, Dr. Aaron Schwaab. This is an exciting development for the community; keeping healthcare local and adding access to another general surgeon. Dr. Schwaab will practice at the Stoughton Hospital Specialty Clinic located in Stoughton Hospital.

Dr. Schwaab will be on the panel of several local insurances, making his surgical services available to many in our surrounding communities.

Dr. Schwaab joins the hospital from Centegra Surgical Associates in Crystal Lake, Illinois. While excited about beginning his new journey at Stoughton Hospital, it is hard for the well-liked Dr. Schwaab to say good-bye to his current patients. "The best part of my job is the relationships I build with my patients." Schwaab shares.

### Coming Back to Wisconsin

Dr. Schwaab is a Wisconsin native, having grown up in Dousman where his father still lives (his mother died at a young age from breast cancer). His sister lives in Mukwonago and extended family are in nearby Brookfield and Waukesha.

The days in Dousman were filled with hunting, fishing and playing sports. Schwaab paid close attention to his studies as well, especially enjoying science.

In returning to Wisconsin, Dr. Schwaab is joined by his wife Karen and two daughters Natalie (11) and Julia (9). Karen loves children and just finished her master's degree in elementary education. She looks forward to teaching in the area and the girls are excited about the move and starting at a new school.

For Dr. Schwaab, moving from Illinois will most likely make his life a bit easier being a lifelong Badger Fan and diehard Packer Fan!

### General Surgery

Dr. Schwaab was attracted to general surgery because as a surgeon "you're typically a problem fixer. Patients come in with a

problem and you are able to fix it." He likes the fact he is able to help people get back to their lives in a relatively short period of time.

Over the course of his medical career, Dr. Schwaab has developed an interest in breast cancer surgery. He was the Co-Medical Director of the Centegra Breast Program in Illinois. He looks forward to bringing his expertise to Stoughton Hospital. "I'm coming to Stoughton Hospital hoping I can be an asset to the community. I want people to know they can come to our hospital for great surgical care." **(continued on inside)**



## Women's Wellness Brunch

### Health Screenings, Education & Brunch

Saturday, October 8th from  
8:30 a.m. to 11:30 a.m.  
Stoughton Hospital

Have you been putting off your mammogram? Mammograms will be offered all morning. During the morning enjoy a free relaxing massage, shop in our gift shop, enjoy a delicious brunch and listen to Dr. Schwaab's talk.

### 10 a.m. Screening Misconceptions & Recommendations

Dr. Schwaab will provide clear information on which screenings are most important and how often they should be performed.

\$10 registering online at [stoughtonhospital.com](http://stoughtonhospital.com)  
\$15 at the door

# A Real Connection...

Over ten years ago local resident Joan Jenson visited Stoughton Hospital for a routine mammogram. During her appointment she was greeted by Pat Murphy, a member of the Partners of Stoughton Hospital (POSH). Pat invited Joan to join the group and that was the beginning of “a beautiful friendship.”

Joan, as many other volunteers, began spending some of her free time volunteering in the gift shop greeting visitors, patients and hospital employees while they peruse the variety of unique items available for purchase.

A few months later Joan began serving as an escort assisting families and patients to find their way to appointments. Joan’s cheery disposition and optimistic attitude helps relieve some of the anxiety patients and their families may experience when visiting the hospital. “I often assist friends and acquaintances who are afraid and I feel great when I am able to alleviate some of their fears by talking with them and letting them know what a friendly, efficient place the hospital is and the wonderful caring staff and to not be afraid,” explained Joan.

Over the past decade, Joan has also worked alongside many Stoughton Hospital employees, including CEO Terry Brenny. “On one occasion I worked with Terry Brenny at a Med Drop site and we talked about hospital goals and performance. I learned that day that from the top down everyone shares the same goals of performance, efficiency and positive attitude,” said Joan.

Joan shared a story that has stuck with her over the years. A few years back Joan injured her shoulder and upon entering the hospital was greeted by friends and co-workers all wishing her well and sending friendly reminders to doctors and nurses to “take good care of her.” It was this memory that Joan said she really felt like part of a “family.”



Joan Jenson volunteering at a Medication Disposal & Sharps Collection Event with Stoughton Wellness Coalition Member Mel Dow.

This sense of belonging has inspired Joan, in her own words, to become “a cheerleader” for the hospital. Her experiences and affinity for Stoughton Hospital encouraged her to create a bequest to benefit the hospital. “When it came time to review my will I decided I wanted to leave something to Stoughton Hospital, the same hospital that had helped fulfill a need in my life. My experience as a volunteer helped me to stay busy while helping others. I like to see the hospital benefit from my hard work and to help the hospital stay strong,” said Joan.

For additional information on how you can create a living legacy through a planned gift please contact Mary Link, Stoughton Hospital Foundation Director at (608) 873-2328.

## *New Technology Helps Keep Patients Close to Home*

Technology has become an important tool in healthcare and now it can help keep you close to home. Beginning this summer, Stoughton Hospital will be providing 24/7 hospitalist coverage with the help of telemedicine and our new “Mobile Doc.”

### **How it Works**

Telemedicine eliminates the physical barrier of location, allowing patients to speak with their doctor face-to-face, any time day or night.

Through Mobile Doc, physicians are able to speak with patients and medical staff, access patient records and view test results. Assisting hospital staff may perform physical assessments with the physician hearing and seeing the exact same things. The remote doctor is able to coordinate patient care in real-

time leading to improved quality and decreased decision-making time.

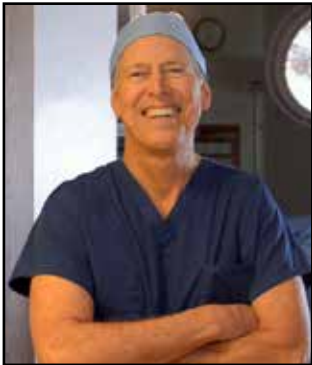
“Technology makes the process possible, but teamwork is what makes telemedicine successful. Stoughton Hospital has a strong track record of excelling at teamwork, we’re looking forward to offering this cutting edge technology,” shares Teresa Feidt, Chief Nursing Officer.

The introduction of telemedicine at Stoughton Hospital paves the way for future access to specialists who may not otherwise be able to see patients at Stoughton Hospital. Patients will be able to stay close to home rather than transferring to another hospital. “The ultimate goal is to improve patient satisfaction, improve health outcomes and lower healthcare costs,” Feidt added.



Mobile DOC will allow physicians to speak face to face with their patients anytime day or night.

# A Better Approach - Customized Knee Replacements



John S. Rogerson, M.D.  
Stoughton Hospital  
Orthopaedic Surgeon

John S. Rogerson is an expert orthopaedic surgeon with more than 35 years of experience specializing in care of the hip, shoulder and knee. Rogerson is a surgeon who is always searching for the best techniques and outcomes for his patients. When he learned about ConforMIS® knee implants for knee replacements, he knew it was a good fit for his practice and patients.

The ConforMIS image-to-implant technology converts a CT scan of the patient's knee into a

3D model that is used to create a customized individually made implant for that patient only. With traditional knee replacements, the surgeon chooses an "off-the-shelf" implant that will most closely fit your knee. "About 20% of my patients fell between sizes or had unusual knee anatomy that we couldn't compensate for and were less than 100% satisfied," said Rogerson.

ConforMIS knee implants are designed to exactly replicate the unique anatomy of the patient's natural knee, which plays an important role in the way the patient's knee bends and extends.

"Most artificial knees often don't feel quite perfect, but patients feel more like these knees are their own. Orthopedists who have switched to the ConforMIS report that the recovery is usually quicker and more profound," Rogerson added.

Rogerson believes 3D technology will play a role in all future replacements. "It makes sense to always have a perfect fit."

Beginning post-surgical physical therapy as soon as possible after a knee replacement helps speed up recovery time, said Rogerson. Total knee replacement patients use a continuous passive motion (CPM) machine starting immediately post-op on day one to get the knee moving and reduce swelling."

"This is the age of personalized joint replacement. I'm pleased to be working with Stoughton Hospital who has a strong reputation of high patient satisfaction and personalized care of every patient."



The ConforMIS approach makes sure your implant is made to fit you precisely, avoiding sizing and fitting issues common to standard total knee implants.

## Learn More! End the Pain with Customized Knee Replacements

Wed, Aug 17th at 5:30 p.m.

Stoughton Hospital  
Bryant Health Education Center

Join Dr. John Rogerson to learn how the ConforMIS® knee implants may be the solution to end your knee pain.

To register for this free talk, please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on "classes and events."



### A Partnership with Stoughton Hospital

As of June 27, 2016, Dr. Rogerson's practice will become part of Stoughton Hospital and be renamed "OrthoTeam Clinic." According to Dr. Rogerson, "I believe our cultures, patient centered care, quality outcomes and commitment to health are very similar."

Dr. Rogerson's office will remain at 2 Science Court, Suite 101 in Madison. ALL the talented people that are part of his team will remain, along with phone numbers, fax number and even their fresh baked cookies!

"After many years of providing patients with the best possible medical care as an independent practitioner, I look forward to continuing to serve you through Stoughton Hospital," shares Rogerson. If you have any questions or concerns, please contact the office at (608) 231-3410 or email them at [orthoteam@stohosp.com](mailto:orthoteam@stohosp.com)

### Insurance and Appointment Information

Dr. Rogerson accepts a wide variety of health plans including Physicians Plus, Unity, Blue Cross Blue Shield of WI, Group Health Cooperative of South Central Wisconsin, Humana, Medicaid, Medicare, Security Health Plan, The Alliance, UnitedHealthcare and many more. Please check with your individual plan regarding coverage of services at Stoughton Hospital.

To schedule an appointment with Dr. Rogerson, please call (608) 231-3410.



**OrthoTeam Clinic**

John S. Rogerson, M.D.

*Excellence in Orthopedics*

# Becoming Dementia Friendly



**Heather Kleinbrook, RN**  
Inpatient Geriatric Psychiatry  
Manager

Stoughton Hospital is making environmental changes and training its staff to become a dementia friendly hospital. The hospital's goal is to provide a safe and supportive environment for individuals affected by dementia. Individuals with dementia can become overwhelmed or agitated by the hospital environment of bright lights, unfamiliar areas, and strangers approaching them.

Some of the environmental changes include making sure signs use simple language, installing effective lighting, escorting customers directly to their

destination, providing quiet places to rest and decreasing noise levels. Other physical changes include having simple decorations, displaying artwork that invokes reminiscing and installing flooring without extreme contrast or shine. With the current hospital renovation, making the hospital dementia friendly is a priority in the new areas as well.

The training educates the hospital staff on dementia and how to best work with affected individuals. Staff learn a new mindset, "I am confused, I don't know what that person is trying to tell me," rather than, "that person is confused." Hospital staff are encouraged to find ways to best accommodate that person.

Heather Kleinbrook, RN, Manager of the Stoughton Hospital Inpatient Geriatric Psychiatry Program, and her staff believe there are compelling reasons for the hospital to act now. According to the Wisconsin Department of Health Services, there were 115,000 people with dementia living in Wisconsin in 2015. That number is projected to increase by the year 2040 to over 242,000 people. According to Kleinbrook, "we believe that people with dementia have the right to live well and engage in society to the best of their ability," shares Kleinbrook. "By educating our staff and updating our surroundings, we can create a safe and supportive environment for those with dementia."



## What is Dementia?

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease accounts for 60 to 80 percent of cases. Vascular dementia, which occurs after a stroke, is the second most common dementia type. But there are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Dementia is often incorrectly referred to as "senility" or "senile dementia," which reflects the formerly widespread but incorrect belief that serious mental decline is a normal part of aging.

Source: Alzheimer's Association

## Meet & Greet for Dr. Aaron Schwaab, General Surgeon

**Please join us in welcoming  
Dr. Schwaab to Stoughton Hospital!**

Tuesday, July 12th  
1:30 to 2:15 p.m.

Stoughton Hospital,  
Bryant Health Education Center

Refreshments will be served and enter  
a drawing to win two free Brewer's  
tickets!

## Welcoming a New General Surgeon

(continued from cover)

If you are visiting Dr. Schwaab as a first-time patient, how can you expect to be treated? He shares, "it's important to treat people as if they are your own family. Treat everyone the same way."

### Insurance and Appointment Information

Dr. Schwaab is scheduled to begin his clinic at Stoughton Hospital on Friday, July 1st. To schedule an appointment, please call (608) 873-2266.

Dr. Schwaab accepts a wide variety of health plans including Dean Health Plan, Physicians Plus, Unity, Blue Cross Blue Shield of WI, Group Health Cooperative of South Central Wisconsin, Humana, Medicaid, Medicare, Security Health Plan, The Alliance, UnitedHealthcare and many more. Please check with your individual plan regarding coverage of services at Stoughton Hospital.

# Calendar of Events

**New online registration for all classes! Please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on “classes and events.” Questions? Please contact Sonja at 873-2356.**

## Health Education & Wellness Classes at Stoughton Hospital

Unless otherwise noted, all health education and wellness classes are held in the Bryant Health Education Center.

### Introduction to Essential Oils

Are you interested in choosing the best natural options for you and your home? Learn about the amazing properties of essential oils and their uses from Anne Adametz, Acupuncturist and Yoga Therapist, with more than 10 years of experience.

Essential oils have been used for thousands of years for:

- Enhancing Physical Wellness
- Promoting Emotional Balance
- Cleansing the Home

In this class you will learn:

- Essential Oil Safety
- Essential Oil Application Techniques
- How to Choose the Right Oil

Thurs, July 14th 6 to 7 p.m. **FREE**

### Dry Needling – What Can It Do For Me?

Stoughton Hospital Physical Therapist, Liz Touchett will discuss how dry needling works, how it can alleviate pain and restore your function.

Thurs, Aug 11th at 6 p.m. **FREE**

### End the Pain with Customized Knee Replacements

Join Dr. John Rogerson, Stoughton Hospital Orthopaedic Surgeon, to learn how the ConforMIS® knee implants may be the solution to end your knee pain.

Wed, Aug 17th at 5:30 p.m. **FREE**

### Menopause: Don't Sweat It

Menopause is a time of change that may not be simple, but doesn't have to be hard! Whether you are trying to make sense of your symptoms or you want to learn what may lie ahead, attend this informational and interactive discussion to effectively navigate the transition. Presented by Laura Flanagan, M.D. Family Medicine, Stoughton Dean Clinic.

Tues, Sept 13th at 6 p.m. **FREE**

### Natural Anxiety and Stress Relief

Join Anne Adametz, Acupuncturist and Yoga Therapist, to learn how acupuncture, aromatherapy and mindfulness can create a foundation of health for you to move through life with less anxiety and stress.

Thurs, Sept 22nd at 6 p.m. **FREE**

### Health Insurance Marketplace

Please join us for an important discussion on the “Health Insurance Marketplace.” Learn about the open enrollment period, what you need to do each year and how this all affects you. This class will be presented by Chris Romine, Benefits Advisor of Hemb Insurance Group.\*

Thurs, Sept 29th at 4:30 pm **FREE**

\*This class is for education purposes only and does not serve as an endorsement.

## Classes for Kids

### Caring for Kids - Babysitting

For children ages 11 and older. They will learn about first aid, safety, infant care, discipline, playing with children, common emergencies, responsibilities of a babysitter, and more. Please bring a sack lunch.

Sat, Aug 20th from 9 a.m. to 1:30 p.m. \$50

### Home on Your Own

For children ages nine and older who may be home for a few hours without an adult. The focus is on making wise and safe choices on first aid, fire safety and emergency situations.

Mon, Aug 22nd from 9 to 11 a.m. \$30

## Healthy Heart Classes

**Our healthy heart classes are held on Wednesdays, are FREE and open to the public. Please check in at the hospital main lobby information desk prior to all heart healthy classes.**

### Diabetes Management

Diabetes 101: Learn how diet, exercise and medication can work together to control your diabetes.

Aug 17th at 9 a.m. or 2 p.m.

### Exercise Guidelines

How does exercise benefit my heart and prevent chronic disease?

July 20th at 9 a.m. or 2 p.m.

### Heart Healthy Nutrition

Focus on the Mediterranean Diet

July 27th at 9:15 a.m.

### Reducing Your Risk Factors

Why do I have heart disease? How can I prevent another heart attack, stent or surgery?

Aug 3rd at 9 a.m. or 2 p.m.

### Understanding Cholesterol

Learn the goals for cholesterol numbers, and how lifestyle changes and medication can help you reach them.

July 6th at 9 a.m. or 2 p.m.

### Understanding Heart Disease

How does heart disease happen? How can it be treated?

July 13th at 9 a.m. or 2 p.m.

## Health Talk

On [stoughtonhospital.com](http://stoughtonhospital.com) we have a series of recorded interviews or podcasts we call Health Talk. Each month we build on this library of knowledge. Over the past few months we have added several new podcasts; all interviews with our Stoughton Hospital experts.

### Fiber: Why Americans Aren't Getting Enough

Autumn Kumlien, Stoughton Hospital Registered Dietitian Nutritionist

### Sinus Surgery: Nothing To Be Afraid Of

Steven Lyon, MD, Stoughton Dean Clinic ENT

### The Importance of Home Health

Melanie Crowther, RN, Stoughton Hospital Home Health

### Preventing Falls at Home

Kathi Hellmer, Occupational Therapist, Stoughton Hospital Home Health

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## **Emergency & Urgent Care Services Stoughton Hospital**

900 Ridge Street, Stoughton  
Emergency 24-7  
Urgent Care Daily 6:00 a.m. to 11:00 p.m.

## **Oregon Urgent Care Clinic**

990 Janesville Street, Oregon  
Monday to Friday 5:00 p.m. to 10:00 p.m.  
Saturday and Sunday noon to 10:00 p.m.

# Calendar of Events

## **Please Join Stoughton Hospital at these Community Events**

### **Stoughton Safety Camp**

Safety camp presents kids in 3rd through 5th grade with fun and safe activities and covers topics such as fire, pet, swim, electrical, and bike safety.

*July 28th & 29th  
Mandt Park, South 4th St, Stoughton*

### **National Night Out Oregon**

A safe, alcohol free event for families

*Tue, Aug 2nd  
Spring St, Oregon*

### **Evansville Night Out**

A safe, alcohol free event for families

*Thur, Aug 11th from 6 to 8 p.m.  
Lake Leota Park, Evansville*

### **Family Fun Walk**

Join the Partners of Stoughton Hospital for a two mile walk to raise funds for the new walking trail behind Stoughton Hospital. For more information, please go to the Stoughton Hospital website and click on "Partners of Stoughton Hospital."

*Sun, Sept 11th at 1 p.m.  
Yahara River Trail (just north of the intersection of  
Amundson Pkwy & Skogdalen Dr)*

## **Volunteer in the Stoughton Hospital Gift Shop!**

We are looking for friendly and outgoing individuals to volunteer in the Stoughton Hospital Gift Shop.

Gift shop clerks require good communication skills, the ability to provide excellent customer service as a representative of Stoughton Hospital, accuracy in handling money, willingness to learn check out with a cash register system and be a member of Partners of Stoughton Hospital. Volunteers greet customers, become familiar with the inventory, help with suggestions, and keep the shop clean and presentable. Shifts are 8am-noon or noon-4pm weekdays. Volunteers always work with a partner during the shift.

When you volunteer at Stoughton Hospital, you become an important part of the hospital team. You have the opportunity to meet staff and visitors and provide the excellent customer service Stoughton Hospital is known for. All hospital volunteers also receive a 10% discount in the gift shop and a 20% discount in the hospital's Close to Home Cafe.

For more information please contact Becky Greiber at 873-2205 or [bgreiber@stohosp.com](mailto:bgreiber@stohosp.com).

## **Support Groups**

### **Crohn's, Colitis & IBD Support Group**

Meets 3rd Wednesday of the month at 5:30 p.m.

Stoughton Hospital Board Room  
Contact: Marilyn at (608) 873-7928

### **Diabetes Support Group**

Meets the 2nd Monday of the month at 6:00 p.m.

Stoughton Hospital Board Room  
Contact: Deb at (608) 628-6500

### **Hope Chest**

### **Breast Cancer Support**

For individual support please call Judy at (608) 770-7829

## **Blood Drives**

### **American Red Cross Blood Drives**

Stoughton Hospital  
Bryant Health Education Center  
Held 3rd Friday of each month  
8:00 a.m. to 1:00 p.m.

Visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RedCross to make an appointment.