

HOMETOWN HEALTH

A publication from your healthcare professionals at BURNETT MEDICAL CENTER



Welcome Our New **FAMILY PRACTICE PROVIDERS**

Burnett Medical Center is thrilled to have these three new providers serve the community in the area of Family Practice.



Gretchen Gerovac, NP

Gretchen grew up in Spooner, WI and moved back to the area two years ago. Her and her husband have two children (ages 20 and 18), one dog, and one cat.

She attended UW-River Falls for her Bachelor of Science degrees, the first in Speech Therapy and the other in Nursing. She then received her Master of Nursing in Adult Gerontology Primary Care Nurse Practitioner. She especially enjoys working with people aged 13 to end of life and loves rural health care because of the close connections with patients and their families.

Gretchen has a passion for working with the senior population and is excited to make a difference in their quality of life. She looks forward to working with patients and their families on developing a comprehensive health care plan with emphasis placed on wellness, preventative medicine, and continuity of care at BMC's Continuing Care Center.

Outside of work, Gretchen enjoys spending time with her family, gardening, kayaking, snowshoeing, and just being outside.

Gretchen is currently accepting new patients.



Sarah Ogilvie, NP

Sarah grew up in Alabama but has lived in several places as an adult, including Utah, San Francisco, Toronto, Philadelphia, and the Minneapolis area. She says, "I have now lived in the Twin Cities for 13 years and our family loves the upper Midwest!"

She obtained her nursing degrees from the University of Pennsylvania and at Minnesota State University, Mankato.

While working at BMC, she is also an Assistant Professor of Nursing at Minnesota State University – Mankato. She has an interest in rural health and health promotion across the lifespan. When it comes to improving health, she says, "it is important to make small do-able changes over time. Taking an approach where you try to do a little better is usually more successful than making huge changes that are hard to stick to long term. A series of small changes over time can bring big improvement".

Sarah has been married for 26 years and has five children ages 11-22. Her kids are involved in band, art, karate, track/cross country, and dance. Sarah enjoys traveling, cooking, hiking, skiing, snowshoeing, and bird watching.

Sarah will start seeing patients this upcoming fall.



Jordan Fraser, DO

Dr. Fraser grew up in Rural Alberta, Canada and moved to the United States in 2015 for medical school. He is joined by his wife, son, and two dogs. Before working in healthcare, he worked as a chemist and was in the forestry industry while getting his undergraduate degree.

Dr. Fraser received his doctorate from the Prevea Family Medicine Program in Eau Claire, WI and is certified in advanced cardiac life support, pediatric advanced life support, neonatal resuscitation program and others.

He has an interest in medical assisted therapy for opiate dependence and osteopathic manipulative treatment, which is a hands-on technique used to help correct structural imbalances in your body, improve circulation and relieve pain.

Outside of work, he enjoys mountain biking, cycling, hiking, fishing, skiing, snowboarding, traveling, brewing, board games and spending time with family.

Dr. Fraser will start seeing patients this upcoming fall.



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GROWTH

New Lab Testing Equipment

Burnett Medical Center's laboratory purchased a new ePlex diagnostic testing system that makes laboratory PCR testing more efficient. With just one nasal swab from our trained staff, this piece of equipment can test for 16 viral and 2 bacterial targets such as, COVID-19, Influenza A, Influenza B, the common cold, and many more. For anyone who has COVID-19 symptoms, exposure, looking to travel, or in need of a pre-operation test, this will test for all 18 targets and your results will show any detected target within 24-48 hours so you will know if it's COVID-19, the common cold or something else.

Telehealth Services

Since the pandemic, Burnett Medical Center has been researching new ways to improve safe, quality patient care. It started out by implementing telehealth services in the Clinic where patients can meet with a family practice provider on their smart phone or other device while staying at home. This type of appointment is a great option if you are experiencing diarrhea, depression/anxiety, seasonal allergies, skin infection/insect bite, or just need a follow-up visit.

In November of 2020, we expanded telehealth into the inpatient floor of the hospital. This specific telehealth technology is a provider-to-provider service where providers in rural communities have access to physicians, nurses, and clinicians at the push of a button, to further assess, diagnose, and treat patients locally. Patients can count on improved patient outcomes due to the added support and expertise, maximizing our staff's ability to treat more patients at the bedside.

In March of 2022, we further expanded telehealth into the Emergency Department with a Telestroke service in partnership with Allina. If a patient arrives at BMC's Emergency Department (ED) with stroke symptoms, our ED providers can work with a doctor, in another facility, who is trained in treating strokes via the

telestroke technology. BMC's ED doctor and the doctor trained in treating strokes, at the distant site, work together to provide care locally and try to avoid the need for transfer to another medical center. This allows patients to receive quality stroke care in their home community.



Tobacco Cessation Program

Have you ever thought about quitting? Maybe you have tried but nothing seems to work? Or do friends and family want you to quit? No matter the reason, BMC offers individual counseling to both BMC patients, and the surrounding community. This is a free service. You do not necessarily have to be ready to quit to schedule a visit. No judgement; just help.



Our Certified Tobacco Treatment Specialist Michelle, is a Registered Nurse and has the training, knowledge, and experience to help you succeed in quitting all forms of tobacco (cigarettes, cigars, chewing tobacco, electronic cigarettes, vapes, etc.).

Here is what you can expect from a free visit:

- An individualized plan for quitting
- Discussion of medications to help with the quitting process
- Ongoing support, counseling, and follow-up

If you are interested in scheduling an appointment, please call BMC at 715-463-5353 or let your BMC clinic provider know you want to be referred to the program.

COMMUNITY

BMC's Go for the Gust Race

Burnett Medical Center sponsored the 2022 BMC's Go for the Gust event (previously known as the Carlyle Sherstad 5K/10K Run/Walk) during Grantsburg's "Big Gust Days". This year's event took place on Saturday, June 4, 2022, on a course starting and finishing at Burnett Medical Center. This event included a 5k, 10k, and a half marathon run option.

Burnett Medical Center organizes the race and donates all the race's profits to a different local charitable organization each year. This year's race recipient was the Burnett Medical Center Foundation. Chris Erickson, Burnett Medical Center Foundation President says, "Every dollar raised improves the medical center by continuing to purchase new and up-to-date life-saving equipment. None of us ever know when we or our family members will be the next ones needing these services. Your gifts may be just the support we need to save you or your loved ones in the future."

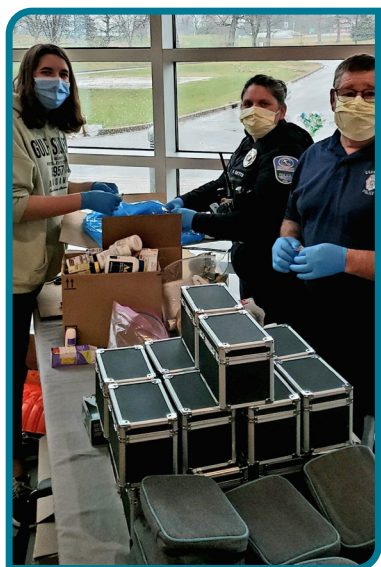
Thank you to our business sponsors, volunteers, and participants who made this event successful. The positive spirit of all those who joined us to run and walk made the morning great fun!

**We hope you consider joining this fun community event next year
on Saturday, June 3rd, 2023.**



Prescription Drug Take Back Day

Together, Burnett Medical Center and the Grantsburg Police Department participated in Wisconsin's Prescription Drug Take Back Initiative on Saturday, April 30th, 2022. The goal of the Prescription Drug Take-Back Day is to provide a safe, convenient, and responsible means of disposal of prescription medications, while also educating the public about the potential for abuse of these medications. Unused prescription medications in homes create a public health and safety concern because they can be accidentally ingested, stolen, misused, and abused.



Most Americans recognize that prescription drug abuse is a growing problem and one that flourishes in all communities. As a result of the Prescription Drug Take-Back Day, BMC collected 13 pounds and the state of Wisconsin disposed of 58,551 pounds of unused and unwanted medications. Wisconsin has repeatedly had the third largest drug disposal collections in the country, only falling behind California and Texas.

**Be sure to mark your calendars for the next Prescription Drug Take-Back Day
on Saturday, October 29, 2022, at BMC.**

Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime. Fortunately, Burnett Medical Center and the American Red Cross teamed up to host a blood drive at BMC on February 18th and June 2nd, 2022, to help fill the need. The schedule was full of local donors.

As a blood donor, you do something extraordinary with each donation. You give families hope. You give patients courage. And you give those who need it most, life.

One local donor, Wyman Johnson, made a Power Red donation, meaning he donated 2 units of red blood cells during one donation. The Power Red donation is like a whole blood donation, except a special machine returns the plasma and platelets back to the donor. He says, “I started donating blood back when I was in high school. I’ve donated 14 gallons of blood so far”. Wyman also has a personal connection

with blood donation since his daughter passed away 16 years ago and she was an organ donor. It’s important for him to help others since it’s so desperately needed.

Thank you to all the donors who were able to come to the blood drives. Your donation makes a difference!



Blood DRIVE

Food Shelf Donation

Burnett Medical Center hosts multiple food drives throughout the year, but our recent food drive was unique. We encouraged employees to bring in as many items as they were able to, even if it was just one item because every little bit can make a difference. Canned goods, noodle products, and personal hygiene products were some of the various donated items. In total we donated about 300 items and an extra special item, a brand-new freezer!



Jean Day Donations

Each month BMC raises money through a Casual for a Cause initiative, where employees can wear jeans at work for \$5 and all the money goes towards a different organization. So far, BMC has raised approximately \$700. Here are some of the recipient organizations BMC has donated to: Northwest Passage, Burnett County Humane Society, BMC’s Hat & Mitten Tree, Grantsburg Schools, Grantsburg Pool, and Burnett County Foster Closet. We are grateful to be able to help our community. Thank you to everyone who contributed!

BMC thanks our employees for their generous contribution to our community in need!

Want to say
THANK YOU
to your nurse?

THE DAISY AWARD

For a nomination form
scan the QR Code below
to share your story!



<http://www.burnettmedicalcenter.com/daisy>



**The DAISY
Award**

FOR EXTRAORDINARY NURSES

HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES

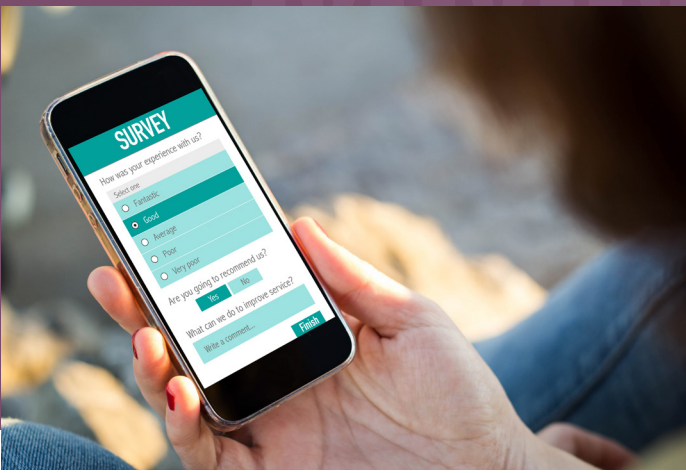
DAISY Award

Burnett Medical Center is honored to share the winner of our first DAISY award, Amy F!

The DAISY (Diseases Attacking the Immune System) Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day.

Amy is nothing short of extraordinary with her role in the Continuing Care Center. Congratulations Amy for going above and beyond for our residents, their families, and our community!

Help us pick the next DAISY award winner by sharing your story at www.burnettmedicalcenter.com/daisy



YOUR VOICE MAKES US BETTER

Our mission is to provide compassionate, comprehensive, community healthcare that exceeds our customer's expectations. To accomplish this, we need to know what we are doing right and what needs improvement. We depend on our patients and their families to keep us informed.

Burnett Medical Center recently implemented outpatient satisfaction surveys. So, if you had an outpatient appointment such as, an MRI in diagnostic imaging, blood testing in our laboratory, or a stress test in cardiac services, you would receive a survey link via text or email to be completed online. On the other hand, if you recently stayed in our hospital as an inpatient, you will be mailed a paper survey to be completed.

By sharing your thoughts and feelings about your health care experience, you can help make our care better for patients and their families. We encourage you to take a few minutes to complete the patient experience survey and share your thoughts about your recent visit or stay.



Dr. Dick



Dr. Hoskuldsson

Surgical Services

General surgery involves performing various types of surgical procedures to treat a broad range of health needs. Our general surgeons, like Dr. Hoskuldsson and Dr. Dick, partner with you and your provider to provide the highest quality of care. They have experience and expertise on many different surgical procedures, including, but not limited to:

- | | |
|----------------------------|------------------------------|
| • Appendectomy | • Excision of lesions |
| • Breast biopsy | • Gallbladder issues |
| • Bilateral tubal ligation | • Hemorrhoids |
| • Bowel obstructions | • Hernias |
| • Colonoscopy | • Hysterectomy |
| • Endoscopy | • Pilonidal Cysts |
| • Esophageal dilatation | • Port placement and removal |

Reasons To See An Ear, Nose & Throat (ENT) Specialist

Do you have difficulty sleeping, severe sore throats, or constant snoring?

It may be time for you to visit Burnett Medical Center's Ear, Nose, and Throat specialist, Dr. Froymovich.

He works with adults and children to diagnose and

treat various conditions of the ear, nose, throat and related structures of the head and neck. Conditions range from recurring ear infections to difficulty breathing and sleeping. Here are a few reasons to see Dr. Froymovich:



Dr. Froymovich

- **Sinus issues** such as chronic sinusitis, polyps, constant runny or stuffy nose.
- **Hearing loss** is normal with aging, but if you are experiencing early onset hearing loss or sudden hearing loss, it may be time to see an ENT.
- **Trouble Sleeping** through the night or struggle with constant snoring.
- Recurring tonsillitis or multiple strep **throats**.
- **Adenoids** may be the concern if you notice you or your child have recurring severe sore throats, ear infections or constant snoring.
- A **deviated septum** can cause issues with breathing and sleeping.

Sinus up for a better tomorrow with a treatment plan that works for you and your health.

Well-Care Visits

You can take charge of your health by staying current on well-care visits, screenings, and immunizations. During your well-care visit, you and your provider will discuss how to improve your health and prevent disease.

Once you are eligible for Medicare, specifically, Medicare Part B (Medical Insurance) covers a “Welcome to Medicare” preventive visit within the first 12 months you have Part B. This visit includes a review of your medical and social history related to your health. It also includes education and counseling about preventive services, including:

- Preventive screenings, flu and pneumococcal shots, and referrals.
- Height, weight, and blood pressure measurements.
- A calculation of your body mass index.
- A simple vision test.
- A review of your potential risk for depression and your level of safety.
- An offer to talk with you about creating advance directives.
- A written plan letting you know which screenings, shots, and other preventive services you need.
- When scheduling your appointment, let your provider’s office know you would like to schedule your “Welcome to Medicare” preventive visit.

Bring the following to your appointment:

- Medical records, including immunization records.
- Family health history.
- A list of any prescription drugs, over-the-counter drugs, vitamins, and supplements that you currently take, how often you take them, and why.

You’re Never Too Old To Get Vaccinated

It is highly recommended to get vaccinated throughout your life to protect against the various illnesses still common today such as, shingles, pneumococcal disease, flu, HPV (human papillomavirus) and hepatitis B.

While most vaccines are given in the early stages of life, there are still some to consider



as you age. In addition to an annual seasonal flu (influenza) vaccine and a Tdap (tetanus, diphtheria, and pertussis) vaccine about every 10 years, adults 50 and over should also get:

- **Pneumococcal Vaccine.** This vaccine is for all children younger than 2 years old and all adults 65 years or older. There are a few different vaccines to help prevent pneumococcal disease. Talk with your provider about which one would be right for you.
- **Shingles Vaccine (Shingrix).** If you are age 50 or older, you should get the 2-dose series of the Shingrix brand of shingles vaccine. The shingles vaccination is the only way to protect against shingles and postherpetic neuralgia (PHN), the most common complication from shingles.
- **Hepatitis B Vaccine.** For all adults aged 19 through 59 years, and adults aged 60 years or older with risk factors for hepatitis B infection should receive this vaccine. The vaccine provides protection from hepatitis B which can cause serious health problems, including liver damage, cirrhosis, and liver cancer.

Talk with your provider or other healthcare providers to find out which vaccines are recommended for you at your next medical appointment.

Source: CDC



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