

Celebrating the Unique Journeys of *All Walks of Life*

Every patient's healthcare is unique, resonating with personal experiences, challenges, and triumphs. At Burnett Medical Center, we celebrate these individual narratives across a spectrum of medical services, from Ear, Nose & Throat care to Ophthalmology, Cardiac Rehabilitation, Tobacco Cessation, General Surgery, and Diagnostic Imaging. Each story reflects our commitment to providing compassionate and personalized care to patients from All Walks of Life. Join us as we embark on a journey through the diverse experiences of individuals who have entrusted us with their healthcare needs, sharing their stories of resilience, hope, and healing.



General Surgery at BMC

Feeling comfortable and confident in your medical team is crucial for a positive healthcare experience. At BMC, we understand this importance. That's why our General Surgery department provides comprehensive surgical care, catering to a diverse array of medical conditions. Led by experienced surgeons like Dr. Ulland (pictured on the right), our team provides personalized treatment plans tailored to each patient's unique needs. When BMC's Certified Nurse Midwife, Deb Hammer (pictured on the left), needed surgery, she trusted her BMC family and coworkers to perform her laparoscopic cholecystectomy. Deb's experience highlights the care patients receive at BMC, "I feel very comfortable with Dr. Ulland and the OR team. I was very pleased with the care that I received in the clinic, lab, radiology, and surgery. Everyone was wonderful and since I work at BMC, I felt like I was taken care of by my BMC family. I would not

hesitate to recommend that my family or friends have this procedure at BMC."

Transitioning from provider to patient and back to provider again, Deb had a successful recovery and returned to work just a week after the surgery, feeling great. With our expert team, BMC ensures each patient receives the highest quality of care throughout their surgical journey. Visit our General Surgery webpage for a comprehensive list of surgical procedures offered at BMC.

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Spring Into Health Expo

Saturday, April 20

9:00 a.m. - 12:00 p.m.

at Burnett Medical Center

Join us for a day focused on the health and wellness for the entire family!

Walk-in Clinic | Rise & Shine Coffee
Prizes | Free Lab Testing | Drug Disposal

Visit our Exhibitors!

- AA District 23
- ADRC
- BMC Family Practice Clinic, Lab, Physical Therapy, Tobacco Cessation, and others
- Burnett County DHHS-Public Health
- Burnett County Sheriff's Office
- Burnett County Family Resource Center
- Community Referral Agency
- Crooked Lake Nutrition
- Grantsburg Fire Department
- Grantsburg Police Department
- Interfaith Caregivers of Burnett County
- Minneapolis Heart Institute
- More than Sprouts
- North Memorial Ambulance
- Pine City Medical Supply
- Rays of Hope
- Regional Hospice
- Rise & Shine Coffee Co.
- St. Croix Hospice
- Youth of Burnett County Prevention Coalition

Try a Free Class

- Yoga with Tiffany at 9am
- Cooking demonstration & tasting at 10am
- Tobacco/Vaping Cessation presentation at 11am

Fun Kids Activities!

- North Memorial Helicopter and Ambulance (weather permitting)
- Grantsburg Fire Truck (weather permitting)
- Burnett County Police Car (weather permitting)
- Bouncy House provided by Get It Done Services & Rental
- And More!

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BURNETT
MEDICAL CENTER

Prescription Drug Take Back Day

Saturday, April 20, 2024 | 9 a.m. - Noon

Together, Burnett Medical Center and the Grantsburg Police Department will be participating in Wisconsin's Prescription Drug Take Back Initiative on Saturday, April 20, 2024. The Drug Take-Back Day goal 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.

So, mark your calendar, and come to Burnett Medical Center from 9am-Noon on Saturday, April 20th, 2024 (during BMC's Health Fair). Anyone is welcome to come and safely and anonymously dispose of unused or expired medicines and controlled substances.



BMC's Go for the Gust Race

Saturday, June 1, 2024

Early Registration Now Open!

Burnett Medical Center is sponsoring the 2024 Go for the Gust racing event during Grantsburg's "Big Gust Days". This event includes a 5k and 10k walk/run option.

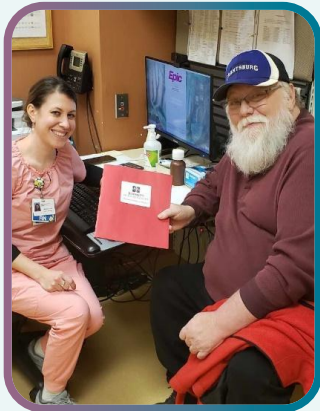
Burnett Medical Center organizes the race and donates all the race's profits to a different local charitable organization each year. This year's race recipient is Interfaith Caregivers of Burnett County.

Registration is now open! Register online at [raceentry.com](https://www.raceentry.com), click 'find races' and search 'gust'. **Everyone who pre-registers by Friday, May 3 will receive a moisture wick t-shirt—so register early!** Sorry, no refunds.

For more information about any of the upcoming events, please visit our website: <https://www.burnettmedicalcenter.com/about-us/events/> or scan the QR code!



Celebrating the Unique Journeys of **All Walks of Life** *(continued)*



Free Tobacco Cessation Program at BMC

We recognize the importance of supporting individuals like Gary "Goob" Coy on their journey to better heart health. Goob's experience underscores the challenges many face in overcoming tobacco addiction. Fortunately, our dedicated team, including Michelle Arneson, a Cardiac Services RN, is equipped to provide comprehensive care and support.

Michelle's dual role as a Tobacco Cessation Specialist allowed her to guide Goob towards our Tobacco Cessation program, which he started in late 2022. Through personalized counseling, Michelle empowered Goob to understand his triggers and adopt effective coping strategies, such as using nicotine lozenges to manage withdrawal symptoms.

Goob remarks on his initial thoughts of the program saying, "I didn't have much confidence because quitting chew is extremely hard but sitting with her and having her explain to me what's involved with quitting... She explained triggers

and it just clicked— what makes me chew?" With Michelle's guidance and support, Goob successfully conquered his addiction, experiencing improved well-being and a renewed sense of taste. His advice, "get to it, it works! Keep an open mind and want to quit. Please stop and see Michelle, she knows what she's talking about."

Goob's testimonial serves as a testament to the effectiveness of our Tobacco Cessation program and the compassionate care provided by our dedicated team. With personalized counseling and evidence-based strategies, our program aims to empower individuals like Goob to break free from tobacco addiction and embrace healthier habits for a stronger heart and overall wellbeing.

Whether you're a smoker, chewer, or vaper, our program is tailored to meet your unique needs and empower you to live a healthier, smoke-free life. Visit our website to learn more about our Tobacco Cessation program and take the first step towards a tobacco-free future.

Cardiac Rehabilitation at BMC

BMC's Cardiac Rehabilitation program is a cornerstone of our commitment to supporting individuals on their journey to recovery from cardiovascular events. Tailored to meet the unique needs of each patient, our program combines monitored exercise sessions, educational resources, and peer support to promote holistic well-being.

John Bohlen's inspiring cardiac rehab journey exemplifies the impact of our rehabilitation program. John attests to the compassionate care provided by our team saying, "I am doing so much better. There is not a person at BMC that I don't love... The people here are so kind, so loving, tender-hearted... they take such good care of me." His heartfelt testimonial underscores the dedication and kindness of our staff, who go above and beyond to ensure every patient feels supported and cared for.

If you or a loved one are navigating the road to recovery from a cardiovascular event, we invite you to learn more about our Cardiac Rehabilitation services by visiting our Cardiac Services webpage. Together, we can embark on a journey towards improved heart health and enhanced quality of life.

These patient experiences are all testaments to BMC's unwavering dedication to delivering exceptional care across a spectrum of medical services and All Walks of Life. From lifechanging surgeries to transformative rehabilitation programs, each patient's journey serves as a testament to the compassionate expertise of our healthcare professionals and the profound impact of personalized care. Step into BMC - where comprehensive healthcare meets compassion.



Youth & Tobacco

According to the 2021 Youth Risk Behavior Survey, 17% of Burnett County high school students and 11% of Burnett County middle school students said they vape.

We feel this is an important statistic to address in our community. So, we'd like to highlight Michelle, RN and Tobacco Cessation Specialist at BMC. She is doing fantastic work to help decrease vaping amongst youth in Burnett County. Throughout the 2023-2024 school year, Michelle has been talking to students at the Siren, Grantsburg, and Webster school districts about vaping, providing them education, and offering free quit resources.

Since Michelle has been working with the schools, she has: surveyed students and parents/guardians to assess vaping prevalence and their baseline knowledge about vaping; presented to parents/guardians during October's Red Ribbon Week; provided informational posters that outline health effects, vape ingredients, and free quit resources; and continues to work diligently on offering a Not On Tobacco Program. This program focuses on helping teens quit tobacco products through group discussion.

An important message to anyone with a young person in their lives: Talk early and talk often! Research shows the average age for a child to start vaping is age 13, with some cases as early as elementary school. Don't wait to have the conversation about tobacco and vaping — offer support, guidance, and understanding.

**Talk
Early
&
Talk
Often**



Meet Michelle

Michelle has been a Registered Nurse in BMC's Cardiac Services department for four years. She implemented the Tobacco Cessation Program at BMC in June 2022. She became a Certified Tobacco Treatment Specialist in 2016 and has six years of experience helping people successfully quit tobacco (smoking, chewing tobacco, and even vaping). Michelle has ongoing training in the field and maintains her certification every two years. Michelle 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 judgment; just help!



True or False

1. Nicotine in vape devices is more addictive than nicotine in cigarettes. **True or False?**
2. Some vapes are disguised as highlighters. **True or False?**
3. Brain development continues until about age 25, and brain exposure to nicotine before age 25 affects impulse control, learning, mood, and attention span. **True or False?**

14TH-ANNUAL BMC FOUNDATION

Valentine's Brunch

The Burnett Medical Center Foundation would like to thank the many businesses who graciously sponsored tables and/or donated to the silent auction, and to the many community members who attended to support the Foundation's 14th annual Valentine's Brunch fundraiser held on February 4th, 2024.

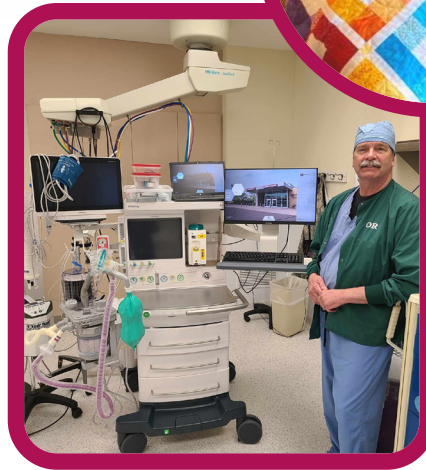
Thank you, to our table sponsors, for your support in helping further assure the access of quality healthcare close to home:

Table Sponsors

- *Big Wood Lake*
- *BMC Surgical Services*
- *Dr. Froymovich, ENT*
- *Grantsburg Telcom*
- *Hospital Pathology Associates*
- *Indianhead Credit Union*
- *Siren/Webster Rotary*
- *Swedberg Taylor Funeral Home*
- *Webster Lions Club*
- *Yellow River Pharmacy*

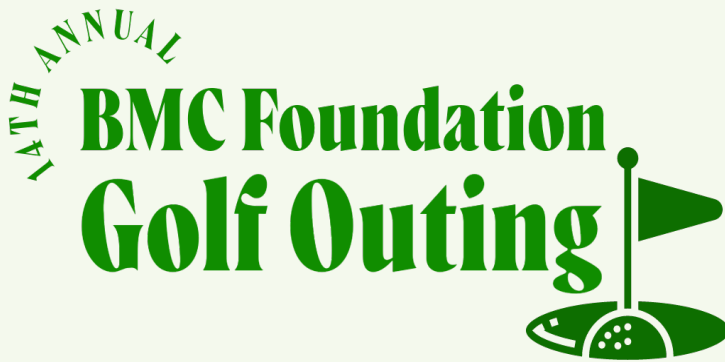


Evone Finch (left) and her daughter handcrafted this beautiful quilt which was bid on and won by Dr. Tim Novick (right).



LEFT: Jeff Simpkins, CRNA, with the brand new anesthesia machine.

The Valentine's brunch was a success and the generous support of individuals like you makes it possible for the Burnett Medical Center Foundation to exist and to make the community a great place to live. Throughout our 14 years of operation, we have been able to raise over \$315,000 to fund many improvements that the Medical Center would not otherwise have been able to accomplish. This would not be possible without people like you, people who give! This year's event raised money to help purchase a new anesthesia machine for the Surgical Services department.



Tee up for a day of fun and fundraising at the 14th Annual BMC Foundation Golf Outing on July 26th!

18-Hole Tournament | 4-Person Team Scramble



Shotgun Start: 12:30 P.M.

Catered Dinner: 5:30 P.M. | Awards & Prizes: 6:00 P.M.

Pre-register by: Friday, July 19, 2024.



\$300 per team | \$75 per individual

(individuals without a team will be placed)

Entry Fee includes: 18 holes of golf with cart, driving range use, catered dinner, hole prizes, door prizes. Mulligans for sale and Skins Game -100% payout!

For more information on registration and sponsorships, contact Halle Pardun at 715-463-7285 or hpardun@burnettmedicalcenter.com.

Let's hit a hole-in-one for a great cause! All net proceeds benefit Burnett Medical Center.



MyChart Features

What you can do with MyChart:

All Your Health Information In One Place

See your medications, test results, upcoming appointments, medical bills, price estimates, and more all in one place, even if you've been seen at multiple healthcare organizations.

Quickly Schedule Appointments

- Request or cancel an appointment at your convenience
- View upcoming and past appointments
- Complete pre-visit tasks from home

Connect With A Doctor No Matter Where You Are

Send a message, get online diagnosis and treatment, talk face-to-face over video, or arrange to follow up with a doctor in person, depending on the level of care you need.

Take Care Of Your Children & Other Family Members

Stay on top of everyone's appointments and check in on family members who need extra help, all from your account.



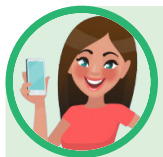
To Use MyChart You Need:

Internet Access

There are places in the community where you may use a computer, smartphone or tablet if you do not have access to internet.

MyChart Activation Code

Call 715-463-5353 or visit BMC and ask about the different ways to activate your MyChart account. If you receive an activation code, please be aware that it is case sensitive. See the 'How to Sign Up' column for specific instructions.



How To Sign Up

Don't have MyChart?

Here are some ways to sign up!

Sign up via email/text message.

- Call or visit BMC and ask to sign up for MyChart via email/text message.
- Click on the link in the email/text message.
- Create a username and password
- Enter your birthdate to confirm your identity.
- Accept the terms and conditions of use.
- If this is the first time accessing your account, there is a short video and tutorial for you to watch if you'd like. You can choose to skip it by clicking "skip" in the top right corner of the screen.

Sign up with a 1 page print out BMC provides.

- Visit BMC and ask to sign up for MyChart with the steps printed out on a 1 page document.
- Follow the directions on the print out.

Having Trouble Signing Up?

Please contact BMC at 715-463-5353



MyChart On Your Mobile Device

Download the MyChart - By EPIC app for your phone! Once you've downloaded the app, select Burnett Medical Center, then log in with your MyChart Username & Password.

Most features are available on the app. A computer is needed to reset your password or view visit notes. Questions about MyChart? Contact BMC or visit our FAQ's by scanning the QR code below.

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HOMETOWN HEALTH is published for the patients and friends of Burnett Medical Center. Information in this publication is not meant to replace the advice of a personal healthcare provider.

CNA Class

BMC is a state-approved facility to hold CNA classes. The class is a four-week program totaling about 80 hours. The first two weeks is an online training course and the last two weeks are on-site at BMC's Continuing Care Center under the instruction of an RN trainer. The completion of this class prepares you to take the state test which includes a written and skills test.

The spring CNA class will start on May 30th, 2024 with an online application submitted by May 1, 2024. The fall CNA class will start on September 26th, 2024 with an online application submitted by September 4, 2024.

To apply and for more information on how to take the CNA class for free, please visit <https://www.burnettmedicalcenter.com/cna-program/>

or scan!



AA Meetings

Alcoholics Anonymous meetings are available to anyone who is interested in recovery from alcoholism, receiving more information about AA, and free support and help. Feel free to join us every Monday at 6pm in BMC's Wood Lake Conference Room (follow the signs). No need to register or call ahead, just join whenever you are available.

Parkinson's Disease Support Group

Join the local Parkinson's Disease Support Group every third Wednesday each month from 11:30am – 1:30pm, in BMC's basement classroom. The meetings are facilitated by Doctor of Physical Therapy, Abby Anderson. Please join us for lunch, group discussions and topical speakers. Come and meet others who have Parkinson's Disease or care for someone who does – let's all support each other on this journey!

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- Competitive Benefit Package
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- Family-Friendly

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