

# LIVING WELL

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Spooner Health | Spring/Summer 2022



Spooner  
HEALTH





# LETTER FROM **OUR CEO**

**MICHAEL SCHAFER**  
CEO/Administrator

We are finally welcoming warmer weather and with that, Washburn County starts buzzing with outdoor activities and summer tourism. At Spooner Health, however, it is business as usual: Delivering excellent care to every patient, every time. The past two years have been extremely difficult, not only in our community, but in our hospital as well.

We are starting to see fewer and fewer COVID-19 cases in our community, which gives everyone a sense of relief. As we all get back into the swing of things, please remember to still be diligent with your health: See your provider regularly, stay home if you are sick and maintain your preventative screenings. We did a great job of coming together as a community and I hope to see that continue in the future.

At the heart of why we are here is our patients. On page 3, Don and Barb Douglas share their experience with Spooner Health as an inpatient and through home care. One of our goals here is to make sure that once you are healthy enough to leave, you stay healthy at home. Our home care department does a fantastic job of meeting patients where

they are at, and ensuring they can stay in their homes as long as possible.

On page 4, we highlight our recent Community Health Needs Assessment (CHNA). This assessment helps us and other community organizations identify and address health and wellbeing issues that you have identified as a concern in Washburn County. With those survey results, we create a three-year implementation plan to ensure the identified needs are addressed.

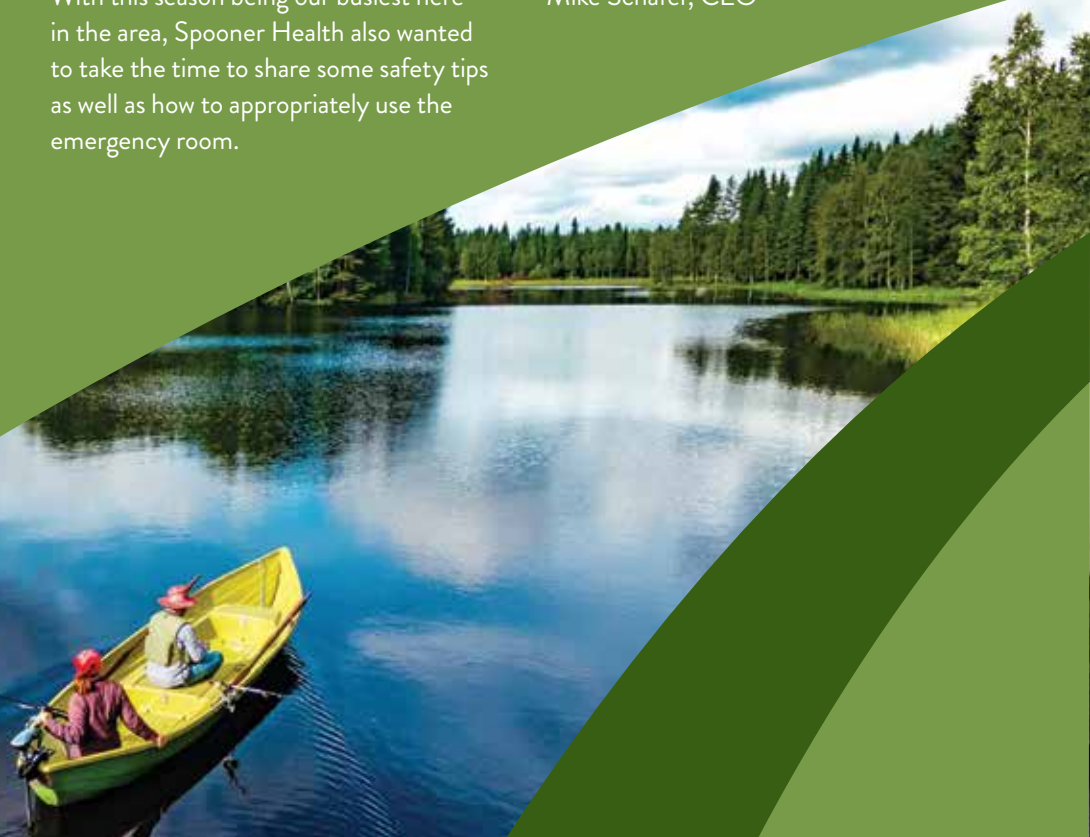
We have a dedicated steering committee that represents a wide variety of organizations across Washburn County, and I look forward to seeing the progress made. Full results are available online at [www.SpoonerHealth.com/CHNA](http://www.SpoonerHealth.com/CHNA).

With this season being our busiest here in the area, Spooner Health also wanted to take the time to share some safety tips as well as how to appropriately use the emergency room.

We want to make sure that everyone gets the care they need when they need it – but sometimes it can wait. We have clinics throughout Washburn County that can typically see patients as soon as the next day as well as Essentia Health's e-visit feature ([www.EssentiaHealth.org/Evisit](http://www.EssentiaHealth.org/Evisit)) to get other minor care items taken care of. To learn more about our other high-care quality services like rehabilitation, infusion therapy, diagnostic imaging, surgery and more, please go to our website at [www.SpoonerHealth.com](http://www.SpoonerHealth.com).

I sincerely hope you enjoy "Living Well." I know I enjoy sharing with all of you the great things that are happening at Spooner Health.

Thank you,  
Mike Schafer, CEO





# AT THE HEART OF THE MATTER ARE THE PEOPLE WHO MATTER

Don and Barb Douglas didn't expect to end up in Spooner, Wisconsin but as life's unexpected moments invariably happen, they sure are glad they did. It is right here that they received high-quality care from the team at Spooner Health.

Don was born and raised in Darlington, Wisconsin and was drawn into the family business of logging. Between being employed for other sawmill operations, log yards and then also owning his own business with his sons, his work brought him to Bagley, Wisconsin where he met Barb. Between the two of them, they have six children, 15 grandchildren and 12 great-grandchildren.

Don found himself recently hospitalized here at Spooner Health for a bladder infection, which in older adults, can

present itself as confusion, dizziness, agitation, falling and even hallucinations. When left untreated, these types of infections can lead to hospitalization, kidney failure and even death. While here at Spooner Health, Don recalls having a great experience.

“EVERYONE WAS  
EXTREMELY NICE. I LIKE  
TO TALK TO PEOPLE AND  
I COULDN'T ASK FOR A  
MORE FRIENDLY STAFF.”

As he was getting ready to be discharged, Social Services Director Diane Neste worked with Don and Barb to receive care once he was at home too. Transitioning from around-the-clock care at a hospital to care at home is important

to Spooner Health. We want to make sure that all patients stay healthy and live independently as long as possible. While at home, Don receives occupational and physical therapy services to strengthen his legs and upper body, as well as wound care and basic-needs care like bathing. Barb is extremely grateful for Spooner Health Home Care. She is admittedly exhausted and says it is nice to have the extra help.

## TO US, CARE IS PERSONAL.

Our care team is committed to knowing you, your goals and what matters. When we get to the heart of the matter, we can deliver excellent care to every patient, every time. For more information about Spooner Health and our comprehensive services, including home care, visit

[www.SpoonerHealth.com](http://www.SpoonerHealth.com).



# SPOONER HEALTH COMMUNITY HEALTH NEEDS ASSESSMENT

Every three years, Spooner Health completes a community health needs assessment (CHNA). This assessment helps drive community efforts to better the health and wellness of Washburn County based on survey results. Snippets of the results are available here but if you want to read the full CHNA, please visit [www.SpoonerHealth.com/CHNA](http://www.SpoonerHealth.com/CHNA).

Once all survey results were collected, a steering committee that represented the interests of the county and had specific expertise regarding the health needs of vulnerable and underserved populations were asked to identify and prioritize three focus areas. The three priorities established to work together to improve upon over the next three years are:



SUBSTANCE USE



MENTAL HEALTH



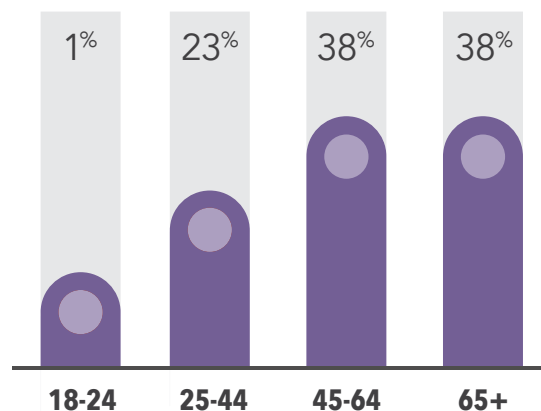
ACCESS TO CARE

## STEERING COMMITTEE MEMBERS:

- Spooner Health
- Northlakes Community Clinic - Minong
- Essentia Health - Spooner Clinic
- UW-Extension
- Lakeland Family Resource Center
- Spooner Area Memorial Library
- Washburn County Unit on Aging
- Washburn County Health and Human Services
- Washburn County Sheriff's Office
- Washburn County Board Supervisors

The steering committee will establish an implementation plan over the next three years to address the established priorities. Those results will be available July 2022 at [www.SpoonerHealth.com/CHNA](http://www.SpoonerHealth.com/CHNA).

Q. What is your age range?



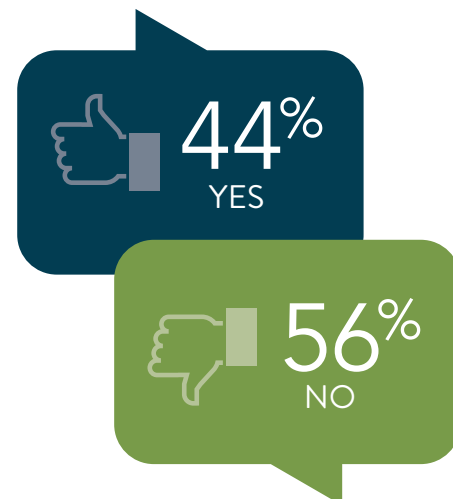
Q. What is your gender?



Prefer not to answer 1%

Q.

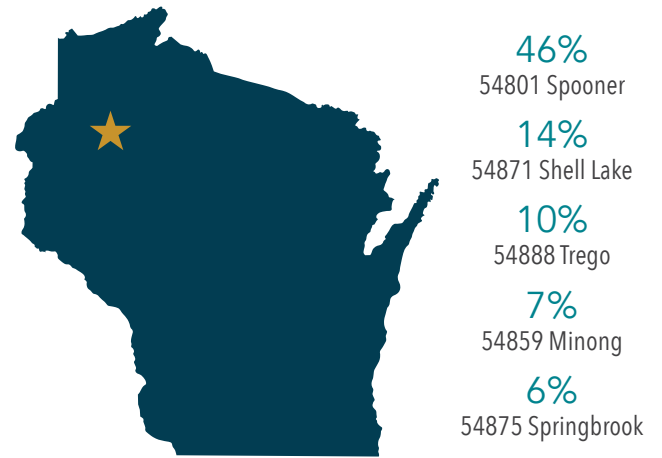
In the past three years, was there a time when you or a member of your household felt you needed medical services but did NOT seek, or delayed seeking, them?



Q. How would you rate the general health of our community?



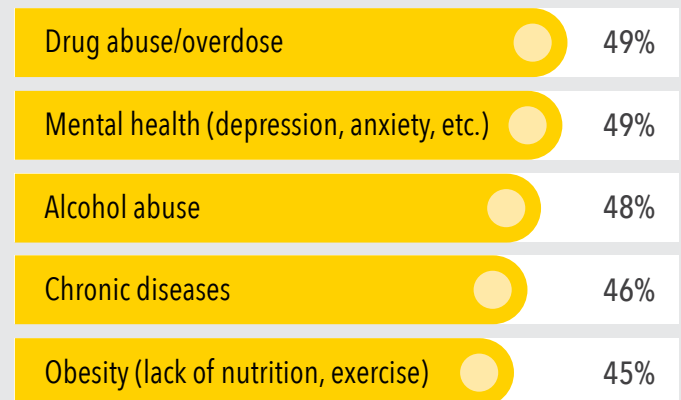
Q. This survey is intended to support the assessment of health needs of individuals in Washburn County. Please indicate the ZIP Code where you live, or expect to live, at least 6 months of the year.



Q. What are the three most important social/environmental issues that affect the health of our community?



Q. What are the three most important health problems affecting those living in our community?



Q. What would be the three best ways to improve people's health in our community?



Q. In your opinion, what would most improve our community's access to healthcare services?



# YOU TAKE VACATIONS. ACCIDENTS DON'T.



## GO TO THE ER OR SCHEDULE AN APPOINTMENT?

WHEN TO GO TO THE ER:	WHEN TO SCHEDULE AN APPOINTMENT:
✓ Accidental poisoning	✓ COVID Test
✓ Blurry Vision	✓ Toothache
✓ Chest Pain	✓ Sprain
✓ Concussion	✓ Earache
✓ Difficulty Breathing	✓ Back Pain
✓ Dizziness	✓ Headaches
✓ Head Injury	✓ Minor Cuts
✓ Irregular Heartbeat	✓ Insect Stings (unless breathing is impaired)
✓ Kidney Stones	✓ Sunburn or Minor Burns
✓ Homicidal/Suicidal Feelings	✓ Cold/Flu Symptoms

# HEALING **STRONGER**



# *every day*

## Specialized wound care at Spooner Health

Comprehensive wound care is closer than ever. At Spooner Health, wound care specialist **Nicole Perkins, APNP**, leads our expert team to provide the latest techniques, technologies and advancements in wound care to help people heal better and get back to their best.

### **SPEAK TO OUR WOUND CARE SPECIALIST TODAY!**

Call **715-939-1751** to schedule an appointment with our wound care specialist or learn more at **[spoonerhealth.com](https://spoonerhealth.com)**.

#### **WOUND CARE FOR:**

- Diabetic ulcers and sores
- Infected wounds
- Pressure sores and ulcers (bedsores)
- Wounds from vascular issues
- Post-surgical wounds that aren't healing







## WHEN THE “WINTER BLUES” STAY PAST WINTER

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Winter in Wisconsin is long. This winter was exceptionally long. So what do you do when those feelings of sadness, low energy, and loss of interest still persist past winter? Treatment options for **Seasonal Affective Disorder** are closer than you think.



## WHAT IS SEASONAL AFFECTIVE DISORDER?

Seasonal affective disorder, or SAD, is generally experienced during late fall/winter and goes away during spring or summer. This isn't always the case though. Depression can present itself in different ways and at different times but the general rule of thumb is that if any of these symptoms from the National Institute of Mental Health are lasting longer than two weeks, you may want to talk to your provider.

## DON'T IGNORE YOUR SYMPTOMS

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

## FIND A LOCAL TREATMENT THAT WORKS FOR YOU

Depression is treatable. Whether through traditional medication or non-traditional therapies, there are options out there for you and your specific needs. In addition to talking to your provider, check out a comprehensive list of mental health and AODA resources for Washburn County and surrounding areas at [www.HealthyWashCo.org](http://www.HealthyWashCo.org)



## WASHBURN COUNTY'S MENTAL HEALTH TASK FORCE

The Mental Health Task Force in Washburn County was created in 2018 to identify, address and improve mental health issues that face our community by bringing together individuals from mental health agencies, schools, health and human services, media, law enforcement, counseling agencies, healthcare and religious communities.

### Survivor of Suicide Loss Support Group

Grieving the loss of a loved one by suicide can be particularly challenging. A death by suicide is usually sudden, often unexpected and may be violent. These factors increase the degree of shock and trauma experienced compared to many other types of bereavement. Survivors may struggle to make sense of what has happened and fundamental beliefs may be challenged. The survivor group was created to support those navigating the loss of a loved one who has died by suicide. Our goal is for survivors to have a place to express themselves, connect, access resources and grow in hope. Visit [www.HealthyWashCo.org](http://www.HealthyWashCo.org) for registration information.

- Facilitated by a licensed clinician
- Meets virtually
- Second Wednesday of every month from 5:00 p.m. - 6:30 p.m.



WASHBURN COUNTY MENTAL  
HEALTH CRISIS LINE:

**866-860-0373**

Available 24/7/365

Find help now in Washburn County, or for more information, visit [www.HealthyWashCo.org](http://www.HealthyWashCo.org)



# STAY **SAFE** THIS *summer*

**FINALLY!** Summer is here and from all of us at Spooner Health, we want to share a few safety tips to keep you healthy while having a ton of fun.

## ATV SAFETY

- Always wear a helmet and protective gear.
- Never drive intoxicated or fatigued.
- Never carry a passenger on single-rider vehicle or more than one passenger on an ATV designed for two people.
- Ride an ATV that's right for your age.



## WATER SAFETY

- Wear a lifejacket.
- Never swim alone.
- Be aware of nearby watercrafts.
- Think before you jump. You do not know what objects are under the surface.



## HEAT

- Wear SPF 15 or higher.
- Drink plenty of water and eat low-temperature meals.
- Schedule outdoor activities in the cooler mornings or evenings.
- Wear lightweight, light-colored and loose-fitting clothing.



## TICKS

- Avoid areas with high grass.
- Use insect repellent on skin and clothing.
- Wear light-colored clothing.
- Check carefully for ticks in and around ears, under arms, around the waist, in hair, inside of belly button and behind knees.



# NON-DISCRIMINATION AND ACCESSIBILITY STATEMENT

## Non-Discrimination Statement

Spooner Health complies with applicable federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, or sex. Spooner Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### Spooner Health

- Provides free aid and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Spooner Health at **715-635-2111**.

If you believe that Spooner Health has failed to provide these services or has discriminated in any way based on race, color, national origin, age, disability, or sex, you can file a grievance with: Jill Andrea, Civil Rights Coordinator, Spooner Health, 1280 Chandler Drive, Spooner, WI, 54801, **715-939-1683**. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Jill Andrea is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>, or by mail or phone at:

### U.S. Department of Health and Human Services

200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at  
<http://www.hhs.gov/ocr/office/file/index.html>

## Accessibility Statement

ATTENTION: Language assistance services, free of charge, are available to you. Call 715-635-2111.

ATENCIÓN: Tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 715-635-2111.

LUS CEEV: Cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 715-635-2111.

ACHTUNG: Stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 715-635-2111.

ATTENTION: Des services d'aide linguistique vous sont proposés gratuitement. Appelez le 715-635-2111.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 715-635-2111.

Wann du [Deutsch (Pennsylvania German/Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: 715-635-2111.

UWAGA: Możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 715-635-2111.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 715-635-2111.

KUJDES: Për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 715-635-2111.

715-635-2111 مۇفت ۋاقىتتا سۆزلىشىش ۋە يازما تەرجىمە خىزمەتلىرىنىڭ قىلغۇچىسى.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 715-635-2111.

PAUNAWA: Maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 715-635-2111.

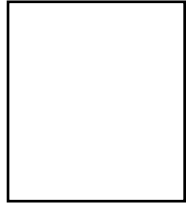
ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 715-635-2111.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. (715) 635-2111. 번으로 전화해 주십시오.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 715-635-2111.



1280 Chandler Drive  
Spooner, WI 54801



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[Facebook.com/SpoonerHealth](https://www.facebook.com/SpoonerHealth)



Visit us at:  
[www.SpoonerHealth.com](http://www.SpoonerHealth.com)

# SPOONER HEALTH 14TH ANNUAL GOLF OUTING

## AUGUST 3, 2022

Spooner Golf Club  
1:00 p.m. Shotgun Start

Proceeds Benefit Volunteer Partners  
of Spooner Health Scholarship Fund

Register by July 15, 2022



Visit [www.SpoonerHealth.com/GolfOuting](http://www.SpoonerHealth.com/GolfOuting) for more information.