

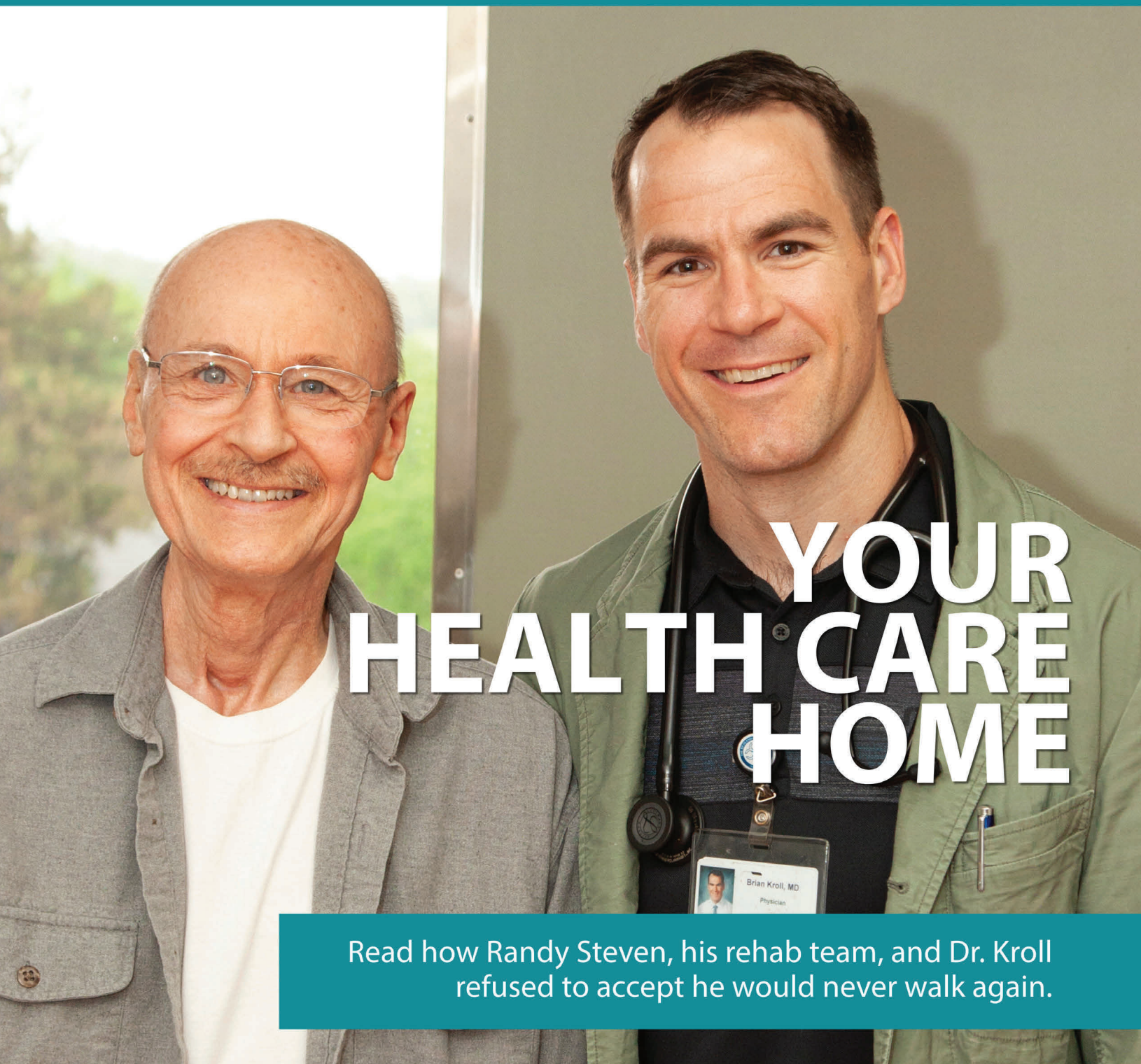


THE RICHLAND HOSPITAL
and Clinics

HORIZONS

CARING • EDUCATING • HEALING

SUMMER 2026



YOUR HEALTH CARE HOME

Read how Randy Steven, his rehab team, and Dr. Kroll refused to accept he would never walk again.

THE HEART OF WELLNESS

Your Health Care Home, Every Step of the Way

A Message from Bruce Roesler, President and CEO

The Heart of Wellness is a reminder that health care is not just about a single visit or procedure. It's about having a place you can always come home to for care. At The Richland Hospital and Clinics, we are first and foremost **your health care home**, here for you through wellness visits, complex decisions, recovery, and everything in between.

There may be times when specialized care or surgery needs to take place elsewhere, and that's okay. What matters most is that your healing, follow-up care, and ongoing support can continue right here, close to home. Our teams are here to help you recover, regain strength, and move forward with confidence, surrounded by familiar faces who know you and genuinely care about your well-being.

I encourage you to prioritize your own health and remind those around you to do the same.

Whether that means scheduling screenings, asking questions, or planning next steps in your care, know that our doors are always open. Together, we will continue strengthening not only individual health, but the heart of our entire community.



President and CEO,
Bruce Roesler

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A Place That Wouldn't Give Up How Randy and Cheri Steven Found Their Health Care Home



A Place That Wouldn't Give Up

How Randy and Cheri Steven Found Their Health Care Home

When Randy Steven says, “Cheri knows this story, it’s as much hers as it is mine,” he means it. After everything they’ve been through, their journey is one they’ve carried together, step by step, with help from a care team that refused to give up when others did.

“It all started when I came home from work and found him paralyzed,” Cheri remembers. Randy had struggled with back issues before. Years earlier, a spine surgery had gone badly, leaving him with permanent nerve damage in his right arm. That experience made him hesitant to seek help again. But this time was different, and urgent. Randy had fallen in the bathroom, hit his head, and couldn’t move. He was rushed by ambulance to The Richland Hospital, where the team immediately began running tests before transferring him by Med Flight to UW Hospital for emergency back surgery.

Randy spent five weeks recovering in Madison, followed by three weeks at a rehab facility. Despite the time and effort, he remained paralyzed. Then came devastating news: the rehab team told Randy and Cheri he would never walk again. They transitioned him to wheelchair use and discharged him, despite being approved for a much longer stay.

“We knew, even on the drive home, that we weren’t going to accept that as the end,” Cheri says. At home, the family remodeled everything to make it accessible, including the bathroom, kitchen, and floors. It was exhausting and emotional, but their daughters kept insisting this wasn’t over yet. One line in Randy’s discharge orders became the turning point: follow up care and rehab at The Richland Hospital and Clinics.

“That was the best thing we could have ever done,” Cheri says.



Amy Hergert worked on Randy’s balance, reaction, and coordination. “She didn’t mess around,” says Randy.



Stephanie Drill showed us Randy’s strength training exercises. “When I’d get tired, she’d smile, and we’d do more,” he says.



“Walking on a treadmill for ten minutes wasn’t his style, so we walked the hallways,” says Amy.

Appointments at The Richland Hospital's rehab center were scheduled quickly. Randy started physical therapy twice a week and occupational therapy soon after. His physical therapist, Amy, eased him in, but progress came fast. "In just three visits, he was out of that wheelchair and walking with a walker," Cheri says. "It was amazing."

Randy saw his primary care physician, Dr. Brian Kroll, who was struck by the improvement, and refused to accept the diagnosis Randy had been given. He listened when Cheri said there was no way Randy would agree to another back surgery at the same place. Dr. Kroll respected his decision and found a specialist in another city who was willing to take on the complex case.



Erica Fjelsted and Stephanie Drill, Physical Therapists, never gave up. "They believed in me."

The second surgery, in December, changed everything. Within two days, Randy was walking without a walker. It wasn't painless, and there was still work to do, but hope was fully back. Six weeks later, Randy returned to Richland Center for rehab, working closely with therapists Stephanie and Erica. "I'll never forget walking in without a walker," Randy says. "They were cheering. Even the front desk staff." Soon, he was walking better than he had in years.

Occupational therapy followed, focusing on his arms and hands. Randy had struggled with grip and shoulder movement, but OT therapists Kelly and Heidi wouldn't give up. "It truly was amazing how they got my grip working again," Randy says.

Even his arm, which had been paralyzed long before the last fall, improved. "It's not 100 percent, but I can move it and use it again."

Randy graduated in April from both physical and occupational therapy. He's passed his tests and is on his own again. Looking back, he doesn't hesitate to say where he would be without the care he received. "If Richland Center wasn't my health care home, I'd be in a nursing home somewhere," he says. "They wanted me to succeed more than I did. They pushed me. They smiled when I complained and pushed me even further."

For Cheri, the meaning of a health care home became especially clear on a recent trip back to Madison. They stopped at the rehab facility that had told Randy he would never walk again. When he walked through the door, the staff were stunned. They asked to take photos and share his story as a success.

"I said no," Cheri recalls. "This isn't your story. You gave up on him. This is The Richland Hospital Rehab's story. And Dr. Kroll's."

Randy's grit may come from growing up on a farm and working for years as an autobody technician. He is someone who knows how to solve problems. But it was the people who believed in him, listened to him, and refused to stop pushing that turned determination into recovery.

For the Steven family, The Richland Hospital and Clinics isn't just where care happens. It's where hope came back, one step at a time.



"Heidi is a special person," says Randy. As an Occupational Therapist, she strengthened his grip and worked to regain use of his right arm.



Quilter Lorna Maxwell with her daughter, April McCarvel.

COMMUNITY CONNECTIONS

Better Together

A LABOR OF LOVE, SHARED WITH THANKS

Friendship Quilters Guild Donates Quilts to Kraemer Infusion Center Patients

Through their aptly named Labor of Love project, members of the guild thoughtfully create quilts that offer warmth, encouragement, and a tangible reminder that someone cares. For patients receiving infusion treatments, these quilts become more than fabric and thread, they're a source of comfort — during long visits and challenging moments. "I don't know what we would do without Lorna and the wonderful people at the Friendship Quilters Guild," says Michelle Brewer, Lead RN at Kraemer Infusion Center.



Lorna Maxwell delivers new quilts to the Kraemer Infusion staff.



Karen Bell holds a quilt she designed for the Kraemer Infusion Center.



Amy Murphy holds a quilt she designed from a square exchange.

The Friendship Quilters Guild has been stitching community spirit into every project since 1986, when seven friends returned from a quilt show in Iowa inspired to start something special. Founding member Alene Wanless remembers putting an ad in the paper and gathering monthly to sew and learn together. Today, the guild continues that tradition, meeting at Schmitt Woodland Hills and welcoming quilters of all experience levels to join. As Marcia Wachuta, current president, puts it, "Anyone is welcome to join us."

Members bring a wide range of experience to the group. Some have quilted for decades, others are just getting started, but all share a desire to give back. Lorna Maxwell lovingly sews the labels onto each donated quilt and delivers them to the Infusion Center. Guild members like Karen Bell enjoy knowing their work directly supports local patients, while others, such as Amy Murphy and Barbara Duke, contribute through block exchanges and new projects destined for future donations.

We're also grateful that the guild's generosity reaches beyond our walls, supporting community efforts like Sleep in Heavenly Peace and quilts for local dialysis patients. To every member of the Friendship Quilters Guild, thank you. Your time, creativity, and care make a real difference, and we're so thankful to share this community with you.

WHEN CARING COMES FROM THE HEART

Employees across all divisions rally in support of GRACE



Members of the TRHC Grace Committee help divisions organize monthly fundraisers. L-R: Julia Smith, RN, Sherry Giddings, Director of Accounting, Heidi Darling, VP, Professional Services, Angie Coenen, Richland Hospital Foundation Director, Tracy Brownlee, Birth Center Director, Sarah Stibbe, Administrative Assistant, and Bruce Roesler, President/CEO.

Something pretty special has been happening behind the scenes at The Richland Hospital and Clinics, and it has nothing to do with job titles or departments. It's about people coming together for one shared goal: supporting GRACE (Greater Richland Area Cancer Elimination) and the neighbors, friends, and family members who benefit from its work.

At the start of the year, each department at TRHC was challenged to host a fundraising event, all working toward a collective goal of raising \$6,000 by year's end. What happened next surprised everyone in the best way possible. By April, employees had already surpassed that goal, proving just how powerful a focused, mission-driven group can be.

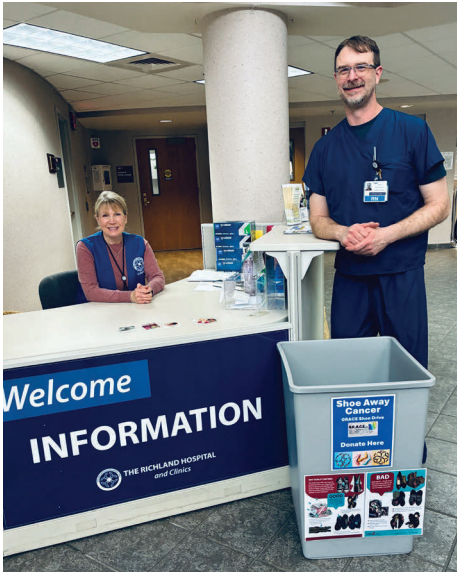
The creativity behind the fundraisers has been just as inspiring as the generosity. Departments got imaginative, each finding their own way to give back. There was a Valentine's sale focused on spreading kindness (and a little bit of candy). A raffle for Milwaukee Bucks tickets had employees buzzing. A Share Night at Culver's brought coworkers, families, and a lot of smiles together for a good cause. And our favorite: a used shoe drive that did double duty — keeping shoes out of landfills while turning donations into dollars.

One especially meaningful effort was a perennial plant sale, grown and donated from the gardens of a former TRHC nurse who has since passed, and lost a daughter to cancer. It became a heartfelt tribute, turning something she loved into continued care for others.

Keeping all these ideas moving took coordination, enthusiasm, and a whole lot of calendar checking. Sarah Stibbe, a member of the TRHC GRACE team who helps organize events and keep everyone on schedule, has seen the momentum build firsthand. “What’s been so amazing to watch is how everyone jumped in with ideas and followed through,” she says. “No one had to be asked twice. People genuinely wanted to help and support GRACE however they could.”

There were so many ideas, so many conversations that started with “What if we tried this?” and through it all, one thing stayed clear: this effort wasn’t about competition. It was about coming together around a cause that matters deeply.

This effort showed what’s possible when people unite around a shared purpose. Different departments. Different ideas. One goal. We’re incredibly proud of our employees, not just for exceeding a fundraising number, but for showing what community looks like when everyone leans in.



Why GRACE?

Because GRACE helps all of us. The organization gives back directly to our community by funding cancer diagnosing equipment that supports early detection when treatment options and outcomes are often the best. And every dollar raised stays right here in our service area, helping people we know and care about.

INTRODUCING LIBRARIES WITH HEART

Where You Can Check Out a Book and Your Blood Pressure

Thanks to a grant from the American Heart Association, secured by Heather Thome, RN, and Angie Coenen, director of The Richland Hospital Foundation, three local libraries are now officially Libraries with Heart. New Community Heart Hubs have been set up at Brewer Public Library in Richland Center, Spring Green Community Library, and Lone Rock Community Library, turning trusted community spaces into places for wellness, too.

At the Richland Center and Spring Green libraries, you'll find freestanding blood pressure units that are easy to use. Just slip your arm in, press "start," and get a quick, accurate reading. Patrons can also check out electronic blood pressure cuffs to use at home, making it even easier to keep an eye on their health. "It's exciting to bring wellness to people in new ways," says Stacy Pilla, director of Brewer Public Library.

Libraries already play such an important role in our communities, and adding health resources fits right in. Spring Green Community Library director Emily Whitmore shared that many patrons are being asked by their doctors to monitor their blood pressure more regularly. "We have an answer for them now," she said.

At Lone Rock Community Library, where space doesn't allow for a standalone unit, guests can still check out electronic cuffs in multiple sizes and get help learning how to use them. "For some folks, especially older adults who are uncomfortable in medical settings, this can make all the difference," adds Troy Rinhart, Lone Rock's library director.

High blood pressure remains a major risk factor for heart disease and stroke, but regular monitoring helps people catch issues early and take steps to stay healthy. Programs like this are about meeting people where they are, removing barriers, and making preventive care feel approachable.



Troy Rinhart, Lone Rock Community Library's director, with Angie Coenen, and Heather Thome, from The Richland Hospital and Clinics, with the new blood pressure cuffs available in multiple sizes. Ready to check out.



Spring Green Community Library's director, Emily Whitmore, is happy to have this resource available for her patrons.

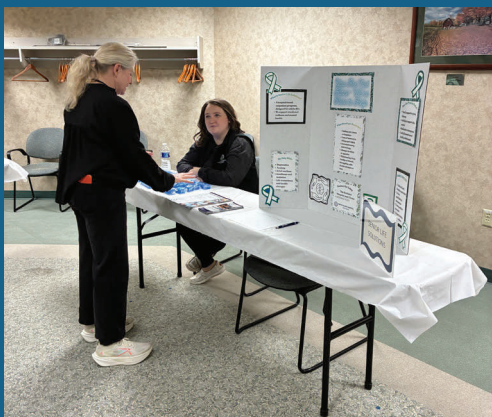


Heather Thome, RN, of The Richland Hospital and Clinics, shows Brewer Public Library Director Stacy Pilla how easy the blood pressure cuff machine is to use.



WELLNESS WORKSHOP

This five-session class series, created by (left to right) Ty Mulholland, Kelly Hergert, and Lindsey Hatfield, offered the public help in managing diabetes, pre-diabetes, and more through goal setting, nutrition, activity, and sleep wellness. The workshop made education accessible for individuals without insurance coverage for these services. Due to overwhelming success, the team plans to offer this class again. Stay tuned!



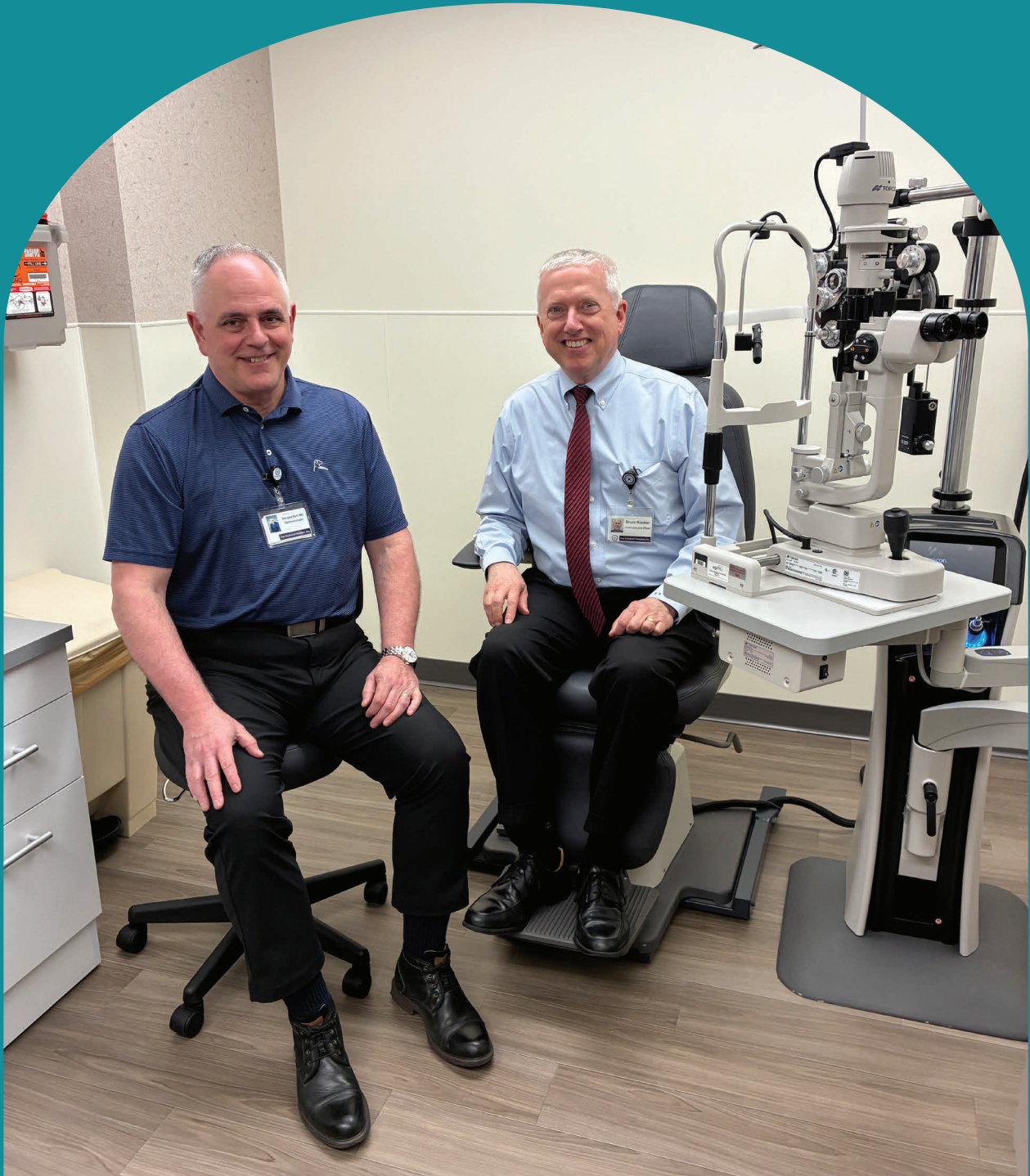
HEALTH FAIR OPEN HOUSE

Health Fair Open House invited the public to meet directly with providers to discuss a variety of topics, including Get Fit with Allison Ewing, Senior Life Solutions with Haley Fosterling (pictured here), Grip Strength with Occupational Therapy, and even assistance navigating insurance with Susan Brill.



LIVING 50

This annual event, held at the Community and Senior Center in Richland Center, brings people age 50+ together. We talked about volunteer opportunities, nutrition services, free health care power of attorney assistance at TRHC, and Senior Life Solutions. Located in the lower level of The Richland Hospital, Senior Life Solutions offers group therapy for people 65 and older. **To learn more, call 608.647.6321, extension 2040.**



Dr. Douglas Bull in one of our new vision exam rooms with Bruce Roesler, President/CEO.

Service **SPOTLIGHT**

EYE ON WELLNESS

with Dr. Bull, Ophthalmologist, and Dr. Vits, Optometrist

Clearer Vision, Closer to Home

If cloudy or blurred vision has been getting in the way of everyday life, you're not alone—and help is closer than you might think. Cataracts are a common part of aging, and cataract surgery is one of the most frequently performed and successful procedures available. This outpatient surgery replaces the eye's cloudy lens with a clear artificial one, often restoring sharper vision and helping patients regain confidence and independence.

That care is now available right here at The Richland Hospital and Clinics. Douglas Bull, MD, an experienced ophthalmologist known for his patient-centered approach, focuses on cataract evaluations, glaucoma/dry eye care, diabetic eye disease, and general medical eye symptoms such as red eye, vision loss, and flashes and floaters.

"We've been looking to bring this service back for some time," says Brian Puls, Vice President of Clinical Services. "Having this level of care close to home makes a real difference for patients." Dr. Bull brings more than 30 years of experience in ophthalmic care, from cataract and lens replacement surgery to advanced retina procedures.

Thanks to support from The Richland Hospital Foundation, a fully equipped space is ready to care for patients in Richland Center. And the eye care team isn't done growing: Dr. Darrin Vits, optometrist, will be joining later this summer, strengthening the department even further and expanding access to comprehensive eye care.

"I'm honored to provide surgical and medical eye care to this community," Dr. Bull says. If cataracts are affecting your vision, talk with your provider about whether surgery may be right for you.

Schedule your care at The Richland Hospital and Clinics by calling 608.647.6321.



The Richland Hospital Foundation, represented here by members of the board, is committed to fully funding the vision services equipment.



Dr. Darrin Vits will begin seeing patients in late summer for routine eye exams.

OFF ON THE RIGHT FOOT *with Dr. Joseph Rundell, Podiatrist*

A painful ingrown toenail or ankle injury can slow life down fast. Thankfully, comprehensive local podiatry care is close to home with Dr. Joseph Rundell. He specializes in foot and ankle surgery and treats a wide range of conditions. "I perform just about anything involving the foot and ankle, from fractures, wound care, to everything in between," Dr. Rundell says.

Common concerns like bunions, hammertoes, tendonitis, and painful lumps are all part of everyday podiatry care. Bunions are more common in women, often due to increased joint flexibility. Dr. Rundell notes that regularly stretching the calves and Achilles tendon, along with wearing arch support inserts, can help stabilize the big toe joint and may reduce future problems.

Lumps such as cysts or fibromas are also very common. While they're almost always benign, they can still cause discomfort. Surgical and non-surgical relief options are available. "The goal is to find an option that helps each patient get back to doing what they enjoy," he explains.

Dr. Rundell sees patients at Spring Green Medical Center, Muscoda Health Center, and Richland Hospital Clinic.

Speak to your provider about a referral, or call 608.647.6321 to make an appointment.



Did You Know?

Dr. Rundell also serves on the Richland Center Fire Department. It's one of the many ways he looks out for you, and our community.

TAKE CHARGE OF YOUR HEALTH *with Chronic Care Management*



Managing a chronic condition doesn't have to feel overwhelming, and you don't have to do it alone. Chronic Care Management (CCM) is a team-based approach designed to support patients living with long-term conditions like diabetes, heart disease, high blood pressure, or lung disease. With regular check-ins, many of which are simple phone calls, CCM helps you stay on track with medication guidance, and personalized support. CCM nurses Elizabeth Ebbers and Cammi Riley, pictured here, are among your dedicated partners, connecting you with helpful resources.

Call 608.647.6321, ext. 4316 to learn more or enroll.

Wellbeing from Within with Becky Miller and Morgan Klein, Licensed Clinical Therapists



Behavioral health care has arrived at Muscoda Health Center. We're excited to welcome Becky Miller and Morgan Klein, licensed clinical therapists, who help fill an important gap in our health care services with the addition of onsite therapy. Becky and Morgan diagnose and treat patients ages 9 and up, offering support for stress, anxiety, life changes, or simply having someone to talk to. Their approach is thoughtful, compassionate, and patient-centered, close to home. Services are available by provider referral, so talk with your primary care provider to request an appointment.

Rheumatology Assistance with Dr. Brian Kroll

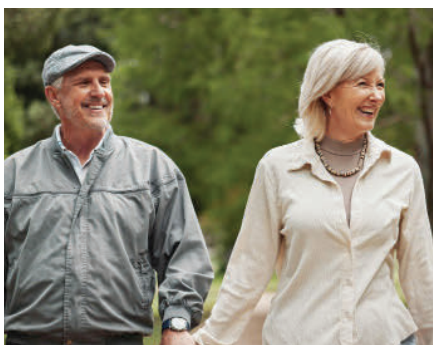


Big news for joint pain sufferers

Our own Dr. Brian Kroll is a family practice physician with specialized rheumatology training to help diagnose symptoms, often in a single appointment. His training in using diagnostic ultrasound to evaluate joint and soft tissue concerns right here offers an advanced, patient-focused approach for faster answers, more precise assessments, and personalized treatment plans. So you spend less time wondering what's wrong and more time finding relief. Ready to take the next step toward feeling better?

Call 608.647.6321 today to schedule an appointment.

Medicare Wellness Visits Focus on Prevention, Screenings, and Aging Well



You've made sure the kids had their well child check-ups, signed off on sports physicals, and kept your family on track. Now it's time to focus on you. A Medicare Annual Wellness Visit is a simple, meaningful way to stay ahead of your health even if you're feeling great. This visit is designed with prevention in mind. You'll review your health history, talk about what matters most to you, and build a personalized plan for the years ahead. From recommended screenings to helpful vaccinations, it's a roadmap created just for you, supporting your independence, confidence, and peace of mind. Your health is worth the time.

Call your primary provider to schedule your Medicare Annual Wellness Visit by calling 608.647.6321, and take an active step toward a healthier future.



Dr. Lauren Thomas and Dr. Damilola Adesanya practice family medicine.

HER HEALTH, HER LIFE

A LIFETIME OF CARE, *All in One Place*

Women's health needs change throughout life, but preventative care remains constant. From well-child checkups to monitoring blood sugar and heart health, to navigating perimenopause, menopause, and beyond, having a provider who understands you and your health journey makes all the difference.

Dr. Lauren Thomas, who practices family medicine with an obstetrics focus, values the relationships she builds with her patients. "I enjoy taking care of my neighbors," she says. Even with a full schedule, she prioritizes listening and connection. "It is a privilege to care for women through the many seasons of their lives. In many ways, we are experiencing those seasons together as my own family grows. Having a trusting relationship with your primary care provider is foundational for navigating the challenges that may arise."

Dr. Damilola Adesanya joined our team in 2025, bringing expertise in family medicine and obstetrics, including skilled C-section care. "Practicing the broader scope of family medicine, where I can use a wide range of skills and keep obstetrics in my practice, is important," she says. Her approach helps ensure patients receive comprehensive, seamless care before, during, and after pregnancy.

Together, they're part of a dedicated team committed to supporting your health at every stage. Preventative care is one of the most important investments you can make in yourself. Whether you're scheduling your first visit in years, planning for a family, or simply staying on track with your wellness goals, we're here to help.

Call 608.647.6321 to schedule your preventive care visit with Dr. Adesanya, Dr. Thomas, or any of our trusted providers.

IN THIS CHAPTER...



Dr. Madeline Oie, Managing Pharmacist, on Patient-Centered Pharmacy Care.



Dr. Claire Fletcher offers real advice on managing menopause.



Jenna Taylor, APNP, talks about heart health for women.

MORE THAN A PRESCRIPTION

The Power of Patient-Centered Pharmacy Care for Women

When it comes to women's health, especially during pregnancy, easy access to a trusted health care professional can make all the difference. Right inside the doors of The Richland Hospital and Clinics, you'll find The Community Pharmacy led by Head Pharmacist Dr. Madeline Oie. Her team is doing more than filling prescriptions, they're supporting moms and moms-to-be with trusted advice, personal attention, and a deep understanding of what women need during this important time in their lives.

Pregnancy and breastfeeding can bring forward many questions surrounding medications, and that's where your local pharmacist becomes an invaluable partner. Dr. Oie helps patients understand which medications are safe to take during pregnancy and while breastfeeding, how and when to take them, and what to avoid. Whether consulting on a new prescription or double-checking the medication you are currently taking, she's there to help you feel confident and informed.

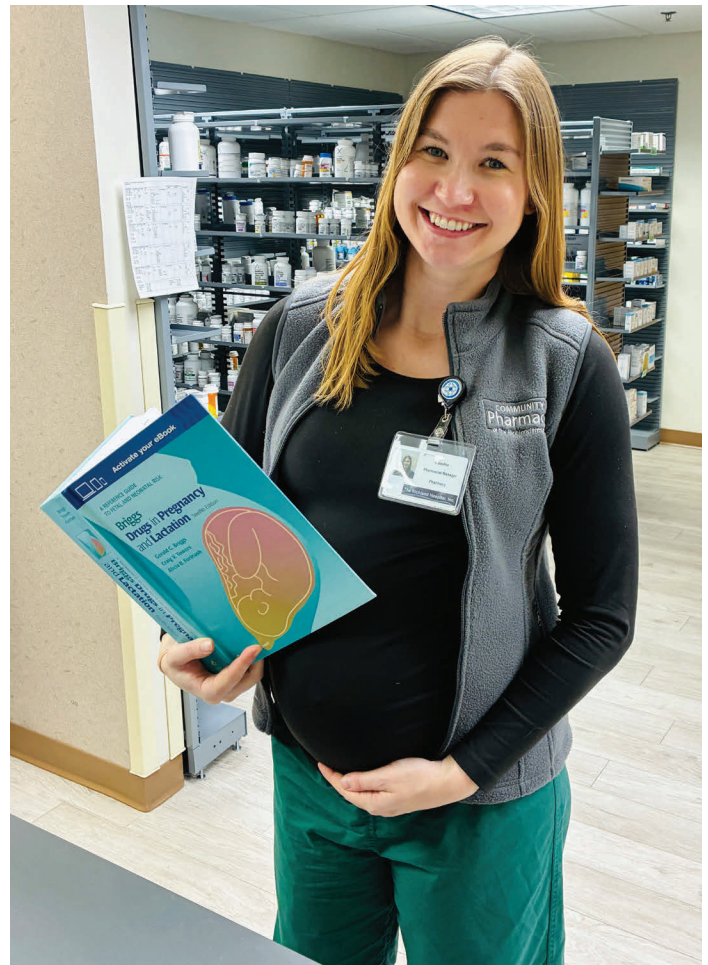
Community Pharmacy is also a great resource for finding the right prenatal vitamin, which plays a key role in supporting a healthy pregnancy. Dr. Oie and her team can help you choose the right supplement for you and answer questions about the differences in folic acid formulation and dose, so there's no guessing required.

Feeling uncomfortable and wondering what's okay to take?

The pharmacy team can guide you through over-the-counter options for common pregnancy symptoms like nausea, heartburn, constipation, headaches, or congestion. Instead of searching online or standing in an aisle unsure, you can get clear, personal recommendations from someone you trust.

And if your provider advises monitoring your blood pressure between prenatal visits, The Community Pharmacy offers free blood pressure checks on a walk-in basis. This service is available to ALL patients and community members. Just stop in any time.

From preconception to postpartum, Dr. Madeline Oie and the team at Community Pharmacy are here to support women every step of the way. It's one more way The Richland Hospital and Clinics brings care, connection, and expertise right to our community.



Dr. Madeline Oie, Managing Pharmacist, joined The Community Pharmacy in 2025. She has quickly become a trusted voice on prescriptions and over-the-counter questions.

MEET DR. NOELLE AUSTIN

Farm Roots, Pharma Smarts



If you ask Dr. Noelle Austin how she ended up behind the pharmacy counter at The Community Pharmacy at The Richland Hospital, she'll smile and tell you it's practically in her DNA.

"I come from a long line of pharmacists," she says. From an uncle to cousins (and even a cousin's spouse), pharmacy runs strong in the family, all of them proudly graduating from the University of Wisconsin. And the tradition isn't slowing down anytime soon, with another cousin set to start this fall.

Noelle is also a third-generation Badger herself, following in the footsteps of both her dad and grandmother. But her story isn't just about school pride, it's deeply rooted in the Driftless Region. She grew up in New Glarus, spent time working in Trempealeau after graduation, and now calls Arena home.

"I went from farm to Pharm," she jokes, and it fits. Noelle blends small-town warmth with clinical expertise, making her right at home serving her community.

When she's not helping patients as our new clinical pharmacist, you might find her embracing a different side of Wisconsin life. While she enjoys our state's famously cold winters, she's especially looking forward to getting out on the river in her kayak.

We're lucky to have her here.

FREE

Blood Pressure Checks

COMMUNITY
Pharmacy
at The Richland Hospital

Phone: 608.647.1776

Fax: 608.647.1780

Hours:

Monday - Friday, 9:00 AM - 5:00 PM

Closed Daily 1:00 PM - 1:45 PM

NAVIGATING MENOPAUSE

with Dr. Claire Fletcher

Perimenopause and menopause can sneak up on women with symptoms that feel confusing, frustrating, or easy to brush off until they start affecting daily life. From sleep trouble and mood changes to hot flashes and brain fog, these transitions are very real and very individual. “So many women are surprised by how early symptoms can start and how much they can impact their quality of life,” says Dr. Claire Fletcher, Family Medicine.

“The good news is, primary care is a great place to start these conversations. You don’t have to wait until symptoms feel overwhelming,” Dr. Fletcher explains. “We can talk through what you’re experiencing, rule out other causes, and create a plan that fits your health history and lifestyle.” Whether it’s symptom management, hormone questions, or just understanding what’s normal, answers are closer than you think. Here are some conversation starters that might help.

Dr. Fletcher’s Advice on Questions to Ask Your Provider (And Possible Ways to Find Relief)

“Are the symptoms I’m having related to perimenopause or menopause?”

What we’ll do first is track your symptom timeline, menstrual changes, and overall health, ruling out other causes like thyroid issues or anemia.

Very often this will be done through lab tests that are personalized based on your symptoms, individual, and family medical history.

“What can help with hot flashes and night sweats? And why am I having trouble sleeping or staying asleep?”

If lifestyle changes like increasing exercise, sleeping in a cool room, reducing stress, and optimizing diet aren’t helping, or if you’re not sure where to start, it might be time to talk to a knowledgeable health care provider about your options. Treatments can involve exercise therapy, dietary supplements and herbal medicines, non-hormonal medications, or hormone therapy. Your personal preferences, goals, symptoms, and risk profile will guide the discussion. We can talk about the most current evidence regarding the safe use of hormones in menopause and perimenopause, as well as the available evidence about what seems to work best for most women, what works okay, and what hasn’t shown much benefit in clinical trials. Above all, it is important to know that you have a voice and choices.

“My mood feels off. Is this normal?”

Hormones like estrogen play a key role in regulating brain chemicals like serotonin and dopamine, which influence mood, sleep, and emotional balance. As levels begin to fluctuate during perimenopause and menopause, it can be unsettling.





The good news is that you have options, and medications may not even be necessary in some cases. In other cases, medication may be a stepping-stone to getting things back in balance. If you feel like low or irritable mood is affecting different areas of your life, it may be worth reaching out to see what your options are.

“I feel more tired and foggy than usual. Is that menopause-related?”

Estrogen levels can impact memory, focus, processing speed, and word recall, so those changes can make thinking feel harder at times. But the good news is brain fog is common, temporary, and treatable. If brain fog or fatigue are making it difficult to follow through with tasks or keep up with the flow of your life, we can help.

“How does menopause affect my long-term health?”

Natural drops in estrogen can increase the risk of heart disease. Cholesterol levels may rise, blood vessels become less flexible, and blood pressure may increase. That’s why heart health is a leading long-term health concern for women after menopause.

It also impacts things like bone health, weight distribution, and sexual health. But there is good news, too. Menopause is also an opportunity to set healthy boundaries and learn to recognize and prioritize your needs, often after decades spent taking care of others and putting yourself last. These changes can lessen stress and improve mental and physical well-being.

Menopause is a natural transition, but it is also a window of opportunity to support your physical and emotional health. Staying connected with your primary care provider helps monitor risk early, personalizes your preventative care, and builds a plan of support for your overall health to help you age well.

If you’d like to make an appointment to talk through your symptoms with Dr. Fletcher, or establish care with her as your family physician, call 608.647.6321.



A WOMAN'S GUIDE TO HEART HEALTH

with Jenna Taylor, family practice

Heart health might not always be top of mind for women, but it should be. Heart disease is still the leading cause of death for women, and the scary part is that it often flies under the radar. One easy way to stay ahead of it? Know your numbers. "Things like blood pressure, cholesterol, blood sugar, and BMI tell a really important story about your heart," says Jenna Taylor, APNP at our Muscoda Health Center. "When women know their numbers, they're more empowered to notice changes and take action early." Certainly, a few routine check-ins can make a big difference down the road.

Of course, heart health isn't just about lab results; it's about real life. Stress, sleep, movement, food, smoking, and even mental health all play a role, and women tend to carry a lot at once. "I tell patients all the time: this isn't about doing everything perfectly," says Jenna. "It's about managing what you can, one step at a time." Finding ways to move your body, lower stress, and ask questions when something feels off can lower your risk and help you feel more in control of your health.

That's where your primary care provider comes in. Staying connected with your provider helps keep tabs on your heart over time and gives you a go-to person who knows your history. "Primary care is your foundation," says Jenna. "When you have a relationship with your care team, we can spot trends, adjust risks, and support you through every stage of life." Heart health isn't a one-and-done conversation. This is an ongoing partnership that helps women live stronger, healthier lives.

If you'd like to talk more about your heart health with Jenna Taylor, family practice provider, who sees patients at our Muscoda Health Center location, call 608.739.3113.

DID YOU KNOW?

The Imaging Department at The Richland Hospital and Clinics offers advanced cardiac testing, including nuclear stress tests and echocardiograms, right on site when prescribed by your provider. These tests help evaluate how well your heart functions under stress and can detect issues that may not appear at rest. Our team also provides 2D and 3D mammograms, ultrasounds, and more as part of your routine care. If additional evaluation is needed, diagnostic mammograms are available as well.

With experienced imaging professionals and close coordination with your care team, these services play a vital role in diagnosis and treatment planning. Just as important, our local care model allows patients to access imaging services quickly without the need to travel. We often can see you within days or weeks, depending on the type of testing, so you can get answers sooner.

***Interested in joining our exceptional team
of radiologic technologists?***

Visit our Careers page at RichlandHospital.com to learn more.





GRILL
SMARTER

GRILLING SEASON TIPS

Simple Swaps for Heart-Healthy Meals

Grilling Season Tips with Ty Mulholland, Clinical Nutrition and Diabetes Education Director

Grilling season is the perfect time to show your heart a little love without sacrificing flavor. According to the American Heart Association, heart healthy grilling starts with lean proteins like skinless chicken, fish, turkey, pork loin, or extra lean ground beef (think 90–95% lean). Skip heavy sauces and instead build flavor with fresh herbs, garlic, citrus juice, and a splash of olive oil. “You don’t need a lot of salt or sugary marinades to make grilled food taste great,” says Ty Mulholland, clinical nutrition and diabetes education director. “Simple, fresh ingredients let the natural flavors shine and support heart health.”

A few smart tweaks go a long way. Keep marinades short, especially citrus-based ones, to protect texture, and toss some veggies on the grill while you’re at it. Zucchini, bell peppers, and eggplant brushed with olive oil add color, fiber, and nutrients to your plate.

With the right choices, grilling can be both delicious and heart healthy, proof that good food really can love you back.



Ty Mulholland, Grace Denman, and Lindsey Hatfield, Clinical Nutritionists

GRILLED LEMON PEPPER SALMON IN FOIL PACKETS

Serves 4

Recipe:

This dish is ready in 30 minutes for a quick, healthy dinner. Serve alongside quinoa and fresh, steamed asparagus for a complete meal.

- 4 (6-ounce) skin-on salmon fillets
- 2 tsp. lemon pepper
- 8 thin slices lemon (from one lemon)
- 1 tsp. dried parsley

Directions:

1. Preheat grill to medium-high (400–450 degrees).
2. Place four 12-inch foil squares on work surface. Coat lightly with cooking spray. Place salmon fillet skin side down in the center of each.
3. Top with lemon pepper, parsley, lemon slice, and a light dusting of cooking spray. Crimp sides of foil packet to tightly seal. Place packets on grill, cover, and grill until fish flakes easily with a fork, 8–10 minutes.

Optional:

For more flavor and less prep, place long stems of fresh asparagus on bottom of foil, top with skinless salmon. Follow remaining steps.

Cost: about \$4/serving if none of the ingredients are on hand.

PARTNERS OF THE RICHLAND HOSPITAL AND CLINICS

A Message from Cindy Chicker, President

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As President of the Partners of The Richland Hospital and Clinics, I'm continually inspired by the generosity and spirit of our community. Our organization is entirely member-supported, and we're always excited to welcome new faces who want to make a difference. Whether you choose to volunteer your time at the hospital or join us in our boutique-style Lobby Shoppe, located right inside the front door of The Richland Hospital, there's a place for everyone to get involved and give back in a meaningful way.

Every hour volunteered and every purchase made helps us support health care scholarships and provide essential medical equipment for our hospital and clinics. That's what makes our work so rewarding. It truly impacts the lives of patients, families, and future health care professionals right here at home. If you're looking for something purposeful and fulfilling, I invite you to join us. Together, we can continue making a positive difference in our community.

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We are so thankful for the volunteers. They're often the first smile you see when you walk through our doors.



You may see Cindy working at the Lobby Shoppe.

Interested in joining our support of The Richland Hospital and Clinics?

For membership information contact partners@richlandhospital.com
or stop in The Lobby Shoppe Monday through Friday, 10 AM – 2 PM.



HOWL AT THE MOON

Friday, August 21, 2026 • The Willows

Doors open at 5PM • Dueling Pianos at 7PM
Dance, Sing, Support the Patient Project Program



**Tickets just \$20,
on sale now at
RichlandHospital.com**

THE RICHLAND HOSPITAL FOUNDATION

*Fueling Scholarships, Vision Services, and Community Events
That Make a Difference*

The Richland Hospital Foundation is making a real difference right here in our community thanks to the incredible generosity of supporters like you. From helping students pursue careers in health care through scholarships to investing in services that directly impact patient care, the Foundation is all about building a healthier future. One exciting example? The July golf outing, Luau on the Links, tees up support for a big goal: fully funding equipment for vision services, which have returned to our Richland Center location. What a great excuse to hit the greens for a good cause.

And the fun doesn't stop there! Mark your calendar for August and get ready for Howl at the Moon, an unforgettable evening featuring high-energy Dueling Pianos at The Willows. Get ready for music, food, laughter, and a whole lot of community spirit. Even better, tickets are now on sale for just \$20 each, making it an easy (and fun!) way to show your support. Whether you swing a club, sing along, or simply cheer from the sidelines, every event helps fuel the Foundation's mission and keeps great care growing right here at home.

Scan the code to purchase your tickets to the August event.

Or contact Angie Coenen, Foundation Director, at 608.647.6321 ext. 2285 to talk about creating your legacy gift.



Julie Kepler, Medical Technologist/Clinical Lab Scientist, with her family, is a true Health Care Hero.

AWARDS & RECOGNITION

DAISY & BEE AWARDS

Ashley Klingaman, RN, Emergency Services, Named 2026 DAISY Honoree

Ashley's commitment to going above and beyond is hard to miss, and several patients and their families made sure it was known. One nomination stated, "The words Ashley spoke made a difference...she saved a life." Another added, "She's a credit to your organization." We couldn't agree more! Ken Nelson, Chief Nursing Officer, said all nominations came from patients or their families. "We appreciate the fact they shared their stories. A nurse will say, 'It's just what we do,' but they make such a difference and ask so little in return."



**Nominate your favorite nurse
for a DAISY award.**

*Scan this code and fill out the form.
Brochures are also available
at all registration desks.*



Ashley Klingaman, RN, Emergency Services

Jenny Koch, Environmental Services, Receives Our First Ever BEE Award

Jenny Koch from Environmental Services has emerged from a group of outstanding nominees as our first-ever BEE Award winner! Her exceptional nature and work ethic was highlighted in two separate nominations which included plenty of reasons why she is a deserving recipient: "From my first day of orientation, Jenny made me feel right at home... She works 4 AM - Noon, but often comes in early, stays late, or returns later to help out... I've seen her take multiple phone calls, help train, check in with contractors, and stop in to see financial staff regarding the laundry department all while doing her regular job... Everyone knows she's dependable and capable."



**BEE Stands for
"Be Exceptional Every Day."**

*Scan this code to nominate any staff
member. Brochures are also available
at all registration desks.*



Jenny Koch, Environmental Services

RURAL HEALTH AMBASSADOR & HEALTH CARE HERO AWARDS

Lindsey Hatfield is Our 2026 Rural Health Ambassador

Lindsey's name was announced to thunderous applause as the 2026 recipient of the Rural Health Ambassador Award for advancing community wellness and care! This prestigious accolade, created by the Rural Wisconsin Health Cooperative (RWHC), is presented annually to a hospital employee who "has gone above and beyond the call of duty in promoting their respective organizations and made significant contributions to rural health care in general," said Cheryl DeVault, representative from RWHC. "Lindsey embodies the spirit of rural health care," said Ty Mulholland, Nutrition Director. "She consistently goes above and beyond to serve others, promote wellness, and strengthen connections throughout our community. She lives out our values every day and is incredibly deserving of this honor." Lindsey accepted the award with tears in her eyes and a heartfelt statement of gratitude for the kind words shared. Her parents surprised her by arriving from Michigan to see the presentation!



Lindsey Hatfield, Registered Dietitian and recipient of the Rural Health Ambassador Award, is pictured with TRHC Vice President of Human Resources Paul Skoraczewski and RWHC Representative Cheryl DeVault.

Julie Kepler, A True Health Care Hero

We're thrilled to join WRCO and Richland Rejuvenates in honoring Julie Kepler, recipient of this year's Health Care Hero, part of their annual Making A Difference Awards. This Medical Technologist/Clinical Lab Scientist has been a staple at The Richland Hospital and Clinics for 51 years. "I began working at the hospital in 1975, when I graduated from UW-Madison. In 1987 I became the lab director, a position I held until I retired in 2021," says Julie. She returned to work during the COVID pandemic and continues to support all lab locations. "I'm fortunate to have a profession I still love after all these years," she says, and we feel the same about her.

"Julie's dedication to patient care and service is truly extraordinary," adds Dana Wilson, lab director. Julie also has the special opportunity to work alongside her daughter, Emily Putz, Clinical Lab Scientist, and son, Dr. David Kepler, Director of Pharmacy.



Julie Kepler is honored with the Making a Difference Health Care Hero Award, presented by Richland Rejuvenates board member Mick Cosgrove.



HOSPITAL & NURSES WEEKS

*The Heart of It All: Celebrating the People
Who Make Care Exceptional.*

The heart of this place isn't found on a map.
It's in the people who show up every day with
compassion, skill, and a genuine desire to help.

These photos celebrate moments captured
over Nurses Week and Hospital Week, two
chances we have to let everyone here know
it's their dedication, teamwork, and heart that
make this such a special place.



THE RICHLAND HOSPITAL
and Clinics

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Clinic: 608.647.6161

MUSCODA HEALTH CENTER

1075 North Wisconsin Avenue | Muscoda, WI 53573

608.793.3113

SPRING GREEN MEDICAL CENTER

150 East Jefferson Street | Spring Green, WI 53588

608.588.7413

RICHLANDHOSPITAL.COM

Connect with us:



CALENDAR OF EVENTS

JULY

The Richland Community Coffee Club

Thursday, July 2 | 8:00 AM - 10:00 AM

FREE safeTALK Registration Due

Register at richlandhospital.com by July 10

FREE safeTALK (Suicide Alert) Workshop

Wednesday, July 22 | 11:00 AM - 3:00 PM

Club Scrub for grades 6, 7, 8

Registration Due July 24

Caregiver Support Group

Tuesday, July 28 | 10:30 AM - Noon

AUGUST

The Richland Community Coffee Club

Thursday, August 6 | 8:00 AM - 10:00 AM

ImpactLife Blood Drive

Thursday, August 6 | 10:00 AM - 3:00 PM

Club Scrub for grades 6, 7, 8

Thursday, August 13 | 3:00 PM - 6:15 PM

Howl at the Moon Foundation Fundraiser

Friday, August 21 | 5:00 PM - 10:00 PM

Caregiver Support Group

Tuesday, August 25 | 10:30 AM - Noon



Senior Life Solutions is a voluntary outpatient program designed to support older adults experiencing depression, anxiety, or other challenges related to aging.

Call 608.647.6321 ext. 2040 to learn more.

MEET OUR PROVIDERS

We're here for your entire family - every age, every stage.

- Women's Health & Birthing Center
- Family Wellness
- Geriatric Assessments
- Orthopedics, Podiatry & Rehabilitation
- Cancer Care & Infusions



Scan this code to learn more about our wide range of services and providers.

Student Athlete Sports Physicals



Cost: \$15 (discounted rate due at check-in)

When: June, July, and August

Locations: Richland Hospital Clinic, Muscoda Health Center, Spring Green Medical Center



THE RICHLAND HOSPITAL
and Clinics