

Celebrating 100 Years



THE RICHLAND HOSPITAL
and Clinics

HORIZONS

CARING • EDUCATING • HEALING

SPRING • 2024

A Need for Nurses

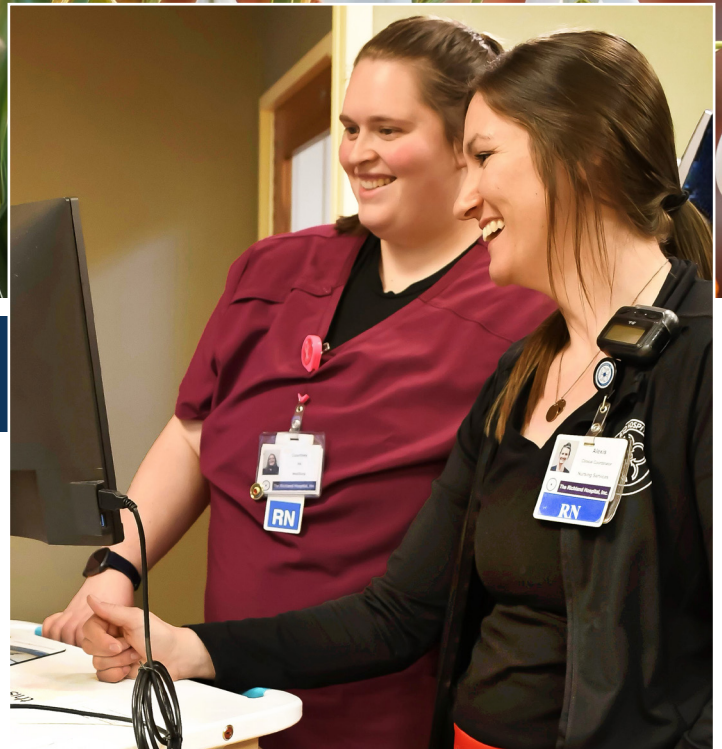
Following the COVID-19 pandemic, health care workers—and nurses in particular—were tired. A recent report from Wisconsin's Center for Nursing shared results from a biennial survey of more than 85,000 nurses across the state. In summary, the authors reported that the pandemic's impact on the health of nurses in the state was "dramatic and deeply concerning." The stress and burnout of providing care during the pandemic combined with the current workforce growing older are leading to what many predict will be a crisis. Already, hospitals are feeling the effects of the nursing shortage.

"We are acutely aware of the nursing shortage here," said Charles Burnley, chief nursing officer at The Richland Hospital and Clinics (TRHC). "To ensure patient safety and the kind of care that patients expect from us, we knew we needed to start thinking differently about our workforce."

TRHC has been addressing the nursing shortage in several ways—employing travel nurses, offering staff bonus pay structures for covering open shifts, and increasing wages and benefits—but the strategy the organization is most excited about doesn't seek to bring talent in from elsewhere: it fosters the talent of people already within the organization and community.

The Need for Nurses Program

In 2022, The Richland Hospital and Clinics joined forces with



Courtney Johnson, Registered Nurse (RN), Alexis Stanek, RN Clinical Coordinator

Southwest Wisconsin Technical College and other area hospitals to launch the Need for Nurses Program. The program dramatically expands the training opportunities for area students who want to pursue degrees in nursing. Through pledges of support from the hospitals, Southwest Tech began offering a second cohort of students, adding two dozen additional training slots in January 2023 and 2024.

In addition to opening the door for more students at Southwest Tech, TRHC also makes pursuing further education possible for students through scholarships. Each year, the organization sponsors one student enrolled in the program with a \$5,000 scholarship. Thanks to the generosity of The Richland Hospital Foundation, the organization has been able to sponsor up to three additional employee-student applicants with a \$2,500 scholarship. This kind of financial support can make all the difference for some students. *(continued on the following page)*

Cynde Larsen, dean of Southwest Tech's Nursing Education Program, said, "Studies show that a \$500 hiccup is what takes many students out of school."

In addition to the scholarships it provides to TRHC employees, The Richland Hospital Foundation also provides educational support for other area residents seeking to further their education in the medical field. In 2023, the foundation awarded 17 scholarships to area applicants. "We know an investment in these students is an investment in our organization and the future of our community," said Foundation Director Angie Coenen.



Brooklyn Granger, RN

One Nurse's Story

Brooklyn Granger is an RN on The Richland Hospital and Clinics medical-surgical unit. From the time she was twelve years old, she knew she wanted to work in health care. As a student at Ithaca High School, Brooklyn took advantage of the post-secondary option with Southwest Tech and completed her college general education requirements. After graduation, she applied for the first Need for Nurses scholarship offered by TRHC and was selected.

"Brooklyn was a great candidate for this scholarship," said Medical-Surgical Director Judi Schlieckau. "She's a hard worker who is eager to learn and who cares deeply for patients." After being awarded the scholarship, Granger began working as an LPN at the hospital and attending classes at Southwest Tech. The funds made a big difference, enabling her to complete her RN certificate while working part time.

After passing her RN exams, Granger accepted a full-time role at TRHC. "Working here has been a wonderful experience," said Granger. "The staff are so helpful, and the support of the

scholarships has allowed me to keep advancing in my field." Granger's not finished learning yet. She's currently enrolled in a program to earn her advanced practice nursing degree in women's health. "I hope there's a place for me to keep working at TRHC as an APNP after I graduate," she says.

Local Impact

Cynde Larsen says stories like Brooklyn's are important for the future of our region. "If we want young people to stay in our communities to work and raise their families, we need to provide education opportunities for them locally. Otherwise, their lives take off in the places they move, and we don't get them back," Larsen said.

Southwest Tech's program offers both full-time and part-time options for students. The immersive program gets students into clinical settings within the first few weeks of their start date. That kind of hands-on learning is good for the students and for the organizations that host them.

In addition to its partnership with Southwest Tech, The Richland Hospital and Clinics also offers learning internships for students enrolled in nursing programs who have not yet completed their licensure. These internships provide another pathway for students to get into the workforce and another way for the organization to find and retain talent. "The internships allow us to showcase our organization," said Burnley. "Interns get a feeling of what it's like to be a part of our team, and many choose to come on as full-time staff."

Is Nursing in Your Future?

Each year, the nursing program at Southwest Tech graduates about 75 new nurses into the workforce, and job placement for those nurses is at nearly 100%. "Unless a student has other life circumstances keeping them from accepting a job, these students find work," Larsen says.

With so many pathways to enter the field, it's a wonderful time to become a nurse. Burnley and Larsen both say nursing is a highly rewarding career. "You never go home without having helped someone," Larsen states.

Having witnessed the development of many wonderful nurses in her role as dean over the years, Larsen asserts that nursing doesn't have to be a calling. "Anyone who wants to help others flourish can be a great nurse," she says, "and it doesn't hurt to be a good detective either," she continues. "You have to ask good questions to find the missing piece that could make a difference for your patient."

If you're interested in exploring a career in nursing, you can learn more about Southwest Tech's programs by visiting their website or view current openings at The Richland Hospital and Clinics' website.



Living Well Longer

Research and resources to support your independence and well-being

The latest research on healthy aging suggests that small changes to our daily activities can have a significant impact on how long we live and our quality of life. While some factors that affect our aging process are outside of our control (like genetics), our daily choices can have a meaningful impact on other factors.

The National Institute on Healthy Aging says focusing on four areas can help us age well: physical activity, diet, mental health, and preventative care. Making small changes to your routines in these areas can support your ability to live independently longer and with a higher quality of life—something we all want.

Movement and Regular Physical Activity

At any age, movement is good for us. It increases our muscle mass and flexibility, builds bone density, supports cardiovascular health, and boosts mood.

Current guidelines suggest that adults should shoot for 150 minutes of moderate to vigorous activity every week. But research also suggests that even small increases in movement can have a big impact on longevity.

In their article “What We Know About Aging,” researchers from The National Institute of Healthy Aging point to “A recent study of adults 40 and older [that] found taking 8,000 steps or more a

day, compared to only taking 4,000, was associated with a 51% lower risk of death from all causes.”

Eat Well, Live Well

Our food choices are another area where small changes can make a big difference. Eating more fresh fruits and vegetables, whole grains, and healthy fats can help us live longer by reducing the likelihood of obesity, hypertension, and diabetes. It’s important to pay attention to portion size, as well.

If you are at risk of high blood pressure, following the DASH diet (Dietary Approach to Stop Hypertension) is effective. “The DASH diet emphasizes fresh foods and recommends avoiding saturated fats. It doesn’t require any special foods but instead sets weekly goals for nutrition,” says TRHC Dietitian Ty Mulholland.

Mental Health and Social Connection

For many aging adults, adjusting to life’s changes can be emotionally challenging. Tiffany Olson, social worker and therapist at Senior Life Solutions in The Richland Hospital and Clinics, says that many of the patients she sees are adjusting to changes and loss: “As we age, we lose a lot of the people who have been close to us throughout life. For many older adults, finding a new support network can be difficult,” Olson says.

(continued on page 7)

BUILDING ON A TRADITION OF CARE

This year, The Richland Hospital was established in 1924

- 1920 19th Amendment allows women to vote
- 1918-1920 Spanish flu pandemic
- 1929 Wall Street crash
- 1930 Great Depression
- 1933 Dust Bowl
- 1939 Summer Olympics
- 1945 World War II ends

1920-1933 Prohibition

1939-1945 World War II

1920

1921 1924

1930

1940



The Federation of Women's Clubs of Richland Center purchased the Bailey Mansion. Three years later, the Richland Hospital opened its doors.



The Richland Hospital opened with seven employees.



By 1927, a shortage of space was already noted in some hospital documents. A three-story addition (with an elevator) was completed in 1930.



An early patient room.

- 1928 Penicillin discovered
- 1941 First use on a patient
- 1944 Allied armies

- 1975 Muhammad Ali beats Joe Frazier

- 1988 World Wide Web first discussed

- 1997 Princess Diana dies

1970s

1980s

1990s

1995

1980

1990-1991 Gulf War

2000



Old building from Third Street.

The Richland Hospital assumed ownership of two primary care clinics, in Muscoda and Spring Green.



Hospital employees celebrate our 80th anniversary.



The hospital cafeteria.



Patient records.



Richland Medical Center and The Richland Hospital building at our current location. RMC began seeing patients at this location in 1995.



and Hospital and Clinics celebrates our 100th anniversary. When the hospital was first built, penicillin hadn't been discovered. A lot has changed since we opened our doors.

Hospital opens in Berlin

• 1951 UNIVAC, First business computer

1941 Japan attacks Pearl Harbor

• 1957 SPUTNIK 1 launched

• 1963 John F. Kennedy assassinated

World War II

1950-1953

Korean War

1955-1975 Vietnam War

1940s

1949

1953

1960

1965

1974



Plans for the fifth addition began in 1946 and it was completed in 1953. The hospital staff, pictured here, had grown to 52.



The hospital staff using the latest in bookkeeping technology.

Medicare begins



• 1969 U.S. lands on the moon



• 1967 Green Bay Packers win the first Super Bowl in LA

TRHC celebrates 50th anniversary

Stocked with penicillin • 1945 Available in U.S. pharmacies

• 2020 Stock market crash

2004 2006

2001-2021 Afghan War

2012

2019

2020

2024

2003-2011 Iraq War



... celebrated anniversary.



A third operating room was added. In 2023, our surgeons completed more than 2000 surgical procedures.



... and a shared facility at site in 2000.



The newly built Muscoda Health Center.

COVID-19 pandemic. TRHC is one of the first hospitals in Wisconsin to begin administering the new vaccine.



The Richland Hospital and Richland Medical Center merged and began providing integrated care to patients as a single organization.

WE'RE 100

Calling All Volunteers!



You Can Make a Difference!

Volunteering at The Richland Hospital and Clinics can make a significant difference not only for patients and visitors but also for the volunteers who serve.

Volunteering provides a sense of purpose. Your contributions impact the essential work of the hospital and are

appreciated by those being served. Volunteering also provides a sense of belonging to a community and an opportunity to meet new people or get to know others better. Research on living a longer, happier life shows a sense of purpose and community belonging make a difference in long-term health and well-being.

Volunteer opportunities abound at The Richland Hospital and Clinics. Those who would like to contribute in patient-facing settings are encouraged to contact our Volunteer Coordinator, Sarah Stibbe. Youth and adult volunteers can assist with wayfinding, wheelchair access, delivering mail and flowers, reading to patients, or by helping with activities in our Swing Bed Program.

For those who wish to help in less hands-on settings, the Partners of The Richland Hospital and Clinics offers other opportunities. Members of Partners use their unique talents and experience to assist with projects and events that take place throughout the year. Members also attend quarterly meetings to hear what is happening with our health care organization.

Interested? Information can be located on the hospital website or by contacting the Volunteer Coordinator at 608.647.6321.

Golf Outing 2024

Join us!

Thursday, June 13, for a day of golf, raffles, prizes, food and fun!

All proceeds will go toward health care scholarships for Richland community members.



Applications are Open for The Richland Hospital Foundation Scholarships

Last year, the foundation awarded twenty-two \$2,500 scholarships to area residents pursuing education in the health care field.

Use this QR code to learn more about the scholarships and apply by June 15.

Living Well Longer *(continued from page 3)*

Feelings of isolation or loneliness can be common symptoms for older adults. And, as therapist Kristine Olson points out, these mental health challenges have physical consequences, as well: "Recent research reveals that loneliness goes beyond emotions; it frequently activates stress responses that can profoundly affect inflammation, metabolism, and brain function." Because of this, Olson says, "social networks can play a significant role in the lives of older adults."

The programs offered through Senior Life Solutions provide aging adults with a supportive, lively network of peers who gather weekly to share their experiences and build new skills.

Staying socially connected and engaged in hobbies can also reduce the likelihood of developing Alzheimer's disease and dementia. One recent study found that adults who spent an hour each day engaged in a hobby like reading or letter writing were less likely to develop dementia than those who participated in the same activities for 30 minutes or less.

Regular Visits with Your Doctor

Having regular check-ups with your primary care provider is another way to support your long-term health. Your provider will ensure you have the recommended screenings that can prevent health issues or help to identify them early when treatments can be more effective. Over time, your provider will also become more familiar with your family and personal health history, allowing them to provide care that is personalized for you.

Any adult newly enrolled in Medicare is eligible for a free Welcome to Medicare Check-up in the first 12 months they are enrolled. These check-ups are paid for by Medicare and provide an opportunity for you and your provider to check in on your health and make a plan for your care in the years to come.

You're Never Too Old (or Young)

The more we understand the factors that affect how we age, the more it becomes clear that we may never be too old to make changes that can improve how we feel. Making small changes to our daily habits can improve our mental and physical health. Similarly, we are never too young to begin sowing the seeds for longevity. The effects of our choices accumulate over time, and starting healthy habits in our 30s and 40s can make a difference later in life.

If you don't know what steps to take to get started, our team is here to help. Make an appointment with one of our primary care providers and begin exploring what changes you can make to support healthy years ahead.

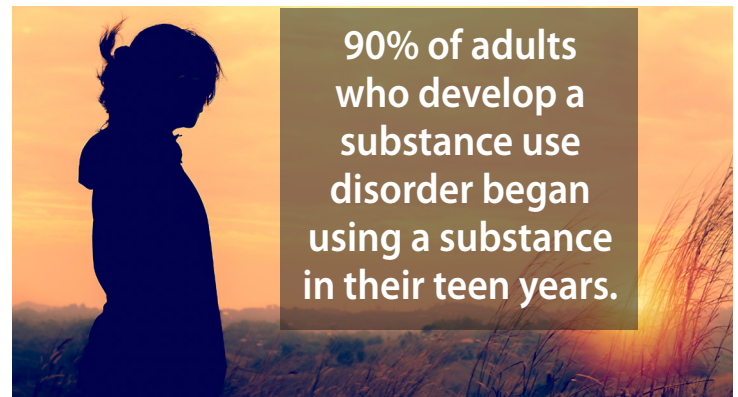


Concerned about Memory Loss?

Are you worried that you or a loved one may be suffering from cognitive decline? The Geriatric Assessment Clinic at TRHC can provide answers and care.

Talking to our team about your concerns is important, as some causes of memory loss are treatable and even reversible.

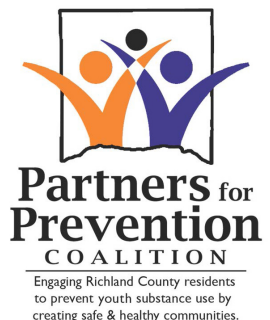
Our team offers comprehensive cognitive assessments and support for individuals and their families. Call 608.647.6161 today to learn more.



90% of adults who develop a substance use disorder began using a substance in their teen years.

Since 2018, the Partners for Prevention (P4P) Coalition of Richland County has been dedicated to making a positive impact on the lives of area residents by reducing youth substance use and creating safe, healthy communities.

If you're passionate about helping area youth and creating a healthier community, contact Project Director Betsy Roesler at 608.647.6131 ext. 1516 or roeb@richland.k12.wi.us. Please visit the Partners for Prevention website at richlandcountypfp.org for resources and information.





THE RICHLAND HOSPITAL
and Clinics

333 East Second Street
Richland Center, WI 53581

The Richland Hospital and Clinics

333 East Second Street • Richland Center, WI 53581

Hospital: 608.647.6321 • Clinic: 608.647.6161

Muscoda Health Center

1075 North Wisconsin Avenue • Muscoda, WI 53573 • 608.739.3113

Spring Green Medical Center

150 East Jefferson Street • Spring Green, WI 53588 • 608.588.7413

RichlandHospital.com

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you to a nurse?**

Nominate them for a DAISY Award.

Follow this QR code or visit the hospital
website to learn more.



National Nurses Week is May 6-12



CALENDAR OF EVENTS

MAY

The Richland Community Coffee Club	Thursday, May 2	8:00 – 10:00 AM
Caregiver Support Group	Tuesday, May 28	10:30 – 11:30 AM
Dementia Live with ADRC	Thursday, May 30	8:00 AM – 5:00 PM

JUNE

The Richland Community Coffee Club	Thursday, June 6	8:00 – 10:00 AM
ImpactLife Blood Drive	Thursday, June 6	10:00 AM – 3:00 PM
TRH Foundation Golf Outing	Thursday, June 13	11:00 AM Check-In
Caregiver Support Group	Tuesday, June 25	10:30 – 11:30 AM

JULY

The Richland Community Coffee Club	Thursday, July 4	8:00 – 10:00 AM
Caregiver Support Group	Tuesday, July 23	10:30 – 11:30 AM

AUGUST

The Richland Community Coffee Club	Thursday, Aug. 1	8:00 – 10:00 AM
Caregiver Support Group	Tuesday, Aug. 27	

MEET OUR PROVIDERS

Our team of family medicine
providers helps patients of
all ages and genders.

Women's Health • Men's Health
Children's Health • Senior's Health

