



THE RICHLAND HOSPITAL
and Clinics

HORIZONS

CARING • EDUCATING • HEALING

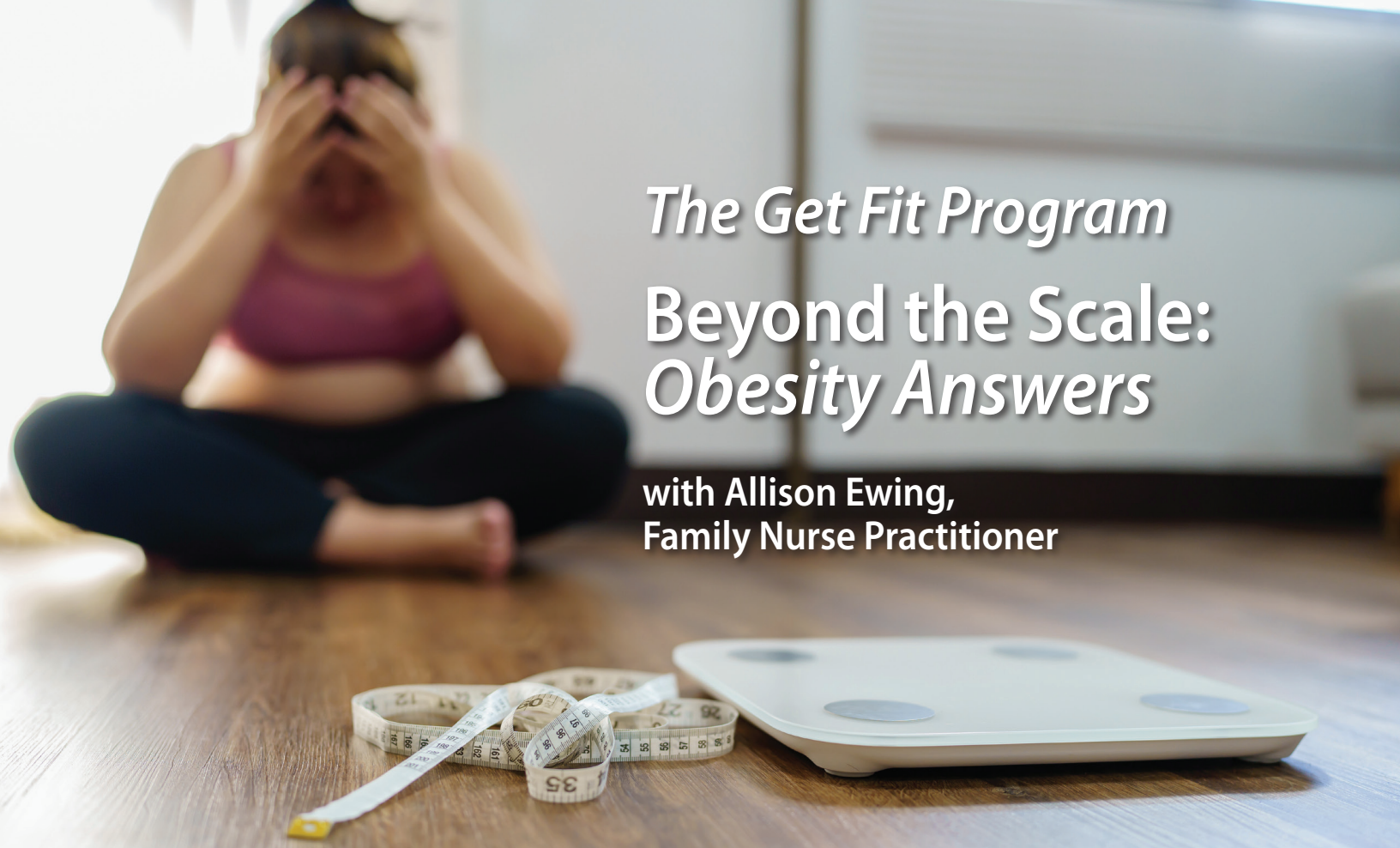
WINTER • 2026



New Year, Healthier You

Featuring:

Get Fit Program • Eating Healthy on a Budget
Rheumatology Care • New Providers Spotlight



The Get Fit Program

Beyond the Scale: *Obesity Answers*

with Allison Ewing,
Family Nurse Practitioner

Obesity has become an epidemic, and with it, a flood of conflicting advice on how to eat right and move more. From internet advice to tips from friends, it's a hard road to navigate. Tackling obesity head-on, from a place of compassion, understanding, and knowledge brought Allison Ewing, family nurse practitioner, to The Richland Hospital and Clinics almost ten years ago. Allison joined Dr. James Dickman in helping administer his health and wellness program called "Get Fit," which he introduced a decade prior. Their work has been instrumental in helping people improve their overall health. "Some call it a weight loss clinic, and

"Kids may have a shorter life expectancy than their grandparents if obesity rates continue to rise," says Allison. "75% of toddlers obese at age 2 are obese at age 35, according to studies. We're seeing kids with elevated triglycerides, cholesterol, and elevated blood pressure, which is hard to see in people so young." Health problems from obesity impact how our bodies function: brain, liver muscles...but there is help.

"There are so many conflicting messages about obesity and how to lose weight. It's easy for people to get frustrated and confused," admits Allison. She says people can join Get Fit after

"There are so many conflicting messages about obesity and how to lose weight. It's easy to get frustrated and confused." -Allison Ewing

yes, that's a part of it, but it goes far beyond numbers on a scale," says Allison. "This is a medical approach combined with lifestyle modifications."

Allison works with kids and adults to help them feel confident in their own skin, build healthy habits, and enjoy the activities they love so they can live fuller, more active lives. The community is fortunate to have access to a program like this as obesity remains a top concern according to the most recent Community Health Needs Assessment.

their annual wellness session, but no referral is necessary. You can call and set up an appointment at any time.

"When we first meet, we talk about your family history and run some labs to rule out any underlying medical conditions. We get a full health history, understand what you've tried in the past, look at your energy levels, sleep patterns, and even mental health," says Allison. "We set realistic expectations from the start. It's not about what you can't have, it's about what you want to have, and how small steps make a big impact."

Get Fit is designed to help people regain quality of life they felt slipping away. They work with FDA-approved weight loss drugs, but as Allison admits, "Losing weight and maintaining it needs to come from lifestyle changes including diet, portion sizes, screen time...all those things that create barriers to success." She also stresses the importance of making movement fun. "Dance, play, climb, explore! When you and your kids enjoy being active, you build lifelong habits that support health and happiness." We can help you find a way.

It's impossible to take on weight management without exploring the deeply connected link between emotional and physical health. "Helping people manage stress, build self-esteem, and feel supported goes a long way in promoting good health," adds Allison. "I encourage my patients to use words like 'strong' and 'energetic' instead of 'skinny' or 'thin' when sharing values," she recommends. Practicing self-compassion helps people avoid the cycle of guilt and restriction which often undermines progress. "It's often eye-opening when people realize how past traumas may influence outcomes."

If you're looking for a weight management program from a whole person perspective, one that goes far beyond the numbers on a scale, connect with Allison Ewing, family nurse practitioner, at The Richland Hospital and Clinics by calling 608.647.6321



Allison Ewing, APNP, has been offering Get Fit, a health and wellness program to tackle obesity, for over nine years.



**"Let's create lifelong,
healthy habits."**

Allison Ewing, Family Nurse Practitioner



How to create a weekly DASH meal plan on a budget

The words, “healthy eating” often make us think of two other words: high cost. Grace Denman with Nutrition Services shows how affordable eating well can be.

An abundance of fresh fruits, lean meats, fresh herbs and vegetables are great choices, but not exactly cost-effective for many. A high grocery bill made worse by food that goes unused is not a recipe for success. “The DASH (Dietary Approaches to Stop Hypertension) Diet is one we recommend most because it not only supports heart health but also helps with weight, diabetes and other chronic diseases while offering lots of good nutrients,” says Grace Denman. “The focus is on increasing fruits and vegetables, changing to low-fat dairy, whole grains and lean proteins. You can do that and stay in budget,” she assures. “Buying frozen or canned fruits and vegetables, rice, dried beans and lentils, even canned tuna and chicken will help cut costs.”



DAY 1:

Breakfast: 1 cup oatmeal, ½ cup frozen berries, and 1 cup low-fat milk

Lunch: Whole wheat tortilla with canned tuna (half can per person), lettuce, topped with 2 tablespoons low-fat dressing, and fruit or vegetable side, like an apple or carrots

Dinner: Brown rice (may add dried lentils while cooking) stir fried with frozen vegetables and scrambled eggs

Snack: Banana and an ounce of unsalted nuts

DAY 2:

Breakfast: Whole grain toast, hard-boiled egg, and sliced apple

Lunch: Lentil soup (canned lentils, carrots, onions, canned tomatoes and vegetable broth) and low-salt crackers

Dinner: Baked chicken thighs, canned green beans, mashed potatoes

Snack: Low-fat yogurt



So, what does a week-long menu look like on DASH? Let’s take a look. This menu comes out to around \$20-\$25/day for a family of four based on a local grocery store run. Maybe you’ll find something interesting to add to your weekly rotation.



Day 3:

Breakfast: Cottage cheese with canned peaches (in 100% juice)

Lunch: Quinoa salad made with frozen corn, canned black beans, and salsa

Dinner: Whole wheat pasta with spaghetti sauce, frozen spinach, and grated low-fat cheese

Snack: Light popcorn



Day 4:

Breakfast: Scrambled eggs with frozen peppers, and whole-grain toast

Lunch: Chickpea salad with canned chickpeas, cucumbers, lemon vinaigrette, and salt-free spices to taste such as Italian blend, dill weed, or lemon pepper

Dinner: Baked sweet potato topped with frozen broccoli and grilled turkey sausage

Snack: String cheese

Day 5:

Breakfast: Overnight oats with chia seeds and frozen blueberries, low fat milk

Lunch: Brown rice with mixed vegetables and leftover grilled turkey sausage (from Day 4)

Dinner: Whole wheat quesadilla with black beans, cheddar cheese and salsa, fruit or vegetable side

Snack: Apple slices with a tablespoon of peanut butter



Day 6:

Breakfast: Frozen whole grain waffles topped with yogurt and banana or thawed frozen blueberries

Lunch: Egg salad sandwich on whole wheat bread and carrot sticks

Dinner: Baked pork loin, canned carrots (rinsed), and brown rice

Snack: Cottage cheese with canned pineapple chunks

Day 7:

Breakfast: Smoothie with frozen fruit, spinach and low-fat milk

Lunch: Tuna salad with canned tuna, served on celery stalks and crackers

Dinner: Beef and bean sloppy Joes (one pound of lean ground beef/turkey and one cup of rinsed, canned black beans, seasoning, ketchup, mustard and one tablespoon light brown sugar) on whole grain roll or tortilla wrap, carrot sticks or fruit side

Snack: Hummus and sweet peppers



Thanks to the Orion Initiative, L-R: Dr. Lauren Thomas, Dr. Taryn Lawler, Dr. Brian Kroll (seated), Dr. James Dickman, Dr. Andrew Wright, Dr. David May, and Dr. Christine Richards are bringing rheumatology care closer to home.

From Long Drives to Local Solutions: Orion Initiative Helped Bring Rheumatology Care to Richland Center

About a year ago, The Richland Hospital and Clinics (TRHC) embarked on an innovative journey into rheumatology care through an exciting pilot program developed in partnership with the Orion Initiative at the University of Wisconsin School of Medicine and Public Health. This collaboration created a connection between TRHC and the UW academic medical community.

"Access to this sort of specialty care was not available in our area. Rheumatology impacts residents of all ages," said Dr. Brian Kroll, family physician with The Richland Hospital and Clinics, and UW School of Medicine and Public Health alum. "That meant our patients faced referrals to other hospitals which required long drives and long waits for appointments," he continued.

By agreeing to participate in a mini fellowship offered through the Orion Initiative, TRHC found a better way to bring this essential care home.

The program was designed by Dr. James Dickman, Dr. Brian Kroll, and the Division of Rheumatology at the UW Department of Medicine. With financial support from the Orion Initiative, they launched a pilot called Specialty Training at Rural Sites – Rheumatology, or STARS-R. Their goal was to enable patients to receive care in our community by creating a direct communication channel between select TRHC family medicine providers and UW academic rheumatologists.

In addition to Dr. Dickman and Dr. Kroll, other trained providers included Dr. Taryn Lawler, Dr. David May, Dr. Christine Richards,

Dr. Lauren Thomas, and Dr. Andrew Wright. Through advanced training in musculoskeletal ultrasound, a diagnostic tool typically reserved for rheumatology fellows, Dr. Kroll gained expertise in joint assessments and therapeutic injection administration for patients right here in Richland Center.

"We start the blood work, take an extensive history, and conduct the imaging exam in one appointment. This is a shared visit with a rheumatology physician. Musculoskeletal ultrasound isn't usually something found in a rural hospital, but here we are. It allows us a clear look at what is happening in our patients' bodies," explained Dr. Kroll. "The access to answers is incredible. It's like finding a light switch in a dark room," he added.

"We hope to expand Dr. Kroll's knowledge and offer training in house, but right now, his expertise is the center of this program. We have a go-to person right here in Dr. Kroll," added Dr. Dickman. "This past year we've seen an immediate impact on how specialty patient care is delivered. And that's a good thing for all of us."

Caring. Educating. Healing. And to that we add, "Innovating." Talk to your provider about rheumatological care at TRHC.



Photo provided by the Orion Initiative



Wellness Workshop class leaders are L-R: Ty Mulholland, Kelly Herbert, and Lindsey Hatfield

Wellness Workshop Starts Soon, Join Now!

In just five weeks, you'll learn new ways to take control of your health.

Join TRHC's Wellness Workshop, a 5-class series that meets every two weeks beginning February 4. For just \$40, you'll establish a health baseline and learn how to set attainable goals to improve your well-being. The first session runs through April 1. You'll work with our Clinical Nutrition Team to help find ways to curb pre-diabetes, lower blood pressure, manage weight, bring high cholesterol numbers down, and so much more. Sign up online at richlandhospital.com, or call 608.647.6321, extension 2480.

Wellness Workshop 5-class Series Schedule

First class: February 4, 4 PM - 5:30 PM (payment due)

Pippen 1 Hall, The Richland Hospital

333 E 2nd Street • Richland Center, WI 53581

Classes continue: February 18, March 4, March 18, and April 1, 4:30 PM - 5:30 PM, in Pippen 1 Hall



Four Remarkable Providers Join Our Health Care Team

Dr. Damilola Adesanya specializes in family practice and obstetrics. "My favorite part of patient care is collaboration to meet patients' health goals, to make sure they feel empowered in making informed decisions, and to support them through tough moments in their health journey," she offers. Growing a family practice where she cares for patients in all stages of their life and health journey will provide just that. Her transition to Richland Center has been smooth. She appreciates the fact that she will likely be in the delivery room with the women she sees for prenatal care, and will be able to watch their children grow. That's not often the case in larger hospitals. To make an appointment with Dr. Adesanya, call 608.647.6321.



Dr. Sheila Algan will be adding The Richland Hospital and Clinics to her orthopedic surgery locations, bringing skilled sports medicine (and more) closer to home. Her expertise brings the same skills and procedures found in larger hospitals, with the added benefit of personalized care. "My subspecialty is sports medicine and specifically adolescent sports medicine," she says, adding an important piece to the orthopedic puzzle. "It's satisfying being able to help people feel better so they can get back to what they love doing." With over 30 years of experience, this native Wisconsinite is glad to bring her skills to rural communities. "It's more than convenience - it's giving people the level of care they should expect." To make an appointment with Dr. Algan, call 608.647.6321.



Dr. Claire Fletcher specializes in family practice and obstetrics. She treats all genders, but her focus on women's health is exciting to share. She treats women in every stage of life, including those struggling with infertility, outside of IVF. And when the time comes, working with women through menopause is also a high on her list. As a North American Menopause Society (NAMS) certified practitioner, Dr. Fletcher is comfortable with hormone replacement therapy (HRT) and non-hormonal options for managing moderate to severe or disruptive menopause symptoms. She even works with women experiencing health issues due to obesity. "I prescribe GLP-1s and other weight loss medications as appropriate, but I also do a lot of lifestyle counseling and have gotten good results from both," she adds. She's now seeing patients in Richland Center. To make an appointment, call 608.647.6321.



Rebecca Miller, licensed clinical therapist will join us at our Muscoda Health Center location near the end of February. Becky, as she prefers to be called, has 13 years of experience in the field serving patients in Richland Center, Viroqua, Prairie du Chien, and Boscobel. We are fortunate to have someone in this role with such deep connections to our service area. Her educational journey included an Associate of Arts and Sciences degree from University of Wisconsin-Richland. She later earned her Master of Science in Education and Counseling Psychology from University of Wisconsin-Platteville. She and her family live in Blue River in the home she grew up in. "Rural communities deserve accessible mental health care," says Miller. "I'm honored to support the community that has supported me." She's accepting patients through physician referrals.



Exceptional Care is a Team Effort

Nominate any employee who makes you feel supported. Fill out a form on the hospital website or scan this code.



FOR EXTRAORDINARY NURSES

HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES

Nominate a Nurse Today

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



Sign Up for the Health Portal Today!

Enjoy secure, convenient access to your health information anytime, anywhere.

What can you do with the Health Portal? So many things!

- Access your medical records securely on any device
- Pre-register for appointments for faster, more private check-ins
- View lab results, X-ray reports
- View and print your medications
- View provider notes from your appointment
- Message your care team directly for non-urgent matters

First time user? Enrollment is easy!

Online: If you have an email address on file, visit our website at **RichlandHospital.com**, click **Health Portal**, then **Create Account** and follow the instructions.

In person: Sign up during your next appointment. Just ask registration for assistance.

You'll receive email alerts when new information is posted to your Health Portal. *No personal medical details are ever included in these emails.*

Ready to give it a try?

Sign up. Visit **RichlandHospital.com** or ask for help at your next appointment.



"When I come in, it feels like I'm visiting family."

- Michael Glass, on why Muscoda Health Center and The Richland Hospital are his first choice for health care



Pictured L-R: Beth Deglow, certified medical assistant, Jenna Taylor, family nurse practitioner, Michael Glass, Katie Puls, family nurse practitioner, Kristin Washa, certified medical assistant

"The Richland Hospital is my hospital of choice," said Michael Glass as he was awaiting discharge after a pretty lengthy stay. "In fact, I was born here," he added. This 65-year-old semi-retired, in-home care provider knows his way around the health profession. Michael worked as a certified nursing assistant (CNA) for 36 years, including 21 years at Pine Valley right here in Richland Center. "This place is filled with good nurses, good aides, and good doctors. I can't name just one, they're all great. Even the housekeeping staff checks in on me," he continued. Originally from Blue River, Michael now lives in Muscoda, just six blocks from his primary care providers at Muscoda Health Center.

As you can imagine, Michael's health care profession makes him a staunch believer in preventative care. He makes sure to schedule his checkups with Kathryn Puls, nurse practitioner and family

practice provider. He's been a regular there for almost 20 years. "I enjoy going to my appointments. From Brenda and Maria at the front desk to Kristin and Katie, it's like visiting my family," he said. "But having this hospital close is so important." Being a caregiver was Michael's calling, and he is quick to recognize the things that make a difference in a patient's experience. "When I have a bad experience, which happens because we're all human, the important this is I feel heard. That's what's most important. They listen to me and do what they can right away to fix the issue." Thank you, Michael, for letting us care for you. And thank you for helping us be the best we can for you.

If you have a good story you'd like to share, send an email to communications@richlandhospital.com, or leave word at your next appointment.



Gifts of Goodness: *Meet the Team Behind the Lobby Shoppe*

Executive Committee of Partners of The Richland Hospital and Clinics are L-R: Trudy Kinyon, Connie Dosch, Cindy Chicker, Rose Birkholz, Connie Dunn, Joann Tennant, Carolyn Dray. Not pictured: Cindy Hanold and Claudia Berres

Partners of The Richland Hospital and Clinics Provide Vital Support

Stepping inside the Lobby Shoppe at The Richland Hospital is like visiting a boutique gift shop. Only in this store, you have the satisfaction of knowing your purchase is making a difference. It doesn't take long to get caught up in the selection of luxuriously soft sweaters and wraps, whimsical winter accessories, tasteful jewelry, meaningful home decor, greeting cards, and more. If you find yourself not quite sure which item is "the one", a welcoming face behind the counter is ready to help.

The Lobby Shoppe is staffed and run by Partners of The Richland Hospital and Clinics, an independent group of volunteers who use their funds to support health care scholarships and vital equipment. "2025 marked our 60th year serving The Richland Hospital and Clinics," adds the group's President, Cindy Chicker. Their work has a positive impact on so many lives, and they do it by offering a real value to shoppers. "We hear all the time how surprised people are by the good prices," she adds.

The fast-selling items and quick inventory turn are proof the concept is working.

"I stock the store with things I find on various shopping trips," adds volunteer and main buyer, Connie Dunn. She certainly has an eye for what people want. Her entire inventory of light-up snow globe-style cardinals sold out shortly after set-up in early November.

Many of the group's volunteers joined when they worked for TRHC, but they welcome any newcomers who are interested. "The larger group meets just three times a year. Several members take shifts at Lobby Shoppe, and we can certainly use more," adds Cindy, who says they would love to expand their hours. If you'd like to join Partners of The Richland Hospital and Clinics, contact Sarah Stibbe at 608.647.1883. You can also inquire on their Facebook page, "Partners of The Richland Hospital and Clinics."



The Lobby Shoppe is open Monday, Wednesday and Friday, 10 AM - 2 PM in January and February.
The store returns to a Monday-Friday, 10 AM - 2 PM schedule in March

24 Scholarships Awarded Thanks to Your Generous Donations

The Richland Hospital Foundation is dedicated to supporting and investing in the next generation of health care providers through our Health Career Scholarship program. This financial support is given to individuals in the community who are pursuing or intending to pursue formal education leading to a degree or certification in a health care-related occupation. Applicants must be residents of The Richland Hospital and Clinics service area, or a TRHC employee, child of an employee, or volunteer. Funding for the program is made possible thanks to the generous donations of our community members and employees.

If you are interested in becoming a supporter, scan the QR code, or contact Foundation Director Angie Coenen at 608.647.1847, or email angie.coenen@richlandhospital.com.



Copay, Coinsurance, and Confusion: *Let's Clear It Up*

January marks the time when most health insurance plans reset for the new year. With that reset comes changes such as new copays, different coinsurance amounts, and most importantly, if you have a deductible, it likely starts back at zero. That's a lot of insurance jargon!

Thankfully, Susan Brill, Revenue Cyle Specialist is here to break down what this means for you. Her goal? Turning your insurance confusion into confidence.

So, what does "out-of-pocket max" mean? That's the maximum you'll pay in a year for covered services. Once you reach your out-of-pocket max, insurance pays 100% of your covered care.

Another important part of a new insurance year? Updating your Coordination of Benefits (COB).

COB questionnaires help determine which insurance plan is primary when you have multiple health coverages. Example: Medicare and your supplemental insurance. Having your COB updated ensures claims are processed correctly and prevents duplicate payments. Why does this matter? If your insurance plan requests a COB update and you don't complete it, claims are often **denied** until the information is provided. So when that questionnaire arrives, take a few minutes to fill it out. It saves time, avoids delays, and keeps your coverage running smoothly!

Let's look at most common insurance terms and what they mean to you:

Term	What It Is	When You Pay It	Does it Count Toward Out-of-Pocket Max?
Copay	Fixed amount for covered services (e.g. \$25 for a doctor visit)	At the time of service	Typically, but check with your plan
Deductible	Amount you pay before insurance starts covering costs	At the start of coverage year until met	Yes
Coinsurance	Percentage of cost you pay after meeting deductible (e.g., 20%)	After deductible is met	Yes

Susan Brill has been an important fixture at The Richland Hospital and Clinics since her start in 2014. She takes great pride in helping patients understand their insurance coverage.

2025-2026 Scholarship Recipients



Cassandra Anderson



Brandon Brewer



Easton Carlin



Schyler Clary



Mallory Delagrave



Hope Fox



Brooklyn Freestone



Hailey Gander



Brady Goplin



Hannah Hinkle



Whitney Kenefick



Katie Kinney



Kiana Liska



Arianna Louis



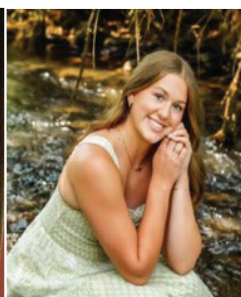
April McCarvel



Kayla McCorkle



Paige Nowicki



Tristen Peterson



Allyah Ruhland



Ava Shannon



Riley Spencer



Bailey Wanless



Tyler Woodman



Alivya Young



Building the Future of Health Care

Finding and recruiting the next generation of health care workers is important to the overall health of rural communities served by The Richland Hospital and Clinics (TRHC). By working closely with educators of students from middle school to college, TRHC has been an active partner in helping close the gap.

The number of long-term employees at TRHC is something to celebrate. People really do come for the job and stay for the team. Helping the next generation understand the opportunities available here is a big part of our continued success. From patient-facing careers to behind-the-scenes support, over 400 people work together to make TRHC a premier choice.

Sarah Stibbe, event coordinator for the hospital's programs geared toward middle school (Club Scrub) and high school (Career Day), invites students to spend time working and learning from professionals across the organization. "The hands-on learning is fun, informative, and so good at opening kids' eyes to what a career in health care looks like," says Stibbe. Her annual events are hosted in coordination with guidance counselors from Richland Center, River Valley, Riverdale, and Ithaca school districts. "We had 27 high school kids spend the better part of the day with us," Stibbe continues. "I think showing them the behind-the-scenes work in addition to patient facing careers is such a strong way to show the opportunities available to them in their own back yards." TRHC is also thankful for the strong partnership with Southwest Technical College. "We had four students work alongside two lab staff employees drawing blood for health screens at our annual Employee Health Fair," says Dana

Wilson, laboratory director and member of the organization's employee-led Wellness Team. "Employees are able to get free labs which test for anemia, diabetes, and standard cardiac panels," she continues. "We had over 170 employees come over the span of three hours. We wouldn't have been able to get through that many without their assistance!" exclaimed Wilson. Dana Wilson, along with other staff members from TRHC, also attended SWTC's career fair to meet with students and prospective employees. "It was a great chance to tell students about our fantastic work culture, and commitment to patient care."

The power of face-to-face conversations with potential and existing students is also why TRHC staffers routinely attend career fairs. During a CESA 3-sponsored event at Richland Center High School on Tuesday, November 4, staffers met with over 700 students, an incredible pool of potential health care workers. While all career opportunity questions were welcomed, Dana Wilson had a special reason for attending. "I really want to promote the Medical Lab Technician career. Most high school students are unaware of this career choice. There is a great shortage of lab staff nationwide, which makes promotion of the career very important to me," she adds. Jessica Board, primary and specialty clinical director and supervisor, notes TRHC has done a great job promoting and educating employees who are looking for advancement. "We even trained someone right out of high school to become a medical assistant," she says. This program has added valuable staff who are committed to the communities they serve. "It's such a joy to watch them succeed," adds Jessica.

To learn more about opportunities, contact us at 608.647.6321.

Teamwork and Trust:

How Spring Green Medical Center is the Choice for Kaila and Mark Wilkenson

Kaila Wilkenson, 54, and her husband Mark, are residents of Arena. But both found their health care home at Spring Green Medical Center. "After a career in sales, I know true teamwork and genuine customer service when I see it. When I arrive at the clinic, if reception is on the phone, I'll get a wave to let me know she sees me. When I stop in for labs, she always asks how I'm doing and remembers details from my last visit. I also noticed the person behind me in line is treated with the same kindness I receive. It's not because we are in a small town, it's because everyone is focused on doing an exceptional job. Everyone cares about the services they're providing."

Kaila's medical road hasn't been an easy one. Pain is often a part of her every day. "I have good days and bad and it can really impact my mood," she admits. After doctoring in Madison for several years, she moved closer to home. "One of the nurses I saw here was the first to suspect I had rheumatoid arthritis. She was right." Her primary care comes from Tanya Neumaier, a family nurse practitioner. "I call her Doc Tanya. I know she isn't technically a doctor, but I think she's better than one. She treats me as a whole person instead of the symptoms I'm experiencing. I'm at a good place now, medically speaking, thanks to her. She asks for my input; I know I'm being heard. I



wasn't sure at first, but it didn't take long for me to realize she was the right person for me," says Kaila. Even Mark is glad he became one of Tanya Neumaier's patients. "I can tell her anything. She has me caught up on my labs and tests. She really looks out for us," he says.

Kaila also has high praises for Dr. Joseph Rundell, who helped her with a foot injury. "I saw him in Richland Center at the hospital, so I was expecting the appointment to be like going to Madison. Nothing could be further from the truth. His team was just as great there as they are in Spring Green. It really is special what we have here. This sort of focus on the patient is not something you see everywhere. It's alive here," she says.

Kaila even praises the social worker who helped her understand what the doctors were saying during her mother's hospital stay. "When I called administration with the intention of telling them what a blessing the social worker was, they called me back. They didn't know if I had good news or bad, and it didn't matter. They wanted to hear my story."

Thank you, Kaila and Mark, for trusting us with your care. If you have a similar story you'd like to share, please connect with us at communications@richlandhospital.com, or talk to your care team. We appreciate all of you.



Tanya Neumaier, family nurse practitioner, and Rachel Beranek, medical assistant

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

Connect
with us on:     

MEET OUR PROVIDERS

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

Women's Health • Men's Health
Children's Health • Seniors' Health



CALENDAR OF EVENTS

JANUARY

Caregiver Support Group	Tues., Jan. 27	10:30 AM – Noon
-------------------------	----------------	-----------------

FEBRUARY

Richland Community Coffee Club	Thurs., Feb. 5	8:00 AM - 10:00 AM
ImpactLife Blood Drive	Tues., Feb. 17	10:00 AM - 3:00 PM
Caregiver Support Group	Tues., Feb. 24	10:30 AM - Noon

MARCH

Richland Community Coffee Club	Thurs., Mar. 5	8:00 AM - 10:00 AM
Caregiver Support Group	Tues., Mar. 24	10:30 AM - Noon

APRIL

Richland Community Coffee Club	Thurs., Apr. 2	8:00 AM - 10:00 AM
ImpactLife Blood Drive	Tues., Apr. 16	10:00 AM - 3:00 PM
Caregiver Support Group	Tues., Apr. 28	10:30 AM - Noon

COMMUNITY
Pharmacy
at The Richland Hospital

Free
Blood Pressure
Checks

608.647.1776

Monday - Friday, 9 AM - 5 PM
(closed 1 - 1:45 PM for lunch)