

Celebrating 100 Years



THE RICHLAND HOSPITAL
and Clinics

HORIZONS

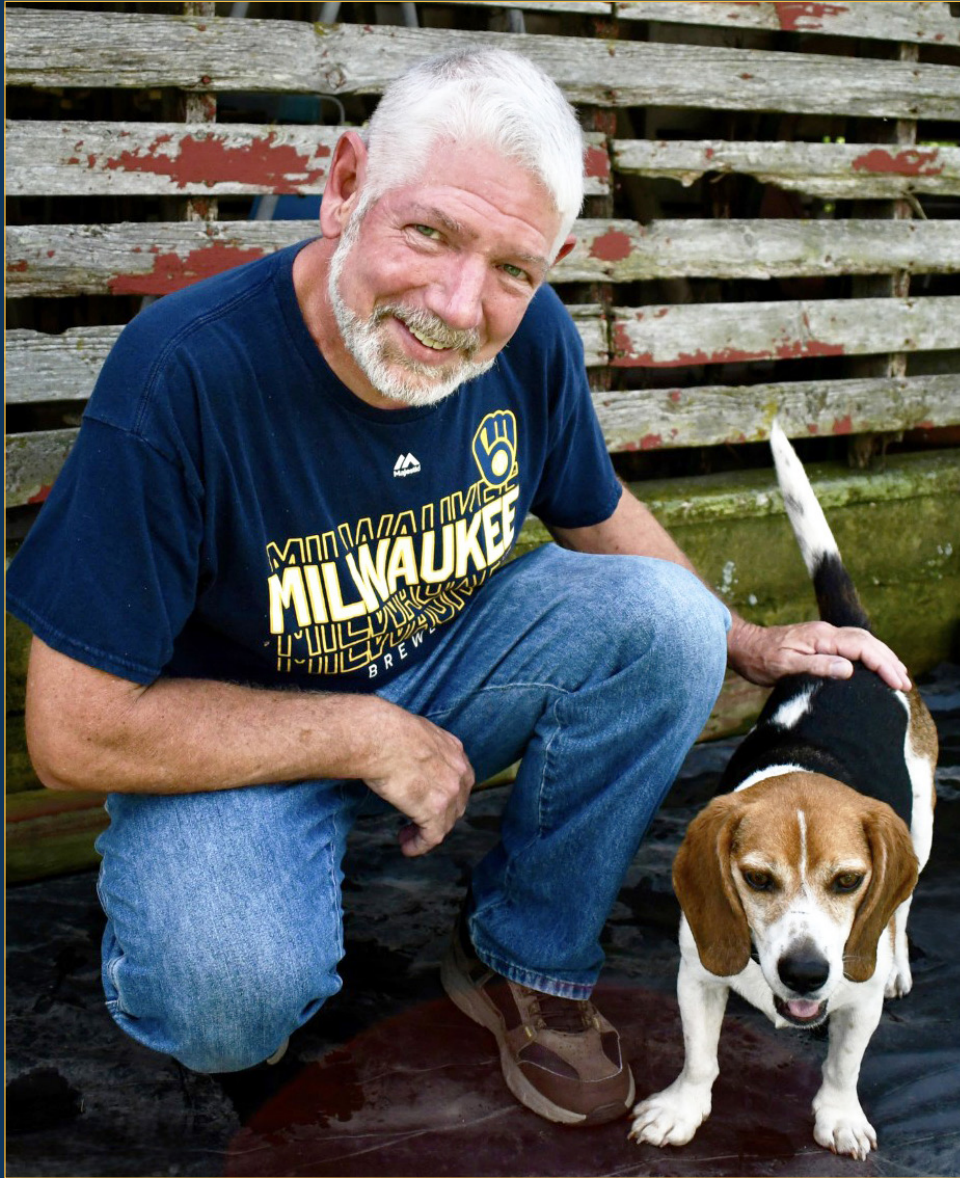
CARING • EDUCATING • HEALING

FALL • 2025

Living Well in Rural Avoca:
Leslie Ladd's Focus on Health

An Ounce of Prevention:

Prioritizing Wellness Through Proactive Health Care



Les and Buck

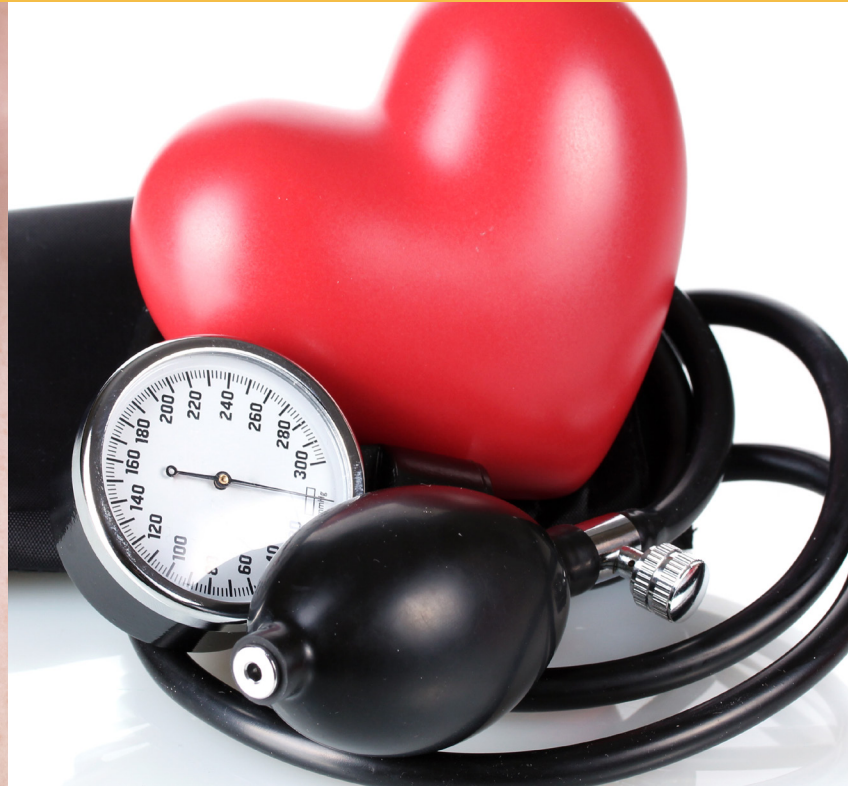
Leslie Ladd (Les), age 61, lives in rural Avoca. This retired electrician is a fourth-generation land steward of a farm that has been in his family since 1915. He uses the land to hunt, grow an impressive garden, care for a small herd of fainting goats, and walk the woods with Buck-shot (or Buck, as he is often called), his beagle. If you don't catch him at home, he's likely on his boat or ice fishing his favorite spots. Les is also doing his best to take care of himself.

"My dad died of cancer, so prevention is important to me," he admits. That's the main reason he didn't hesitate to schedule a colonoscopy at The Richland Hospital and Clinics after a

recommendation from APNP Kathryn Puls, his primary care provider at Muscoda Health Center. "Katie is the best – everyone in that clinic is. I was scheduled with Dr. Lumi in no time," he says. "Turns out one of the spots Dr. Lumi removed was precancerous and could have grown into something much worse. But now I'm good for five years," says Les.

"The whole thing was easy. I'm so thankful for the number of people who are genuinely taking care of me. Knowing that is a good feeling." Les is working hard to do it right – keeping up on his preventative appointments. Here's to many more walks in the woods with Buck.

In rural communities like ours, getting to the doctor isn't always a priority—and when money's tight, health care can feel like a luxury.



But staying healthy doesn't always mean spending more. Simple steps like scheduling regular checkups, catching problems early, and eating a little better can make a difference down the road. As Dr. Elias likes to remind us, ***"Good health isn't the absence of disease."*** This skilled Urgent Care doctor wants you to establish a relationship with a primary care provider now, especially if you're feeling healthy. "Preventative medicine is the best medicine," he explains.



Dr. Crystal Lumi

TAKE CARE OF YOUR SKIN.

"Your skin is your largest organ. It's important to take care of it," says Dr. Crystal Lumi, General Surgeon. What better time for a skin check as a season of fun in the sun gives way

to the more covered days of fall. Dr. Lumi says, "You should have a yearly skin check done by your provider. Self-exams are important, but there are some parts you can't see for yourself." She performs skin biopsies right here at The Richland Hospital and Clinics and is a strong advocate for primary prevention. "If at any time you notice a spot that has changed, or has you concerned, speak up."

A LITTLE CHECK GOES A LONG WAY.

High blood pressure is a sneaky thing. It can quietly damage your heart, brain, and kidneys without noticeable symptoms. ***"Regular blood pressure checks help catch issues early, giving you a chance to make lifestyle changes or seek treatment before serious problems surface,"*** says Registered Nurse, Clinical Coordinator, and Stroke Program Coordinator Heather Thome. "You can get a reliable reading at any of our clinics, and Community Pharmacy," she says. Know your numbers. ➔



THIS 30-MINUTE TEST CAN ADD YEARS TO YOUR LIFE.

If you've hit your 45th birthday, congratulations! It's time for your first colorectal cancer screen. Whether you elect to have an at-home stool-based test, or a colonoscopy at the hospital, where suspicious polyps may be removed during the procedure, this is one test you should not skip. ***"Colorectal cancer is the second leading cause of cancer death in the United States, yet it's highly preventable,"*** says Dr. James Dickman. Talk to your provider about your options.



Dr. James Dickman

NOURISH TO FLOURISH.

"Nutrition plays a critical role in prevention of many chronic health issues such as heart disease, cancer, diabetes, and obesity," shares Registered Dietitian Lindsey Hatfield with Nutrition Services. "While one diet does not fit all, the Dietary Approaches to Stop Hypertension (DASH) offer goals anyone can follow." DASH emphasizes eating a variety of fruits, vegetables, and whole grains, including lower-fat foods, reducing higher saturated fats, and limiting sugar. ***"Research reveals over 80% of chronic diseases are preventable with simple lifestyle modifications,"*** shares Lindsey. What will you put on your plate?

IMMUNIZATIONS: OUR PREVENTATIVE HEALTH CARE ADVANTAGE.

The value of immunizations stretches beyond the person getting the shots. It protects others, including newborns who are not able to be fully immunized yet, from encountering those diseases.

"People who are on the fence about vaccinations come from the same place we do: we all want what's best for our children and our community," says Dr. Andrew Wright. "Instead of refusing to vaccinate, which puts kids and our community at risk, let's talk about alternative vaccination schedules or prioritizing vaccinations based on higher risks in our area, starting with MMR (measles, mumps & rubella) and polio," he recommends.



Dr. Andrew Wright



Meet the New Faces of Healing at The Richland Hospital and Clinics



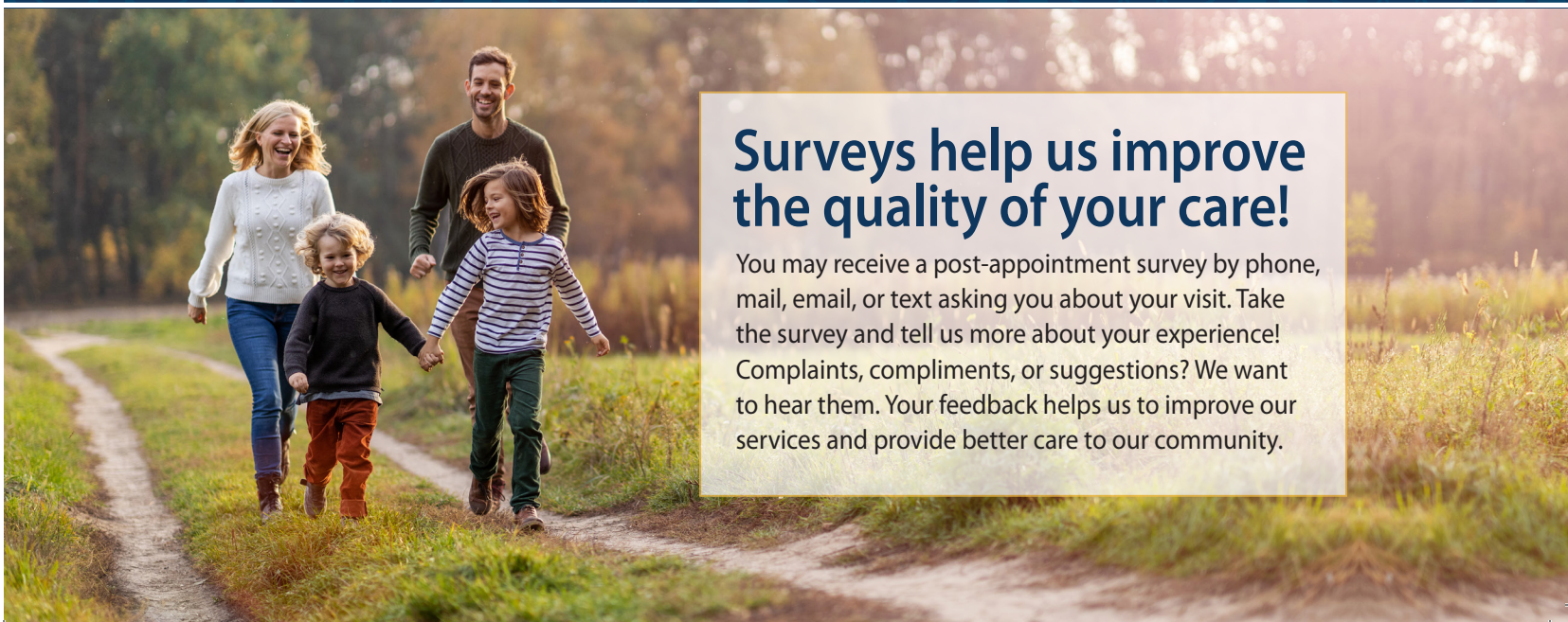
Victoria Wilcox, PA, Family Medicine



Dr. Amy Roberts, Family Medicine

Centered at Muscoda Health Center is Physician Assistant Victoria Wilcox, family medicine. "Her experience in primary care, addiction, urgent care, and military medicine makes her a uniquely qualified addition to The Richland Hospital and Clinics family," says Director of Rural Health Clinics Lyle Kratochwill. "Caring for patients involves much more than just attending to their physical needs; it also encompasses their emotional and spiritual needs," says Wilcox. Muscoda Health Center will be Victoria Wilcox's primary location. She will also work into rotation to help with Urgent Care coverage in Richland Center. She is actively accepting new patients.

Dr. Amy Roberts, family medicine, will concentrate on growing a robust primary care practice for all ages, infant to elderly adults, in Richland Center. This Wisconsin native came back to the Midwest from her most recent practice in Montana. "I look forward to partnering with you, working together to manage your health conditions, and helping you live as well as possible. I love my job and can't wait to meet you," shares Dr. Roberts. She began seeing patients in August. Call now for an appointment and help welcome her to the community.



Surveys help us improve the quality of your care!

You may receive a post-appointment survey by phone, mail, email, or text asking you about your visit. Take the survey and tell us more about your experience! Complaints, compliments, or suggestions? We want to hear them. Your feedback helps us to improve our services and provide better care to our community.

From Checkups to Check-ins: *Uniting Primary Care and Community in Suicide Prevention*



While September is Suicide Awareness Month, this subject is too important to limit to 30 days. The Richland Hospital and Clinics collaborates with community advocates year-round to save lives.



Dr. Neil Bard

"Family physicians can help treat mental health. It's not uncommon for me to treat depression, anxiety, and emotional distress related to grief," says Dr. Neil Bard.

When you meet with your primary care provider, make a mental health check part of the conversation. Family physicians are a trusted first source for mental health care in the United States, according to the American Academy of Family Physicians. Mental health care is part of your overall health care.

DON'T LET DEPRESSION AND ANXIETY GO UNCHECKED.

"Trouble sleeping, or staying asleep, loss of focus, headaches, feeling excessively tired, and loss of appetite can all be symptoms of depression or unchecked anxiety," says Nurse Practitioner Tanya Neumaier. If left unchecked, it may have a significant impact on your overall health and may lead to suicidal ideations.

THERE'S STRENGTH IN COMMUNITY.

"Humans are social beings. It's important to have a circle of friends and family. Connections are the best way to improve mental health, a key part of suicide prevention," says Dr. Yakub Ellias. So put down your phone – after you make a call to someone who will meet you in person. "Visit nature, join a hiking group, go to local centers, participate in community gatherings, meet in church...There's strength in community and many ways to find new friends," he adds.



WORK AT BECOMING SUICIDE ALERT.

The Richland Hospital and Clinics offers a free safeTALK class every year which is open to the public. The acronym: Suicide Alertness For Everyone (safe) turns into action with Tell, Ask, Listen, Keep Safe (TALK). The four-hour class aims to make the community more aware, noticing when suicide ideation is present. It teaches us how to talk openly, understand how to intervene, and the resources available to help. Suicidal acts can be prevented with intervention. Watch for upcoming safeTALK classes at The Richland Hospital and Clinics. Everyone can make a difference.

AGE DOESN'T LIMIT MENTAL HEALTH SUPPORT.

Located at The Richland Hospital and Clinics, Senior Life Solutions caters to anyone age 65 or older looking for assistance and guidance with their emotional and behavioral health. Group therapy sessions after an initial assessment provide an important link. The best part? No doctor referral is necessary. Call 608.647.6321, extension 2040 to learn more.

Counseling Resources

Richland County Health & Human Services

608.647.6384

Pauquette Center 608.524.5151

Unified Community Services

Grant County 608.723.6357

Iowa County 608.935.2776

Viroqua Counseling 608.637.2511

Pamela Nigl, Therapist 608.649.8181

Rebecca Miller, Therapist 608.391.2436

New Day Counseling

Sue Larson 608.856.5225

Pine Counseling 608.383.1261

Ridge & Valley Counseling 608.616.5030

No Judgment, Just Support.

988 | SUICIDE & CRISIS
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Gardens of Good Eating

It's great to live and work in a community that embraces growing food for our own tables. Just a few pots of soil and seeds or a section of dirt tilled in the yard can yield some bountiful vegetables. Here are a few favorite recipes from our kitchens to yours.

"I received a pizza oven for Christmas, so I made sure to plant a lot of tomatoes this year! Well, now that I'm up to my eyeballs in tomatoes, I've been able to make plenty of pizza sauce!" –Registered Dietitian Lindsey Hatfield



Makes ~2 cups sauce:

2 lbs tomatoes, peeled and cored (I grew san marzano and roma specifically for this!)
olive oil added to a saucepan for heating
2 tablespoons italian seasoning
½ teaspoon sea salt
½ teaspoon garlic powder or 1 clove fresh garlic
¼ teaspoon pepper

Heat the olive oil in the saucepan, then add the tomatoes and seasonings. Once they're warmed through, use an immersion blender to combine the ingredients. Bring to a boil, then simmer for 30 minutes.



“My first garden in Richland Center gave me an abundance of spinach, tomato, and basil. My favorite? Chicken caprese salads!”

-Dr. Madeline Oie, head pharmacist

Combine chilled roasted chicken with your preferred amount of pesto, fresh mozzarella, tomato, basil, and spinach.

Salads are flexible! Adjust quantities to fit your preferences as you go, or get adventurous and add additional ingredients. Serve chilled and enjoy.

“Turn zucchini or summer squash into a delicious and tangy side dish that takes almost nothing to make.”

-Registered Dietitian Grace Denman.

Marinate your washed, unpeeled, sliced zucchini or summer squash in lemon juice, olive oil, fresh or dried thyme, and grill in a grill basket.

Or simply toss it in olive oil, throw it on the grill, sprinkle with lemon juice, and serve.



“This rainy summer made my green beans grow like crazy. I’m not complaining.”

- Kris Spurley, communications specialist

Roast fresh green beans drizzled with olive oil and salt-free seasonings (a good sprinkle of Italian seasoning, garlic power, or any sort of salt-free table blend works) on a parchment-covered cookie sheet at 400 degrees for about 15 minutes. Enjoy!



Martine Banda-Wolk, APNP



Dr. Christine Cornelius

Rooted in Community, Connected to Care

The Spring Green Medical Center is a vital part of the area's health care community. "We offer a full range of family medicine and a few specialty services," says Dr. Cristine Cornelius. She sees patients of all ages and in various life stages, focusing on improving their quality of life in her family practice. As part of The Richland Hospital and Clinics, the medical center is connected to a vast network of providers. "Building trust with your family provider close to home is a great foundation," adds Martine Banda-Wolk, APNP. In addition to services like annual exams, well-child visits, sports physicals, geriatric care, lab work, and vaccinations, onsite podiatry care is possible thanks to the work of Dr. Joseph Rundell.



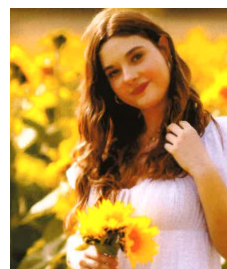
Tanya Neumaier, APNP



Dr. Joseph Rundell

Partners of The Richland Hospital and Clinics Congratulates its 2025 Scholarship Recipients

The Scholarship Committee from Partners of The Richland Hospital and Clinics is thrilled to award Health Career scholarships to persons desiring to pursue and/or further their education in a health care field. Each recipient is required to be a resident in The Richland Hospital and Clinics service area, or a current hospital employee, volunteer, or family member of an employee, enrolled in an accredited program of study in a health care field. Please join us in congratulating and wishing best of luck to each of these \$1,000 scholarship recipients: Cassandra Anderson, Hope Fox, Whitney Kenefick, April McCarvel, Riley Spencer, and Aleya Sander.



Clockwise from top left: Cassandra Anderson, Hope Fox, Whitney Kenefick, Aleya Sander, Riley Spencer, April McCarvel

Legacy Giving Comes Full Circle:

Honoring Eva Shilling



Eva Shilling

Many years ago, Eva Shilling made a quiet but powerful decision: She chose to leave a portion of her estate to The Richland Hospital Foundation. Today, her legacy is touching lives across our community through the Patient Project Fund, the Health Care Scholarship Fund, and the Equipment Fund.

Eva's story is one of compassion, service, and enduring generosity. Born December 1932, Eva lived a life rooted in kindness and community. After marrying Jack Shilling, she worked as a bookkeeper while stationed at Kadena Air Force Base in Okinawa, Japan. Upon returning to Richland Center, she became a familiar face at Kroger's and Piggly Wiggly, and a dedicated volunteer at The Richland Hospital and Clinics. She was also deeply involved in her faith community at St. Mary's of the Assumption.

Eva's niece, Beth Ewing, says, "Eva loved people and was always a hard worker. She bowled for 40 years, even while living overseas, and was active in several leagues. But more than anything we remember her for her selfless generosity and her unwavering commitment to helping others." Community members echo Beth's words, adding, "She was so kind and thoughtful, always thinking of others first. A bright light in the world." Another added, "It is fitting a lady who would give the clothes off her back to help others is now contributing to the Patient Project Fund."

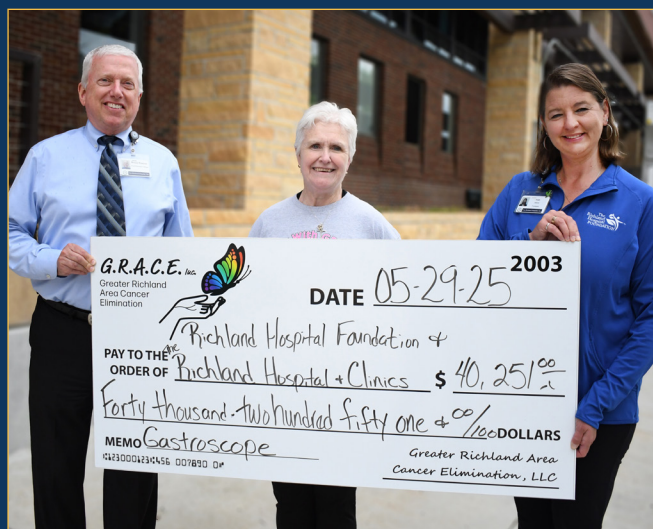
Eva's legacy is a testament to the power of giving, bringing her compassion full circle.

Would you to be a part of Legacy Giving? Contact Angie Coenen at The Richland Hospital Foundation to learn more by calling 608.647.6321, extension 2285, or email Angie.Coenen@richlandhospital.com.

\$40,251 Gift from GRACE Strengthens Cancer Prevention

For more than 20 years, Greater Richland Area Cancer Elimination, Inc., or GRACE, has remained "100% committed to helping our neighbors and friends," says its Board President Eileen Stevens. The organization's commitment to rural medicine was felt when she presented The Richland Hospital Foundation Director Angie Coenen, and The Richland Hospital and Clinics CEO Bruce Roesler, a check for \$40,251 to fund a gastroscope. "Supporting the work of The Richland Hospital and Clinics, along with other health care facilities in our service area, is vital," says Eileen. "We're grateful for the support from GRACE. It takes all of us to keep rural health care thriving in our community," Angie continues. Thank you, GRACE!

If you would like to donate to promote TRHC's prevention efforts, contact Angie Coenen at 608.647.6321, extension 2285 or email Angie.Coenen@richlandhospital.com.



TRHC CEO Bruce Roesler, GRACE Board President Eileen Stevens, and The Richland Hospital Foundation Director Angie Coenen



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

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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

SEPTEMBER

Caregiver Support Group Tues., Sept. 23 10:30 AM – Noon

OCTOBER

The Richland Community Coffee Club Thurs., Oct. 2 8:00 AM - 10:00 AM
ImpactLife Blood Drive Thurs., Oct. 2 10:00 AM - 3:00 PM
Walk-In Mammograms Every Thurs. in Oct. 10:00 AM - 6:00 PM
Caregiver Support Group Tues., Oct. 28 10:30 AM - Noon
High School Career Day at TRHC Sat., Oct. 30 3:00 PM - 6:30 PM

NOVEMBER

The Richland Community Coffee Club Thurs., Nov. 6 8:00 AM - 10:00 AM
Caregiver Support Group Tues., Nov. 25 10:30 AM - Noon

DECEMBER

The Richland Community Coffee Club Thurs., Dec. 4 8:00 AM - 10:00 AM
ImpactLife Blood Drive Thurs., Dec. 4 10:00 AM - 3:00 PM
Caregiver Support Group Tues., Dec. 23 10:30 AM - Noon

COMMUNITY
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at The Richland Hospital

Free
Blood Pressure
Checks

608.647.1776

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