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Aurora Health Care

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A new approach to health care in western Waukesha County

The new Aurora Wilkinson Medical Clinic in Summit celebrated its grand opening this past fall. The new clinic is located on the campus of the new Aurora Medical Center at 36500 Aurora Drive, on the southeast corner of Interstate 94 and Highway 67. In our new location, we offer more choices in primary and specialty care than any other provider in the area. The clinic is designed to offer the convenience of a pharmacy, vision center, Vince Lombardi Cancer Clinic, lab and diagnostic services, all in one place.

On March 1, the hospital portion of the campus will open, providing access to a full spectrum of inpatient and outpatient services. This visionary new medical center is designed to advance medical excellence and keep our community healthy.

Services at the Aurora Wilkinson Medical Clinic and the Aurora Medical Center in Summit include:

Primary Care
- Family Medicine
- Internal Medicine
- OB/GYN
- Pediatrics
- Women’s Health

Specialty Care
- Comprehensive Cancer
- Comprehensive Cardiovascular
- Comprehensive Diagnostic
- Comprehensive Neuroscience
- Dermatology
- Ear, Nose and Throat
- Emergency Services
- Gastroenterology (GI)
- General Surgery
- Hyperbaric Oxygen Therapy
- Infectious Disease
- Nephrology
- Neurology
- Ophthalmology
- Optometry and Vision
- Orthopedics
- Physiatry
- Plastic Surgery
- Podiatry
- Pulmonology
- Rheumatology
- Spine Program
- Sports Medicine
- Urology
- Vascular Medicine
- Vascular Surgery
- Wound Care

For more information on the new Aurora Wilkinson Medical Clinic or Aurora Medical Center in Summit, please call 262-434-5000, or visit us online at www.Aurora.org/Summit.

Volunteers needed!
Become a volunteer at the new Aurora Medical Center in Summit. Many volunteer opportunities are available. To learn more, please call 262-434-5000 or e-mail Robin Barry at robin.barry@aurora.org.

To learn more about volunteering at any Aurora Health Care hospital or clinic, please contact your nearest Aurora facility.
Pharmacy services tailored to your needs

Are you looking for a personalized pharmacy experience? Then come visit the Aurora Pharmacy located inside the Aurora Wilkinson Medical Clinic in Summit. Our dedicated staff is here to assist you with all of your prescription and wellness needs.

Our pharmacists offer individualized patient consultation and are available to answer your medication questions.

We offer a variety of specialty services. Does your vision make it difficult for you to read your prescription bottle label? We are happy to increase the size of the printing on your label to make it easier for you to read. Does winter weather or driving make it a challenge to pick up your medications? We offer home delivery of prescription medications. Simply call the Aurora Pharmacy and we will arrange for delivery to your home.

Medication costs are a concern for many patients and our staff is trained to help you find the best value. If you don't have prescription drug coverage or your insurance does not cover all your prescription drug needs, the Aurora Pharmacy Prescription Savings Club Card can provide significant savings on medications for you.

As an added service for our diabetic patients, we download your glucose meter and provide you and your physician a printout that enables your diabetes to be managed effectively. Also, our customers enjoy the convenience of Aurora Pharmacy's Sharps Disposal Program. Many people wonder how they can dispose of their needles and lancets. Just ask our pharmacy staff how we can help you with your sharps disposal.

An extensive array of home health care equipment is also available for purchase. Our knowledgeable staff will guide your selection of the best product for your needs and will facilitate billing to your insurance company.

The new Aurora Pharmacy inside the Aurora Wilkinson Medical Clinic in Summit is located at 36500 Aurora Drive. For more information call the Aurora Pharmacy at 262-434-7700.

Aurora Freedom+ discount

Aurora Freedom+ cardholders receive a 10% discount on Aurora brand over-the-counter products at Aurora Pharmacy locations. Discounts cannot be used or combined with insurance, Medicare, Medicaid or other government programs; nor in combination with any other discounts or sales. Be sure to show your Aurora Freedom+ card at the time of purchase.


You are invited to join the over 500,000 RSVP volunteers who are making an impact in their communities across the country.

RSVP (Retired & Senior Volunteer Program) volunteers use their passion for the issues affecting their local community to partner with local non-profits, agencies, organizations and associations. Together they combat the causes of poverty, enhance education, nurture the environment and reach out to seniors in need.

In Milwaukee County, RSVP volunteers serve in over 100 different locations, such as tutoring at local schools, serving meals to seniors, providing over-the-phone reassurance to isolated seniors, and being an instructor at a local ecology center.

To get involved, call 414-220-8657 or visit www.interfaithmilw.org/rsvp.
Sick? Who has time?

Aurora QuickCare is a fast and convenient way to address many of your common medical issues. No appointment is necessary, there is little or no waiting time, and we are open days, evenings and weekends. Aurora QuickCare sites are staffed by nurse practitioners and physician assistants who are qualified to assess medical conditions, write prescriptions and refer patients for follow-up care if needed.

Aurora QuickCare offers these services or will quickly diagnose:

- Sore throat
- Ear infection
- Ear wax removal
- Seasonal allergies
- Motion sickness
- Sinus infection
- Minor rashes
- Influenza
- Female bladder infection
- Bronchitis

Visits range in price from $49 to $69. There are two payment options. You may pay in full (cash or credit card) at time of service, or we can bill your insurance. We accept most insurance plans. You must have your insurance card with you at the time of the visit.

*Prices of vaccines and screenings may vary.*

For more information call 877-784-2502 or visit www.Aurora.org/QuickCare.

Aurora QuickCare locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Brookfield Square</td>
<td>95 N. Moorland Road</td>
<td>262-786-9037</td>
</tr>
<tr>
<td>Walmart Supercenter</td>
<td>1415 Lawrence Drive</td>
<td>920-339-4328</td>
</tr>
<tr>
<td>Walmart Supercenter</td>
<td>2440 W. Mason Street</td>
<td>920-499-5917</td>
</tr>
<tr>
<td>Southridge Mall</td>
<td>5300 S. 76th Street</td>
<td>414-423-5538</td>
</tr>
<tr>
<td>Piggly Wiggly</td>
<td>2801 14th Place</td>
<td>262-553-9325</td>
</tr>
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Aurora Pharmacy

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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Walmart Supercenter</td>
<td>10932 N. Port Washington Road</td>
<td>262-240-0169</td>
</tr>
<tr>
<td>Walmart Supercenter</td>
<td>250 W. Wolf Run</td>
<td>262-363-4751</td>
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<tr>
<td>Walmart Supercenter</td>
<td>351 S. Washburn Street</td>
<td>920-232-0718</td>
</tr>
<tr>
<td>Walmart</td>
<td>411 Pewaukee Road</td>
<td>262-695-4439</td>
</tr>
<tr>
<td>Walmart Supercenter</td>
<td>3711 S. Taylor Drive</td>
<td>920-457-2915</td>
</tr>
</tbody>
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$10 Off

Aurora QuickCare Visit

One coupon per person per visit. Coupon must be used at time of service. Does not include screenings and vaccines. Not valid with any other promotions or insurance that may be accepted by Aurora QuickCare. Expires December 31, 2010.

Looking for classes and events?

Looking for exercise classes? Need a blood pressure screening? Want to know more about diabetes? Or maybe you’re interested in immunizations.

Aurora Health Care offers a wide variety of classes, community events, screenings and support groups aimed at promoting health and wellness in eastern Wisconsin.

Here’s how to find out what’s going on near you:
1. Log on to www.AuroraHealthCare.org
2. Click on “Find”
3. Select “Classes and events”
4. Select from the search options to widen or narrow your search results.

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Bladder, bowel or sexual health problems? We can help ...

Both men and women can experience dysfunction of the bladder and the bowel, as well as changes in sexual function. These problems may develop over time due to a variety of reasons, such as surgery, injury, change in lifestyle, medication, stress, prolapse in women, enlarged prostate in men or natural aging.

**Symptoms include:**
- Urinary incontinence, which is the loss of urine without voluntary control
- Urinary urgency and frequency, which is the need to use the bathroom more than eight times a day and more than once a night
- Fecal incontinence, which is the loss of stool without voluntary control
- Urinary retention, which is the inability to fully empty your bladder
- Constipation, which is less than three bowel movements per week or need to significantly strain with bowel movements
- Pain with intercourse
- Erectile dysfunction

Many of these symptoms are directly connected to a dysfunction of the pelvic floor muscle. This muscle forms a “sling” from the pubic bone to the tailbone, which supports the pelvic organs and structures. If this muscle is not functioning correctly, it can lead to bladder, bowel or sexual health problems.

At Aurora Sinai Medical Center, we bring together a multi-disciplinary team of specially trained women’s and men’s health experts. Our team of physical therapists, occupational therapists, physicians and nurses utilize evidence-based practices to provide individualized care and treatment to address your symptoms.

For more information, to schedule an appointment, or to find a program near you, please call Aurora Sinai Medical Center’s Physical Medicine and Rehabilitation department at 414-219-5241. A physician’s order is required for treatment and is covered by most insurances.

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**Are you looking for an educational speaker for your next church, civic or retired employee group meeting?**

Occupational and physical therapists from Aurora Sinai Medical Center are available to speak on a variety of topics. For more information or to schedule a speaker for your next event, call Erica Vitek, OT, at 414-219-7127 or Liesel Oechsner, PT, at 414-224-6424.

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Living well with chronic conditions

Living with a chronic condition impacts one’s physical, psychological, emotional and spiritual well-being. It is important now and useful long-term to remain as active, social and productive as possible. That means focus on what you can do and create priorities for your body, mind, heart and soul. Developing self-management strategies can make a difference.

The **Living Well with Chronic Conditions** workshop is a six-week self-management program designed to support people living with chronic health issues. Conditions like arthritis, heart problems, asthma, stroke, pain, cancer, osteoporosis, diabetes, obesity, high blood pressure and emphysema can cause those affected to lose physical conditioning and suffer health problems over many years.

Originally developed and tested through the School of Medicine at Stanford University, this program teaches new strategies that can give you the confidence, motivation and skills needed to manage the challenges of living with a chronic health condition.

See *Living well* on page 6
Vision is one of those things people take for granted. Regular eye care needs to be a part of everyone’s health care routine, like going to the dentist or having annual physicals.

One-third of all Americans will suffer from a vision-impairing eye disease by age 65, ranging from cataracts and diabetic retinopathy, to glaucoma and macular degeneration.

Vision problems can be attributed to heredity, eye injury or trauma, natural aging and underlying medical conditions like diabetes and alcoholism. Some vision problems also have been linked to smoking, prolonged use of steroids and excessive exposure to sunlight.

Additionally, many people are born with mild imperfections of the eye that change as they grow and worsen with age. “Don’t wait until your vision deteriorates to have an eye exam,” says Kimberly Ireland, MD, an ophthalmologist with Aurora Wilkinson Medical Clinic. “Eye care professionals can detect problems during a routine eye exam at an earlier stage, often before the problems become irreversible.”

Typical vision problems include nearsightedness, farsightedness, presbyopia and astigmatism. Beth Amspaugh, MD, an ophthalmologist also with Aurora Wilkinson Medical Clinic, explains, “Astigmatism is a problem where an irregular shaped cornea or lens prevents light from focusing properly on the retina, causing distorted or blurred vision, along with eye discomfort and headaches.” Other more serious eye diseases causing severe vision loss and even blindness include:

- Cataracts, which usually start out as a small area and continue to develop, making the lens cloudy and limiting vision.
- Diabetic retinopathy that is caused by prolonged high blood-sugar levels, which damage the blood vessels in the retina.
- Glaucoma, which refers to a buildup of internal eye pressure that damages the eye’s optic nerve.
- Macular degeneration, an age-related disease that affects the part of the eye that allows you to see fine detail.

Along with blurred vision, common symptoms of eye disease include decreased night vision, sensitivity to light, halo effects around lights and frequent changes in eyeglass prescription. “With eye disease, early detection and treatment are key to minimizing vision loss and preventing blindness,” adds Dr. Ireland.

There are exciting eye procedures that continue to become more advanced, such as surgically implanting new lenses to replace damaged ones and a more popular option – LASIK surgery for the correction or treatment of several eye conditions.

New surgical techniques, tools and procedures have greatly increased the quality of eye surgery. Laser surgery allows doctors to reshape the cornea to alter the way that light rays enter the eye. Most procedures require little or no down time and can eliminate the need for eyeglasses or contacts.

See Better vision on page 7
Aurora VNA honors their 2009 Volunteer of the Year

When little four-year-old Amir was close to the end of his life, hospice volunteers sat with him around the clock for two days because he had no family around to be with him. Sarilee Maney, a hospice volunteer, picked up this beautiful little boy, held him in her lap and rocked him, singing softly. He chose the comfort and safety of her arms to take his last breath.

Amir’s life is just one of the many touched by the love, compassion, faith and joy that Sarilee has brought to her role as a hospice volunteer at the Aurora Visiting Nurse Association Zilber Family Hospice since 2005. Sarilee was one of the first six brave souls who began the Zilber volunteer program. Since then she has spent time comforting patients during their last days.

Hospice volunteering takes a special talent and compassion to provide comfort to the terminally ill. Sarilee, a former pediatric nurse and lifelong volunteer, shares her knowledge and experience to help train new volunteers and serve as a mentor and friend to them. She establishes confidence and trust in volunteers and staff as well as patients and families.

Sarilee Maney was honored as the Aurora VNA Volunteer of the Year for 2009. It is hard to put in words the difference a hospice volunteer can make. How do you describe a lasting touch, peace and comfort? Perhaps Sarilee’s own words can best describe it.

In her very moving acceptance speech, Sarilee shared a poem she wrote that expresses what it means to her to be able to touch the lives of those in hospice care. Here is an excerpt from her speech.

Material wealth I have very little, but I will do my part
By sharing my gifts and talents, that come from my heart.
If being alone is what you fear, I will hold your hand, say a prayer, or just sit quietly near.
I am there because I care ...
... My hope is that by being there, caring about and for each one — I have given some measure of comfort as their journey here on earth is nearly done.

If you are looking for a way to share your time and talents, consider volunteering at the Aurora VNA Zilber Hospice. No experience is necessary, just a desire to make a difference in the lives of hospice patients and their families. Contact Mary Haas at 414-615-5939 for more information on how to begin your own journey as a volunteer.

Living well from page 4

Under the direction of health professionals, the Living Well with Chronic Conditions workshop will empower you with skills to improve your quality of life, such as:

- Developing a suitable exercise program
- Symptom management
- Nutrition management
- Breathing exercises and stress management
- Medication management
- Communicating with family, friends and health care professionals
- Dealing with emotions such as anger and depression
- Problem solving and goal setting

Living Well with Chronic Conditions does not replace existing programs or treatments. It is designed to enhance regular treatments and traditional patient education with health professionals.

For a listing of upcoming classes in the Milwaukee area, call Sue Schaus at 414-219-7401. Outside of Milwaukee, call Renee Foy at 262-605-6650.

Living Well with Chronic Conditions

Cost $25

When
- Wednesdays
- April 21 – May 26
- 6:30 to 9 p.m.

Where
- St. Mary’s Catholic Church
- 7307 40th Avenue
- Kenosha

For more information or to register, call 262-694-6018 ext. 107.

Co-sponsored by the Aurora Parish Nurse Program and Kenosha County Aging & Disability Resource Center.
Often tired? Short of breath? Have you been diagnosed with heart failure?

Learn more about your symptoms and how you can help yourself feel better

Nurses at the University of Wisconsin – Milwaukee and University of Wisconsin – Madison are conducting a federally funded research study to test an intervention to teach men and women with heart failure better ways to manage symptoms that can interfere with quality of life.

Who can be in the study?
Men and women age 65 and older who have had heart failure for three months or longer.

What is involved?
- If you are eligible, you will be randomly assigned (by chance, like the flip of a coin) either to the experimental group (called HEART-IRIS) or a wait-list control group.
- A mailed questionnaire about your physical and emotional health and quality of life at the beginning of the study (includes a postage paid return envelope).
- A 60-minute (approximately) telephone interview at a time of your choice. The interview will include:
  - Review of mailed questionnaires and completion of a questionnaire about symptoms
  - Those participants randomly assigned to the experimental group will take part in the HEART-IRIS program which includes a discussion of symptoms and ways to improve management of symptoms
  - Those in the wait-list control group will be asked about symptom issues, but will not receive the HEART-IRIS program at this meeting. Instead, you will receive it approximately four months from this interview
- Participants in both groups will receive phone calls from the nurse at 2, 4, 6 and 8 weeks after the interview (each phone call is 15 minutes) and will be asked to complete mailed questionnaires (each about 30 minutes) at 8 and 16 weeks after the interview. All of the information is completely confidential.

Volunteers will receive three $15 grocery gift certificates during the study in appreciation for your time.

For more information, you can contact:
Heart Failure Study Office
414-229-1185 or
888-279-2216 (toll free)
Sandra Plach, PhD, RN
414-229-6920

Project title: “Patient-Centered Intervention: Symptom Management in Older Heart Failure Patients”
University of Wisconsin – Milwaukee protocol # 08.054
Alternate Version

Better vision from page 5

LASIK is being used in new ways to improve vision. For example, monovision is a technique in which LASIK is used to correct one eye for distance vision and the other eye for near vision. Monovision helps with presbyopia, a focusing problem that affects most people beginning around age 40. Dr. Amspaugh notes that, “For those not interested in LASIK, monovision can also be achieved with corrective contact lenses.”

There are many factors that determine if you are a candidate for certain procedures such as age, lifestyle and medical history. Discussing them with your eye doctor is an important first step to better vision.

To schedule an appointment, please call Aurora Wilkinson Medical Clinic in Summit at 262-434-5000 (Dr. Ireland and Dr. Amspaugh) or in Hartland at 262-369-7040 (Dr. Amspaugh). To inquire about ophthalmologists in your area, please call the Aurora physician referral line at 888-863-5502.

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Support Aurora with a gift and receive income

Aurora Health Care benefits from many loyal donors. Would you consider making a larger gift to your favorite Aurora hospital or program, if in return you would receive guaranteed, fixed payments for life?

The charitable gift annuity is a simple way for you to help Aurora continue providing excellent patient care. It is a combination of a charitable gift and an annuity — providing you with increased income because for several years after you make the gift, a portion of the annuity payment is income tax-free.

A gift annuity is a simple contract between you and Aurora. You make a gift to Aurora. In return, Aurora promises to pay you a fixed, guaranteed amount for life. The interest rate of your payments is determined by your age(s) at the time of the gift, and will not change.

You may choose to receive payments quarterly, semi-annually or annually. You may also set up your gift annuity to pay one additional person, such as your spouse. Or you may have the payments go to an elderly parent, for example. Whatever Aurora hospital or program you choose, they will receive the amount that remains after the passing of the last person receiving payments.

For a period of time after you set up a gift annuity, a portion of each annuity payment is income tax-free. This continues until the person(s) receiving the payments outlive their life expectancies. After those receiving the payments surpass their life expectancies, the full amount of each annuity payment is taxed as ordinary income.

It is also possible to make a donation in return for a charitable gift annuity and wait until a later date to start the payments. When payments are delayed, the annuity rate is higher, determined by the ages of the donors at the time of the gift, and their ages at the time annuity payments will begin.

For more information, contact Steve Farwig, senior philanthropy advisor, at 414-219-7827 or 920-449-7734. Steve can also be reached via e-mail at steve.farwig@aurora.org.