Do you have a health question? Call-A-Nurse!

Maybe it's a high fever in the middle of the night, or a bee sting at a Sunday afternoon picnic. Perhaps you want to find a dermatologist to look at a skin rash. Health concerns don't wait for regular office hours, and neither do our patients.

Our Call-A-Nurse service is available 24 hours a day, seven days a week, at no charge to callers. With an average of 16 years of experience, the nurses are there to answer health care questions, suggest health tips to try at home, and even help determine when your concern warrants a visit to a physician or emergency room. For those in need of a new physician, or perhaps a specialist, the nurses are able to make referrals to a physician who meets the caller's qualifications, and even help set up the first appointment.

"We do anything we can to provide accurate, immediate and up-to-date information on health concerns people may be contacting us with," says Leann Delaney, manager of Aurora Health Care's teleservices department. "Some of our most important objectives are giving callers the confidence and comfort level that we are addressing their symptoms properly and giving them unconditional support so they will know how to proceed."

Michelle Mindham, RN and clinical coordinator, says, "Caring for a family's health needs is an around-the-clock responsibility. Quality health care advice should be available when life's little emergencies arise. Our callers are so thankful for a reassuring voice or helpful advice." Michelle adds, "It is very rewarding to know we can help in an anxious moment."

According to Carol Yamade, RN, many calls are in response to news stories people have seen in the newspaper or on television. "This winter alone we received hundreds of calls on the flu. More recently, we have been receiving calls on meningitis."

In 1998 Call-A-Nurse will be expanding its services. "We want to continue to exceed expectations, become more visible and encourage more people to use Call-A-Nurse," says Leann.

Callers can reach Call-A-Nurse at 1-888-747-5380. All calls are 100% confidential. Employees using Call-A-Nurse can refer to the telephone number printed on the reverse side of their Aurora Health Care insurance card.
The Great Icescape for Kids

On Sunday, March 1, the Visiting Nurse Association of Wisconsin Foundation presented The Great Icescape for Kids. The fund-raising event benefited children served by the VNA’s Pediatric Home Care and Pediatric Hospice Programs. The two-hour event, held at the Pettit National Ice Center, attracted more than 400 skaters and raised $25,000.

“This year’s event was a great success. We were extremely happy with the turnout,” said Karen Tchoyek, special events coordinator for the VNA. “This was a fabulous opportunity for people to make a tremendous difference in the lives of children who are in critical need of home health services. Thanks to everyone who participated!”

Participants were able to skate on the Olympic oval with friends and family members, or even their favorite sports mascot. Local businesses donated door prizes.

Facts about the Visiting Nurse Association (VNA)

- The VNA is the state’s largest provider of home health services.
- The VNA joined Aurora Health Care in 1987.
- The VNA is an experienced provider of home health nursing, hospice, and home medical equipment and services.

- The VNA, headed by Susan Ela, RN, president, is one of Aurora Health Care’s three central business units. The other two central business units are Alternative Delivery & Community Programs (ADCP), headed by William I. Jenkins, president and Aurora Medical Group (AMG), headed by Eliot J. Huxley, MD, president.
- The VNA’s main office is located at 11333 W. National Ave. in West Allis, with branch offices in Jackson, Lake Geneva, Cudahy, Sheboygan, Two Rivers and Plymouth.
For Your-Well-Being” health information materials on various topics are now available for all Aurora facilities. Some of the topics include: reducing your risk for heart disease, what you should know about high blood pressure, what you should know about stress, what you should know about smoking, nicotine withdrawal symptoms, nicotine replacement and asthma diagnosis and treatments.

These materials are used for patient education and as handouts at Aurora-sponsored community events.

Also being developed are materials on complementary medicine, congestive heart failure, depression, dietary issues, occupational health, prenatal education, preventive guidelines for primary care providers and smoking cessation for pregnant women.

To obtain a complete list of topics and information on ordering materials, call Marian Hansen, patient education resource coordinator, at (414) 647-3350.

Benefits of Quitting

In spite of withdrawal symptoms, here are some of the benefits you will enjoy:

- You cough less and your breathing improves.
- Both of your hands are free again.
- You have more energy and endurance.
- You have fewer infections and less sick time taken at work.
- Your sense of taste and smell are improved.
- You look healthier and younger.
- You are more welcome in public places.
- You have more money to spend on yourself and others.
- Your clothes and breath are fresher.
- Your throat irritation goes away.
- Your blood flow is much better.
- Your vision improves.
- Your accident rates are reduced.
- You feel better.
- Say goodbye to your doctor.
- No more cough syrup in the medicine cabinet.
- You can feel free.
- Other:
  - Other:
  - Other:

For more information, please call your health care provider or Cardiopulmonary Rehab Department.
• On Jan. 29, Terry Gross, host of the public radio show “Fresh Air,” was the first speaker in a four-part women’s series sponsored by Sinai Samaritan Medical Center and the Jewish Community Center of Milwaukee.

• In March we announced plans to add inpatient and emergency services to the Aurora Health Center in Kenosha. The addition will encompass 44 private inpatient rooms, providing 30 medical/surgical beds, 6 intensive care beds, and 8 obstetric LDRP beds; a 24-hour emergency department; an inpatient pharmacy; enhanced diagnostic and ancillary services; an expanded community education center; and a cafe. An estimated 150 to 200 employees will be hired to staff the new service areas. Groundbreaking is planned for April and the facility is expected to open early in 1999. Its new name will be Aurora Medical Center.

• The United Way campaign held last fall at Aurora’s facilities in the Metro Region raised nearly $150,000, according to Jean Jacobs, manager-volunteer services at St. Luke’s Medical Center, who coordinated the project.

• Aurora’s Manitowoc Clinic opened a new oncology center earlier this year. This much-needed expansion of the clinic’s cancer care services features a large chemotherapy treatment room, exam rooms, physician offices, a library and a family conference area.

• State officials, health policy experts and Aurora employees discussed how the latest legislative trends affect employees at a Democracy in Action session on March 9. Gary George, a state senator presented information on health care for the uninsured and Sheldon Wasserman, a state representative and Mary Panzer, a state senator presented information on women’s health issues. Other topics included caring for the elderly and the government initiative on fraud and abuse.

• Aurora Health Center in Fond du Lac opened its doors to patients on Jan. 27. The center offers primary care services, diagnostic and treatment services, dialysis, physical therapy, surgical suites, cardiac services and cancer services. The two-story center is approximately 105,000 square feet.

• Aurora was a major sponsor of the fifth annual Jingle Bell Run/Walk held on Dec. 6 in Green Bay. The run/walk attracted 440 runners and walkers and raised $12,000 for arthritis research and programs in Wisconsin. We also sponsored a team of 25 employees from Deckner Medical Center and the Green Bay Clinic.

• The third annual Sheboygan County Aurora Health Fair was held on Jan. 16 and 17 at Sheboygan Memorial Mall. The health fair was sponsored by the Sheboygan Clinic, Sheboygan Memorial and Valley View Medical Centers, the Visiting Nurse Association of Wisconsin and the Eastern Wisconsin Regional Cancer Center.
Aurora pharmacies at your service throughout the system

**Greater Milwaukee Area**

**Aurora Pharmacy - New Berlin**
(St. Luke’s New Berlin Health Care Center)
14355 West National Ave., Suite 100
New Berlin, WI 53151
(414) 827-9052
M-F 9 a.m. - 5 p.m.
Kathleen Rekowski, chief pharmacist

**Aurora Pharmacy - Lakeshore**
(Lakeshore Family Medicine Clinic)
2000 East Layton Ave.
St. Francis, WI 53235
(414) 483-3800
M&W 8 a.m. - 5:30 p.m. and SAT 8 a.m. - 12 p.m.
Dave Kuzma, chief pharmacist

**Aurora Pharmacy - South Milwaukee**
(South Milwaukee Clinic)
100 15th St.
South Milwaukee, WI 53172
(414) 571-6070
M-F 9 a.m. - 5 p.m.
Sheldon Rosen, chief pharmacist

**Aurora Pharmacy - Franklin**
(St. Luke’s Franklin Health Center)
9200 West Loomis Rd.
Franklin, WI 53133
(414) 529-9275
M-F 9 a.m. - 5:30 p.m. and SAT 9 a.m. - 1 p.m.
Dick Karwoski, chief pharmacist

**Aurora Pharmacy - New Towne**
(Aurora Medical Group - Downtown)
1575 RiverCenter Dr.
Milwaukee, WI 53212
(414) 224-1555
M-F 9 a.m. - 5 p.m.
Robert Rekoske, staff pharmacist

**Aurora Pharmacy - West Allis**
(Allis Alumni Memorial Hospital - POB)
2424 S. 90th St.
West Allis, WI 53227
(414) 546-9722
M-F 9 a.m. - 5 p.m.
Steve Dostal, Jr., chief pharmacist

**Aurora Pharmacy - Layton Avenue**
2500 W. Layton Ave.
Milwaukee, WI 53221
(414) 282-4744
M-F 9 a.m. - 5:30 p.m. and SAT 9 a.m. - 12 p.m.
Art Teplinsky, chief pharmacist

**St. Luke’s Outpatient Pharmacy**
(First floor Clinic Building)
2900 W. Oklahoma Ave.
Milwaukee, WI 53221
(414) 649-6930
M-F 7 a.m. - 11:30 p.m., SAT & SUN 8 a.m. - 4:30 p.m.
Prati Agarwal, pharmacist manager

**Aurora Pharmacy - Milwaukee Heart Institute**
960 N. 12th St.
Milwaukee, WI 53233
(414) 219-6660
M-F 7 a.m. - 5:30 p.m.
Lisa Filtz, chief pharmacist

**Aurora Pharmacy - Outpatient Health Center**
1020 N. 17th St.
Milwaukee, WI 53233
(414) 219-7563
M-F 9 a.m. - 5:30 p.m. and SAT 9 a.m. - 1 p.m.
Leroy Plabuta, chief pharmacist

**Aurora Pharmacy - SSRC**
(Sinai Samaritan Medical Center)
2000 W. Kilbourn Ave.
Milwaukee, WI 53233
(414) 219-5937
M-F 8:30 a.m. - 5 p.m.
Scott Czarnik, chief pharmacist

**St. Luke’s South Shore Community Pharmacy**
5900 S. Lake Dr.
Cudahy, WI 53110
(414) 489-4600
M-F 7-11 a.m., SAT & SUN 8:30 a.m. - 5 p.m.
Mark Trinkel, chief pharmacist

**Marquette Pharmacy (an Aurora Pharmacy)**
2411 10th Ave.
South Milwaukee, WI 53172
phone: (414) 762-2610; fax: (414) 762-8556
M-F 9 a.m. - 8 p.m., SAT 9 a.m. - 5 p.m. and SUN 9 a.m. - 1 p.m.
Dale Adamczyk, chief pharmacist

**St. Luke’s Physician Office Building Pharmacy**
(Health Science Building #3)
2801 W. KK River Parkway
Milwaukee, WI 53215
(414) 649-6738
M-F 9 a.m. - 5 p.m.
Donna Schmidt, chief pharmacist

**Aurora Pharmacy - Prospect Avenue**
(Memorial Hospital Outpatient Pharmacy)
1400 North Prospect Ave.
Milwaukee, WI 53202
(414) 224-7844
M-F 9 a.m. - 5 p.m.
Sherwin Schnoll, chief pharmacist

**Aurora Pharmacy - Kilbourn**
(Opening April 1, 1998)
1218 West Kilbourn Ave.
Milwaukee, WI 53233
(414) 219-7343
M-F 9 a.m. - 5 p.m.
Tim Walsh, chief pharmacist

**Aurora Pharmacy - Friendship Village**
(Opening April 13, 1998)
7300 West Dean Rd.
Milwaukee, WI 53223
(414) 571-7380
M-F 9 a.m. - 5 p.m.
Kristie Gudjon, chief pharmacist

**Pick ’N Save Locations - Greater Milwaukee**

**Aurora Pharmacy - Tri City**
6312 S. 27th St.
Oak Creek, WI 53154
phone: (414) 761-1550; fax: (414) 761-1682
M-SAT 9 a.m. - 9 p.m. and SUN 9 a.m. - 5 p.m.
Daniel Strommen, chief pharmacist

**Aurora Pharmacy - Holt Avenue**
150 W. Holt Ave.
Milwaukee, WI 53207
phone: (414) 769-8997; fax: (414) 769-8997
M-F 9 a.m. - 7 p.m., SAT 9 a.m. - 4 p.m. and SUN 9 a.m. - 1 p.m.
Sue Gibson, chief pharmacist

**Aurora Pharmacy - Oak Creek**
8770 S. Howell Ave.
Mich, WI 53154
(414) 761-7770
M-F 9 a.m. - 8 p.m., SAT 9 a.m. - 5 p.m. and SUN 9 a.m. - 1 p.m.
Jan Rogowski, chief pharmacist

**Aurora Pharmacy - Forest Home**
3303 W. Forest Home Ave.
Milwaukee, WI 53215
phone: (414) 385-0244; fax: (414) 385-0255
M-F 9 a.m. - 7 p.m., SAT & SUN 9 a.m. - 5 p.m.
Marshall Forbes, chief pharmacist

**Aurora Pharmacy - Clarke Square**
1818 W. National Ave.
Milwaukee, WI 53204
phone: (414) 672-8815; fax: (414) 672-6188
M-F 9 a.m. - 7 p.m., SAT 9 a.m. - 5 p.m. and SUN 9 a.m. - 1 p.m.
Victor Delgado, chief pharmacist

**Aurora Pharmacy - Loomis Road**
3701 S. 27th St.
Milwaukee, WI 53221
(414) 281-3622
M-F 9 a.m. - 7 p.m., SAT 9 a.m. - 5 p.m.
Gerald Fishman, chief pharmacist

**Kenosha**

**Aurora Pharmacy - Kenosha**
(Aurora Health Center)
10400 75th St.
Kenosha, WI 53142
(414) 697-7040
M-F 9 a.m. - 5 p.m. and SAT 9 a.m. - 1 p.m.
Elizabeth Musil, chief pharmacist

**Aurora Pharmacy - Kenosha 2**
(RHCFP Clinic)
4006 Washington Rd.
Kenosha, WI 53144
(414) 652-5774
M-W & F 9 a.m. - 5:30 p.m., TH - 12 - 9 p.m. and SAT 8:30 a.m. - 12:30 p.m.
Mike Middleton, chief pharmacist

**Aurora Pharmacy - Kenosha P/S**
(located in Pick ’N Save)
5914 75th St.
Kenosha, WI 53142
(414) 942-7173
M-F 9 a.m. - 7 p.m., SAT & SUN 9 a.m. - 5 p.m.
Bob Muzenski, chief pharmacist

**Racine**

**Aurora Pharmacy - Racine**
(Aurora Health Center)
8348 Washington Ave.
Racine, WI 53406
(414) 884-4030
M-F 9 a.m. - 5 p.m.
Jody Muniz, chief pharmacist

**Aurora Pharmacy - Rapids Drive**
(located in Pick ’N Save)
2210 Rapids Dr.
Racine, WI 53404
(414) 633-0543
M-F 9 a.m. - 7 p.m., SAT & SUN 9 a.m. - 5 p.m.
John Gates, chief pharmacist

**Burlington**

**Burlington Pharmacy**
(Memorial Hospital of Burlington)
250 McHenry St.
Burlington, WI 53105
(414) 763-4980
M-TH 8 a.m. - 5:30 p.m. and FRI 8:30 a.m. - 5 p.m.
Tim Hook, chief pharmacist

Rev. 3/24/98
## Aurora Pharmacies

### Walworth/Rock

<table>
<thead>
<tr>
<th>Pharmacy Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Operating Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aurora Pharmacy - Elkhorn</td>
<td>227 East Mill St., Plymouth, WI 53073</td>
<td>(920) 793-1441</td>
<td>M-F 9 a.m. - 5:30 p.m. and SAT 8 a.m. - 1 p.m.</td>
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<tr>
<td></td>
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<td>(414) 741-2311</td>
<td>Gary Dean, chief pharmacist</td>
</tr>
<tr>
<td>Adams Pharmacy (an Aurora Pharmacy)</td>
<td>2635 Eastern Ave., Plymouth, WI 53073</td>
<td>(920) 893-1442</td>
<td>M-F 9 a.m. - 9 p.m., SAT 9 a.m. - 5 p.m. and SUN 9 a.m. - 3 p.m.</td>
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<td>(414) 896-6040</td>
<td>Robert Adams, chief pharmacist</td>
</tr>
<tr>
<td>Waukesha County</td>
<td>Waukesha, WI 53186</td>
<td>(262) 899-0014</td>
<td>M-F 9 a.m. - 5:30 p.m.</td>
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<td>Kurt Belage, chief pharmacist</td>
</tr>
<tr>
<td>Aurora Pharmacy - Capitol Drive</td>
<td>12735 W. Capitol Dr., Brookfield, WI 53005</td>
<td>phone: (414) 783-7302, fax: (414) 783-7513</td>
<td>M-F 9 a.m. - 7 p.m., SAT &amp; SUN 9 a.m. - 4 p.m.</td>
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<td>Doug Nickel, chief pharmacist</td>
</tr>
<tr>
<td>Aurora Pharmacy - Sunset Drive</td>
<td>220 E. Sunset Dr., Waukesha, WI 53186</td>
<td>phone: (414) 574-0405; fax: (414) 574-0456</td>
<td>M-F 9 a.m. - 5 p.m., SAT &amp; SUN 9 a.m. - 5 p.m.</td>
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<td>Gary Salaty, chief pharmacist</td>
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<tr>
<td>Aurora Pharmacy - Moorland Road</td>
<td>15445 W. National Ave., New Berlin, WI 53151</td>
<td>phone: (414) 938-0133; fax: (414) 938-0137</td>
<td>M-F 9 a.m. - 7 p.m., SAT &amp; SUN 9 a.m. - 5 p.m.</td>
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<td>Bill Karwowski, chief pharmacist</td>
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<tr>
<td>Aurora Pharmacy - Wilkinson</td>
<td>913 E. Summit Ave., Oconomowoc, WI 53066</td>
<td>(414) 569-8204</td>
<td>M-F 9 a.m. - 6 p.m. and SAT 8 a.m. - 1 p.m.</td>
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<td>Pat Peary, chief pharmacist</td>
</tr>
<tr>
<td>Aurora Pharmacy - Mukwonago</td>
<td>225 A Eagle Lake Ave., Mukwonago, WI 53149</td>
<td>(414) 363-4000</td>
<td>M-F 8 a.m. - 6 p.m. and SAT 8 a.m. - 1 p.m.</td>
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<td>Robert Piekarski, chief pharmacist</td>
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<tr>
<td>Aurora Pharmacy - Muskego</td>
<td>77 W11675 Muskego Rd., Muskego, WI 53150</td>
<td>(414) 422-1195</td>
<td>M-F 9 a.m. - 5 p.m.</td>
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<td>Ryan Peterson, chief pharmacist</td>
</tr>
<tr>
<td>Washington County</td>
<td>West Bend (located in Pick 'N Save)</td>
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</table>

### Oshkosh/Sheboygan Areas

<table>
<thead>
<tr>
<th>Pharmacy Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Operating Hours</th>
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</thead>
<tbody>
<tr>
<td>Coe Drug (an Aurora Pharmacy)</td>
<td>2101 Bowen St., Oshkosh, WI 54901</td>
<td>(920) 335-2292</td>
<td>M-F 9 a.m. - 7 p.m., SAT 9 a.m. - 5 p.m. and SUN 9 a.m. - 1 p.m.</td>
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<td>Steven Adams, chief pharmacist</td>
</tr>
<tr>
<td>Waukesha County</td>
<td>2384 W. Washington St., Waukesha, WI 53186</td>
<td>(262) 899-0014</td>
<td>M-F 9 a.m. - 5 p.m., SAT &amp; SUN 9 a.m. - 1 p.m.</td>
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<td>Doug Nickel, chief pharmacist</td>
</tr>
<tr>
<td>Jackson Pharmacy (an Aurora Pharmacy)</td>
<td>513 S. Main St., Elkhorn, WI 53121</td>
<td>(262) 899-0014</td>
<td>M-F 9 a.m. - 5 p.m., SAT &amp; SUN 9 a.m. - 1 p.m.</td>
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<td>Tom Ehrhardt, chief pharmacist</td>
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<tr>
<td>Royal Pharmacy - Downtown</td>
<td>322 N. 8th St., Cedar Grove, WI 53013</td>
<td>(920) 668-6286</td>
<td>M-F 8 a.m. - 5:30 p.m. and SAT 9 a.m. - 5 p.m.</td>
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<td>Marion Kaye-Marquardt, chief pharmacist</td>
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<tr>
<td>Aurora Pharmacy - Cedar Grove</td>
<td>2414 Kohler Memorial Dr., Sheboygan, WI 53081</td>
<td>(920) 459-2630</td>
<td>M-F 8 a.m. - 7 p.m. and SAT 9 a.m. - 1 p.m.</td>
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<td>Dennis Duchow, chief pharmacist</td>
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<tr>
<td>Aurora Pharmacy - Sheboygan Clinic</td>
<td>532 N. 8th St., Sheboygan, WI 53081</td>
<td>(920) 459-2620</td>
<td>M-F 8 a.m. - 6 p.m. and SAT 9 a.m. - 12:30 p.m.</td>
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<td>Richard Suscha, chief pharmacist</td>
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<tr>
<td>Aurora Pharmacy - North</td>
<td>309 Superior Ave., Sheboygan, WI 53081</td>
<td>(920) 459-2630</td>
<td>M-F 8 a.m. - 7 p.m. and SAT 9 a.m. - 12 p.m.</td>
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<td>Dennis Gage, chief pharmacist</td>
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<tr>
<td>Aurora Pharmacy - South</td>
<td>2919 S. 12th St., Sheboygan, WI 53081</td>
<td>(920) 459-2627</td>
<td>M-F 8 a.m. - 7 p.m., SAT &amp; SUN 9 a.m. - 1 p.m.</td>
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<td>Christine Rennick, chief pharmacist</td>
</tr>
<tr>
<td>Jackson Pharmacy (an Aurora Pharmacy)</td>
<td>1719 S. Main St., West Bend, WI 53095</td>
<td>(414) 335-2292</td>
<td>M-F 9 a.m. - 7 p.m., SAT 9 a.m. - 5 p.m. and SUN 9 a.m. - 1 p.m.</td>
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<td>Art Hackenbaul, chief pharmacist</td>
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<tr>
<td>Aurora Pharmacy - General Clinic</td>
<td>205 Valley Ave., West Bend, WI 53095</td>
<td>(414) 338-2311</td>
<td>M-F 9 a.m. - 6 p.m. and SAT 9 a.m. - 1 p.m.</td>
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<td>Jeff Swenson, chief pharmacist</td>
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<tr>
<td>Engeldahl Drugs (an Aurora Pharmacy)</td>
<td>Waukesha, WI 53186</td>
<td>(414) 673-2890</td>
<td>M-F 9 a.m. - 5 p.m., SAT 9 a.m. - 5 p.m. and SUN 9 a.m. - 1 p.m.</td>
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<td>Bob Engeldahl, chief pharmacist</td>
</tr>
<tr>
<td>Engeldahl Drugs - County Market</td>
<td>1566 E. Sumner St., Hartford, WI 53027</td>
<td>(414) 670-9858</td>
<td>M-F 9 a.m. - 5 p.m., SAT 9 a.m. - 5 p.m. and SUN 9 a.m. - 1 p.m.</td>
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<td>Jeff Giesie, chief pharmacist</td>
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<tr>
<td>Aurora Pharmacy - West</td>
<td>2384 W. Washington St., West Bend, WI 53095</td>
<td>(920) 334-4033</td>
<td>M-F 9 a.m. - 8 p.m., SAT &amp; SUN 9 a.m. - 4 p.m.</td>
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<td>Lon Crane, chief pharmacist</td>
</tr>
<tr>
<td>Jackson Pharmacy (an Aurora Pharmacy)</td>
<td>W194 N16714 Eagle Dr., Jackson, WI 53037</td>
<td>(414) 677-2424</td>
<td>M-F 9 a.m. - 5 p.m., SAT 9 a.m. - 5 p.m. and SUN 9 a.m. - 1 p.m.</td>
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<td>Gayle Gumm, chief pharmacist</td>
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<tr>
<td>Brown County</td>
<td>Aurora Pharmacy - DePere (Aurora Health Center)</td>
<td>1881 Chicago St., DePere, WI 54115</td>
<td>(920) 403-8050</td>
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<td>Pete Aubry, chief pharmacist</td>
</tr>
<tr>
<td>Aurora Pharmacy - Deckner Clinic</td>
<td>1731 Deckner Ave., Green Bay, WI 54302</td>
<td>(920) 468-4153</td>
<td>M-F 9 a.m. - 5 p.m.</td>
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<td>Donald Boersma, chief pharmacist</td>
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<td>Dodge/Jefferson County</td>
<td>Aurora Pharmacy - Watertown (located in Pick 'N Save)</td>
<td>607 S. Church St., Watertown, WI 53094</td>
<td>(920) 261-7140</td>
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<td>Herb Schick, chief pharmacist</td>
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<tr>
<td>Fond du Lac County</td>
<td>Aurora Pharmacy - Fond du Lac</td>
<td>210 Wisconsin American Dr., Fond du Lac, WI 54935</td>
<td>(920) 907-7260</td>
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<td>Gregory Riebelein, chief pharmacist</td>
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• The U.S. Women's Open, a seven-day women's professional golf competition, has chosen the Karen Yontz Women's Cardiac Awareness Center at St. Luke's Medical Center as its sole recipient charity. The open will be held from June 29 through July 5 at Blackwolf Run in Kohler.

• John A. Capelli, MD, received the Larry Almeida Volunteer Award for exceptional service to the United Way and the Kenosha community on Jan. 29. The award was given at the United Way of Kenosha County annual meeting.

• The Institute for Cardiac Rhythms, located at St. Luke's Medical Center, was recently established in the Metro Region. Carol Gilbert, RN, supervisor of the new institute, says that rhythm disorders affect millions of people. These disorders are so common that a medical specialty, electrophysiology, has been developed to diagnose and treat them. Called arrhythmias, the disorders affect males and females of all ages. Lifestyle changes may give some relief. Any sensations of palpitations, chest pain or dizziness and fainting should be discussed with a doctor.

• Employees who have chosen Aurora Health Network health coverage for themselves and their families now have a new service, the AHN Information Line, being offered as part of their health coverage. The AHN Information Line, 1-888-747-5380, is designed to ensure that questions about your health plan are answered by the right person.

• Sheboygan Memorial Medical Center recently added the "Celebrate Life" room to its Family Birth Center, thanks to donations from Firstar Bank and individual contributors. The room is the new location for discharge classes, infant/child CPR instruction, parenting classes and teen pregnancy classes.

• Aurora Health Center was recognized as a major provider of quality care in Fond du Lac County at the Fond du Lac Association of Commerce annual awards banquet on Feb. 12.

• For the fourth consecutive year, Two Rivers Community Hospital will be the presenting corporate sponsor of the Manitowoc County Relay for Life, a benefit for the American Cancer Society. This year's 24-hour event will begin at 3 p.m. on Friday, July 24, at Washington High School in Two Rivers.


• Employees of the Aurora Health Center in DePere participated in this year's Community Ball on Jan. 17 at St. Norbert College. Sponsored by the DePere Main Street Program, the ball is an event designed to recognize area businesses for their volunteer work and redevelopment projects that have contributed to the business community.
Just as new technologies have changed the school curriculum for young people, so too is technology changing the lifestyles of older adults. "In recent years, seniors have started to communicate through the Internet with friends and family, explore new possibilities for their hobbies, and research educational and personal interests," says Joan Collins, director of resident services at Friendship Village. "We are interested in how this impacts seniors."

Friendship Village, Freedom Village, LaFarge Lifelong Learning Institute and the University of Wisconsin-Milwaukee are conducting a study to explore how best to incorporate expanding computer technology into the active lifestyles of senior citizens. The study is called the Next Media Pilot Project.

"Studies have revealed that intellectual stimulation and lifelong learning are vitally important to the health and well-being of seniors," Joan says. "With widespread use of the Internet and technology evolving into digital, interactive and high-density formats, the opportunity for enhanced learning by senior adults is changing rapidly."

Dr. Karen Riggs, a professor in the Department of Mass Communications at UWM, will conduct the study, which will involve focus groups composed of Friendship Village and Freedom Village residents, LaFarge students, UWM Guild members and volunteers from the community.

The research will be instrumental in developing recommendations on how to teach older adults the value of computers for accessing the Internet and exploring the next generation of new media technologies. The study also will help Friendship Village and Freedom Village determine future programs for their residents.

For information, call Elly Pick at 961-7714.

Five facts about Friendship Village and Freedom Village

Aurora provides senior living communities through both Friendship Village and Freedom Village. Older adults are finding that facilities such as these offer comfort, security and convenience, all in one setting.

Five facts about Friendship Village:

• Friendship Village is located at 7300 W. Dean Rd. in Milwaukee.

• Friendship Village is a nationally accredited senior living community offering adults studio, alcove and one- and two-bedroom apartments.

• Friendship Village has many lifestyle and cultural enrichment activities.

• Some of the services include laundry services, utilities, courtesy transportation and a choice of meals served in the main dining room.

• Assisted living, skilled care and comprehensive rehabilitation are available.

Five facts about Freedom Village:

• Located next to Friendship Village, Freedom Village is located at 92nd and Brown Deer Rd. in Milwaukee.

• Freedom Village is a community for healthy and active senior adults.

• Freedom Village is for individuals seeking security, fellowship and freedom from home upkeep and ongoing maintenance.

• Residents live in a private 30-acre wooded and gated community.

• There are more than 100 ranch-style, maintenance-free townhomes and a community center.

Friendship Village and Freedom Village are part of Alternative Delivery and Community Programs (ADCP), one of Aurora's three central business units.
Have you ever been asked, “What is Aurora Health Care?” How would you respond?

It’s a question you may hear often from patients, friends, neighbors or family members. The following information may help you answer it:

- We are Wisconsin’s largest not-for-profit provider of health care services.
- Our core mission is to improve the health and well-being of the individuals, families and communities we serve.
- We are the largest private employer in the state with 18,000 employees.
- We currently serve patients in more than 180 locations, including 12 hospitals.
- We employ more than 480 physicians in our clinics and health centers and have an additional 2,600 private practice physicians on staff.
- We have comprehensive home health and family service agencies, several long-term care facilities and more than 60 pharmacies.
- We are committed to strengthening the clinical decision making authority of health care professionals in order to preserve the quality of care.

If you have a question about Aurora that you would like to see addressed in Teamworks, please contact Danielle Koller at (414) 389-2271, or send a fax to (414) 671-8560. Danielle can also be reached via cc:Mail.

The federal government has recently launched numerous initiatives to correct billing errors and stem fraud in the health care industry. These investigations have focused the attention of hospitals and health systems across the nation on the importance of voluntary compliance efforts. We have created a formal corporate compliance program, and Bob O’Keefe has been named corporate compliance officer.

Throughout Aurora, we are committed to complying with all laws and regulations governing health care organizations. A document titled “Standards of Conduct and Compliance Manual” has been developed and will soon be distributed system-wide.

Also as part of the program, the Corporate Compliance Office has established a toll-free number for use by employees who have any concerns about compliance issues.

The phone number is 1-888-847-MED1 (6331). If you become aware of any situation that you regard as questionable, you are strongly encouraged to use this phone number. All calls will be treated as confidential. You may leave messages anonymously.

For additional questions regarding the compliance program, contact Bob O’Keefe at (414) 647-3054, or through cc:Mail.
If you feel overwhelmed by day-to-day activities, take some time out to simplify your life. Here are some helpful suggestions:

1. **Relax your standards.** Where is it written that your house must always be spotless or that every project you undertake must be done to perfection?

2. **Reschedule your work-outs.** Working out is supposed to relieve stress, not induce it. If you’re always waiting in line at the gym for the treadmill or weight machines, try going at a less popular time. You’ll have fewer hassles and enjoy your work-out much more.

3. **Hire help.** Don’t believe people who claim it’s always cheaper to do everything yourself. For example, a tailor may charge $10 to change a zipper - and do a better job in 20 minutes than you could do in two hours.

4. **Banish telephone tyranny.** Unplug your phone, turn off the ringer or let the answering machine pick up during meals with your family, your evening reading hour or other times when you don’t want to be interrupted.

5. **Shop simply.** Shopping, dressing and packing for a trip is much easier when everything goes with the same shoes and accessories.

6. **Use the library.** Borrowing books and magazines is a good way to minimize the clutter in your home.

7. **Clean out one closet at a time.** Small jobs are satisfying. Ditching all the worn, torn and forlorn sheets and towels in your linen closet will ease your mind. Next month, tackle that coat closet.

8. **Stop doing two things at once.** You may think you’re saving time, but it’s often difficult to do two chores at the same time.

9. **Bank electronically.** Arrange to have your bills paid automatically.

10. **Spend the weekends exercising outdoors with your family and friends.** Besides, keeping your gym routine from getting stale, it’s more fun than working out alone.

11. **Give yourself permission to do nothing.** Plan your vacation, think about your dreams for the future, or just drift off into a well-deserved nap. The laundry will still be there when you’re done.

**Annual recognition event**

The 1998 Recognition Event will be held from 6:30 to 10 p.m. on Thursday, May 14, at the Milwaukee Public Museum. This event honors Aurora Health Care employees with five years of service or more (in five year increments) celebrating their service anniversaries between May 16, 1997, and May 14, 1998. Invitations will be sent to all eligible recipients in April.

The museum has been reserved exclusively for Aurora guests. Musical entertainment and an international menu have been selected.