

# giving nature

FALL 2021

Growing Healthy Communities  
Shaping the Future and Touching Lives

## Hello Friends

■ If you've ever met me\* you know that I am so proud to be part of Sauk Prairie Healthcare.

We are a small, independent system, but are on the cutting edge of healthcare.

In this newsletter, you'll see a great example of this. We partnered with a local software firm to develop an app to help women navigate childbirth. The Wellbe app is timed to provide helpful and accurate information to pregnant women and new moms, exactly when they need that information.

I believe it's this kind of innovation that is responsible for the fact that while most other hospitals are seeing declines, **births at Sauk Prairie Healthcare are steadily increasing.** In fact, by year's end we will have helped women deliver more than 400 babies into the world. Wow.

I'm hopeful that you'll join the community members and businesses listed in this newsletter who have stepped up and joined us to support innovative local healthcare that is dedicated to the communities we serve.

My sincere thanks for your support.



Todd Wuerger, Executive Director

\* And if we haven't met, let's change that in 2022!



## Cutting Edge Technology Helps New Moms Prepare and Care for Their Baby

### Sauk Prairie Healthcare First in the State

■ In the past, when new moms left the hospital, they had a baby in one arm and a giant binder of information in the other. The binder would be packed with resources and information in an attempt to anticipate what the mom might need, from breastfeeding to colic, to teething and post-partum depression.

The binder is now gone for moms that leave Sauk Prairie Healthcare. Thanks to a gift from Lea Culver, moms are now receiving information to meet their needs, when they

need it, through a special app that is customized for each new family.

"Like so many generous members of our community, Lea stepped forward with a gift during the COVID crisis," said Todd Wuerger, Executive Director of Sauk Prairie Healthcare Foundation. "She asked that any money we didn't need for COVID be used for women's health."

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## Wellbe Story

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The team in the Birth Center was already looking at creating a new way to communicate with moms and with these funds, we were able to support this cutting-edge technology.”

Sauk Prairie Healthcare has worked with Wellbe, a Middleton-based company, to create interactive patient pathways. An online education program for total joint replacement patients was launched in 2015. The new Birth Center online education program was created by a collaborative team from Wellbe and Sauk Prairie Healthcare.

“Sauk Prairie Healthcare is the first facility in Wisconsin to use this technology and we are one of only a handful of facilities in the nation,” said Sue Shafranski, director of the Birth Center. “We were interested in creating a better care journey that would also strengthen the patient-provider relationship. I am very proud that an organization our size is on the cutting edge of this important technology for new moms and their families.”

James Dias, the founder and president of Wellbe, recently visited Sauk Prairie Healthcare to meet with Lea, Sue and Todd to demonstrate how the app works.



*Lea Culver and Sue Shafranski watch as Wellbe founder James Dias demonstrates the new patient pathway.*

Lea was impressed by what she saw. “It was great to see how my gift was used to create something truly extraordinary,” she said. “As a mom, I remember those early days of needing information at times that maybe weren’t so convenient for my doctors. This is a tremendous resource, and to think it was developed right here locally makes me very proud to be a part of it.”

The Wellbe app covers the 10 weeks before and 10 weeks after the birth of the child. It starts when the woman is working with her provider in the clinic. The information is tailored and synched to meet the needs of the patient, and is presented when the patient needs it, in a format that they will use.

The platform is cloud-based and designed to be used on a mobile phone. “This is how women of

childbearing age want to receive information,” James said. “We designed this app to respond to their needs in a way that is efficient and effective.”

Sue said that the app aids communication and helps everyone on the team prepare for the arrival of the baby. “For example, at the beginning of the third trimester, things are starting to ‘get real’ for the pregnant woman,” she said. “At this point, all of the planning for the upcoming delivery of the baby needs to be taken seriously. This includes personal, logistical and medical preparation in order to avoid surprises before, during, and after the hospital stay. With the app, the provider and the hospital care team know how prepared the patient is and they can plan the delivery and hospital stay accordingly to avoid surprises at the time of delivery.”

*The Sauk Prairie Healthcare Birth Center has developed a reputation as a high-quality, forward-thinking department. We are actually increasing our number of births every year whereas most hospitals are seeing declining numbers.*

Using Wellbe benefits everyone on the team:

- The **pregnant woman** wants to know how she can best prepare for the birth of her baby and the first few months after. She also wants to know what to do to avoid surprises during labor, delivery and the hospital stay that would result in an unsatisfying experience.
- A **new mother** wants to know how to provide the best care for her new baby. The app covers everything from troubleshooting breastfeeding to selecting and installing car seats. On demand videos also address a number of issues.
- The **physician** wants to ensure that their patient has completed all required preparations before the calculated delivery date. They also want to be alerted about any care problems mother and baby are experiencing between

office visits so they can intervene accordingly and quickly.

- The **hospital team** wants to know the status of the patients in order to avoid unexpected and resource-consuming changes to a woman's plan of care when she comes in for delivery. They also want the patients to follow the guidelines for optimal aftercare of mom and baby.

"The bottom line is that we are enhancing patient outcomes and satisfaction," Sue said. "The guided patient navigation allows for a better care journey by promoting self-service for patients' educational needs. We can track learning needs and gather patient-generated data, which gives us the power to better understand our patient and their whole journey through our system.

"Education, preparation and resources remain the key drivers to successful outcomes for both

mom and baby. Wellbe provides current evidence-based guidelines to enhance patient outcomes.

"Birthing classes can also be completed on the Wellbe app or in person. Some families enjoy learning in groups, others have time restraints and prefer online learning. There are care paths for first time moms or moms of multiples, along with care paths in both English and Spanish.

"The Sauk Prairie Healthcare Birth Center has developed a reputation as a high-quality, forward-thinking department. We are actually increasing our number of births every year whereas most hospitals are seeing declining numbers. I believe it's our ability to really focus on the needs of the patient and adapt quickly to those needs that are contributing to our reputation and the high-quality care we provide," Sue said.



## Thank you, Dr. Slattery!

For the last two years, Dr. Jim Slattery, retired orthopedic surgeon, has served as the President of Sauk Prairie Healthcare Foundation. The Foundation has faced several COVID-related challenges during Dr. Slattery's tenure, including raising money to purchase necessary equipment and PPE, rescheduling and pivoting on in-person fundraisers, and creating new ways to grow our donor base.

"Dr. Slattery has led the Foundation with energy, thoughtfulness and engagement," said Todd Wuerger, Executive Director of the Foundation. "He is committed to our mission and was generous with his time, creativity and counsel. All of us on the board are tremendously grateful for his service."



*Your donation stays in our community  
to help your neighbors, friends  
and families.*

## Thank You to Our Generous Donors

Our sincere thanks to the people and businesses who contributed to Sauk Prairie Healthcare Foundation from August 28, 2020 through October 25, 2021. Your gift makes a real difference in the lives of your neighbors, friends and families.

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# 2021 Community Grant Recipients

Sauk Prairie Healthcare Foundation is committed not only to the health of our patients, but to the health of the communities we serve. For 2021, we awarded more than \$25,000 to the following projects:

## ARENA

**Arena Police Department:** Funds were used to purchase two automated external defibrillators (AEDs).

## BLUFFVIEW

**Prairie Clinic:** The grant was used to provide taxi vouchers for patients in the Bluffview community so they are able to get to the clinic to receive healthcare.

**Sauk Prairie School District:** The funds were used to help support economically disadvantaged youth and struggling English language learners living at Bluffview/Maple Park.

## LODI

**Lodi Area EMS:** The grant was used to purchase a number of required items to aid Lodi EMS in providing low to no-cost CPR certification for area communities.

**Lodi Public Library:** Funds were used to expand the library's healthy living collection with 50 new books on healthy living and purchase a display unit for the new titles. Funds were also used to support a portable climbing wall and biweekly yoga sessions in Habermann Park.

**Lodi School District:** The grant helped the district to encourage the community to choose one of three designated locations in our community to walk/run/hike. As a part of this program, they added an element that included promotion of mask-wearing for participants.

**Lodi School District:** Funds were used to help staff members who spend long periods of time at their computers by offering a Thera-Band and instructions for stretches.

**Ice Age Nordic Ski Club:** Funds were used to support the club, which is dedicated to providing opportunities for community-based cross-country skiing, youth and junior development and the promotion of healthy outdoor activity in the winter.

## MAZOMANIE

**Mazomanie Pool:** Funds were used to provide American Red Cross training to lifeguards so they could teach kids how to swim.

**Dane County Department of Human Services:** The grant helped provide access to after school and summer programming in the Wisconsin Heights area for local youth.

**Mazomanie United Church of Christ:** Funds provided first books to newborns and families to encourage reading and to grow

young readers. The group gave out 700 books this year!

**Wisconsin Heights Community Garden:** The grant was used to purchase equipment for older gardeners and to support a roadside vegetable and information stand offering free produce. Funds also helped cover driveway maintenance at the garden.

## PRAIRIE DU SAC

**Good Neighbor Clinic:** The funds were used to provide interpreters for Spanish speaking clients (50%) present during all clinic hours.

**Ruth Culver Community Library:** The grant was used to encourage area young people to live an active lifestyle for both their minds and their bodies by challenging them to read at least 15 minutes and to be active 15 minutes each day. There were 23 participants.

## SAUK CITY

**6:8:** Funds were used to provide more options for outdoor gathering and learning by creating shade and protection from heat and rain.

**George Culver Community Library:** The grant was used to fund the purchase of a portable kitchen set-up to demonstrate cooking basic items from the pantry to make healthy economical meals.



*Our commitment is to the health  
of our patients, and the health of the  
communities we serve.*

**Prairie Clinic:** Funds were used to purchase blood pressure cuffs that will allow patients to monitor their blood pressure at home.

**Sauk Prairie Area Food Pantry:**

The food pantry's goal is to close the gap for children and families who are food insecure. This grant was used to expand the program to deliver food to families identified by two schools.

**MULTIPLE COMMUNITIES**

**Sauk County Health Department:**

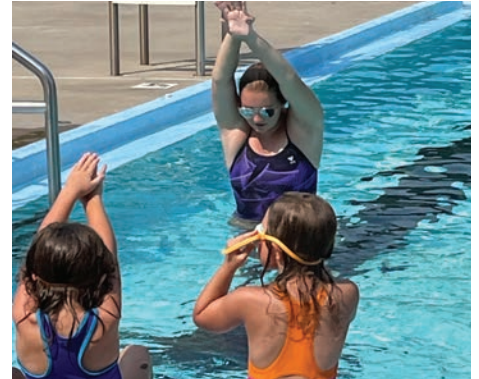
Funds were used for a program that emphasizes parent-child interaction. Nurses trained in the program, then shared the information and resources with the community.

**Ice Age Trail Alliance Inc. Saunters:**

Funds were used to engage students in activities along the Ice Age National Scenic Trail, helping to educate them about the State of Wisconsin and develop healthy lifestyle habits.



*Portable climbing wall in Lodi*



*Mazomanie lifeguard training*



*Sauk Prairie Area Food Pantry*

## Thank You to Our 2021 Event Sponsors

The Foundation postponed our 2021 special events due to the rise in COVID cases. These events raise money through business sponsorships. When told that our event was postponed, these businesses either donated or carried over their sponsorship funds to 2022. We also had one golfer donate his registration fee to the Foundation. Thank you, Darrell Statz!

**We are extremely grateful for their generous support.**

Kraemer Brothers  
Bank of Prairie du Sac  
McFarlanes  
Village Family Dental  
Prairie Clinic  
Sysco Baraboo  
Quarles & Brady  
LUMENT  
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Central Minnesota Diagnostic

Delta Dental of Wisconsin  
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Johnson Controls  
Staff Electric

Milwaukee Valve  
jamgd Marketing & Design  
Kayser Chrysler  
Oarsman Capital  
Hooper Corporation

**SAVE THE DATES**

**For Goodness Sauk:**

Saturday, April 30, 2022

**Golf Outing:**

Wednesday, June 22, 2022



*As you contemplate your year-end giving, would you consider a planned gift to help both Sauk Prairie Healthcare and the community?*

## Year-end Giving?

### Consider a Planned Gift to Sauk Prairie Healthcare Foundation

■ Gratitude has been a focus of our society throughout the pandemic. Our communities have been very generous in supporting Sauk Prairie Healthcare Foundation throughout this crisis. Because the pandemic significantly limited our fundraising activities, your gift this year is especially important to us.

There are so many ways to give and support us. As you're contemplating your year-end giving, would you consider a planned gift to help both Sauk Prairie Healthcare and the community?

**We have recently articulated our planned giving options, including:**

- Wills and Bequests
- Gift of Life Insurance
- Retirement Benefits and IRAs
- Stocks, Bonds and Mutual Funds
- Charitable Lead Trust
- Charitable Remainder Trust

Many of these strategies can actually reduce your tax burden. Details are on our website, [SaukPrairieHealthcare.org/Foundation/Ways-to-Give](https://SaukPrairieHealthcare.org/Foundation/Ways-to-Give).

Please contact us to set up a time to discuss your planned gift to Sauk Prairie Healthcare Foundation. Thank you, in advance, for your support!

**Your Gift Makes Great Things Happen**  
How we supported healthcare and healthy communities in 2021

