Power of Attorney for Health Care: Do I Need It?

PREPARING FOR THE WHAT IFS BEFORE THEY HAPPEN

Would your family know your medical wishes if something were to happen to you?

As healthcare professionals we encourage our patients to prepare for the unknown. One way to do this is by completing a Power of Attorney for Health Care.

Power of Attorney for Health Care (POAHC), is a legal document an individual completes which addresses health care related questions that may arise in the event that a patient may not be able to answer.

You have the legal right to choose up to 3 people (with the exception of your provider) that you feel would have the ability to make informed medical choices for you if you were temporarily or permanently unable to do so for yourself.

On the POAHC form, you may answer these types of health related questions: Would you like to have CPR or other life saving techniques performed? If all measures to save your life have been taken, would you like to be an organ donor? Upon your death, would you like an autopsy?

This is also a document where you may leave your family or friends special thoughts or messages regarding your health care if you are unable to make decisions for yourself: Would you allow your POAHC agent to decide if you needed placement in a nursing home or rehabilitation center?

You may also address any spiritual needs that you wish to have at a time you may not be able to convey your desires.

Thinking about your mortality and life altering decisions may be unappealing and hard to comprehend, but in a time of urgency, being prepared will save your loved ones from having to make decisions on your behalf.

Here’s another way to think about it. When you go out to eat, do you like to order your own food or would you allow a stranger to choose for you? Is your answer no, they wouldn’t know what you like to eat or if you’re allergic to something?

It’s the same with your health. A stranger is not able to decide how you would like to be cared for, so you want to be comfortable in knowing who is working with your provider making the medical choices that you would want.

As Patient and Family Services professionals, we get asked many questions or help individuals with preconceived ideas about POAHC. The following are some of the most frequent statements and questions:

- Would your family know your wishes if something were to happen to you?
- As healthcare professionals we encourage our patients to prepare for the unknown. One way to do this is by completing a Power of Attorney for Health Care (POAHC) document.
- You have the legal right to choose up to 3 people (with the exception of your provider) to make decisions for you if you are temporarily or permanently unable to do so for yourself.
- On the POAHC form, you may answer questions such as: Would you like to have CPR or other life saving techniques performed? If all measures to save your life have been taken, would you like to be an organ donor? Upon your death, would you like an autopsy?
- You may also address spiritual needs such as what messages you wish to leave for your family or friends.
- Thinking about your mortality and life altering decisions may be unappealing and hard to comprehend, but being prepared will save your loved ones from having to make decisions on your behalf.
- It’s the same with your health. A stranger is not able to decide how you would like to be cared for, so you want to be comfortable in knowing who is working with your provider making the medical choices that you would want.

Viroqua Area Medical Office Building 407 S. Main St. Viroqua, WI 54665

Health Insurance Marketplace Community Enrollment ***FINAL DAY TO ENROLL*** Monday, March 31 8:00 a.m.-4:00 p.m.

Call 608-654-5100 to schedule a time. Viroqua Area Medical Office Building 407 S. Main St. Viroqua, WI 54665

Making End of Life Decisions Wednesday, April 9, 2014 9:30 a.m.-12:30 p.m.

Viroqua Area Medical Office Building

Spring Into Summer Craft Show & Bake Sale Thursday, April 10, 2014 9 a.m.-4 p.m.

Viroqua Area Medical Office Building Lower Level

2014 Syttende Mai 5k Run/Walk & Half Marathon Saturday, May 17 Westby High School - North Entrance Pre-Register Online at www.vmh.org Registration Times Day of Event 1/2 Marathon Registration: 7:30 a.m. 5k Run/Walk Registration: 8:00 a.m.

Experiencing Tremors or Falls?

SPECIALIZED MOVEMENT & VOICE EXERCISES HELPS PATIENTS WITH MOVEMENT DISORDERS

LSVT (Lee Silverman Voice Treatment) BIG and LOUD is a specialized treatment used by VMH certified therapists to treat patients that have Parkinson’s disease or other movement disorders.

Experiencing tremors, slow movements, impaired balance and stiffness can create problems with walking and completing daily tasks. Declining vocal strength, muffled speech, and difficulty swallowing can create problems with communication and eating. LSVT BIG and LOUD empowers individuals to move BIGGER and speak LOUDER.

Medications are available to replace essential dopamine that is affected by Parkinson’s disease. LSVT utilizes exercise as medicine and has been shown to slow the disease progression dramatically.

LSVT is an effective treatment program that’s proven to help individuals living with Parkinson’s disease, giving them new hope for improved communication and movement for work, family, and social activities. Ultimately, the program empowers you to improve the speech and movements in your own life.

Remember, you can fight back against Parkinson’s Disease and other movement disorders and we’re here to help!

Do you suffer from one or more of these diagnoses or movement disorders?

- Parkinson’s Disease
- Stroke/CVA
- Multiple Sclerosis
- Cerebral Palsy
- Down Syndrome
- Stiff man’s Disease
- Balance Problems
- Frequent Falls

If you answered yes to any of these, you may benefit from scheduling an LSVT treatment. Please visit www.vmh.org for more information or call 637-4385 to speak to a therapist.

You may contact your medical provider for a referral to VMH Occupational Therapy, Physical Therapy, or Speech Therapy.
Beginner Tricep Dip
1. Sit on chair, hips toward front of chair. Place hands next to hips on chair.
2. Lift your body off the chair, keeping back straight, and shoulders away from ears.
3. Slowly lower your body as you inhale by bending at the elbows until your elbows are at a 90 degree angle between the upper arm and forearm.

Intermediate Tricep Dip
1. Sit on chair, hips toward front of chair. Place hands next to hips on chair. Straighten legs.
2. Lift your body off the chair, keeping back straight, and shoulders away from ears.
3. Slowly lower your body as you inhale by bending at the elbows until your elbows are at a 90 degree angle between the upper arm and forearm.

Advanced Tricep Dip
1. Sit on chair, hips toward front of chair. Place hands next to hips on chair. Place heels on secure elevated area.
2. Lift your body off the chair, keeping back straight, and shoulders away from ears.
3. Slowly lower your body as you inhale by bending at the elbows until your elbows are at a 90 degree angle between the upper arm and forearm.

You know the saying...
Rome wasn’t built in a day

sorrry to break it to you,
but it’s going to take
more than a day to attain
your fitness goals.

it took more than a day of
bad nutrition and lack of
movement to get you into
poor health.

When you decide to change
your habits and make a
difference for yourself,
a new positive outlook on
life will come.

You WILL get stronger.
You WILL understand what
you were missing before.

You WILL fight for
yourself.

Make the choice to be the
best version of yourself
for yourself to see how
far you can go!

#VMHWellness

Like the VMH Wellness Center on Facebook to watch the live action tutorials of each issue’s Trainer’s Corner!
If I fill out the paperwork to have a POAHC, does that mean I no longer get to make my health care decisions?

No. You always have the right to make your own health care choices as long as you are able. If you reach a point where you are not able to communicate your wishes, two providers must determine if it is the right time to activate your POAHC. This act is determined only with the best interest of the patient in mind, as the patient is no longer able to make decisions for themselves.

Once a POAHC is activated, then it is activated forever.

No. If your health improves and it is decided that you are able to make your own choices, the goal is to always give you back control of your own decision making.

My family knows what I want, I don’t need a POAHC.

We encourage you to talk to your family about your wishes and health related choices. These difficult conversations are not always easy to discuss, however, in order for it to be legally binding, the POAHC forms must be completed and signed by the proper people. The witnesses on the form must be 2 people that are not related to you.

What if I do a POAHC, and later I change my mind?

You may change your POAHC at any time. You may add information, change the agent listed, or change all of the information you have listed. It is important to remember, this is your personal document of how you wish to be cared for. These are your choices to make and there are no right or wrong answers.

These types of documents can be difficult to comprehend and you may have questions. VMH Patient and Family Services staff is available Monday through Friday by appointment to assist you in filling out your POAHC free of charge.

Don’t put this life changing document off or wait until you are facing a health crisis. Schedule a time to bring in your parents, spouse, children over the age of 18, or best friend. The process averages less than 30 minutes and you will be able to leave with a lifetime of security regarding your health care decisions.

We also offer a scheduled Power of Attorney for Health Care Event in connection with the Power of Attorney Coalition, on the first Thursday of every month from 10 am until noon, located in the lobby of the Viroqua Area Medical Office Building.

To schedule an appointment with VMH Patient and Family Services please call 637-4367.
We are all looking forward to spring and warmer weather. Which is why going south for spring break is so popular!

The best part of going somewhere warm is being able to ditch that winter coat and enjoy the fresh air and sunshine.

There are a few things we need to remember for our own good health as we enjoy our time off.

We live in a time where there are many rules and regulations to follow when flying, so it’s important to plan ahead. We may have to take off our shoes when going through airport security, so be sure to wear socks to decrease your exposure to bacteria or fungi.

If you’re flying to your destination or taking a cruise, try to limit your exposure to those pesky respiratory viruses by following these tips:

Don’t touch the doorknob on the restroom door or other inanimate objects like the seats on an airplane or handrails (if safety concerns allow).

If you’re the person with the cough, try to protect everyone else by covering your cough into your elbow.

Noroviruses also have notorious reputations, especially for people on cruise ships. These viruses cause acute gastroenteritis with symptoms of nausea, vomiting, and diarrhea.

Good hygiene is important to prevent the spread of these viruses. Always wash your hands or use an alcohol-based hand sanitizer, especially before preparing or handling food and after using the toilet.

If you have to touch a faucet or door handle, be sure to wash your hands before you touch your mouth, nose or eyes.

Viruses can be spread by sharing utensils or by close contact like shaking hands. Viruses like the Norovirus are very contagious and spread quickly on cruise ships because travelers come in contact with many people in a confined area.

Once you arrive at your destination, limit your sun exposure by using a hat (that’s right those big floppy beach hats are for more than just fashion!), sunglasses, and don’t forget the sunscreen!

Don’t be so rigid that you don’t enjoy your time in the sun and the sand, just be sensible. A little sunshine, rest, and relaxation does a body good!

Be Well & Travel Safely!

Where’s your favorite place to go for spring break?

Like us on Facebook & Follow us on Twitter to let us know!
Use #SpringBreakSpotlight for a chance to win a prize!

Send us your healthy living in the spring photos!
Send your photos to: pubrel@vmh.org

Here’s what we need:
Subject: People participating in a healthy lifestyle in the spring.
Send us your High Resolution Digital images with lots of creativity!
Submit your healthy living in the spring photos by: May 30, 2014

Priorities
Spring Break Survival
Dr. Deborah Prior, Hirsch Clinic - VMH

SAY GOODBYE WINTER & HELLO SUNSHINE!

Priorities
Spring Break Survival
Dr. Deborah Prior, Hirsch Clinic - VMH

We want to see what you’re doing for a healthy lifestyle when the sunshine comes out to play!

During the month of April, call to schedule a FREE 15 minute consult with a VMH Occupational Therapist at 637-4385

Do you suffer from these symptoms with swelling in your arms or legs?

- Painful/Tender Skin
- Sleeves or Shoes Fit Tight

Here’s the good news... You don’t have to live in pain! VMH Occupational Therapy can help!

Do you suffer from the following symptoms with painful hands or thumbs?

- Difficulty pinching or gripping items
- Difficulty making a full fist
- Difficulty making a flat hand to push up from chair
- Hands wake you up at night
- Tingling/numbness in your hand

Here’s the good news... You don’t have to live in pain! VMH Occupational Therapy can help!
Occupational Therapy Put to Work

VMH Occupational Therapists offer tips to make your time in the garden more enjoyable

After a long hibernation, many of us are ready to jump into gardening and other outdoor activities. This can result in overworking our joints and muscles leading to strain, joint pain, and/or nerve irritation.

Occupational Therapists (OTs) are holistic, medical professionals that are trained to analyze muscle imbalances and movements. They focus on modifying tasks and/or addressing physical concerns to continue with desired activities.

Stretching, strengthening, massage techniques with a focus on self-care, splinting, and a host of other techniques tailored to the individual can address these concerns and prevent further injury.

OTs are a great resource for those who want to continue being active without stress or pain.

While an individual assessment is recommended for specific concerns, here are a few reminders to prevent injury:

**Protect your joints:** Choose garden tools with padded or larger handles to protect joints in your hands and fingers from excess pressure and stress. Keep equipment well maintained for optimal use and support.

**Conserve energy:** Sit during tasks when able. If you need to kneel when gardening, try a cushion!

**Limit lifting:** Watch out for those heavy bags of soil, mulch, and fertilizer. Instead of moving the whole bag, divide it into smaller, more manageable loads and use a cart or wagon to move materials. When lifting, use your leg muscles, not your back. Build a raised bed or try container gardening if possible.

**Think small:** Start with a small garden area that you can manage without excessive exertion. Locate it near your house and water supply to reduce hauling long lengths of hose or put in drip lines when you plant.

**Mix it up:** Vary your tasks to avoid overstressing any one part of your body. Change position frequently to keep from becoming stiff. Set a timer so you take a break every 20-30 minutes. Open your hands, stand up straight and move all your joints gently or take a short break and walk before you get back to work.

**Remember to breathe deeply and stop to smell the flowers!** If you would like more information on the services provided by VMH Occupational Therapy or how to obtain a more detailed personal assessment, please contact: 637-4385.

@Vernon_Memorial
#CAMP #GetStronger

IT'S BaaAAAcck!!!

sports performance

conditioning | acceleration | mobility | plyometrics

ARE YOU READY?
VMH Providers: Caring for Our Future

Dr. Elizabeth Roberts, Hirsch Clinic-VMH

Whether you just brought your newborn home or are a veteran parent of six, chances are you will have questions regarding your child’s health.

VMH family practice physicians and advanced practice providers are trained in caring for children and welcome the opportunity to form a partnership with you and your child.

VMH clinics and hospital offers a wide range of pediatric services including: well child care, preventive wellness, newborn hospital care, breastfeeding support, care for illness and conditions, urgent care, vision and hearing screenings, and in-house lab work.

Newborn Hospital Care
Special care for your newborn is taken during its first days. Your baby will have several physical exams, labs drawn, and special monitoring of your baby's weight and jaundice level will occur during your newborn’s stay. Our providers and nurses are also available to help you get a healthy start on feeding your baby.

Well child care
Most parents view a well child check up as a time for vaccinations and a chance to see how much their child has grown in the past few months or year. Although this is important, our providers also evaluate your child’s development, behavior, and general well being.

We also address safety in the home and playground, optimal nutrition, toilet training, and environmental concerns such as fluoride supplementation or lead exposure.

We encourage parents to ask questions you may have that there usually isn’t time for at a sick visit. For instance our providers often discuss topics like eating, breastfeeding and/or weaning, sleeping, toilet training, hearing and vision, social behaviors, and learning or attention problems.

By having these important discussions with your child’s provider a reliable, trustworthy relationship between you, your child, and your provider will develop.

Illness and Conditions
Dealing with colds, ear aches, rashes, and fevers are all a part of growing up. Our services are here to treat your child’s common pediatric medical conditions. Your child may be seen in our clinics or by our urgent care or emergency department staff.

Our providers are also available for consult regarding more complex conditions such as birth defects or obesity.

Other Services
As part of our commitment to caring for the children of our area VMH also offers a wide range of additional testing including: concussion care, vision and hearing screenings, and in-house lab work.

VMH providers in your area look forward to building a lifelong bond with you and your child.

Juli Nevers, PA-C, Hirsch Clinic-VMH

Reach Out and Read (ROR) is a program used at our VMH clinics that was developed to improve literacy, build stronger vocabulary skills, and language skills among children.

It emphasizes the importance of reading aloud to your children starting as young as 6 months of age. Starting at 6 months of age, VMH Clinics give your child an age/language appropriate book at each health check until 5 years of age.

ROR is used in the exam room by your provider to assess language, child development, and is also a fun way to engage the child.

Your provider will also encourage you to read to your child at least nightly as part of his/her regular routine.

Families served by ROR read together more often, and their children enter kindergarten with larger vocabularies and stronger language skills to help them prepare for success in school.

For more information visit reachoutandread.org or ask your VMH provider-nursing team for more information. You may also donate to the program at reachoutandread.org.

Hirsch Clinic Welcomes

Tara Morgan, APNP, FNP-BC

 providers in your area look forward to building a lifelong bond with you and your child.

Bland Clinic-VMH (Westby): 634-3126
Hirsch Clinic-VMH (Viroqua): 637-3174
KVMC-VMH (Soldiers Grove): 624-5203
La Farge Medical Clinic-VMH (La Farge): 625-2494
VMH Complementary Medicine (Viroqua): 637-4799
Urgent Care (Viroqua): 637-4261

Hirsch Clinic Welcomes

Tara Morgan, APNP, FNP-BC

Hirsch Clinic Welcomes

Tara Morgan, APNP, FNP-BC

“20 Minutes a Day”

Patient Care Philosophy

“Providing patient care involves developing a trusting, honest relationship with patients. This is invaluable to helping individuals meet their health needs and goals.

Why She Chose VMH

“The environment at VMH is so friendly and welcoming. You look around and people are smiling. That alone speaks volumes about the organization. VMH has many different services to offer their patients. I also like how VMH looks to the future of building the organization and how it will first and foremost benefit the patient.”
Recipe Box

Strawberry-Kiwi Smoothie

This delicious smoothie is packed with nutrients that will need to keep you energized and healthy!

VMH Dietitian Approved

INGREDIENTS

- 1 cup non-fat vanilla yogurt
- 1 large peeled banana (or 2 small bananas)
- 3 peeled kiwi fruits
- ½ cup strawberries
- 1 cup pineapple juice
- ½ cup ice cubes

DIRECTIONS

1. Slice banana, cut kiwi and strawberries into chunks
2. Measure required amounts of yogurt, pineapple juice and ice cubes.
3. Blend all ingredients together until well mixed.
4. Pour mixture into a glass for serving
5. Decorate serving glass with slice of banana, kiwi, and strawberry

Nutrition Facts

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Find this & other great recipes on the VMH Pinterest Page!

Thank you for your years of service Dr. Jeffrey Menn

A Cowboy

You can never tell a cowboy just by lookin at his hat
There’s more to the equation, cause that hat ain’t where it’s at
It ain’t just in his boots son, though they may walk a cowboy mile
A’hangin off the side of a cowhorse er just stompin a bronc fer awhile
It’s not in the spurs or chaps he wears, tho he wears ‘em both with pride
It’s in the way he’s earned ’em son, it’s how he’d made the ride

-Glenna Smith, 2012

CLIP IT & KEEP IT!