



Step back in Time and look to the Future

In the Spring of 2010, I had the opportunity to visit Dr. John Ingalls in Webster, Wisconsin. From that visit an important relationship grew, not only for the Ingalls Clinic but also for SCRMC. The ultimate benefactors were the residents of northern St. Croix Valley. This October, due to the efforts of many, a new and expanded Webster Health Center opened. Through collaboration and a commitment to those served, the care delivered will be expanded, to exceed any one person's expectations. We are excited to build on an already strong primary care base adding Counseling and Psychological Services, Wellness, Dental Health, and in the future, mobile imaging capabilities and Specialty Telehealth.

Stepping back to Spring 1919, Dr. Jake Riegel returned from war duty and opened a medical office in Cushing, Wisconsin. That Fall, Jake relocated his medical office to St. Croix Falls, Wisconsin. The practice went through many changes during Jake's career and beyond. If Dr. Jake was present today, I am sure he would be amazed to see how SCRMC has changed and grown on the eve of the 100th Anniversary.

So what's in store for the next 100 years, 30 years, or 5 years? What we do know is there is a need for a new Regional Health Campus and it will not be the same as what we have today.

SCRMC has always redefined itself throughout its history, not being complacent with change, accelerating over the last decade related to market dynamics. As we grow towards the future, we will once again redefine ourselves from a traditional hospital with multiple clinics to one that focuses on health and well-being, serving not only local residents but encompasses the health care needs on a regional basis. There is a significant need for a new regional health campus that will be vibrant and socially and environmentally responsible. Where customers will continue to be proud to choose SCRMC as their partners in health for the next 30 years. That is a next chapter and a vision worth striving for!

Dave Dobosenski, CEO

Nau Nobosoush

2018 Year



the Birth Place

Cuddle Cot

The Birth Place received a very generous donation from Halo's of the St. Croix Valley. Halo's is an organization that exists to help families through the loss of a child. We received a Cuddle Cot, which is a device that looks like a bassinet, but preserves stillborn babies so that their families have more time to say hello and goodbye. Carissa Carlson, PA, was on the team with the most donations and was asked to nominate a facility to receive the donation. We are gracious that Carissa chose to nominate SCRMC!



Human Milk

to have human milk available to our patients. The American Academy of Pediatrics recommends that when mother's own milk is unavailable, donor breast milk is the first choice of supplementation, followed by formula supplementation. Donor milk is used when an infant requires supplementation due to various conditions such as hypoglycemia, excessive weight loss or the mother needing to take medications that may be harmful to the baby. Donor milk has long been used to supplement babies in Neonatal Intensive Care Units, but due to the limited number of donors, milk was not available to well newborn units. With the increase in breastfeeding and breast milk donors, birthing units are now eligible to provide this service.

The Birth Place has been working for several years

Click here to find more information about Mother's Milk Bank of Western Great Lakes

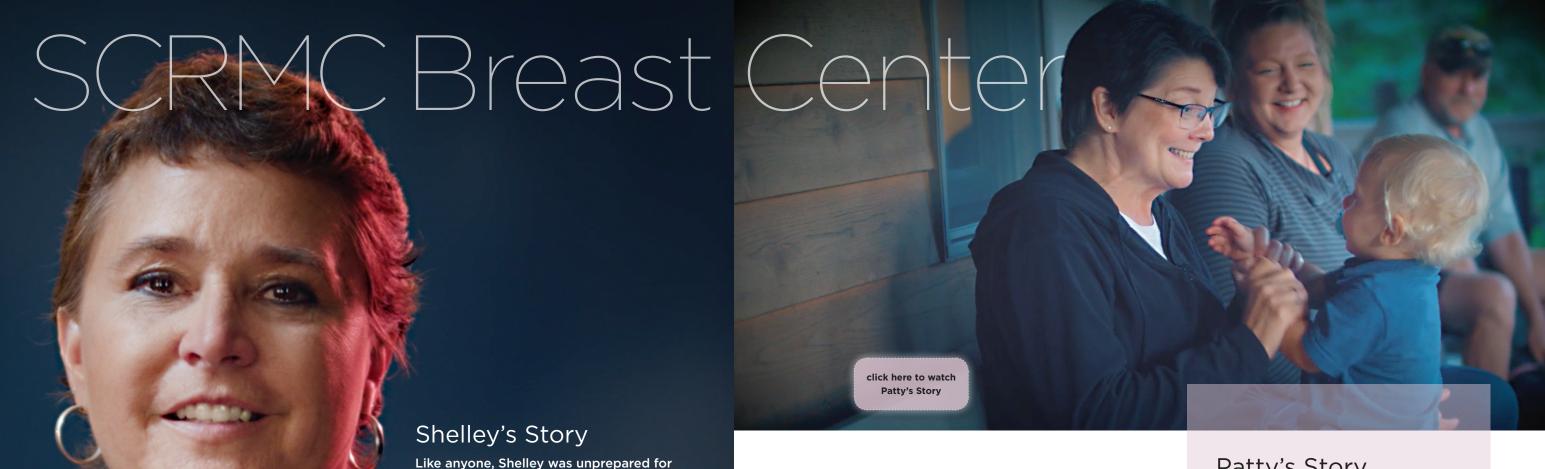
Banked human milk is donated by women who

are currently breastfeeding their own babies, or who have experienced neonatal loss. Prior to donating, potential donors complete a health screening and blood tests. Breast milk is pasteurized to remove bacteria while retaining the myriad of nutrients available in human milk. The milk that SCRMC is receiving is from the Mother's Milk Bank of the Western Great Lakes. The first batch of milk was donated by the Polk County Breastfeeding Coalition. We are so proud to offer this service to our patients.



Newborn Photography

We just celebrated our 3rd anniversary of offering professional newborn photography at **The Birthplace**. We are thrilled to have Amber Swanson Lindo and Renee Weinzierl available to take photos of every baby that is born at SCRMC. In May, two beautiful gallery walls were added in our unit to showcase this wonderful service.



the possibility of having cancer. After

ested positive for the HER2 Gene,

an aggressive form of breast cancer.

From her first mammogram until now,

thoughout the entire process. "If I hadn't

gone in for my mammogram, they never

able to grow old with my husband or see

Breast Center

would have found it and I would not be

my children grow and get married."

Shelley's care team explained

everything to her and guided he

click here to watch

Shelley's Story

additional testing, she received the news

that not only did

she have breast

cancer but she also

Breast Center Care Team

St Croix Regional Medical Center offers women and their families the expertise, information and support they need to make choices about breast care right in their primary care setting.

The Breast Care Team consists of professionals who specialize in diagnosing and caring for women with breast cancer to providing multidisciplinary care right here in St Croix Falls. The Breast Care Team consists of:

- Nurse Navigators to assist with appointment scheduling, education and support services
- Board Certified General Surgeons who specialize in benign and malignant breast care, as well as high risk assessments
- Plastic Surgeon who provides reconstruction services
- Medical Oncologists for onsite consultation and infusion services in either St. Croix Falls or Frederic
- · Genetic counseling services and testing
- Partnerships with the Cancer Center of Western Wisconsin for Radiation Oncology services
- Pathology services provided by HPA, one of the top pathology groups in the Twin Cities
- Certified Mammography Technologists and Genetic Counselors, all working together to provide you with the best possible care
- Screening and diagnostic testing

Patty's Story

Patty was faithful about going in for her mammograms and then she just quit going. She let six years lapse before she went in for her next mammogram. Her mammogram showed a lump and Patty was diagnosis with a slow growing form of breast cancer. Patty's team of caregivers customized a treatment plan just for her, along with the breast care navigator being by her side every step of the way.

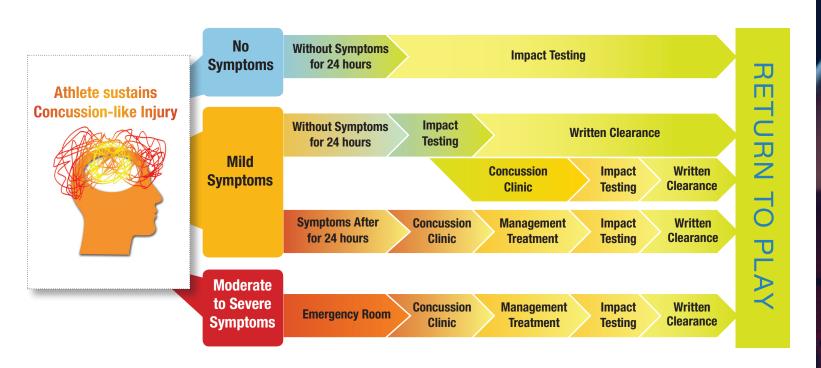
Concussion Awareness



Concussion Clinic

All school Athletic Trainers have incorporated apps (iPads) into their concussion assessments that connects the information to the Kinisi physician the student-athlete is seeing.

- The Concussion Clinic added Jonn Dinnies, PA and Leah Jacobs, FNP as providers to assist with northern patients.
- Integrated physical therapy and occupational therapy into comprehensive concussion care visit.







Congratulations, Dr. Cermin, and thank you for your leadership in providing excellent health care and for advocating health care in our region.

The announcement of the Health Care Advocate Award to Dr. Cheryl Cermin of St. Croix Falls was the highlight of the 2017 Fall Gala. The award is given annually to recognize the efforts of an individual who promotes the ideals of health care and has contributed countless hours to this cause.

Dr. Cermin began her career as a dental hygienist before enrolling in the University of Minnesota School of Dentistry. In 1990 she earned her degree in orthodontics before completing a residency in oral and maxillofacial surgery. Here is where she devised a special procedure to treat children with cleft lip and palate. In 2001, she moved to St. Croix Falls to begin her practice in orthodontics. Besides her St. Croix Falls practice, Dr. Cermin also works a few days per month at Gillette Children's Hospital and continues to take care of children born with a variety of craniofacial anomalies.

Dr. Cermin is also the founder of LEAP, an organization that travels to foreign countries to take care of children born with cleft lip and palate. Without these surgeries and specialty appliances, survival of children born in these countries is slim. Dr. Cermin was not only recognized for her charitable work abroad but also here in our own community.

Webster Health Center

Volunteer Partners





Donations towards:

- Vectra Genisys 2 (Unity)
- Bariatric treatment table (Webster)
- Chapel furnishings
- Spiritual Care materials (Med/Surg, ER, Surgery)
- Student scholarships \$6,500 awarded to 12 students

Kathy Nesgoda Scholarship for Nursing

Amy Schreyer (Chisago Lakes High School) \$500 Geena Challeen

(Osceola High Schools) \$500 Sarah Craig

(Bethel University) \$1000

TeBina Boomgarten Scholarship

Juliette Martin (Chisago Lakes) \$500 Gina Virga (Chisago Lakes) \$500

Patricia Route Scholarship

Kalli Christenson St. Croix Falls High School) \$500

Volunteer Partners Scholarship

Mandy Rochel (Chisago Lakes) \$500 **Brooke Thaemert**

(St. Croix Falls High School) \$500

Given in Dr. Lloyd Olson's name:

Tasian Arjes (Luck High School) \$500 **Lindsay Mattson** (Luck High School) \$500

raised and

donated

\$16,686.16

hours

in service;

In 2017,

Dallenbach Scholarship

Joseph Formanek (Webster High School) \$500 Jessica Bartz (Chisago Lakes) \$500

Community Benefits

Bike Rodeos

Back Pack Programs

Blue Zones: Healthy Communities

Burnett County Community Resource Center

Burnett County Breastfeeding Coalition

Car Seat Safety Clinics

Cancer Center of Western Wisconsin

Caregivers Conference

Chamber of Commerce Events in Lindstrom, St. Croix

Falls, Balsam Lake, Siren, Webster and Frederic

Chisago Lakes Community Education Advisory Chisago Lakes Middle School Health Fair

Chisago Lakes Quality of Life Committee

City of Trails

Community CPR Classes

Community Club Events in Milltown and Luck

Diabetes Night Out

Diabetes Prevention Classes

Family and Childbirth Education Classes

Fitness Classes

Fitness on the Beach

Final Affairs Conference

Frederic ACS Walk for Life

Gandy Dancer Trail Marathon

Health Burnett

Insulin Incentive Program

Kinship Program

Kindergarten Tours

Luck School District Health Fair

Milltown Community Kids Night Out

Mom and Baby Expo

National Night Outs

Pamper Me Pink Breast Health Event

Polk County Mental Health Task Force

Polk County Obesity Committee

Polk County Alcohol Committee

Red Cross Blood Drives

Safe Start Driving School

Safety Camp

Siren School Health Fair

St. Croix Falls Middle School Health Career Tours

St. Croix Valley Community Resource Center

Support Groups-Diabetes, Chronic Pain,

Breastfeeding, Grief

Unity Safe Halloween Trunk or Treat

Webster School District Health Fair

Wellness Coaching

Women's Health Conference

Worksite Wellness



Sponsorships

Chisago Lakes Safety Camp

Gandy Dancer Flyin Drive In

ADRC of NW WI

Franconia Sculpture Park

Webster Education Foundation

Luck Alumni 5k

Special Olympics of Polk County

Cystal Ball Farms

Grace Fund

Options for Women Tri Life Care

Northwest Passage

American Cancer Society Relay for Life

Falls Chamber of Commerce

The Salvation Army

Chisago Lakes Chamber of Commerce

Together for a Cure

SCF Royalty Program

Burnett Area Arts Group

Interfaith Caregivers

Polk County Mental Health Task Force

Family Resource Center of St. Croix Valley

STAR Education Foundation

Gandy Dance Trail Marathon

Indianhead Chorus

Taylors Falls Lighting Festival

Adoray Home Care and Hospice

St. Croix Falls School District

Frederic School District Homecoming

Osceola Community Health Foundation

River's Rally

Chisago Lakes Chamber of Commerce

Feed My Starting Children

St. Croix Falls Farmer's Market

Family Resource Center of St. Croix Valley

Dresser Osceola Garfield Fire

Family Resource Center of St. Croix Valley

Adoray Home Care and Hospice

Music on the Overlook

Essential Connections for Families

Party for a Lifetime Cancer Fundraiser

Festival Theater

Polk County Mental Health Task Force

Kinship of Polk County

Sexual Assult Response Team

American Cancer Society Relay for Life

giveBIG

Local Lions Club

Western Wisconsin Health Foundation

Angels Island

Let's Go Fishing

Chisago Lakes Rotary

Partners of WHA

City of Trails

Falls Sampler

Making Connections Event

Harmony in the Park

Anna Antonich Foundation 5K

St. Croix Falls Senior Class Lock In

Osceola Community Health Foundation

Party for a Lifetime

Webster Education Foundation

Family, Career, and Community Leaders

of America

Chisago Lakes Area Wrestling Foundation

Family Resource Center St. Croix Valley Gala

Woolly Bike Club Bike Race

New Staff at SCRMC



Hannah Hoffner, PA-C Family Medicine/ Urgent Care



Tina Salmonson, FNPFamily Medicine/
Urgent Care



Erin Vogland, FNPFamily Medicine



Kelly Rabe, PA
Cardiology
HEALTHPARTNERS MEDICAL GROUP



Jeanne Johnson, MD, FACS General Surgery



Scott Peterson, DOOphthalmology



Shaun O'Keefe, PA-C
Orthopedics
Twin Cities Orthopedics



Marisa Spencer, MD
Gastroenterology



Lucas Pineda Bernal, MD Rheumatology

Outstanding Employees



July 2017
Jaime Anderson, RN
Clinic Nursing Supervisor
Clinic Nursing
St. Croix Falls



August 2017
Lisa Rohm
Environmental Services
Manager—Environmental
Services



September 2017
Jodi Arrowood
Pharmacist
Hospital Pharmacy



October 2017
Barb Lindberg, RN
Staff RN - Med/Surg
St. Croix Falls



November 2017
Karen Bassett
Unit Coordinator—Patient
Access Services, Lindstrom



December 2017
Whitney Gindt
Sr. Nutrition Services
Associate—Nutrition Services
St. Croix Falls



January 2018
Dorothy Turner, RN
Clinical Coordinator/Charge
Nurse—Med/Surg
St. Croix Falls



February 2018
Tonia Erickson
Unit Coordinator—Patient
Access Services
Lindstrom



March 2018
Wendy Charles
MRI Technologist—MRI
St. Croix Falls



April 2018
Tammy Eley
Staffing Coordinator
Med/Surg, St. Croix Falls



May 2018 Laurie Loehr, RN Supervisor—Clinic Nursing Unity



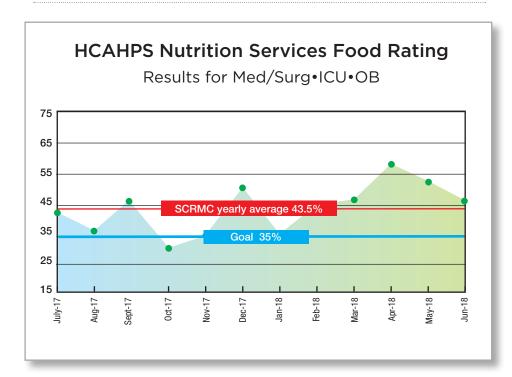
June 2018
Amy Hilmanowski
Curbside Unit Coordinator
Patient Access Services
St. Croix Falls

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Quality of Care 2018

Continuous quality improvement at SCRMC requires the ongoing, reliable work of dedicated leaders, medical providers and staff in all departments, along with the leadership of our governing board. This annual report recognizes hard work on strategic initiatives and projects throughout FY 2018.

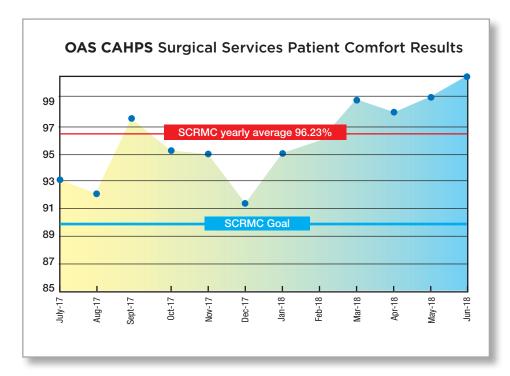
Studies show that patients with better care experiences are often more adherent to medical advice and treatment plans, thus leading to better health outcomes. SCRMC proudly utilizes CMS-approved CAHPS (Consumer Assessment of Healthcare Providers and Systems) surveys to formally survey patients receiving clinic, surgical, emergency, and inpatient hospital services.



The hospital survey asks patients to rate the quality of the food provided during their stay. Nutrition Services worked diligently on customer service this year to improve the patients' experiences with their food during hospital stays. Team members held daily huddles to discuss the patient experience and actively participated in AIDET® (see page 18) training and initiatives to improve communication around Nutrition Services. Hospitality aides working in Nutrition Services had individualized rounding on this survey question and strategies. This year, they exceeded their goal with an average top box rating of food quality of 43.5%.



Surgical Services worked on the overall Likelihood to Recommend question and on a question focused on doctors and nurses making sure the patient is as comfortable as possible. The group did focused work around timely communication with patients, making sure the nurse in same day surgery connected with the patient within five minutes of arrival and keeping families updated at least every ninety minutes throughout the duration of surgery. Bair Paw gowns and standardized temperature monitoring were implemented for patient comfort. The department was able to exceed their patient comfort goal, achieving an average top box score of 96.23%.



Pain Clinic

The experience of pain, no matter what the source, creates profound effects on physical and mental well-being. In 2018, SCRMC started a comprehensive pain management clinic that offers multi-disciplinary alternatives to opioids.

The goal of the Pain Clinic is to:

- Reduce the severity of pain and the amount of time pain is experienced
- Increase ability to perform activities at work and home
- Learn new skills for coping with pain
- Improve quality of life

Chronic Pain Conditions Managed:

- Back Pain
- Neck Pain
- Neuropathic Pain
- Headache and Facial Pain
- Arthritis/Joint Pain
- Cancer Pain
- Complex Regional Pain Syndrome
- Pelvic Pain
- Post Stroke/TBI Pain
- Post-Surgical Pain
- Shingles-Post Herpetic Neuralgia
- Spinal Disorders
- Sports related pain
- Carpal Tunnel Syndrome
- Myofascial Pain/Fibromyalgia

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Managing the Patient Experience

AIDET® is St. Croix Regional Medical Center's way to communicate with our patients and one another. It is the framework for narrating the care and for introducing ourselves professionally. Below is an overview of what the acronym AIDET® means:

A

Acknowledge Goal: To put patients at ease; to make them feel welcome and comfortable. They are your priority.

Introduce Goal: To build confidence and gain the trust of the people we serve.

D

Duration Goal: Manage the patient's expectation of time.

Ε

Explanation Goal: Reduce anxiety and concern. Paint a clear picture. Reduce questions, such as "Why is..?" "Why are they doing that?" "What is that I hear?" "What are they doing?" and "What are they saying?"

Т

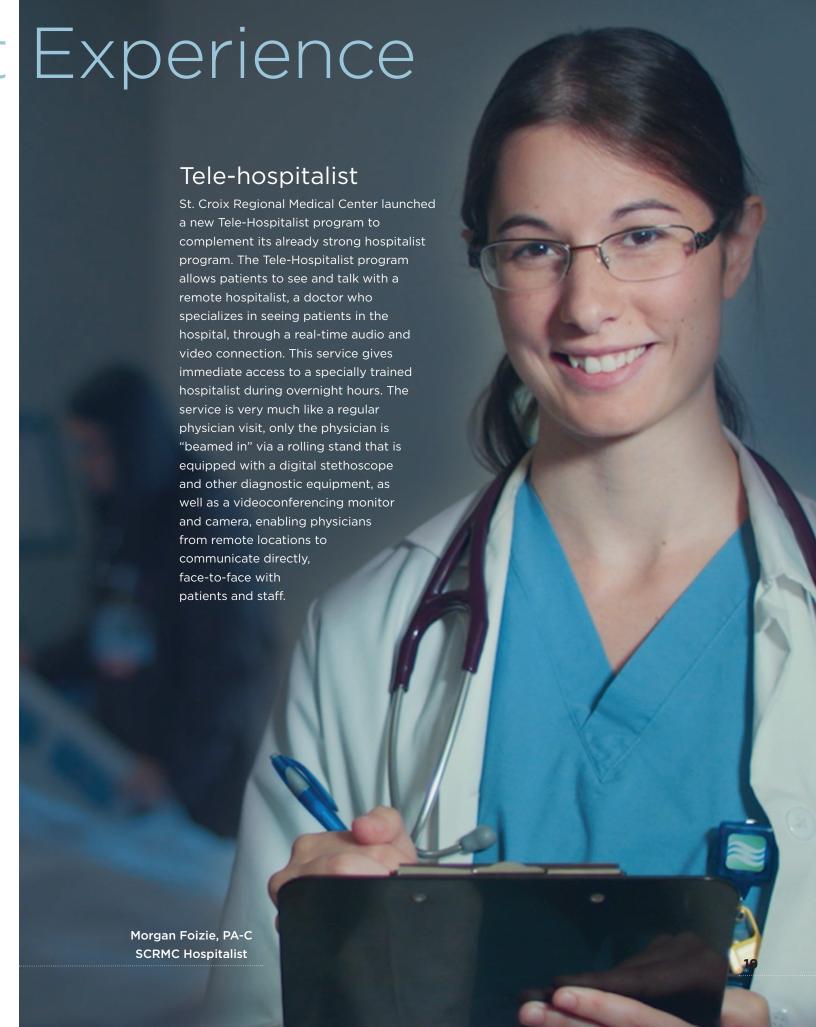
Thank Goal: Demonstrate you care and acknowledge your appreciation of the interaction. Thank them for allowing you to care for them.

Hourly Rounding

Putting patients first requires more than just clinical expertise—it also requires demonstration of caring and compassion with every patient we encounter. Patients like to know that someone is watching over them and truly cares.

In order to assure every patient's experience is always met with a nursing team of caregivers who are responsive to the needs of our patients and families, St. Croix Regional Medical Center implemented hourly rounding. Effective nurse rounding helps manage patient expectations, provides necessary service recovery, promotes quality care, recognizes exceptional caregivers and role model behavior.

Rounding is one of our initiatives that not only fulfills the routine requests that are usually made when the call light is used, but also demonstrates nurses' availability to the patient and their readiness to anticipate their needs. It's proactive and allows for nurses to manage patient care and their own time more efficiently.



Preliminary Comparative Income Statement

	6/30/2018	6/30/2017
PATIENT REVENUES		
Inpatient Hospital	\$24,644,872	\$24,952,340
Outpatient Hospital	100,162,611	86,939,900
Professional and Clinic	49,942,963	43,984,561
Total Patient Revenues	\$175,750,446	\$155,876,801
Government & Insurer Discounts	(\$79,964,152)	(\$68,342,881)
Bad Debt Expense	(2,239,975)	(2,944,835)
Charity Care	(616,267)	(918,394)
Miscellaneous	1,362,504	1,257,604
CMDI Joint Venture	229,302	180,318
Net Operating Revenue	\$94,521,858	\$85,108,613
OPERATING EXPENSES		
Salaries—Staff	\$28,861,943	\$26,073,236
Salaries—Providers	14,004,364	6,869,605
Employee Benefits	9,774,808	7,283,558
Contracted Physician Fees	6,708,877	12,050,790
Purchased Services	6,903,125	5,916,946
Supplies and Drugs	17,039,656	13,930,964
Building, Equipment and Repairs	3,101,448	2,568,840
Depreciation and Amortization	3,723,114	3,420,960
Interest Expense on Mortgages	113,991	199,377
Rental Expenses	312,948	108,264
Utilities Expenses	690,697	669,938
Other Expenses	2,325,682	2,016,380
Wisconsin Hospital Tax	334,265	362,867
Total Operating Expenses	\$93,894,918	\$81,471,725
Operating Income	\$626,940	\$3,636,888
Non-Operating Net Revenues	\$3,047,836	\$1,712,895
Net Income	\$3,674,776	\$5,349,783

Charity Care: \$616,267

Number of applications for Financial Assistance: 469
—affecting over 225 families



