

experienceHEALTH

SUMMER 2024



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Upland Hills[®]
Health 



Message from Lisa

It's our anniversary and, we are anxious to share our celebration with you!

It's been 50 years since the two hospitals in Dodgeville came together to form Memorial Hospital of Iowa County. This year we invite you to join us as we celebrate the 50th year of that merger.

A lot has changed in health care over the past five decades; however, one thing has remained the same all these years. Our commitment to the people living in our communities has never wavered. We are a community-minded health care system that provides innovative, individualized and compassionate care for every stage of life.

The fact that we have had a hospital in our community for over 100 years is a tribute to the people who believe that health care must be available close to home, delivered by providers who are dedicated to helping others live healthier, better lives. The merger was a major milestone in our growth. It fostered a collaborative, unified approach to health delivery. In 2001, the name of the hospital changed to Upland Hills Health to more fully reflect the characteristics of our physical landscape. More importantly, it set us on a course to grow with our communities and expand to make health care more accessible and closer to home.

Earlier this year as we developed our 50th anniversary logo, we challenged ourselves to create a tagline. We wanted to describe what is most important to us, as a health-care system, and convey to you, as a patient and as an individual living in our area who we are and what we stand for as providers and friends. That is how we came to adopt "Trusted Care. Timeless Compassion."

Over the next few months, you will see many changes at Upland Hills Health. We are adding new services, increasing our capacity in the surgical area, opening new clinics and therapy centers and expanding our ability to care for more senior members of our community.

We invite you to join us at our celebrations, which are listed below. Share your ideas for the future with us. Always know, we are here for you and because of you!

Lisa Schnedler, President and CEO, Upland Hills Health

“A lot has changed in health care over the past five decades; however, one thing has remained the same all these years. Our commitment to the people living in our communities has never wavered.”

Lisa Schnedler

Experience Health

Upland Hills Health Hospital and Clinics

Lisa Schnedler

President/CEO

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Celebrate With Us!

Throughout the summer and to the end of the year, Upland Hills Health will be holding a number of events in honor of our 50th Anniversary that recognize and thank YOU—our community supporters. Mark your calendars to join us for tours, entertainment, prizes, food and fun.

July 13, 5 pm | Sip & Savor Harris Park, Dodgeville, 600 Bennett Road

August 1, 3-6 pm | Grand Opening Mineral Point Medical Clinic
1050 Branger Drive, Mineral Point

August 8, 4 pm | Family Fun Day Harris Park, 600 Bennett Road, Dodgeville

September 20, 10 am | UHH 2nd Annual Golf Classic
Dodge Point Country Club, 1771 Cty Rd. YD, Mineral Point

TBA | Grand Opening
Mount Horeb Clinic, Urgent Care and the Therapy & Wellness Center

Upland Hills Health Celebrates of Caring

Fifty years ago, it was quite common for small communities to have two hospitals. Dodgeville was no exception. It started when Sister Mary Bendict of the Franciscan Sisters arrived in Dodgeville with a plan to start a hospital. She gained the support of the Mayor and City Council and together, they focused on financing the building project.

In May 1913, they broke ground for St. Joseph's Hospital. In 1915, Dr. Orin W. Joslin had an idea for a second hospital in Dodgeville. He raised funds to equip the two upper floors of the Grand Hotel to serve as the first General Hospital, which opened in 1926. A new building for General Hospital was dedicated on May 12, 1928 with 25 hospital beds. An addition in 1955 expanded the facility to 46 beds for inpatient, overnight care and created space for outpatient testing.

In 1974 the two hospitals merged creating Memorial Hospital of Iowa County. The General Hospital building became a nursing home and the building that housed St. Joseph's hospital was designated for inpatient and outpatient care.

Today, we celebrate the 50th year of that merger.

In 2001 we changed our name to Upland Hills Health to reflect the expanded health services and a service



“We treat you like family. It is not a slogan to us, it’s the way you deserve to be treated when you are in our care.”

Lisa Schnedler

area that had grown beyond Iowa County. The nursing home was replaced with a new, on-campus Nursing and Rehabilitation Center in 2009.

Today Upland Hills Health has 39 providers and specialists, more than 74,000 clinic visits every year, seven family practice clinics, three therapy and wellness centers, and more than 600 employees.

The progress made over the last century would not have been possible if not for the hard work and commitment to local care by the citizens of Dodgeville and the surrounding area. That spirit is as strong today and it was 100 years ago.

“We consider it an honor to continue the work of those who laid the foundation for health care in this region,” Lisa Schnedler, President and CEO, Upland Hills Health stated. “In carrying out that tradition, our providers, clinicians and support staff are focused on ensuring our patients receive the best care possible, close to home. ‘We treat you like family’ is not a slogan to us, it’s the way you deserve to be treated when you are in our care.”

Upland Hills[®] Health “Growing



GENERAL HOSPITAL

1974

General Hospital merged with St. Joseph's Hospital of Dodgeville to form Memorial Hospital of Iowa County.



ST. JOSEPH'S HOSPITAL



1983

A major addition to the hospital expanded capacity for health care services at the hospital.



1997

Upland Hills Health partners with ElderSpan to open CrestRidge, which offers memory care and assisted living.



2001

The name is changed from Memorial Hospital of Iowa County to Upland Hills Health to better represent the regional reach of the health system.



2002

Upland Hills Health opens the Nursing and Rehabilitation Center, adds specialty care and a Heart, Lung and Sleep Center.



2006

The helipad is relocated.



Highland and Montfort Clinics were acquired.

Birthing Unit remodeled.



2007-2009

Emergency services, the laboratory and outpatient service areas are modernized and expanded to accommodate a growing patient census.



2009

A new Dialysis Center provides better access to care for kidney failure treatment.

With You™



2010

The Spring Green Family Medicine Clinic is acquired.



2012

New Montfort Clinic is built.



2015

Mount Horeb Clinic is acquired



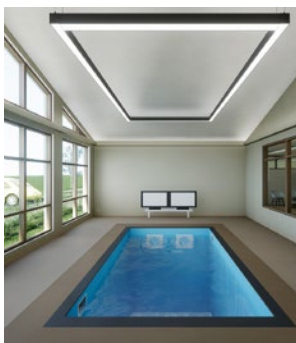
2016

New Highland Clinic is built.



2017

Major building project at the hospital modernizes and expands patient care areas and support services.



2019

Mineral Point Therapy Aquatic Treatment Center opens with the only therapy pool in the area. Mako Robotic-Arm Assisted technology is added in the orthopedic department.



2020

New patient rooms were opened in the medical-surgical department and birth center. New operating rooms were added to the surgery department.



2024

Four building and remodeling projects will be completed this year.

- The Mount Horeb Clinic and Urgent Care
- The Mineral Point Medical Center of Upland Hills Health
- The Upland Hills Health Therapy and Wellness Center, Mount Horeb
- Two new operating rooms at the hospital



And a major announcement:

Upland Hills Health unveils plan to develop a senior living campus, expanding care options in the community.

Meeting Demand; Exceeding Expectations

Upland Hills Health continues to grow as the demand for medical services increases in our region.

“We do everything locally that we can do well,” according to Lisa Schnedler, President and CEO of Upland Hills Health. “People are often surprised to hear we have specialists coming here that they thought were only available in Madison. Our goal is to bring care to you so you don’t have to worry about driving 20-30 miles in city traffic to see a specialist. That way, you will spend more time with your doctor and less time traveling to the appointment.”

Patient-centered, personal care is a cornerstone of the Upland Hills Health experience. Whether it is bringing a new baby into the world or caring for a person with a life-threatening illness.

“If I had to rank the most important skill for a provider, it would have to be listening,” according to Charlie Pearce, MD, Vice President of Medical Affairs at Upland Hills Health. “Patient-centered care starts with a conversation. People can tell us how they are feeling and explain what they think is wrong. Our job as providers is to be curious. Why is someone feeling like they do? When we know that we can apply our medical training and use the available diagnostic tools to help our patients.”

Patients rank their experiences with our providers and support staff at Upland Hills Health high on surveys. Whether it is inpatient care or seeing a provider in a specialty or family medicine clinic, the comments from our patients are excellent. Here is a sampling:

Birth Center

“We have nothing but nice things to say about the nurses. Friendly. Kind. Hospitable. Knowledgeable. Professional. I didn’t want to say goodbye.”

Family Medicine Clinics

“While raising our family (5 active boys) we were so grateful and reliant on Upland Hills Health and their team of doctors, nurses, and staff to provide the care and support we needed....We now live in Verona but continue our health care with Upland Hills Health. We are so happy and grateful for our doctors and for the care we receive that we do not wish to go anywhere else. Upland Hills Health is our family.”

Surgical Department

“Everything from the prep, procedure, and afterwards went very well. Your staff was wonderful, very caring.”

Emergency Department

“No wait! Everyone was courteous, thoughtful and kind.
If I must go to an ER again for anything, I will be going to Dodgeville again. I was very impressed!”

Hospice

“The hospice team was great to work with. They were kind, compassionate and respectful. I don’t know what I would have done without them. They made it possible for him to remain at home, where he wanted to be.”

Therapy and Wellness

“As my physical therapist teaches me movements, exercises, etc., she is also teaching me about anatomy and muscle groups. She is very kind and concerned for my comfort and well-being.”

New Physicians Return “Home” With a Goal to Care for Others

They could have practiced anywhere. Two top graduates in their medical classes, both from the local area. Dr. Bronson Bomkamp and Dr. Joshua Hess share a passion for caring for those who live in the area where they were raised.



Bronson Bomkamp, MD, joined Upland Hills Health in 2023. He lives in Ridgeway now, but he grew up in Highland.

“I’m really glad to be back in my home town,” he said with a smile.

After attending the University of Wisconsin – La Crosse, Dr. Bomkamp entered the University of Wisconsin School

of Medicine and Public Health and received his medical degree. After completing a surgical residency at Gundersen Health in La Crosse, Dr. Bomkamp knew exactly where he wanted to practice – Upland Hills Health.

As a new surgeon, Dr. Bomkamp was looking for a supportive, collaborative environment. Dr. Jared Linebarger, and Dr. Patrick Ryberg, both at Upland Hills Health, are well-respected and highly skilled surgeons. He likes working with the surgical department team.

Surgery was a good match for Dr. Bomkamp as he is a person who likes hands-on, technical work.

“In my spare time, I like to do woodworking and I’ve always enjoyed sports,” he said. “My satisfaction comes from getting good results, treating the whole person and making a positive change in people’s lives.”

To schedule a consult with Dr. Bomkamp call 608-930-7137.



Joshua Hess, MD, joined Upland Hills Health in 2024. He grew up on a farm outside of Rewey and attended school in the Iowa-Grant District. After high school, Dr. Hess attended the University of Wisconsin-Platteville, where he received a bachelor’s degree in biology. He received his medical degree from the University of Wisconsin School of Medicine and Public Health, having gone through the Wisconsin Academy for Rural Medicine (WARM). Medical students are admitted to the WARM program based on their commitment to improving the health of people living in rural communities.

“I was thoroughly impressed with the UHH team and everything that the health system offered.”

“I knew I wanted to practice in a rural area. Before starting medical school I worked in the Upland Hills emergency department as an ER tech for several years,” Dr. Hess explained. “I was thoroughly impressed with the UHH team and everything that the health system offered. I like the fact that the hospital had great community support, too.”

During his childhood, Dr. Hess had a medical condition that required a lot of visits and eventually surgery by the time he was 16 years old. That early exposure to the health care system instilled a deep sense of commitment to giving back. That is why he chose to practice at Upland Hills Health.

“I wanted to take care of all types of patients and all ages,” he said. “I have a special interest in obstetrics and men’s health and on specific health conditions related to obesity and weight loss. I listen to my patients and I help them reach their personal health goals. Even if I don’t know the answer, we have a fantastic team at Upland Hills Health and, together, we can find the answer.”

Dr. Hess practices at the Upland Hills Health Clinics in Mineral Point and Montfort. To make an appointment with him call 608-987-2346.



Dr. Brian Keyes



Dr. Brian Steffin



Dr. James (JJ) Prosser



Dr. Jason Sanone



Dr. Anthony Villare



Melissa Messer

Upland Hills Health Partners with Orthopedic & Spine Centers of Wisconsin to Expand Access to Care

Partnership brings additional orthopedic services to the region

A new partnership between Upland Hills Health and the Orthopedic & Spine Centers of Wisconsin is expanding access to orthopedic care in southwest Wisconsin. The group complements the current UHH orthopedic team of Dr. Anthony Villare and Melissa Messer, PA-C.

The first four Orthopedic & Spine Centers of Wisconsin physicians who are providing care at Upland Hills Health include Dr. James (J.J.) Prosser, specializing in sports medicine; Dr. Jason Sansone, specializing in shoulder replacements and orthopedic traumatology (operative and non-operative care of complex fractures); and, Dr. Brian Keyes and Dr. Brian Steffin, both specializing in adult joint reconstruction. All of the specialists are Board Certified, and Fellowship Trained orthopedic surgeons.

“We are truly excited to provide care for this community as many of us grew up in this area,” said Dr. Brian Keyes. “Dr. Villare has built an incredible program at Upland Hills Health, and for us to help expand the program and provide

care to more people in our community is something that aligns perfectly with the mission and vision of our practice.”

“We are truly excited to provide care for this community as many of us grew up in this area.”
Dr. Brian Keyes

The new physicians are seeing patients at the clinic in Upland Hills Hospital, and they are providing 24/7 emergency orthopedic care. Additional subspecialties will be added over the next several months.

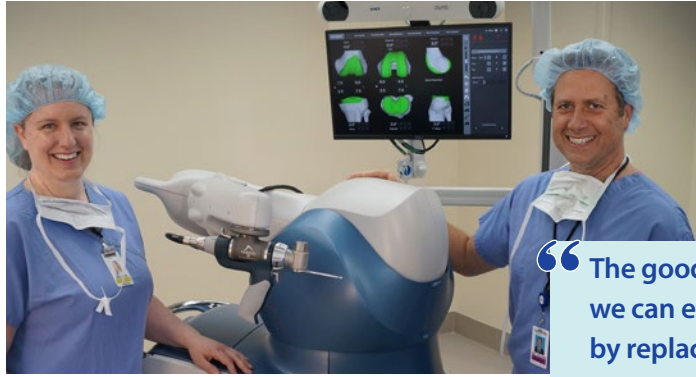
“We recognize the growing demand for high-quality sports medicine, joint replacement, and full-service orthopedic care in our community,” said Lisa Schnedler, President and CEO of Upland Hills Health. “With the addition of the Orthopedic & Spine Centers of Wisconsin physicians to our existing program, we can provide the specialty care needed and create a best-in-class destination for orthopedics close to home.”

Patients can schedule appointments by calling 608-930-7115, or by logging into their MyChart. Visit www.UplandHillsHealth.org/services/orthopedics for more information.

A Life Changing Decision Brings an Optimistic Future

As an active person, Cindy was frustrated because she was being held back by a painful knee.

For years, the ache was there. It finally became so unbearable that Cindy reached out to Physical Therapist Stephanie Edgette at Upland Hills Health for relief. Physical therapy worked for a few years, but the pain returned with a vengeance, so she scheduled another PT appointment, just as the pandemic hit. The appointment had to be postponed.



Melissa Messer and Dr. Villare with Mako

“The good news is that we can ease the pain by replacing parts or all the knee joint.”
Dr. Anthony Villare

Hoping it would get better on its own did not work.

“I put off making a new appointment for PT, but the pain just kept getting worse,” Cindy explained. “I could not get comfortable no matter what position I tried. It was hard to sleep, it hurt to walk. It really limited what I could do. And the pain was always there.”

In 2023, imaging revealed that the cartilage in her knee was worn down to almost nothing. It was then that she was referred to Dr. Anthony Villare, an orthopedic surgeon at Upland Hills Health.

“Over time, the cartilage that forms a cushion between bones can deteriorate and bone begins to rub on bone. That is very painful,” according to Dr. Villare. “The good news is that we can ease the pain by replacing parts or all the knee joint. In Cindy’s case, we did a total knee

replacement. As a surgeon, I was extremely pleased with her results. It can be a life-changing experience to regain mobility and return to doing activities we like to do.”

During Cindy’s surgery, Dr. Villare used the Mako robotic-arm assisted total knee replacement technology. This technology allows the physician to pre-plan the surgery to determine exactly the right size and shape of the implant. During surgery, Dr. Villare guides the robotic arm to precisely remove diseased bone and cartilage, then he inserts the knee implant.

Cindy’s big surprise after the surgery? The pain was gone. Dr. Villare’s team worked closely with Cindy’s physical therapists throughout her recovery and rehabilitation. She said Nate, her physical therapist, was knowledgeable, persistent, and always very kind as he encouraged her to do a little more each session.

Why did Cindy choose Upland Hills Health?

“If I had to drive in traffic for an hour, figure out parking and face the delays in scheduling everything from the first appointment to the surgery, I would have put it off much longer,” she said. “I drove to Dodgeville for the surgery and had physical therapy in my hometown. Everything was so much easier and remarkably successful, too.”

Cindy is now looking forward to gardening again, an activity that she had to table when her knee hurt.

“I have a much more optimistic outlook on the future now that my knee is not holding me back,” she added.

To learn more about Upland Hills Health orthopedic department, visit: uplandhillshealth.com/orthopedics.



Which Has a Greater Influence on Your Chance of Getting Cancer: Genetics or Lifestyle?

The answer is both.

That is why patients at Upland Hills Health are encouraged to complete a comprehensive cancer risk assessment. The assessment determines whether the person may benefit from genetic testing or modified cancer risk management.

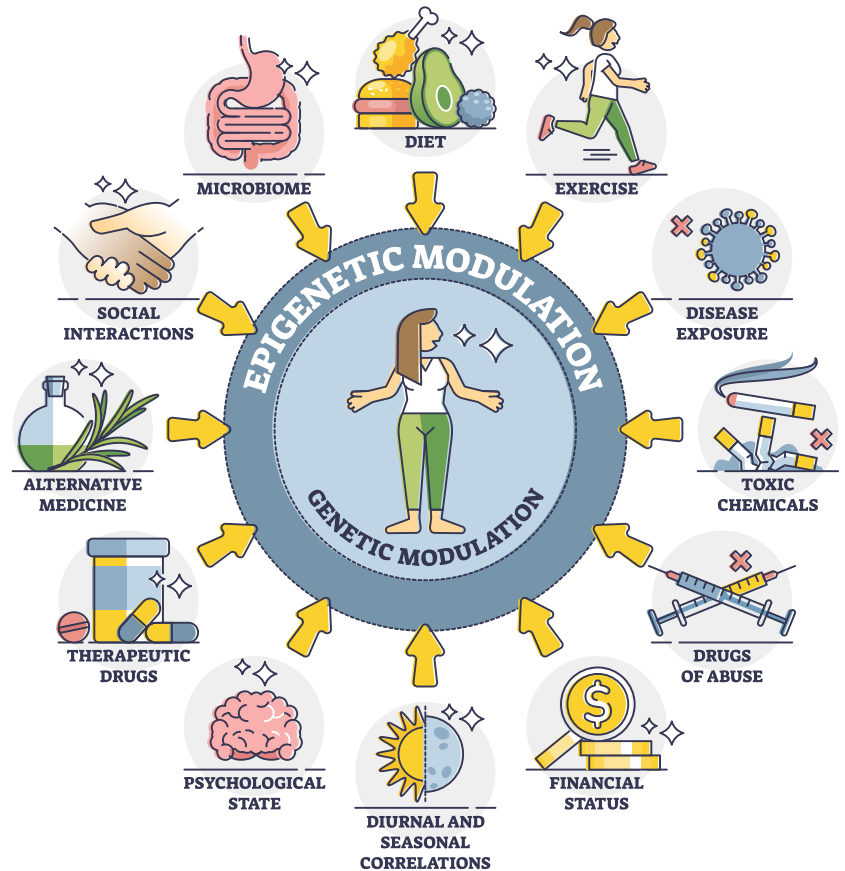
Since January 2023, more than 2,400 patients seen by Upland Hills Health (UHH) providers have completed a comprehensive cancer risk assessment. As expected, most patients were able to be reassured of their “average risk” for developing cancer and standard cancer screening protocols could be continued. Many of the individuals were found to have concerning risk factors in either their personal or family history for which further individualized management was indicated.

Ten percent of the patients who completed the assessment had a significantly elevated breast cancer risk and qualified for enhanced breast cancer screening. For some, more refined recommendations were indicated for other cancer types, including colorectal, ovarian, uterine,

skin and prostate cancer. In addition, 21 percent of those who completed the assessment met established guidelines to consider genetic testing. This testing is now performed on-site at UHH and can be an invaluable tool in clarifying individual cancer risk and the risk in families.

UHH has partnered with Ambry Genetics to incorporate cancer risk assessments into annual wellness exams. Too often, an individual’s cancer risk is not well understood until after a cancer diagnosis has been made. With a more proactive approach, an individualized plan can be established for screening to detect cancer earlier and possibly even prevent it. Early detection improves the opportunity for a better outcome.

“Cancer invokes fear of the unknown. Knowing their risk can help individuals navigate screening and prevention and provide a sense of control,” says Upland Hills Health physician Dr. Jared Linebarger. “Our role as health care providers must be to facilitate that process.”



“Cancer invokes fear of the unknown. Knowing their risk can help individuals navigate screening and prevention and provide a sense of control.”
Dr. Jared Linebarger

Upland Hills Health Home Care Service Expands

One of Upland Hills Health most highly rated services has expanded to reach more communities. The UHH Home Care Service now serves more residents in the Platteville and Fennimore areas. Patients north of Muscoda, Lone Rock and Spring Green will be referred to the SSM Health At Home Reedsburg office. SSM At Home will assist Upland Hills Health in serving its home care and hospice patients in the Richland Center area.

“Home care is extremely important, especially in more rural areas. We have been in discussions with SSM Health to find a way to ensure our patients receive excellent care while using our resources wisely,” according to Michelle Esser, Director, UHH Home Care and Hospice. “By keeping care within our market, our home care providers can see more patients because we decrease staff drive time between patients. We can also spend more time at the bedside. Patients benefit by receiving excellent timely care. It is a win for everyone involved.”

If you would like to learn more about Upland Hills Health Home Care, contact Michelle Esser at 608-930-7210.



“Home care is extremely important, especially in more rural areas.”
Michelle Esser



Long Waits for Medical Appointments? Get Seen Sooner at Upland Hills Health!

Urgent Care Coming to Mount Horeb in the Fall

It's true. Workforce shortages are causing longer waits almost everywhere. But when you are not feeling well, you don't want to wait for a doctor's appointment.

Upland Hills Health believes that health care should be accessible and delivered with compassion by highly skilled providers you can trust. Just ask Dr. Joe Berg who practices family medicine at the UHH Mount Horeb clinic.

"Long waits and long drives can stop people from getting the health care they need, when they need it," according to Dr. Joe Berg who practices family medicine at the UHH Mount Horeb Clinic. "We have seven family medicine clinics staffed by physicians, advanced practice providers and therapists. We take the time we need to learn about you and establish a conversation and connection."

That's why the scheduling team at Upland Hills Health listens carefully to callers. They ask questions to determine how urgently the patient needs to be seen. While wait times are a little longer now than they were prior to the pandemic, UHH makes it a priority to get patients seen as quickly as possible.



Dr. Joseph Berg

“Long waits and long drives can stop people from getting the health care they need, when they need it.”

"You don't want to wait, and we don't want you to wait. That's why we are excited about opening an Urgent Care Clinic in Mount Horeb later this fall. Urgent Care is an alternative when you can't be seen right away by your primary care provider," Dr. Berg said. "Our Urgent Care will be staffed by Madison Emergency Physicians, the same group that staffs our urgent care in Dodgeville and much larger health systems in the region."

Whether it is scheduling an appointment for a routine check-up or specialist at Upland Hills Health,

we will work to find a time that meets your medical and scheduling requirements. Call 608-930-8000 to schedule an appointment with any of our providers.



Mount Horeb Clinic

Upland Hills Health Expands in Mineral Point and Mount Horeb



Sandy Fisher

“No one wants to travel when they or a member of their family are not feeling well.”

Three clinics in the Upland Hills Health system will be opening soon following some major remodeling and a new building.

The Mineral Point Medical Center of Upland Hills Health on 1050 Branger Drive is at the same location as the Upland Hills Health aquatic rehabilitation and therapy services.

“The new clinic builds on our commitment to allow our patients to stay in their community for medical care,” Lisa Schnedler, President and CEO, Upland Hills Health noted. “Designed with our patients in mind, these modern facilities will provide better access for our patients now and allow for future growth to support community health, wellness and fitness.”

The new clinic will offer easy access to parking near the entrance. The fitness center will move in to the new the building so services in Mineral Point will be in one location.

The Mount Horeb clinic is currently closed for remodeling with all providers seeing patients at the clinic in Barneveld. When it’s completed, the remodeled clinic will have more space available to see patients and will include space for an Urgent Care clinic.

A new UHH Therapy and Wellness Center will open later this summer in a remodeled building on 1809 Springdale Street near Miller’s Market. The new location will mean more space and better accessibility to therapy services. It also has room to add a therapy pool in the future.

Sandy Fisher is a local business owner and a long-time resident of Mount Horeb. Fisher serves on the Upland Hills Health Board of Directors. She whole-heartedly supports the clinic expansion.



Mineral Point Clinic and Therapy Center, lower level

“No one wants to travel when they or a member of their family are not feeling well. Having great, excellent care here is important not only when we are sick, but it’s also key to keeping us healthy.”



Mineral Point Clinic upper level



“The nurses were right there, asking me if I needed anything. It was the birthing experience that we wanted.”

Cheyenne and Livvie

Bringing Baby Into the World: “It was the birthing experience we wanted”

For Cheyenne and Trevor, starting a family was not easy.

After two miscarriages, they were nervous. The not knowing why it was happening or what they should do were questions that their physician, Dr. Timothy Raichle, helped them navigate.

“Dr. Raichle was amazing. He was always there for us to answer questions and assure us that we were doing everything right and to hang in there,” Cheyenne said. “When he was not available, another nurse or doctor would answer the phone, and that was reassuring.”

The obstetrics teams at Upland Hills Health monitored Cheyenne closely her first trimesters making sure that “everything went according to plan.”

Two children later, Lainey born in 2022 and Livvie in 2023, Cheyenne looks back on her pre-natal care and delivery at Upland Hills with a lot of appreciation, admiration and, yes, even awe.

Lainey was born in 2022 when pandemic precautions were in place. Cheyenne said it was a little scary, but when she went into labor, she was greeted at the door by nurses from the birthing unit.

“The nurses were there every step of the way. With my first, I wasn’t even sure I was in labor until they said, ‘you’re going to have a baby today!’” according to Cheyenne. “The room was great. It was spacious and I had enough space to walk around when I was in labor. The nurses were right there asking me if I needed anything. It was the birthing experience that we wanted.”

Dr. Grunow, a family medicine physician, cares for the entire family now. He visited each baby after they were born and checked in on Cheyenne, too.

“We really trust Dr. Grunow. He has been my husband’s doctor and we felt comfortable knowing he has the experience and expertise,” Cheyenne said. “We were sure he would take good care of our girls.”

Upland Hills Health delivered more than 200 babies in 2023. UHH designs care to meet the medical, physical and emotional needs of mothers and their families. To learn more about our Birth Center, visit <https://www.uplandhillshealth.org/services/birthing-unit-obstetrics/>.

Cheyenne looks back on her experience with appreciation, admiration, and yes, even awe.



Nurse Harley and Lainey



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