

## *Dedicated Volunteer to Deeply Thankful Patient*

### *Ann Bradach sees multiple sides of the hospital after life-changing visit.*

The nagging cough that clung to Ann Bradach for more than a year was keeping her up on the night of Nov. 1, 2018. After doctor visits, a diagnosis of pneumonia and then bronchitis and different medications she found temporary relief but her body couldn't fight off the cough permanently.

She was in the bathroom when suddenly she got sick and collapsed. Her husband Jim Bradach ran to her and brought

“I still can't comprehend how someone can be functioning normally one day and the next day be in critical condition. I then learned she was in septic shock. A disease I had never heard of nor knew the gravity of. After showing organ



▲ *Ann and Jim Bradach in the Healing Garden*

*“I had all the confidence in the world that she was being taken care of,” said Jim Bradach of his wife Ann's 40-day stay in the hospital.*

her back to bed. His first thought was to wait until morning and bring her to the doctor's office but one look at Ann and he reached for the phone and dialed 9-1-1.

With his wife in the ambulance, he was driving his car and heading toward Froedtert & the Medical College of Wisconsin Community Memorial Hospital, where Ann has been an active volunteer for four years.

“I was just in complete shock that I was following an emergency vehicle to the hospital,” said Jim.

Once in the Emergency Department he recalls hearing the doctor's words: Your wife is very sick. She was dehydrated, she had low blood pressure and her kidneys were beginning to shut down.

improvement from sepsis, she was diagnosed with necrotizing MRSA pneumonia,” said Jim. “Again something I had never heard of, but learned it was one of the more severe pneumonias there are.”

*continued on page 7...*

## INSIDE THIS ISSUE...

- *2019 Scholarship Recipients*
- *Spring and Summer Event Recaps*
- *Stop the Bleed Program launched in New Berlin*

# To Our Foundation Friends:

Welcome to the fall issue of Foundation Exchange! I hope that you have enjoyed a healthy and active summer and are looking forward to what the fall has in store.

As we embark on the fall, Community Memorial Foundation will celebrate its 30th Anniversary! Thirty years ago, in parallel with the 25th anniversary of the hospital, Community Memorial Foundation was formalized with the mission to purchase state-of-the-art medical equipment to develop new programs and services, to expand patient and community education and to provide charity care. Today the mission of Community Memorial Foundation promotes and enhances the health of all individuals in the community through the development and management of resources in collaboration with the mission of Community Memorial Hospital. Simply stated, we always have and continue to serve the community to ensure that exceptional care is delivered close to home.



▲ Jessica Mulligan

In this issue, our grateful patient story comes from one of our dedicated volunteers and her husband who express their gratitude for the lifesaving care received at CMH. This issue also introduces the foundation's new board members, thanks those who have served as board members for many years, highlights the impact of the 2019 scholarship program, shares the results of the 29th annual Spring Splendor Gala and the 21st annual Golf Classics together raising over \$250,000 to benefit the Surgical Services Department. Also read about the results of Wheeling & Heeling for Cancer. So far, 2019 has given us many reasons to be grateful and to celebrate. We look forward to the many events ahead of us yet this fall.

For 30 years, Community Memorial Foundation has been caring for the community. Every volunteer, donor, event attendee, board member, committee member, and community member contributes in their own unique way to the fulfillment of our mission. Thank you for believing in us and for partnering with us as we create a healthier community for everyone

Wishing you and your family a happy, healthy and fun-filled fall!

Be well,

Jessica Mulligan  
Executive Director  
Community Memorial Foundation

## COMMUNITY MEMORIAL FOUNDATION MISSION STATEMENT

*Community Memorial Foundation promotes and enhances the health of all individuals in our community through the development and management of resources in collaboration with the mission of Froedtert & the Medical College of Wisconsin Community Memorial Hospital. The mission of the health system and its hospitals is to advance the health of the communities we serve through exceptional care enhanced by innovation and discovery.*

## COMMUNITY MEMORIAL FOUNDATION 2019 BOARD OF DIRECTORS

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# Welcome New Board Members

Community Memorial Foundation is pleased to welcome three new members to our volunteer board of directors:



**Mark Davis** is the executive vice president and chief operating officer at American Transmission Co. Mark is a leader who is known for his ability to develop and implement processes that lead to exceptional performance. He has a passion for implementing strategic change that leads to

creating significant impact for teams, companies and communities. A transplant from Indiana, Mark resides in Menomonee Falls with his wife, Rochell.

**Mike Moore** founded Moore Construction Services in 2007, a construction management firm located in Menomonee Falls, that serves the commercial, industrial and institutional construction markets in Southeast Wisconsin. Moore Construction Services was recently awarded the Milwaukee



Business Journal's Fastest Growing Firms and the Metropolitan Milwaukee Association of Commerce's Future 50, which recognizes the company as one of the region's fast-growing firms. Mike is an active member in the Menomonee Falls Chamber of Commerce. He and his wife Paula reside in Menomonee Falls and they have four adult children, four grand angels and two more on the way!

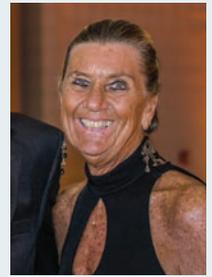


**Gwen Weithaus** is the vice president Risk and Controls at Northwestern Mutual. As a wealth management compliance and risk industry leader, she currently is responsible for comprehensive risk management programs and leading cross-functional teams to implement

strategic solutions to comply with complex regulatory requirements impacting the company. Gwen is known for bringing people, processes and technology together to achieve strategic outcomes by evolving and transforming businesses and platforms to make a positive impact. Gwen is a graduate of Leadership Menomonee Falls. She resides in Menomonee Falls with her husband, Chris, and two children.

# Thank You For Your Service

**Dianne Johnson's** dedication to the foundation board spans decades and she spent many years supporting the annual Spring Splendor Gala. She helped with the major gifts subcommittee, and she's an Evergreen Society member. She also gave of her time to the hospital's Community Engagement Department, serving on the Community Outreach Steering Committee. Dianne's professional life has been centered around Johnson Bus where she was one of the owners. After 40 years working out of the Menomonee Falls office, Dianne and the other owners decided to sell the entire company. She is now spending more time at her Fort Myers Beach residence while retaining her West Bend home in the summer.



**Kay Keller's** passion for the hospital and foundation dates back to when the hospital opened 55 years ago in 1964. She's also one of the founding members of the Spring Splendor Gala which started in 1990. She's a tireless volunteer who enjoys welcoming visitors and patients to the hospital at the information desk on the first

floor. As Kay often explains she began her volunteerism as a "break" from her three boys whom she was with day in and day out. That break from home benefited the hospital and the foundation in numerous ways. Kay and her husband, Charlie, now spend much of the year in Arizona.

**Marty Shallock's** name is synonymous with selfless volunteer. He and his wife, Debra, co-chaired the 2011 Spring Splendor Gala. Marty also co-chaired the Emergency Room Expansion Campaign, sponsored and attended many events during the last decade and served on the foundation board for eight years. He often says that giving back to the community is

just the right thing to do – words that are both simple and so meaningful. Marty's generous spirit is seen throughout the community as he's been involved with Little League, Falls Area Food Pantry, the Menomonee Falls Chamber of Commerce, the School District of Menomonee Falls and many civic groups. An employee and then owner of Malkin's Flooring since 1979, Marty recently sold the company. Marty and Debra enjoy golfing and staying active.



# Mark Your Calendars

## Join Us For These Upcoming Events:

### 51st Annual Cheery Cherry Fall Fair

**Sunday, Sept. 22, 2019, 9 am to 3 pm**

Rotary Park, Menomonee Falls -- new location this year! Arts, crafts, food and entertainment. Admission is \$4 and children 12 and under are free. Visit [cheerycherryfallfair.com](http://cheerycherryfallfair.com)

### Annual Fashion Show and Luncheon

**Friday, Oct. 18, 2019**

Hilton Garden Inn Milwaukee Park Place.

“Smile, Sparkle, Shine” -- An afternoon of beautiful models, fashionable clothes and delicious food. Proceeds benefit the Breast Care Center. Register online at [www.communitymemorialfoundation.org/special-events](http://www.communitymemorialfoundation.org/special-events) or call 262-257-3203.

### 4th Annual Love Lights Ceremony

**Tuesday, Dec. 5, 2019, 5 pm**

Trees in front of the main entrance of Community Memorial Hospital are lit throughout November and December. Love Lights are available for \$10 each or \$50 for up to six lights. Red lights represent “in honor” of a loved one while white lights represent “in memory” of a loved one. Stop by the hospital to reserve lights or call Anna Kratz at (262) 257-3312. Names will be included on a memory/honor board displayed at the event.

### Spring Splendor

**Saturday, May 2, 2020**

The Ingleside in Pewaukee. Celebrate the 30th anniversary of Community Memorial Foundation during a night of entertainment and enjoyment as we raise money for Community Memorial Hospital. More details to come!

### 22nd Annual Golf Classic

**Monday, June 22, 2020**

North Hills Country Club

### 23rd Annual Wheeling and Heeling for Cancer Family Bike Ride and Walk

**Saturday, Aug. 8, 2020**

Long distance and shorter distance bike rides along with a 5K run and 2-mile walk. Festivities at the finish line and all proceeds benefit the Cancer Care Center.



For more information about Community Memorial Foundation visit [www.communitymemorialfoundation.org](http://www.communitymemorialfoundation.org) or call 262-257-3200.

# Healthy Helpings



*Ready to slow down and enjoy the season with nutritious comfort food? Try this recipe created by Community Memorial Hospital Executive Chef Christine Evans and the staff of Food and Nutrition Services.*

### Butternut Pasta with Sausage & Spinach

Makes 4 servings. This quick, satisfying pasta can be ready

in about 30 minutes. The ratio of vegetables to pasta and meat is high – keeping it healthy and light.

- 4 tsp Olive oil (divided)
- 4 cups diced Butternut Squash (1 small squash or purchase pre-cut squash)
- 2 links Turkey Italian sausage, about 8 oz total (or regular Pork Italians)
- 2 cloves Garlic, pressed or minced
- 4 cups baby Spinach, washed or prewashed bagged
- 8 oz Whole wheat pasta: rigatoni, penne, or fusilli preferred
- Black pepper
- ¼ cup grated parmesan
- Fresh sage, hot red pepper flakes (optional)

Preheat oven to 400 degrees and bring a large pot of salted water to boil.

Toss butternut squash very lightly with 1 tsp olive oil and roast in single layer on foil-lined and sprayed baking sheet until tender and lightly browned, about 10 minutes.

Meanwhile, heat remaining olive oil in large sauté pan. Remove sausage from casing and crumble into pan. Cook over medium heat until browned and cooked through. Add garlic, sage and hot pepper if using. Keep warm.

When water boils, cook pasta according to package directions. When tender, dip out and save about 1 cup of pasta water before draining.

Add cooked and drained pasta, squash and baby spinach to sausage pan. Mix well. Add about ½ cup of the pasta water and the cheese, toss and cover. Let rest about 3-4 minutes to wilt spinach and blend flavors. Add more pasta water if dry. For extra flavor toss in 2 Tablespoons soft butter.

Serve with fresh ground pepper and additional cheese if desired.

- 400 calories • 19 g protein • 55 g carbohydrates • 11 g fat
- 100% RDA Vitamin A, good source of calcium and Vitamin C



Foundation, Community Memorial Hospital Medical Staff and Volunteers in Partnership with Community Memorial Hospital.

A total of 32 scholarships were proudly awarded to 26 recipients who were evaluated based on academic achievement, community service and extra-curricular activities. The award winners came from six local high schools. Two current Community Memorial Hospital staff members were given awards to pursue higher degrees.

This annual scholarship program, now in its 49th year, is made possible by contributions from donors throughout the community.

If you would like to support the program, please consider a designated gift to the Community Memorial Foundation Scholarship Program.

Donate online at [communitymemorialfoundation.org](http://communitymemorialfoundation.org) or fill out the back page of this newsletter and return to the foundation. Your gift will brighten the future for a promising young student.

**Please note 2020 scholarship applications will be accepted starting in December 2019.**

# Applause for Outstanding Scholars

*Keep an eye on these high school graduates and young professionals as they head toward health care careers.*

Froedtert & the Medical College of Wisconsin Community Memorial Hospital and Community Memorial Foundation showed support for these standout students and professionals during the Annual Scholarship Awards Breakfast in June.

More than \$90,000 in scholarships were awarded to teens and current health care professionals by the Community Memorial



# News From CMH

## New Interns Join Residency Program

The Community Memorial Family Medicine Residency Program proudly introduced the six newest interns to join the group. As a teaching hospital, Community Memorial Hospital is home to inpatient training for the Medical College of Wisconsin's family medicine residents.

Now in its third year, there are a total of 18 residents in the program.

Their clinic and educational space at Froedtert & the Medical College of Wisconsin Town Hall Health Center, allow resident physicians to receive required training in the specialty of family medicine, as they work closely with faculty physicians to offer the latest medical care to patients.

Providers in the program focus on overall health care for the family, from newborns through adolescence, teens, adults and geriatric patients. Providers are specially trained to diagnosis, treat and assist in managing acute, chronic and complex medical conditions with an emphasis on disease prevention and wellness.

In September a second location for the residency program opened at Froedtert & the Medical College of Wisconsin Good Hope Health Center. Residents will provide primary care, obstetrics and gynecological services for patients.

Family Medicine Residency Program Director and Assistant Professor **Jason Domagalski, MD**, and Chief Medical Officer **David Goldberg, MD**, presented the new residents with their white coats in June.

Joining the program are: **Joseph Pozdol, MD**, who received his medical degree from Rosalind Franklin University in North Chicago; **Robert Heffernan, MD**, **Michael Menard, MD**, and **Patricia Toro-Perez, MD**, all who received their medical degrees from the Medical College of Wisconsin; **Michael Scerpella, MD**, who received his medical degree from Ross University in Miramar, Florida, and **Domonique Weather, DO**, who received her medical degree from Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale, Florida.

## 2019 Spirit of Caring Awards Honor Two Dedicated Providers

### Congratulations to John Wynsen, MD, and Sarah Patton, PA-C.



▲ *John Wynsen, MD*

Wynsen won the award in the physician category. Nominators described him as going above and beyond in delivering exceptional care to patients.

“Dr. Wynsen makes his patients a priority,” said one nominator. They further described him as taking the time to listen to patients, explaining situations thoroughly and keeping patients informed of their options.

Wynsen completed his fellowship at the Medical College of Wisconsin and is board certified in internal medicine and cardiology. He's been on staff at Community Memorial Hospital since 2003 and at St. Joseph's Hospital since 2010.

Patton was recognized in the advanced practice provider category. She received praise for her professionalism, compassion, strong work ethic, knowledge, confidence, humility and passion.

“Sarah loves her work and loves to take care of patients,” one nominator said.

She earned her degree from the University of Wisconsin-La Crosse and has been on staff at Community Memorial Hospital since 2010 and St. Joseph's Hospital since 2008.

The awards were established in 2000 to recognize contributions of hospital medical staff members. Recipients embody excellence through service, volunteerism, innovation, technical skills, leadership and practice.

Wynsen and Patton received crystal awards and monetary donations to the charities of their choice.



▲ *Sarah Patton, PA-C*

*continued from cover...*

Soon Ann was transferred to the Intensive Care Unit.

He praises pulmonologist Dr. Todd Hirschtritt for his calm demeanor and positive attitude. Every time they encountered a setback Dr. Hirschtritt would say 'we're going to fix it and move on.'"

"I just can't say enough about him. He was always on top of things," said Jim. "I think he is great."

Ann was sedated in ICU for 12 days and Jim was present at her side most of the day. The nurses would frequently encourage him to go home for a break. Their son Dan and daughter-in-law Joellen were frequently in ICU keeping Jim company. In the morning he would sit in his car and pray for the end of bad news.

After leaving the ICU Ann was moved to the Modified Care Unit. Her first clear memory of her hospital stay was when the breathing tube was removed.



A month after she was first admitted Ann was moved to CMH Inpatient Rehabilitation where she spent her days in occupational, speech and physical therapy. There were small setbacks but she persevered and gained strength.

After 40 days in the hospital she was released on Dec. 11. She was overjoyed to return with her husband to their Colgate home.

"This was the roughest thing I've ever had to go through," said Ann, who retired from Enhanced Automation in 2015 after a 20-year career. "But I had fantastic care. Every single

person I came in contact with was good. I know this place and I knew I would be in good hands. You can see how everyone who works at Community Memorial Hospital cares about the patients."

**"I remember going to the cafeteria right before Thanksgiving and I went to pay for my meal and someone at the hospital had paid for all meals in the cafeteria that night," said Jim. "I hope I can do that someday as a way to say thank you for all that Community Memorial Hospital did for us."**

After she was released from the hospital, Jim shared with her a discussion the nurses told him in ICU: I would give your wife a 50 percent chance of survival. Jim continues to be amazed by the compassionate help shown to his wife and entire family by Dr. Hirschtritt, Dr. Rose Franco, a pulmonologist at Froedtert Hospital, and the many nurses, therapists and staff members who aided in Ann's recovery.

In May, Ann was back at the hospital – this time to resume her duties in the Volunteer Services Department.

"It's a complete turnaround," said Ann, who's also an expert at knitting and has made more than 100 baby caps over the last four years for newborns and dozens of afghans.

Still emotional from what his wife of 43 years endured last winter, Jim says there are many memories engraved in his mind.

"I remember going to the cafeteria right before Thanksgiving and I went to pay for my meal and someone at the hospital had paid for all meals in the cafeteria that night," said Jim, who retired after a 40-year career as a plant manager with Graphic Packaging.

Jim adds, "I hope I can do that someday as a way to say thank you for all that Community Memorial Hospital did for us." Making good on their promise to travel more after Ann recuperated, the Bradachs went on a cruise in the spring with their son Dan, daughter-in-law Joellen and two granddaughters, Jessica and Katelyn. More travel plans are in the works.

Best of all Ann is regularly walking, biking and working out at the Wisconsin Athletic Club.

"This has been a reawakening and we are going to enjoy this time of our lives," said Jim.

# Donors Help Raise Record-Breaking

## 29th Annual Spring Splendor Gala

Community Memorial Foundation's 29th Annual Spring Splendor Gala ~ All Aboard! raised over \$168,000 to benefit Surgical Services at Froedtert & the Medical College of Wisconsin Community Memorial Hospital.

This is the largest amount of funds raised since Spring Splendor's inception in 1990. Guests dressed in cocktail attire to attend Spring Splendor on April 6 at Discovery World. The event featured a champagne reception, hors d'oeuvres, silent and live auctions, dinner and exciting raffles. Spring Splendor was emceed by WISN 12 news anchor Ben Wagner.

Congratulations and thank you to Spring Splendor co-chairs Dr. Marshall and Tricia Beckman for a wonderful evening of fundraising and fun.

Community Memorial Foundation is grateful to the presenting sponsor of Spring Splendor, Ryan Companies US, Inc. and to the Community Memorial Hospital Medical Staff, BMO Global Asset Management and von Briesen & Roper, s.c. for their continued support.

Special thanks to all sponsors, donors, attendees and volunteers for your generous contributions and commitment to the health of our community.



# \$252,000 for Surgical Services

## 21st Annual Golf Classic

Thank you to all who supported Community Memorial Foundation's 21st Annual Golf Classic on June 17. The event raised just over \$84,000 to benefit Surgical Services at Froedtert & the Medical College of Wisconsin Community Memorial Hospital. The outing was sold out for the eighth consecutive year and 148 golfers joined in the fun at North Hills Country Club in Menomonee Falls. Participants enjoyed 18 holes of golf, lunch, dinner, silent and live auctions, raffles and more. Since 1998, the Golf Classic has raised \$1.3 million to benefit patients and programs at Community Memorial Hospital.

Community Memorial Foundation is especially grateful to event sponsor Weas Development and to all sponsors, donors, golf participants and dinner guests for their generous support. Special thanks to the Golf Classic Committee, led by co-chairs Rick Binzak and Ryan Marks, and to all volunteers for their time and efforts.



# *Bikers, Runners and Walkers Raise Over \$35,000 for Cancer Care Center*

*Nearly 1,000 participants and volunteers gathered in support of Community Memorial Hospital's Cancer Care Center on Aug. 10 for the 22nd Annual Wheeling & Heeling for Cancer fundraiser.*

After returning from the 52-mile, 33-mile, 12-mile and 4-mile bike ride and the 5K and 2-mile run or walk, the energized individuals enjoyed live music courtesy of Stray Voltage Band, a picnic lunch sponsored in part by Cousins Subs, raffles, glitter tattoos artists, memory rock painting, a 40' inflatable obstacle course for kids, the Optimist Club popcorn wagon and much more.

The event, chaired by longtime Menomonee Falls residents Jerry and Debbie Wick, raised more than \$35,000 for the Cancer Care Center.

Thank you to WISN 12's Ben Wagner for once again serving as the ride marshal. Eric Smith, director of Radiation Oncology, spoke about the importance of Wheeling & Heeling and the Cancer Care Center to the local community. Cancer survivor Harry O'Daniels shared words of encouragement and expressed his gratitude to the Cancer Care Center staff for the care he received.

## *Thank you to these wonderful sponsors*

WISN 12 • First Bank Financial Centre • Gehl Foods • Steinhafels Furniture • Cousins Subs • Stray Voltage Band • Community Memorial Hospital Medical Staff • Filtration Concepts • First Weber Foundation • Lippert Flooring & Tile • Medical College of Wisconsin Department of Radiation Oncology • Wisconsin Athletic Club • Falls Dental Group • Froedtert & the Medical College of Wisconsin Center for Diagnostic Imaging • GKN Sinter Metals • HellermannTyton • Kahler Slater • Production Machining & Threading • COUNTRY Financial/Frederick Derocher • Michael Best & Friedrich • Staff Electric Co., Inc. • Tailored Label Products • Ford Tool & Gage • Complete Landscape Supply • Liz Juern & Family • Drs. Anna & Jeremy Juern • Paul & Pat Wegehaupt • Jerry & Debbie Wick • WIPFLI • Wheel & Sprocket



# Stop the Bleed

*The City of New Berlin's decision to take part in a national program that helps individuals involved in a traumatic accident received a healthy boost from the Community Memorial Foundation.*

Introduced in April, the Stop the Bleed safety program was made possible in New Berlin with support from the Foundation. New Berlin's public safety building is near Moorland Reserve Emergency Department, a department of Froedtert & the Medical College of Wisconsin Community Memorial Hospital, which offers life-saving care for the whole family close to New Berlin, Brookfield, Muskego and other Waukesha County communities.



▲ *New Berlin Mayor Dave Ament and Jessica Mulligan, executive director of the Community Memorial Foundation, with a Stop the Bleed bag.*



Stop the Bleed trains people how to help victims who are bleeding severely in those critical moments after they have been injured. The national awareness campaign

promoted through Homeland Security encourages bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives.

A person who is bleeding can die from blood loss within five minutes. Those nearest to someone with life threatening injuries are best positioned to provide first care.

"We have more than 100 employees in the field every day with police, fire, parks, recreation, planning and public works and we wanted to use them as a forced multiplier so if they come across an accident they would have the skills to treat the person until EMS, fire or law enforcement gets there," said Jim Burns, deputy director of the Emergency Management Department in New Berlin.



▲ *New Berlin city employees and Froedtert & the Medical College of Wisconsin Community Memorial Hospital staff members at a Stop the Bleed presentation.*

Community Memorial Foundation became involved at the request of Doug Johnsen, a former New Berlin police sergeant who is now Emergency Management coordinator for the Community Hospital Division. He approached the foundation with the request because he knows the importance of keeping residents safe.

"Stop the Bleed can slow the possibility of someone dying," said Johnsen. "We do believe this will make the community safer." Last spring more than 20 police officer, firefighters and emergency managers took part in a training session by Melanie Sinclair, a trauma coordinator for Community Memorial Hospital, at the New Berlin Public Safety Building.

Those participants are now in the process of training more than 130 city employees – from public works, buildings and grounds, City Hall, inspections, recreation, library and more—about Stop the Bleed. All city employees are expected to complete training by October.

The foundation purchased 100 Stop the Bleed bags which include gauze bandages, compression bandages, tourniquets, space blankets, scissors and gloves. The bags will be kept in each New Berlin city-owned car or truck and kept close by when employees are out of their vehicles trimming trees, working at parks or fixing utilities where there is potential for accidental injury. This fall the City of New Berlin's Recreation Department is opening the Stop the Bleed training to anyone interested in taking the course.

"We hope this sends the message that the City of New Berlin is concerned about its citizens and we go beyond police and fire and Emergency Management professionals to keep our residents safe," said Burns. "We want everyone to have these skills."

*"We are so fortunate the Community Memorial Foundation is willing to support a program like this in New Berlin," said Jim Burns of the City of New Berlin. "We are so blessed."*

# Community Memorial FOUNDATION

Community Memorial Foundation of Menomonee Falls  
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262-257-3200  
communitymemorialfoundation.org

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