

health *connection*SM



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“But ask the animals, and they will teach you, or the birds of the air, and they will tell you ... or let the fish of the sea inform you.” (Job 12: 7-8) We can learn much by observing animals. They can provide comfort, peace, companionship, and purpose. Like people, each has its own purpose and can help us learn things about ourselves and others. Animals can enrich our lives.



“True Blue” is an original pastel on velour created and donated by Cynthia Christman, a northern Wisconsin artist.

Cynthia owns and operates Christman Portraits in St. Germain, Wisconsin. She specializes in commissioned pet portraiture along with original wildlife paintings. Cynthia's work on velour adds an incredible softness and depth.

To view or purchase this or other works by Cynthia Christman, contact her at 715.479.9586 or visit her at: christmanportraits.com

Congratulations to Lee C. Wade of Park Falls, Wisconsin, winner of the Ministry Health Care Health Connection Gift Packet. His name was drawn from the responses to our online and reply card surveys.

If you have questions or comments about the topics in this publication, please call 800.236.2426 or contact us at: healthconnection@ministryhealth.org

Health Connection
Attention: Creative Services Manager
404 S. 3rd Avenue
Wausau, WI 54401

A deeper look at life with pets



The unconditional acceptance that pets give their owners brings cheer and joy into the lives of many people.

You arrive home, and you're greeted by a warm wet tongue, or a purring ball of fur wrapping itself around your legs – if you're a pet owner you've probably experienced something similar. From pint-sized pups to half-ton horses, pets are always happy when you come home – even if it means that they are just looking for food.

According to the American Pet Products Manufacturers Association's (APPMA) 2007 – 2008 National Pet Owners Survey, 71.1 million American households are also home to 382 million birds, cats, dogs, horses, fish or other various creatures. In any terms, that's a lot of companionship.

For centuries, dogs have been touted as man's best friend. Recent studies prove that pets are good for our emotional and physical health. According to the Centers for Disease Control, pets reduce stress, relieve depression, and reduce blood pressure along with cholesterol and triglyceride levels. Perhaps most importantly, they help us combat feelings of loneliness or isolation.

Pets require minimal input in the way of shelter, food, water, and attention, but give back unconditional companionship, affection and are sometimes even therapeutic in certain situations.

Studies show that many people in hospitals or in nursing homes respond favorably to therapy animals. Patients' social and verbal exchanges increase when they are visited by therapy animals.

“People look forward to having the dogs come, even if they can't have a lot of interaction with them,” said Kathleen Puerner, physical therapist on staff at Saint Joseph's Hospital. “I've even had requests in the ICU. Sometimes the therapy dog just lies down on the bed with the patient so the patient can pet it. I've had one RN tell me it's the first time she had seen the patient smile.”

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Raining cats and dogs

According to the APPMA, Americans own 88.3 million cats and 74.8 million dogs.



*Caution!
Pets ahead*

Laurie Hodgson, a Wabasha County public health nurse who routinely visits Saint Elizabeth's Nursing Home and Apartments with her golden retriever

Freya, sees a similar situation. "When people move into an assisted living or nursing home facility, they have to give up so much. Sometimes, this includes a beloved pet. It can be a difficult loss," added Hodgson.

"Petting an animal is very calming for patients in stressful situations. It makes people smile. In the middle of all that is going wrong, a fuzzy body and cold nose lying next to you is a good distraction and one thing that is going right in your day," said Puerner.

Trained to help

A certified therapy dog must pass 11 tests created by the American Kennel Club that assess the dog's control, disposition, and confidence around strangers, medical equipment, and health conditions, such as coughing, wheezing, and other noises or distractions. Successful completion of these tests is a prerequisite for certification with Therapy Dogs International (TDI).

A word of caution about pet ownership – it's a commitment that will last for the duration of your pet's life and should not be entered into lightly. Consider the care and dedication necessary to keep both your pet and your family healthy.

People with chronic health conditions should check with their health care providers before acquiring a pet.




While the holidays seem like a good time to give pets, beware: shelters are populated with pets that were gifts from well-meaning friends or family. If you

would like to buy someone else a pet, don't make it a surprise. Let them help with the choice. When considering a pet, think about the physical and mental capabilities of the person who will be taking care of the pet. If you are buying a pet for yourself, consider the cost of food, vet care, and safety. Some insurances won't cover certain types of pets. Also, think about how much time and energy you have to devote to a pet.

If you're not sure about pet ownership, consider pet-sitting for friends or family. It's a way to have interaction with an animal without a long-term commitment.

Pause to thank a pet

-  Tanks of brightly colored fish may improve behaviors and eating habits of people with Alzheimer's disease.
-  Therapy dogs can lower distress in children during a physical exam.
-  Seniors who own dogs go to the doctor less than those who don't.
-  Children with autism have more pro-social behaviors if they have interaction with pets.

-  Pets help us to focus on something outside of ourselves.
-  In physical or sexual abuse cases, having an animal to hold, hug, and touch can help people who have no positive, appropriate physical contact.
-  Pets can help us relax. Tests have shown that the decrease in heart rate and blood pressure can be dramatic. Even watching fish swim in an aquarium can be very calming.

COMMUNITY CONNECTION

Grief Support Groups hosted by Ministry Home Care

Eagle River – Side by Side

3rd Thursday, 1 p.m.,
St. Peter the Fisherman Parish
For information, call 715.356.8805

Wausau – Living with Loss

4th Thursday, 10 – 11:30 a.m.
St. Andrew's Lutheran Church
For information, call Ellyn at 715.849.9006

Healing Grief Circle

- Wisconsin Rapids – 1st Tuesday
3 – 4:30 p.m., Aging Resource Center
6 – 7:30 p.m., Riverview Hospital
For information, call 800.397.4216
- Marshfield – 2nd Tuesday
1 – 2:30 p.m. or 6 – 7:30 p.m.
Ministry Home Care
For information, call 800.397.4216

Stevens Point – Surviving Spouse Support

- Younger Surviving Spouse – 3rd Monday
7 – 8:30 p.m., Redeemer Lutheran Church
For information, call Chris at 715.346.5355
- Widow & Widower – 2nd Wednesday of the month for dinner; last Friday for breakfast.
For information, call 715.346.5355

Woodruff – A Time to Mourn

2nd Thursday, 10 – 11:30 a.m.
4th Thursday, 4:30 – 6 p.m.
Lakeland Senior Center
For information, call 715.356.8805

Other Grief Support Groups

Marshfield – Compassionate Friends

2nd Thursday of each month
6:30 – 8:30 p.m., Hope Lodge
For information, call Cheryl at 715.659.4540

Phillips – Grief Support

1st Thursday, 6:30 – 7:30 p.m.
Flambeau Home Health and Hospice
For information, call 715.339.4371

Holiday Events

Marshfield – Holiday Remembrance Service

Sunday, Dec. 2, 3 p.m.
First Presbyterian Church
For information, call 800.397.4216

Park Falls – "Light of Love" Remembrance Program

Flambeau Home Health and Hospice
Sunday, Dec. 2, 4 p.m.
For information, call 715.339.4371

Stanley – Love Light Tree Lighting

Our Lady of Victory Hospital
Sunday, Dec. 2, 3:30 p.m.
For information, call 715.644.5571

Woodruff – 19th Annual Tree of Love

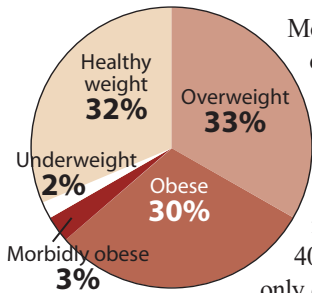
December 4, 7 p.m.
Howard Young Medical Center
For information, call Dr. Kate Hospice
800.234.3542



Weight no more!

Bariatric surgery offers help and hope to obese adults

Does excess weight affect the quality of life for you or a loved one? According to recent studies, more than 60 percent of Americans are considered overweight. Of those, about 16 million are considered morbidly obese.



Morbid obesity is defined as being 100 pounds or more over ideal body weight or having a body mass index of 40 or higher. Not only do people who

are morbidly obese endure physical and emotional trauma daily, they also are more likely to suffer chronic health problems.

Benefits of bariatric surgery can be seen in only a few days.

More than a simple struggle with willpower, obesity can be caused by genetics, medical problems, living environments, learned behaviors, and psychology. Rarely can individuals suffering from morbid obesity lose weight or sustain weight loss without long-term medical or surgical treatment.

One treatment option for morbid obesity is a non-surgical program that includes exercise, learning new eating habits, and support. If these methods are not effective, bariatric surgery, also called weight loss surgery, may be an option.

Two of the most common bariatric procedures are gastric bypass and Lap-band® surgery. All weight loss procedures either restrict food intake, decrease absorption of calories (malabsorption), or both. Considered major surgery, these procedures can only be performed after extensive patient preparation and evaluation which include:

- 3 months to 1 year of dietary classes
- Attendance at a bariatric support group
- Psychological evaluation
- Physical / occupational therapy appointment for fitness evaluation
- Upper / lower endoscopy (physician preference)
- Sleep study (physician preference)
- Radiology study (physician preference)
- Referral to heart and / or lung doctor (physician preference)

“Bariatric surgery patients endure many struggles and have many questions. We discuss all of the surgical possibilities and make sure all of their questions are answered,” said Calvin Selwyn, MD, Ministry Medical Group. “In addition to the benefit of weight loss, bariatric surgery enables us to cure a number of obesity-related illnesses, sometimes within days of the surgery.”

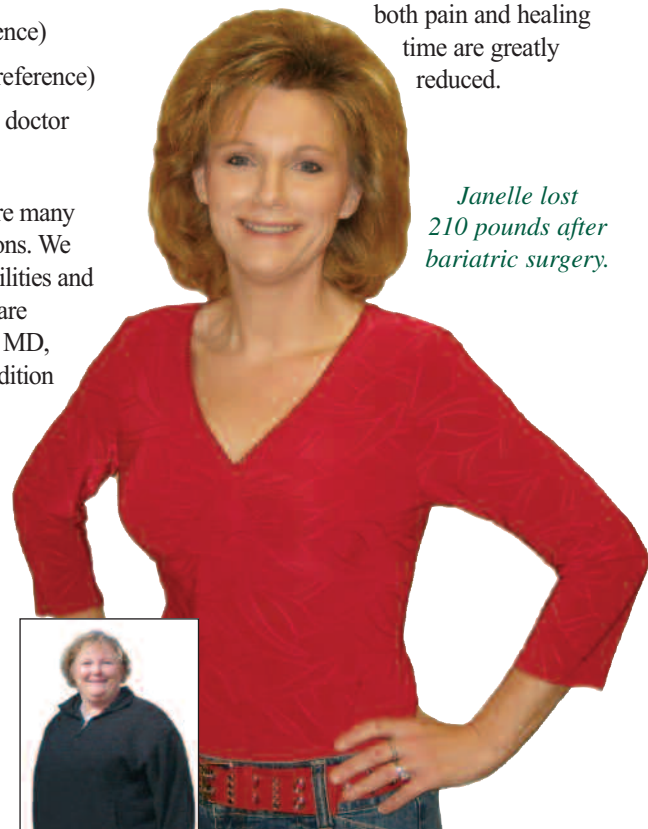
“Throughout this process, a patient will meet with several different specialists – a fellowship-trained bariatric and advanced laparoscopic surgeon, a bariatric dietitian, a behavioral psychologist, and

physical therapist – to help determine if the patient is a candidate for this procedure,” added Dr. Selwyn.

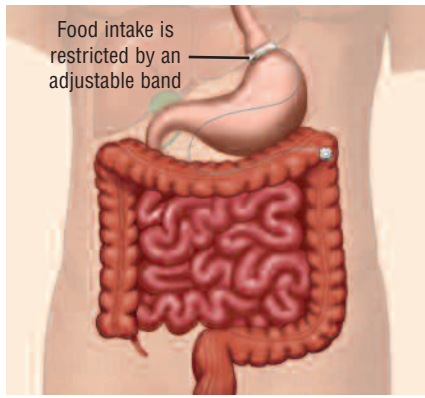
Weight loss surgery requires tremendous commitment to extensive life-long habit changes. After surgery, patients will experience reduced hunger and sometimes negative physical effects from eating the wrong types of food.

Both gastric bypass and Lap-band surgery can be performed using laparoscopic technology. A laparoscope (a microscopic video camera) is inserted into five or six 5 – 10 millimeter abdominal incisions.

Because the surgery is performed without the trauma of a long incision, both pain and healing time are greatly reduced.



Janelle lost 210 pounds after bariatric surgery.



Lap-band procedure

Lap-band surgery restricts food intake without reducing caloric absorption. However, the decreased food intake still requires vitamin supplements.

During Lap-band surgery, a surgeon places an adjustable band around the upper portion of the stomach, which creates an hourglass shape. The stomach is not divided, and there are no changes to the small intestine. An access port under the skin on the abdominal wall allows health care providers to inject sterile water into the Lap-band, which increases restriction until the desired weight loss is achieved.

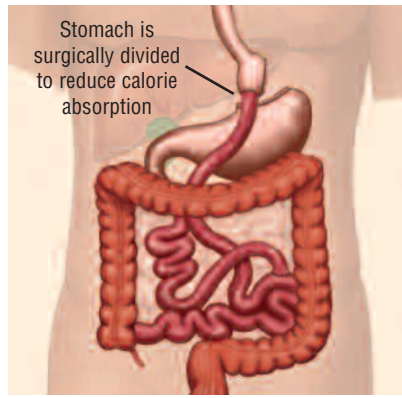
Lap-band surgery is considered the safest and least traumatic weight loss surgery. However, it may not be suitable for people with severe acid reflux or those who live four hours or more from the surgeon's office.

Advantages

- Restricts the amount of food consumed
- Food is passed through the complete digestive tract for full absorption
- Weight loss of 1 – 2 pounds per week with a total of 28 – 87 percent of excess body weight within 3 years
- Band adjusts to modify restriction

Risks

- The band can tear the stomach wall
- Access port may leak or twist
- May not provide a feeling of fullness
- Nausea and vomiting
- Overeating can stretch the pouch
- Band slippage may require re-operation
- Surgery should be considered permanent



Gastric bypass surgery

Open Roux-en Y gastric bypass surgery involves permanently dividing the stomach in two parts. After the surgery, the small upper pouch will be the only part of the stomach to receive food. The remainder of the stomach will be bypassed in the digestive process, resulting in moderately reduced absorption of calories (malabsorption).

With the stomach divided, a segment of small intestine is joined with the small stomach pouch. Since this reduces the body's ability to absorb nutrients, a person choosing a gastric bypass solution will require close follow-up and lifelong vitamin and protein supplementation.

Advantages

- Patients can lose up to 77 percent of excess weight within one year
- Weight-aggravated health conditions such as back pain, sleep apnea, high blood pressure, acid reflux, diabetes, and depression can improve quickly

Risks

- Poor absorption of iron and calcium can lead to iron deficiency anemia
- Metabolic bone disease resulting in bone pain, loss of height, humped back, and fractures of the ribs and hips
- Chronic anemia due to Vitamin B12 deficiency may occur
- Too much sugar or large amounts of food can trigger "dumping syndrome," the rapid emptying of stomach contents into the small intestine, which may cause nausea, weakness, sweating, faintness, or diarrhea after eating. Some patients are unable to eat sweets after surgery.
- Overeating can stretch the pouch

Is weight loss surgery for you?

- ✓ Are you 18 years or older?
- ✓ Do you have a BMI of 35 or more?
- ✓ Do you have obesity related health conditions, i.e. coronary artery disease, sleep apnea, diabetes, hypertension, depression, degenerative joint disease, chronic lower extremity edema, urinary incontinence?
- ✓ Have you been overweight for more than 5 years?



- ✓ Do you have proof of at least three failed attempts of non-surgical weight loss methods that lasted at least 3 – 6 months in duration?
- ✓ If you smoke, are you willing to stop 4 weeks prior to surgery?
- ✓ If you are a female, are you willing to put off pregnancy for 12 – 16 months after your surgery?

For more information, visit us at ministryhealth.org/bariatrics

Some Weighty Numbers

Your BMI = Your weight divided by two times your height. Multiply this amount by 703. Refer to the chart below.

- 18.5 – 24.9 Healthy Weight
- 25.0 – 29.9 Overweight
- 30 – 39 Obese
- 40 or more Morbid Obesity

Height	Weight (in pounds)			
60"	97-125	126-150	151-199	200+
64"	110-142	143-172	173-229	230+
68"	125-160	161-193	194-259	260+
72"	140-180	181-216	217-290	291+
BMI	19-24	25-29	30-39	40

Hidden home hazards

There are many hazards in the home – some pose greater risks during the cold winter months. Be on the lookout for lead and carbon monoxide.

Get the lead out

Lead is a soft metal that acts as a neurotoxin when it enters the body. In children, lead poisoning slows growth and damages the brain and nervous system causing behavior and learning problems. Significant lead concentrations can also cause hearing problems, headaches, anemia, and seizures.

Children between the ages of 12 and 24 months are most at risk because they investigate their world by tasting things. According to the National Safety Council, children younger than 6 retain up to half the lead they ingest.

Adults also suffer lead poisoning from breathing in dust created by lead-based paint or fumes from candles burning lead-laced wicks, or from drinking water

contaminated by lead pipes or solder.

Lead poisoning in adults may lead to fertility problems, high blood pressure, digestive problems, memory problems, and muscle or joint pain.

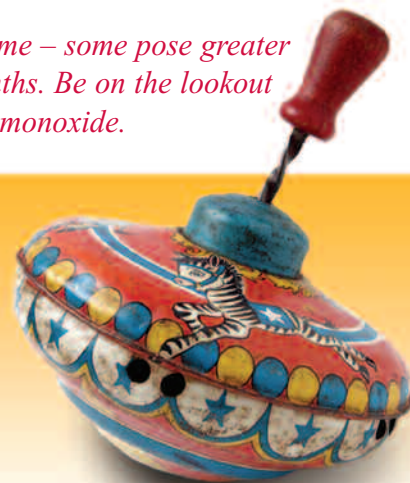
Beware!

Although lead-based paint has been banned in the U.S. since 1978, it is still used in other parts of the world. The recent recall of toys from China because of lead-based paint is just one example.

“Only a blood test can confirm lead poisoning. While there is no way to reverse the effects of lead poisoning, there are medications that can remove lead from the body,” said Sandra Martens, MD, North Shore Medical Clinic family medicine physician on staff at Door County Memorial Hospital.

Prevention Tips

- Use caution when buying imported toys, dishes, or crystal.



- Use masks and protective covering when renovating or refinishing. Always contain and clean up the debris and dust.
- Hire a professional to check for lead paint.
- Flush standing water from lead pipes for one minute and only use cold water for cooking or drinking.
- Eat foods that contain iron, calcium, and zinc, which may reduce lead absorption.

For a free Lead Dust Test Kit, visit www.nsc.org/issues/lead/index.htm

For information about toy recalls, contact www.cpsc.gov or call 800.638.2772.

A breath of fresh air

During winter, we work to keep the cold air out and the warm air in. But keeping fresh air out may cause deadly indoor air quality hazards. Amy Schmidt, injury prevention coordinator for Saint Joseph's Hospital Trauma Services, advises that sealing a house too tightly could lead to carbon monoxide (CO) poisoning and death.

“Carbon monoxide is a colorless and odorless gas caused by the incomplete combustion of fuels such as natural gas, fuel oil, and gasoline,” said Schmidt.

Schmidt suggested you look for the following signs of carbon monoxide:

- Sooting at the appliance or vents

- The sharp, bitter odor of gas
- A wavering yellow gas flame

“One of the best ways to prevent carbon monoxide poisoning is by installing a carbon monoxide detector,” Schmidt said, “but it’s also important to know the warning signs.”

Warning signs of CO poisoning include:

- Disorientation or dizziness
- Vomiting
- Headaches or blurry vision
- Muscle weakness
- Tightness of the chest
- Ringing in the ears
- Heart palpitations



Make sure flame is blue, not yellow.

If you suspect someone has been overcome by carbon monoxide, Schmidt recommends you:

- Remove the person and yourself from the area
- Call 911 and provide whatever basic life support is necessary

This holiday season Give the gift of life

According to the American Red Cross, every 2 seconds someone in the United States needs blood to sustain life. And yet only five percent of the eligible population donates this precious life-sustaining gift.



The average person has 10 – 12 pints of blood. People suffering traumatic injury, surgery, or illness may need to have a blood transfusion to replace diseased or lost blood. For instance, an accident victim may need up to 100 units (pints) of blood to stay alive. There is currently not a synthetic substitute for blood – people who need a transfusion must receive it from someone who takes the time to donate.

What happens to the blood you donate

After you donate blood, it will be tested for syphilis, HIV, hepatitis, and other factors that could infect someone else. If your blood is found to be unhealthy, you will be notified. It is extremely important that you do not give blood if you participate in activities that put you at risk of contracting an infectious disease.

Blood is perishable – red blood cells can be stored for 42 days; platelets last only 5 days.

Since the first Thanksgiving, cranberries have graced America's tables. Not just part of our heritage, cranberries are high in nutritional benefits. Add this festive, easy-to-make recipe to any holiday meal.



What to expect during blood donation

The entire procedure will take approximately an hour. During a brief interview, you will be asked to provide proof of identification and be given a brief physical exam that checks temperature, blood pressure, and pulse. A drop of your blood will be checked to ensure that you have enough red blood cells to donate safely. You will also be asked about your past health history and present lifestyle. Your answers will qualify or disqualify you from giving blood.

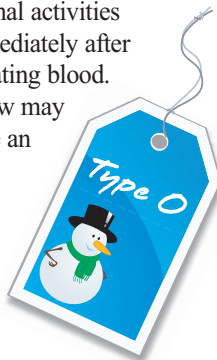
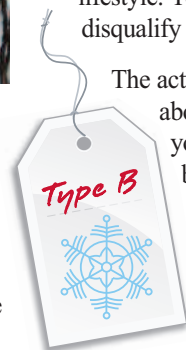
The actual donation procedure takes about 10 minutes. During that time you will give about a pint of blood. Your amazing body will replace your plasma, the liquid part of your blood, in 24 hours; your red blood cells will be replaced in a few weeks.

Most people return to normal activities immediately after donating blood. A few may have an

upset stomach, feel faint, or feel dizzy. It is rare for a person to actually faint. You can give blood every 8 weeks.

For more information, contact your local American Red Cross or call **800.448.3543**.

*Source: the American Red Cross



Blood Type	Number of people in the U.S.	Can be used by people with:
O+	38%	O+, A+, B+, AB+
O-	7%	O+, A+, B+, AB+, O-, A-, B-, AB-
A+	34%	A+, AB+
A-	6%	A+, AB+, A-, AB-
B+	9%	B+, AB+
B-	2%	B+, AB+, B-, AB-
AB+	3%	AB+
AB-	1%	AB+, AB-

Holiday Salads

Creamy Cranberry Salad, 6 servings

- 3 c. fresh or frozen cranberries, chopped
- 1 20 oz. can crushed pineapple, drained
- 1 med. apple, peeled, chopped
- 2 c. miniature marshmallows
- 2/3 c. sugar
- 1/8 tsp. salt
- 1/4 c. walnuts, chopped
- 2 cups non-fat, non-dairy whipped topping

In a bowl, combine cranberries, pineapple, apple, marshmallows, sugar, salt, and walnuts. Mix well. Cover and refrigerate overnight. Just before serving, stir in whipped topping.

Recipe courtesy of Saint Clare's Culinary Creations 2006



Per serving: calories 169; fat 2 g; sat. fat .3 g; cholesterol 0 mg; carbs 57 g; protein .84 g; fiber 2 g; sodium 34 mg; calcium 8 mg

Ministry Health Care reminds you

Your gift can save a life.

Every two seconds someone in the United States needs blood to stay alive ...

Yet only five percent of the eligible population donates blood.

Won't you help us increase that number? Contact your nearest blood donation location for details about giving the gift that can save a life.

The Community Blood Center www.save3lives.org

Eagle River

- Dec. 14 & Feb. 8, 1 – 4:30 p.m.
Ministry Medical Group – Eagle River
- Dec. 19, 10 a.m. – 2 p.m.
Eagle River Memorial Hospital

Merrill

Every Monday, Noon – 6:30 p.m.
Dec. 24 & 31, 8 a.m. – 1 p.m.
Good Samaritan Health Center

Minocqua

Feb. 7, 10 a.m. – 2 p.m.
Howard Young Medical Center

Park Falls

Dec. 20, 9 – 2 p.m.
Murphy Administration Building at
Flambeau Hospital

Rhineland

2nd and 4th Wednesdays, Noon – 4 p.m.
Trig's River Walk

Tomahawk

1st Friday each month, Noon – 5 p.m.
Sacred Heart Hospital

Woodruff

Mondays in Dec., 9 a.m. – 6 p.m.
Tuesday – Thursday, 9 a.m. – Noon
Community Blood Center

BloodCenter of Wisconsin 1-877-BE-A-HERO

Stevens Point

Dec. 21, 9 a.m. – 2 p.m.
Saint Michael's Hospital / Ministry Medical
Group – Conference Rooms 6 & 7

Marshfield

Dec. 27 & 28, 7 a.m. – 1 p.m.
Mother Frances Streit Conference Center

Weston

Dec. 7 & 10, 8 a.m. – 1 p.m.
Saint Clare's Hospital – Conference Center

American Red Cross

www.givebloodgivelifelife.org

Kewaunee

Dec. 5 from 11 – 5 p.m.
Immanuel Lutheran Church

Luxemburg

Dec. 10, 2 – 7 p.m.
St. John Lutheran Church

Wabasha Area

- Dec. 18, 1 – 6 p.m.
Sportsman's Club, Pepin
- Jan. 8, Noon – 6 p.m.
St. John's Lutheran Church, Alma

Give the gift of a lifetime.

Donate Blood.

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Hospitals

Calumet Medical Center,* Chilton
Door County Memorial Hospital, Sturgeon Bay
Eagle River Memorial Hospital, Eagle River
Flambeau Hospital, + Park Falls
Good Samaritan Health Center, Merrill
Howard Young Medical Center, Woodruff
Mercy Medical Center,* Oshkosh
Our Lady of Victory Hospital, Stanley
Sacred Heart Hospital, Tomahawk
Saint Clare's Hospital, Weston
Saint Elizabeth's Medical Center, Wabasha, MN
Saint Joseph's Hospital, Marshfield
Saint Mary's Hospital, Rhineland
Saint Michael's Hospital, Stevens Point
St. Elizabeth Hospital,* Appleton

Clinics/Physician Group

Affinity Medical Group* (multiple locations)
Ministry Medical Group
Amherst, Chain O' Lakes, Crandon, Eagle River,
Iola, Laona, Plover, Rhineland, Stevens Point,
Tomahawk, Weston, Wisconsin Rapids, Woodruff
Victory Medical Group
Owen, Stanley, Thorp
North Shore Medical Clinic
Algoma, Fish Creek, Sturgeon Bay,
Washington Island

Home Care Services

Flambeau Home Health and Hospice
Affinity Visiting Nurses, Neenah
Dr. Kate Home Health & Hospice, Arbor Vitae
Ministry Home Care – Home Health & Hospice
Marshfield, Rhineland, Stevens Point,
Wausau, Wisconsin Rapids
Door County Memorial Home Health
Sturgeon Bay – Home Health Care
Saint Elizabeth's Home Health Care, Wabasha, MN
Ministry Respiratory Services & Affinity Plus**
Home Medical Equipment & Respiratory Therapy
WIVA & WIVA Fox Valley, Home Infusion Therapy**
Seasons of Life Hospice Home, Woodruff
House of the Dove Hospice Home, Marshfield

Health Plan

Network Health Plan*

Long-Term Care

Door County Memorial Hospital Skilled Nursing Facility
Dr. Kate Convalescent Center, Woodruff
Franciscan Care and Rehabilitation Center*
Saint Elizabeth's Nursing Home, Wabasha, MN
Saint Elizabeth's Health Care Center, Wabasha, MN

Ministry Behavioral Health

Koller Behavioral Health
Mental Health Unit/Saint Michael's Hospital
Sacred Heart – Saint Mary's Hospitals
Stevens Point Outpatient Clinic
Stevens Point Residential Treatment Unit
Wisconsin Rapids Outpatient Clinic

Ministry Dialysis Services

Ministry Dialysis Services
Marshfield, Rhineland, Stanley, Stevens Point,
Waupaca, Wausau, Wisconsin Rapids, Woodruff

Other Services

Affinity Occupational Health*
Agape Community Center
Bethany House
The Diagnostic & Treatment Center+
DCMH Rehabilitation Services
Family Health Medical & Dental Center/La Clinica‡
Ministry Dental Center
Ministry Diabetes Services
Sacred Heart Hospital Foundation Health Access Program
Saint Joseph's Children's Hospital
SAINTS Health Services for Business
Springer Health Access Program

* A partnership of Ministry Health Care and Wheaton
Franciscan Healthcare

‡ Affiliated with Saint Michael's Hospital –
Ministry Health Care

+ Co-sponsored with Marshfield Clinic

** A limited liability company between Ministry Home
Care and Coram Healthcare