

# Healthy Living

Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

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January 2012



### How to change a HABIT

Making healthy lifestyle choices a habit. Six steps to a healthier you.

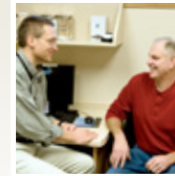
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The story of how one patient reached success managing his health and diabetes.

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## Riverwood Launches Community Wellness Campaign

When you play BINGO, you play to win, right? How about playing to win at wellness! That's exactly what Riverwood Healthcare is inviting you to do. Play our version of BINGO and move forward on the path toward a healthier you.

Riverwood is rolling out a new community wellness campaign: **BINGO - Win with Wellness**. A BINGO game board with ideas for healthy habits and behaviors—such as eat a healthy breakfast, go for a walk, and park far away—will serve as a tool that you can use to improve your health. We'll include the BINGO card in the Aitkin Independent Age quarterly. We will also make it available at Riverwood clinics, at area organizations and businesses as well as our website and Facebook page.

The BINGO campaign will be very visible with information in local newspapers, area billboards, and online. We will offer suggested activities and ideas for you to win with wellness all year long. To help get you thinking about how you can make wellness activities part of your daily routine, see the personal wellness tips offered by three of our healthcare practitioners in this issue.

Enter the quarterly BINGO drawing on our website or at one of our clinics for a chance to win one of several prizes. With good health as the ultimate prize, everyone who plays has the potential to win. Together, we will create a healthier community.

For more information, visit [www.riverwoodhealthcare.org/bingo](http://www.riverwoodhealthcare.org/bingo)

**Share your wellness tips.** We invite you to share what you're doing to win with wellness. Post a comment on Riverwood's Facebook page, email [healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org) or mail your comments to Riverwood Healthcare Center, Attn: Healthy Living Newsletter, 200 Bunker Hill Drive, Aitkin, MN 56431

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**Riverwood**  
HEALTHCARE CENTER

## WELLNESS CALENDAR

### EVENTS

#### Women's Wellness seminar

*Focus on Breast Health*

**Aitkin:** 40 Club Convention Center

January 26, 5:30 PM

*No cost. Light meal served. Registration requested.  
Riverwood Education: (218) 927-5552*

### Education & Support

#### Diabetes Support Group

**Aitkin:** Riverwood Outpatient Services

Second Thursday, 5:00 to 6:00 PM

**McGregor:** McGregor Clinic

First Wednesday, 9:00 to 10:00 AM

*Riverwood Diabetes Center: (218) 927-8281*

#### Grief Support Group

**McGregor:** Riverwood Clinic

Thursdays, 4:00 to 5:30 PM

January 24-February 28

*Riverwood Social Services: (218) 927-5524*

#### Joint Replacement (Pre-surgery class)

**Aitkin:** Riverwood Healthcare Center

Second Friday, 10:00 AM to 12:00 PM

*Riverwood Surgical Services: (218) 927-5549*

#### Prenatal Education Classes

**Aitkin:** Riverwood Healthcare Center

Tuesdays, 7:00 to 9:00 PM

*Riverwood Education: (218) 927-5318*

#### Breast Cancer Support Groups

**Men's:** Partners of breast cancer patients

Fourth Monday, 6:30 to 8:00 PM

**Sister-to-Sister:** Breast cancer patients

Fourth Monday, 6:30 to 8:00 PM

**Aitkin:** Riverwood Healthcare Center

*Riverwood Breast Health: (218) 429-3975*

#### NEW! Prostate Cancer Support Group

*Meetings will alternate between Aitkin and Crosby*

**Crosby:** Heartwood Senior Living

Thursday, January 19, 5:30 to 7:30 PM

**Aitkin:** Riverwood Healthcare Center

Thursday, March 8, 5:30 to 7:30 PM

*Riverwood Education: (218) 927-5552*

# How to Change a HABIT

Making healthy lifestyle changes isn't that hard to do. Eat healthy. Exercise regularly. Avoid tobacco products. Drink alcohol in moderation. Most people know what to do, but they still don't do it. Why?

Habit change requires a lot of personal effort. It takes thoughtful planning, time and commitment to change behaviors.

Three steps drive habit change: 1) Develop a written plan; 2) Identify your triggers and replacement habits; and 3) Focus on doing the replacement habits every single time the triggers happen, for about 30 days.

Here are some tips on how to successfully change a habit that you can apply to making healthy lifestyle choices.



“During my 26 years of family medicine practice, I've seen the power of healthy habits at work in the lives of my patients. Recognizing and eliminating an unhealthy habit or adopting a new healthy habit can be challenging but well worth the benefit to your health for years to come.”

- Dr. Mark Heggem  
Chief Medical Officer at Riverwood Healthcare

## 6 TIPS: CHANGING BAD HABITS INTO HEALTHY LIFESTYLE CHOICES

- 1) **Work on changing ONE habit at a time.**  
If you work on changing more than one habit at a time you run a serious risk of overwhelming yourself and changing no habits at all.

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- 2) **Create a detailed written plan.**  
It is not enough to say to yourself, “I am going to exercise more.” You must make a plan. Write it down. Keep it simple and start small. Make a plan for 30 days. For example: I will go for a 15-minute walk 3 days a week, starting March 1 through March 15. From March 16-31, I will walk for 20 minutes 4 days a week. Take small steps initially and work up to a higher activity level.

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- 3) **Identify your triggers for negative habits.**  
What situations trigger your current habit? A smoking trigger might include a morning wake-up routine, having coffee, drinking alcohol, stressful meetings, going out with friends, etc. Most habits have multiple triggers. Identify all of them and write them in your plan. For every single trigger, identify a positive habit you're going to do instead. When you first wake in the morning, instead of smoking, what will you do? What about when you get stressed? Some positive replacement habits could include exercise, meditation, deep breathing or other activities you enjoy.

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- 4) **Document your habit change.**  
Use a calendar or journal to record when you practiced your new habit such as how long/how far you walked, or how many hours you went smoke-free. This visual reminder can help motivate you to stick to your plan. Think of it as a way to track your success!

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- 5) **Ask for help.**  
Get your family, friends and co-workers to support you. If you're planning to lose weight, let them know what diet changes you are making and what foods you are avoiding. As you lose weight, they can help you celebrate your success.

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- 6) **Repeat! Repeat! Repeat!**  
Habits are behaviors that we do over and over again. They become almost automatic, like riding a bicycle. We don't have to think about how to do them each time. And if you “fall off” your healthy habit change plan, stick with it and keep practicing until you succeed.

### NEW Prostate Cancer Support Group

Adult and Pediatric Urology (APU) is partnering with Cuyuna Regional Medical Center and Riverwood Healthcare Center to launch a Prostate Cancer support group that will meet alternately in Aitkin and Crosby. The group will be led by local men who have, or have had, prostate cancer and Dr. Shawn McGee, APU urologist, and Cindy Hauser, APU nurse practitioner. See the calendar on page 1 for meeting dates and locations.

### Riverwood Ranks Among Top 100 CAHs

Riverwood Healthcare Center was recently named one of the Top 100 Critical Access Hospitals (CAHs) in the country. These hospitals scored best among critical access hospitals nationwide on the iVantage Health Analytics' Hospital Strength Index™. In this first-ever comprehensive rating, the results recognize the top critical access hospitals, measuring them across 56 different performance metrics, including quality, outcomes, patient perspective, affordability and efficiency. For more information on this ranking, go to [www.HospitalStrengthIndex.com](http://www.HospitalStrengthIndex.com)



If you're a woman, aged 40 to 64, who qualifies for the free breast and cervical cancer screening program called Sage, you may also want to take part in SagePlus at Riverwood clinics in Aitkin, Garrison or McGregor.

## Free Heart Health Screening for Women

SagePlus is a new heart health screening program for women who may be underinsured or uninsured and meet income guidelines, funded through the Minnesota Department of Health. Your gross annual household income cannot exceed \$27,225 for one person or up to \$65,425 for a family of five.

In addition to Sage cancer screening services, SagePlus patients receive free tests for blood pressure, cholesterol, glucose and body mass index, free life-style coaching on topics such as diet, exercise and smoking cessation, as well as a monthly newsletter and fun activities that offer rewards for physical activity and healthy eating.

While you can't control risk factors for heart disease such as age, gender and family history of heart disease, there are five factors

you can change: 1) high blood pressure, 2) over-weight, 3) physical inactivity, 4) unhealthy eating habits and 5) smoking.

Heart health services are not available separately from breast and cervical screening services so you may only schedule one screening appointment annually: either breast and cervical cancer screening only through Sage, OR breast and cervical cancer screening WITH heart health services through SagePlus.

For more information on Sage or SagePlus, contact Amy Renner, Breast Health Care Coordinator at Riverwood Healthcare, at (218) 429-3975 or arenner@riverwoodhealthcare.org

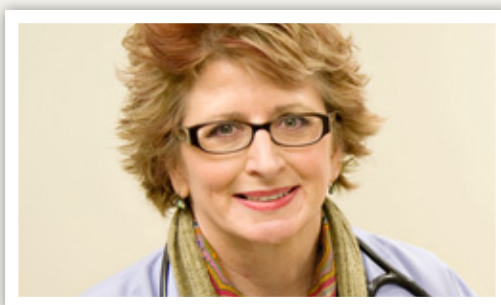
## HOW ARE YOU WINNING WITH WELLNESS?

Three Riverwood family practitioners comment on their personal wellness activities.



Rebecca May, C-ANP

Exercise is a hobby for me. I do aerobics, strengthening and stretching every morning for one hour. It is one of the most important parts of my day, getting me energized, and helping with weight management.



Janet Larson, C-FNP

I eat a clean diet with no processed foods and I cook from scratch with low-gluten and low-lactose ingredients. In addition to using exercise to de-stress, I do meditation and yoga and get a massage twice a month. I find that keeping my workout clothes where I can reach them as soon as I get out of bed makes it easier to stick to my morning exercise routine.



Jeff Ehnstrom, MD

I have found that carbohydrates really stimulate my appetite so I try to avoid breads and starchy vegetables. I usually make one of my daily meals mostly vegetables like a salad at lunch. Finally, I use exercise to burn off some calories and recharge my batteries.



## Taking Healthy Steps to Manage Diabetes

**Goodbye Little Debbie snack cakes. So long Pop Tarts. No more candy bars.**

**In the past year, Ron Prince of Tamarack has adopted a healthier diet to help control his weight and his diabetes. As a result, he's dropped 25 pounds and his A1C is down to 5.2%, from a high of 12% upon diagnosis. The A1C test measures your average blood glucose control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working.**

"I used to eat meat and potatoes and no vegetables at all," Ron explains. "I'm still not crazy about vegetables, but I've added carrots, celery, beans and corn off the cob to my diet now. Adding fruit to my diet has been easier. Bananas and apples have replaced the morning pop tarts now. I also eat yogurt with my lunch and have substituted a Special-K bar for a candy bar for my afternoon snack."

Diagnosed with diabetes at age 49 in 2010, Ron's motivation to get his diabetes under control was fueled by his desire to quit taking a medication, Metformin, that helps to lower blood sugar.

"I was taking two pills a day and I wanted to get off the medication," he explains. "My doctor referred me to Riverwood's Diabetes Education program, where I got terrific support in managing my diabetes."

**Lisa Kuklis**, registered dietitian, counseled Ron on how to eat healthier, use portion control and read food labels.

**Melissa Magnuson**, registered nurse and certified diabetes educator, advised him on ways to better manage his disease, including losing weight and staying physically active.

"Ron has done an excellent job of taking control of his diabetes and making diet and other changes to better manage this disease and prevent complications," says **Dr. Tim Arnold**, Riverwood family practice physician who oversees Ron's primary care. "He is a true testament to what lifestyle and behavior changes can do to improve one's health and quality of life."

Exercise helped Ron lose weight too. When he comes home from work, he keeps moving, walking at least a mile a day on his 16-acre lot. Another option he's considering to get more exercise is joining a local fitness center in McGregor.

"I have to credit my wife, Vanessa, for all the wonderful support she provides," Ron adds. "She's the primary grocery shopper so she learned to read food labels along with me and purchases the healthier food items with less sugar and sodium, plus she does most of the meal preparation."

**TIP:** Go to [www.diabetes.org](http://www.diabetes.org) and click on "Food & Fitness" for meal planning information, ideas for exercise, and tips for getting motivated to make lifestyle changes.



Riverwood Healthcare Center  
200 Bunker Hill Drive  
Aitkin, MN 56431  
[www.RiverwoodHealthcare.org](http://www.RiverwoodHealthcare.org)  
Contact any Riverwood Healthcare  
Center facility toll-free at  
(888) 270-1882

**Hospital - ER- Urgent Care** 218-927-2121  
**Aitkin Clinic** 218-927-2157  
**McGregor Clinic** 218-768-4011  
**Garrison Clinic** 320-525-3400  
**Specialty Clinic** 218-927-5566