

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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June 2014



Zilverbergs leave a legacy of caring

Michael and Jeanette Zilverberg, life-long residents of Aitkin, left a legacy of caring that will continue well into the future.

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Holes fore Hospice annual golf event

Enjoy 18 holes at Cuyuna Rolling Hills Golf Club in support of a great cause.

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40 pounds lighter, healthier and more active

Kevin Hoffman reaches his goals with help from Riverwood health & wellness coach.

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Meet our General Surgeons

We asked the surgeons to comment on their experience and work serving the surgical needs of patients along with a bit about what they enjoy away from the job.



Paul Severson, MD, FACS, Chief of Surgery

"When I began my surgery career in this area in 1984, in addition to general surgery, I performed OB/GYN and orthopaedic procedures until we decided to grow our surgery services, adding specialty surgeons in these areas. I still do a lot of hand surgery and C-sections. As fellowship director for the Minnesota

Institute of Minimally Invasive Surgery, I've enjoyed training the next generation of surgeons in advanced minimally invasive surgery, bariatric surgery, and therapeutic endoscopy. Outside of work, my greatest passion is volunteer work in Haiti, traveling there several times a year with a team of healthcare professionals to help offer humanitarian relief and to educate medical professionals. This work has led us in an exciting direction. I'm now lead surgeon for the Surgery Global Curriculum, which involves coordinating a series of lectures from surgeons from all over the world via videoconference to educate doctors in Haiti. My healthy habits include jogging with our two dogs and biking from our home in Deerwood to Riverwood in fair weather. I enjoy family time with my wife, Theresa, our four married children and our 25 beautiful grandchildren."

Our team of highly trained general surgeons, skilled in the art of laparoscopic and minimally invasive surgery, includes (from left) Dr. Shawn Roberts, Dr. Howard McCollister, Dr. Tim LeMieur and Dr. Paul Severson.

Expert surgical solutions are here for you

Riverwood offers 15 surgeons dedicated to keeping you well

At Riverwood Healthcare Center, we offer patients a wide range of surgeries—both big and small. In many cases, you don't need to leave the Aitkin County area to get advanced surgical care.

Whether you need your gall bladder removed by a general surgeon, a bunion removed by a podiatrist, or a total knee replacement with an orthopaedic surgeon, it's all available here. Many surgical procedures are performed on an outpatient basis, helping you recover faster in your preferred home environment.

Riverwood's surgery team includes four general and laparoendoscopic surgeons—**Dr. Timothy LeMieur, Dr. Howard McCollister, Dr. Paul Severson and Dr. Shawn Roberts.** See profiles of each on page 2. With more than 80 years of combined experience, they bring advanced laparoendoscopic surgical care—minimally invasive surgical expertise—to our patients.

Dr. McCollister and Dr. Severson are co-directors of the Minnesota Institute for Minimally Invasive Surgery (MIMIS), which now brings the latest advanced technologies and expertise to Riverwood patients.

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Advanced surgical care in Aitkin

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MIMIS's highly skilled and expertly trained surgeons and perioperative medical professionals are surgical leaders in the areas of laparoendoscopic, ophthalmic, GYN and orthopaedic procedures. The mission of the Minnesota Institute for Minimally Invasive Surgery is to apply minimally invasive surgical procedures and techniques in an ongoing effort to help people lead healthier, happier lives.

With minimally invasive surgery, specialized techniques enable the surgeon to perform major surgery with small incisions, resulting in less trauma to the surrounding tissue. Reduced pain, fewer side effects, a quicker recovery time and minimized scarring are all benefits of minimally invasive surgical techniques.

Laparoendoscopic surgeries performed by general surgeons at Riverwood commonly include hernia repairs, cholecystectomy (gall bladder removal), appendectomy, and bowel resection. In addition, minimally invasive procedures are available to treat gastroesophageal reflux, varicose veins and even carpal tunnel syndrome.

Our general surgeons also treat diseases of the breast, esophagus, gastrointestinal system, liver, spleen and stomach. With a rotating on-call schedule, one of them is always available for emergency surgical situations that may arise for Riverwood patients.

Surgery team supports wellness, quality of life

Having access to advanced medical care and surgical expertise is often life-saving, and can also be a tool to improve your quality of life and support overall health and wellness. Two procedures that are commonly performed for screening and diagnostic purposes include:

1) Colonoscopy is a test that allows the examination of the inner lining of your large intestine (rectum and colon). A colonoscopy helps find ulcers, colon polyps, tumors and areas of inflammation or bleeding. During a colonoscopy, tissue samples can be collected (biopsy) and abnormal growths can be taken out. Colonoscopy can also be used to check for cancer and remove precancerous growths from the colon or rectum.

2) Esophagogastroduodenoscopy (EGD) is a test to examine the lining of the esophagus, stomach, and first part of the small intestine. It is done with a small camera (flexible endoscope) that is inserted through the mouth. The surgeon can perform numerous therapeutic procedures with the endoscope, such as removing tumors and growths, dilating strictures and treating precancerous conditions.

Specialty Surgery at Riverwood

Ten specialty surgeons enhance the scope of surgical care here as well. Listed are some commonly performed specialty surgical procedures available at Riverwood Healthcare Center in Aitkin. Many of these procedures improve quality of life by helping individuals see more clearly, regain mobility and walk pain-free.

Specialty	Procedures	Surgeons
Ear, Nose & Throat	Tonsillectomy, ear tubes and other pediatric ear surgeries	Dr. Mark Rhodes
Obstetrics/Gynecology	C-Section birth deliveries, hysterectomy, other pelvic surgeries	Dr. Michael Cady Dr. Rachel Cady Dr. Leigh Bauer
Eye (optical)	Cataracts removal and lens insertion, corneal transplants, brow and eyelid surgeries	Dr. Ina Drown Dr. Martin O'Malley Dr. Stacy Sjoberg
Orthopaedic	Total knee replacement, total hip replacement, arthroscopy for shoulder and knee, hand surgery, fractures or traumatic injuries surgeries	Dr. Leo Chough, Dr. Erik Severson
Podiatry	Bunionectomy, hammer toes	Dr. Brad McCusker
Urologic	Prostate biopsy and excision of prostate, urinary incontinence treatment	Dr. Shawn McGee

Meet our General Surgeons

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Howard McCollister
MD, FACS

"I have been practicing minimally invasive surgery at Riverwood Healthcare Center for 27 years. I've seen many wonderful changes in the way we practice medicine in that time and my friends and neighbors who are our patients can be proud of what we have accomplished, just as I am. The good news is that we aren't stopping here. My

partners and I will continue to strive to bring the best possible state-of-the-art surgical care that can be delivered anywhere. This area has been a great place to live and work. I work here, I play here, and I've raised a family here thanks to all of you."

"This area has been a great place to live and work. I work here, I play here and I've raised a family here thanks to all of you."



Tim LeMieur
MD, FACS

"I trained at Hennepin County Medical Center for six years and have another 15 years of experience practicing in Aitkin and Crosby. I specialize in minimally invasive/laparoendoscopic surgeries, vascular access for dialysis and bariatric (weight loss) and management of

gastroesophageal reflux disease (GERD). I work with the best group of surgeons anywhere. I love practicing with my partners to bring big city medicine to small town residents. I really enjoy getting to know my patients and spending time with them. My biggest passion outside my job is taking care of my family, which includes my wife, Michelle, 12-year-old triplets and a 15-year-old son. Away from work, I enjoy hiking and biking the mine pit areas near Crosby."



Shawn Roberts
MD, FACS

"I have been working here for 10 years since graduation from Hennepin County Medical Center where I trained as a resident and critical care fellow. I am interested in all areas of general surgery and enjoy the variety of a rural practice. I particularly like the challenges of complex laparoscopic surgery and enjoy the

team approach and surgical treatment of cancer. What I enjoy most about caring for patients is the opportunity to meet many different people and help them through their medical problems. It truly is a privilege to be a physician and surgeon and to have patients trust me with their care every day. My biggest passion outside of work is my wife of almost 20 years and my two children. My favorite healthy living habit is physical activity and spending time outside whatever the weather, whatever the season. I think it is healthy to get dirty and muddy every once in a while; it makes you feel like a kid again."

Zilverbergs leave lasting legacy for local healthcare

Michael and Jeannette Zilverberg, life-long residents of Aitkin who have passed away in recent years, have left a legacy of caring for the health of the Aitkin area community that will continue well into the future.

Through the Zilverberg's estate, Riverwood Foundation has received two major planned gifts. One of the gifts of approximately \$52,000 has been used to support the Better Together capital campaign for Riverwood's 2011-2013 expansion and renovation project.

The other gift for approximately \$130,000 is an endowed fund. This donation has been added to the existing Michael J. Zilverberg Healthcare Education Endowment, which Jeannette set up with Riverwood Foundation in 2004 to honor Michael's commitment to supporting the education of healthcare professionals.

Jennifer Burgos, Riverwood family nurse practitioner, was the first recipient of a Zilverberg fund scholarship for \$1,000 in 2007. The Zilverberg's endowed fund assures that these scholarship funds will be available to support advanced education for those in the health care profession indefinitely into the future.

"Riverwood is so grateful for the generous financial support from Mike and Jeannette Zilverberg, which dates back to the 1950s," says Jodie Johnson, Riverwood Foundation director. **"They were community-minded people and viewed supporting our local health system as a way to give back to benefit those who live here. Their scholarship fund will keep working to enhance the skills of talented health care professionals for years to come."**



Jeannette and Michael Zilverberg

For anyone who is considering how to set up a planned gift or other charitable fund that will have a lasting impact for the community, contact **Riverwood Foundation at (218) 927-5554**

News Briefs

Family donates motorized wheelchair

The Bill and Patsy Cummings family of Aitkin has donated a deluxe motorized wheelchair to Riverwood Healthcare. The wheelchair is available for patients or visitors with mobility difficulties to use to navigate the clinic or hospital hallways. The wheelchair, which can be accessed at the main entrance and checked out from the front desk, is run by using a lever that moves it forward or backward. "Thanks to the Cummings family for this generous gift that will help many have an easier time visiting loved ones or accessing medical care at our facility," says Chad Cooper, Riverwood chief executive officer.



Riverwood receives statewide award for wellness

Riverwood Healthcare was honored to be one of the 17 hospitals around Minnesota recognized by the Minnesota Hospital Association (MHA) in its annual awards program on April 25. For the second year in a row, MHA has awarded Riverwood the Community Benefit award for innovative programming around wellness in the communities we serve. **Pictured, from left, accepting the Community Benefit award for Riverwood are Arlene Wheaton, Lisa Kruse, Dan Schletty and Liz Dean.**

Foundation News



SCHEDULE OF EVENTS

10:30 am Registration Opens
Lunch Served, Games, and Raffles
12:00 pm Golf Scramble, Shotgun Start
4:30 pm Par-Tee Begins! Dinner and Awards

If you like to golf and enjoy supporting a good cause, consider joining us for Holes fore Hospice, an annual charity event golf tournament and dinner, on **Sunday, July 13**, at **Cuyuna Rolling Hills Golf Club in Deerwood**.

The cost is \$125 per person or \$500 per 4-person team for golf, which includes 18 holes with a cart, lunch on the course and dinner. Dinner only is \$30.

There are many ways to support this event: Form a golf foursome. Ask about sponsorship opportunities for your business. Give an in-kind gift. Make a tax-deductible gift to Riverwood Foundation to support a cause near and dear to us all.

Holes fore Hospice supports hospice care and palliative programming for patients and their families, who are facing terminal illness. The event provides valuable exposure to local business sponsors.

For more information or to register for the event, call or text Kim Jones at (218) 380-3636 or email kjones@riverwoodhealthcare.org



Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here.

Donations from March 1 - April 30, 2014

In Memory of:

Hazell & Leonard Cox
Lloyd & Lois Gale
Rudy Johnson
Russell Kullhem
Rev. R. Roland Ritter
Michael F. Ryan
Carol & Fred Wold
Parents of Glen & Hulda Chambers



YOUR HEALTHY CHOICE STORIES

Feeling better at 40 pounds lighter

Kevin Hoffman lost 40 pounds and reduced his waist size from 44 to 38 in just nine months. His total cholesterol is down 20 points and his blood sugar has dropped from 102 to 94.

For support on his weight loss journey, Dr. Tom Lawson referred him for wellness coaching with Dan Schletty, Riverwood health & wellness coach. Kevin appreciates the wellness grant that enabled Riverwood to offer free biometric screenings to track his key health numbers so he can stay on top of the progress he's making.

“The key to my success is staying active and cutting back on refined sugar and fat in my diet,” Kevin explains. “After my wife, Nancy, had a heart attack six years ago, we started going for 2-mile walks nearly every day. I have severe osteoarthritis with associated pain so the walking helps me feel better.”



Kevin Hoffman

“Before I had my right hip replacement in 2011, Dr. Leo Chough, my orthopaedic surgeon, told me I would feel better if I lost weight. I do feel so much better now, and all the support from Dan has been a real boost to my self-confidence.”

What's your healthy success story?

We would love to share it to inspire others. Email us at healthyliving@riverwoodhealthcare.org

Lunch & Learns

GYN issues for Women & Girls

August 12, 12:00-1:00 PM

Garrison: Y Club

Megan Workman, Nurse Midwife

August 12, 12:00-1:00 PM

McGregor: Fireside Inn

Dr. Jessica Hodson

To register for any of the events listed, call Riverwood's Events line at (218) 927-5188 or email healthyliving@riverwoodhealthcare.org

Digestive Disorders

September 9, 12:00-1:00 PM

Aitkin: Butler Building

Dr. Tim LeMieur & Dr. Paul Severson

WELLNESS CALENDAR

EVENTS

Farmers Market

Fresh local produce via SproutMN

Tuesdays, 10:00 AM-12:00 PM

June - August

Aitkin: Riverwood parking lot

Prairie Bay Side Dish

Healthy meals to go

Tuesdays 10:30 AM-12:30 PM

June 17, July 8, 22

Aitkin: Riverwood parking lot

Holes for Hospice

Charity golf tournament and dinner

July 13

Deerwood: Cuyuna Rolling Hills Club

Tickets or sponsor info: (218) 360-3636

Garrison Play Days 5K

No cost. No pre-registration

July 26, 8:00 AM

Meet at Garrison Fire Hall

Riverwood Gala

September 20

Aitkin: 40 Club Convention Center

Riverwood Foundation: (218) 927-8286

Education & Support

Breastfeeding Education & Support

Call for free consultation with nurse certified as lactation counselor.

Aitkin: Riverwood Healthcare Center

Birthing Center: (218) 927-2121

Joint Replacement (Pre-surgery class)

Aitkin: Riverwood Healthcare Center

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

Riverwood Surgical Services: (218) 927-5549

Prenatal Education Classes

Tuesdays, 7:00-9:00 PM

August 26, September 2, 9, 16 & 23

September 30: Grandparents session

Aitkin: Riverwood Healthcare Center

Riverwood Education: (218) 927-5552

Breast Cancer Support Groups

Men's: Partners of breast cancer patients

Fourth Monday, 6:30-8:00 PM

Sister-to-Sister: Breast cancer patients

Fourth Monday, 6:30-8:00 PM

Aitkin: Riverwood Healthcare Center

Riverwood Breast Health: (218) 429-3975

Diabetes Support Group

Second Thursday, 4:00-5:00 PM

Aitkin: Riverwood Healthcare Center

McGregor: McGregor Clinic

Riverwood Diabetes Education (218) 927-8281