

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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March 2013



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RIVERWOOD LAUNCHES NEW WELLNESS INITIATIVE

George Family Foundation and Allina Health partnership to improve health

Riverwood Healthcare Center is among 13 health systems serving Minnesota and western Wisconsin communities that have been chosen to participate in a three-year program called the **Healthy Communities Partnership**. A \$475,000 grant from the George Family Foundation and Allina Health, and administered by the George Family Foundation, will enable Riverwood to screen, assess and improve the health of local residents in the Aitkin County and Garrison area communities it serves.

“This program recognizes that at least 40 percent of deaths in the United States are attributed to four behaviors: unhealthy eating, inadequate exercise, smoking and hazardous drinking. About 95 percent of the population lives with an identifiable risk factor.”

+ Courtney Baechler, MD, vice president of the Penny George Institute for Health and Healing, the area of Allina Health that is responsible for health promotion and wellness

To implement a community-wide wellness initiative that will focus on obesity and healthy weight management, Riverwood has hired a full-time wellness coach, **Dan Schletty**, and a part-time wellness coordinator, **Lisa Kruse**. **Dr. Jessica Hodson**, family physician at Riverwood, will act as physician adviser and help promote and oversee the wellness initiative. See profiles on page 2.

Schletty, who has seven years of experience with health coaching and personal training, will offer one-to-one coaching to help participants in health screenings develop personalized health improvement plans. With 13 years of experience working as the community education director for the McGregor school district, Kruse is very familiar with Aitkin County and has been instrumental in the development of health and fitness programs. She will coordinate community outreach for the wellness initiative and compile an inventory of local health and fitness resources that will be shared with the community.

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HEALTHCARE CENTER
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Aitkin, MN 56431

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Get started on your wellness journey

Continued from page 2

“As our local population ages, getting people to take greater responsibility for their health is more important than ever. We are excited to join this partnership for wellness where we now have greater resources to engage local residents, businesses and organizations and our own staff in improving their health.”

+ Michael Hagen, Riverwood CEO

Along with the other health systems in the partnership, Riverwood will customize programs to fit specific needs and resources of the communities it serves. Some standard components will include:

- Hold baseline screenings to help participants learn their “health score” and what that means for overall health.
- Participants will participate in a health screening and be rescreened each year over a period of three years.
- Encourage use of an online tool called Family Health Manager, which will be available on Riverwood's website.
- Develop an inventory of local resources to identify and fill gaps in local wellness programming.
- Work with each participant on a health improvement plan that combines medical and non-medical approaches.

To get started on your own journey to healthier living, see the article on Family Health Manager, an online tool available as part of the Healthy Communities Partnership.



Family physician is new wellness adviser

Dr. Jessica Hodson, family physician who joined Riverwood Healthcare's medical staff in August 2012, is excited to serve as adviser to the new Healthy Communities Partnership wellness initiative.



“I'm very happy to see a focus on prevention and wellness for the communities Riverwood serves. Empowering people to adopt and maintain healthier behaviors leads not only to better health but a higher quality of life with more enjoyment too.”

+ Jessica Hodson, DO

With a passion for wellness, Hodson teaches Zumba workout classes and enjoys many outdoor activities the area has to offer.

Dr. Hodson sees patients across the entire spectrum of family medicine, including obstetrics, pediatrics, and osteopathic/musculoskeletal and manipulative medicine. For an appointment with her in Aitkin or Garrison, call (218) 927-2157 or toll-free at (888) 270-1882.

MEET OUR NEW WELLNESS STAFF MEMBERS



Dan Schletty Wellness Coach

Family: I live with my wife, Kara, and twin daughters, Myla and Nora, age 7 months, in Aitkin. I also have a golden lab named Stella.

Fitness Activities: I try to get an equal mix of cardio and weight training in during the week. For cardio, I prefer running outdoors with my dog and actually prefer running in the snow or rain! It makes it a little more interesting!

My Personal Wellness Philosophy: I believe in being accountable for my own health and well-being. At the end of the day, it's up to you to make changes and to find that “balance” in life that makes you happy and well.



Lisa Kruse Wellness Coordinator

Family: I live with my husband Mike in the McGregor area. We have three children, Briana (26), Andy (24) and Courtney (19) and three grandchildren.

Fitness Activities: In the summer I stay active by playing golf, biking or running. During the winter months I attend Zumba classes, walk on the treadmill and play on a co-ed volleyball team.

My Personal Wellness Philosophy: Exercise is very important for the body, but also extremely beneficial for the mind and soul. I encourage you at any age to stay active. Keep it exciting and motivating by trying new exercises whether it be walking, biking, golfing, swimming, skiing, or attending a fitness class.

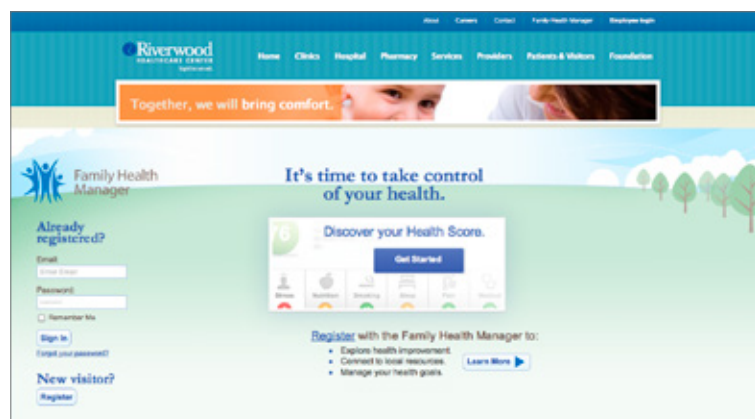
Manage your health with two new online tools

Family Health Manager

The Family Health Manager, now live on Riverwood's website homepage at www.riverwoodhealthcare.org, is an interactive, online tool that offers you personalized health and wellness information.

Learn your health score. Take 10 minutes to complete a health assessment questionnaire to learn your health score across 10 health categories, including eating habits, sleep patterns and stress management. Based on your health score in the various areas, you will be offered customized preventive health recommendations that can help you set goals to support healthy living. **You can also access health calculators, worksheets and other tools to track your health numbers and progress toward meeting health goals.**

With Family Health Manager, you will also be able to discover local wellness resources and education events based on your interests and search for a healthcare provider or answers to health questions.



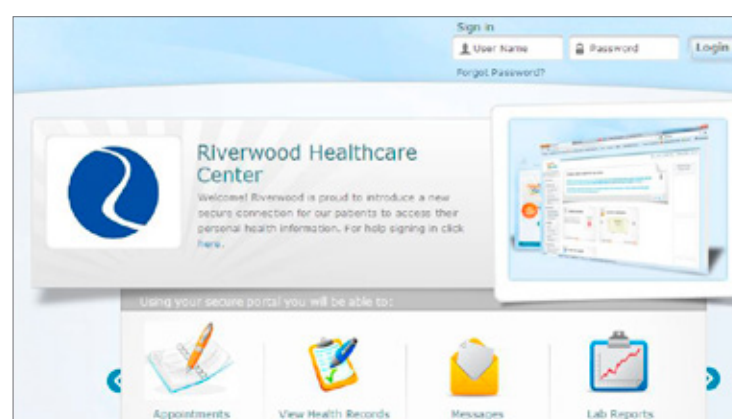
Family Health Manager

Patient Portal

Another online tool called Patient Portal, which Riverwood developed in 2012, offers convenient online access to help you retrieve and manage personal health information for you and your family members.

With Patient Portal access you can view clinic lab results, diagnostic imaging results, future clinic appointments and messages from Riverwood clinic staff members; cancel and request clinic appointments; update your personal information; and receive health reminders. All these tasks can be done from the convenience of your own home at any time of the day that suits you.

To sign up for the Patient Portal, you must have email and internet access. Ask to get registered when you check in for your next Riverwood clinic appointment, or call our appointment line at (888) 270-1882. For more information, go to www.riverwoodhealthcare.org and click on Patients & Visitors/Patient Portal.



Patient Portal

Newsbriefs

Colorectal cancer screening saves lives

March is Colorectal Cancer Awareness Month. Colorectal cancers include cancer of the colon and the rectum. Early detection is vital as more than 80% of all cases of colorectal cancer can be prevented with recommended screening. Younger adults can develop colorectal cancer, but the chances increase markedly after age 50; more than 9 out of 10 people diagnosed with colorectal cancer are 50 or older. Colorectal cancer usually starts from polyps in the colon or rectum. Screening tests can find polyps early when they can be removed before turning into cancer. Regular screenings may include annual fecal occult blood tests, periodic partial or full colon exams, or both. For a check-up at a Riverwood clinic, call (218) 927-2157.

Why should you be concerned about breast cancer?

Other than skin cancer, breast cancer is the most common cancer in American women. Every woman has a chance of getting breast cancer. About 1 in 8 women will find out she has breast cancer at some point in her life. This might sound scary. But today, fewer and fewer women are dying from breast cancer. With breast cancer screening tools, including mammograms, healthcare practitioners often can find cancer early. Treatment is more likely to work well when cancer is found early. For more information on breast cancer and screening, see the Cuyuna Riverwood Breast Health Alliance website at www.breasthealthalliance.org.

Welcome Dr. Christopher Boelter



Dr. Christopher Boelter, a urologist with Adult & Pediatric Urology, joined Dr. Shawn McGee and Cindy Hauser, nurse practitioner, in seeing urology patients in Aitkin in January.

“The demand for urology services continues to grow in our communities and Dr. Boelter makes a tremendous addition to the urology team. He will help us continue to deliver the compassionate level of service our patients have come to expect.”

+ Michael Hagen, Riverwood CEO

Growing up in Minnesota, Boelter earned his bachelor's degree at St. Olaf College and his medical degree from the University of Minnesota Medical School. He went on to complete a residency at the Mayo Graduate School of Medicine. Boelter has a special interest in urological cancers, women's health, as well as laparoscopic and minimally invasive surgery.

“I enjoy the long-term relationships I share with my patients and the important role urologic care has on their quality of life,” Boelter explains. *“I have family here in the north country, so getting to work here as well is an added bonus. Dr. McGee and I will work as a team to provide seamless care to our patients.”*

YOUR
HEALTHY
CHOICE
STORIES

Diabetes education saved my life

When Abbie Christian of Palisade failed a health exam for a life insurance policy, she thought some mistake had been made. She felt fine and was unaware of any health issues.

Her family physician, **Dr. Tim Komoto** of Riverwood's McGregor Clinic, told her that her blood sugar was very high—344 compared to a normal blood sugar of 100 or lower—and gave her a diabetes diagnosis and a referral to Riverwood's diabetes education program.

Abbie attended a series of four 2-hour diabetes education classes facilitated by Lisa Kuklis, registered dietitian, and **Melissa Magnuson**, certified diabetes educator (now a nurse practitioner at Riverwood clinics), to learn about what she could do to take control of her diabetes and maintain her health.

"Dr. Komoto, Lisa and Melissa saved my life!" Abbie says. "The diabetes education experience was the best gift I've ever been given. I strongly urge others to give it a try."

Before the class, Abbie didn't eat breakfast, loved to eat lots of carbs like bread and pasta, and did not exercise at all.

"My weight was out of control and I told myself that 'I did this to myself and it's up to me to fix it,'" Abbie explains. "I set a goal of losing 50

pounds by Christmas, which I did—and then lost 13 more for a total of 63 pounds by the end of January. I'm working on a goal to lose a total of 100 pounds by June 1."

How did Abbie lose weight? She bought an elliptical machine, a machine that provides a low-impact workout by simulating stair climbing or walking, and hand weights. Then she started exercising daily, getting her sons, Danny (15) and Jerry (12) to join her.

"I'm so excited that I can give my sons a new outlook on how to be healthy now so they can remain healthy later," Abbie adds. "I feel so much better now and my husband, Wayne, and the boys are so supportive. They tell me they love wrapping their arms around the skinnier me."

Abbie not only exercised regularly, but adopted a whole new way of eating. She went gluten-free and sugar-free and now eats a healthy breakfast, a light lunch and a light supper with veggie and fruit snacks between meals.

Lisa Kuklis adds: "The number one person on your healthcare team is YOU. Abbie took this concept to heart and set very specific goals for herself, tapping into the diabetes program, her family and other resources to support her steady progress."

WELLNESS CALENDAR

EVENTS

Aitkin Commerce Show

March 9-10

Aitkin: Aitkin High School

Visit our Riverwood wellness booth!

Participate in some fun activities.

Register to win fitness prizes.

Education & Support

Diabetes Support Group

Second Thursday, 5:00-6:00 PM

Aitkin: Riverwood Outpatient Services

First Wednesday, 9:00-10:00 AM

McGregor: McGregor Clinic

Riverwood Diabetes Center: (218) 927-8281

Joint Replacement (Pre-surgery class)

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

Aitkin: Riverwood Healthcare Center

Riverwood Surgical Services: (218) 927-5549

Prenatal Education Classes

Tuesdays, 7:00-9:00 PM

March 5, 12, 19, 26 and April 2

Aitkin: Riverwood Healthcare Center

Riverwood Education: (218) 927-5318

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

Prostate Cancer Support Group

Thursday, March 14, 5:30-7:30 PM

Crosby: Heartwood Senior Living

Contact: (218) 545-4447

New nurse practitioner specializes in diabetes care



Melissa Magnuson, adult nurse practitioner, joined Riverwood's medical staff last fall after managing the diabetes education program at Riverwood for eight years.

"Diabetes is one of the more common diseases that we see in our patients at Riverwood and its incidence is increasing," Magnuson explains. "The key is to diagnose and manage diabetes early to avoid many of the health complications that can accompany this disease."

Magnuson sees patients at all three Riverwood clinics in Aitkin, Garrison and McGregor. Her professional interests include diabetes, chronic disease management and older adult care. For an appointment, call (218) 927-2157 or toll-free at (888) 270-1882.