

# Healthy Living

Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

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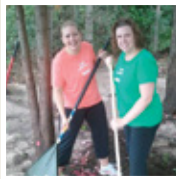
November 2012



### Expert orthopaedic care keeps local athlete in the game

Kristy Hoge of Aitkin shares her story of recovering from two knee surgeries.

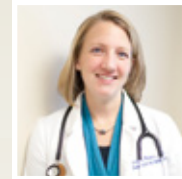
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## There are over 200 joints in your body.

*Don't let them slow you down.*

**Minnesota Center for Orthopaedics**  
www.minnortho.org | Your Orthopaedic Specialists



Riverwood physical therapist Jennifer Klee is on hand to see patients who need therapy services the same day as a clinic visit with an orthopaedic specialist.

**Minnesota Center for Orthopaedics (MCO)** has two convenient locations, inside Riverwood Healthcare Center in Aitkin and Cuyuna Regional Medical Center in Crosby. The MCO orthopaedic team includes two outstanding surgeons—Dr. Leo Chough and Dr. Erik Severson—plus Tom Lewandowski, physician assistant. For more information, call (866) 362-1229.

## Riverwood opens new clinic space for orthopaedic patients

Getting care and rehabilitation for an orthopaedic injury or joint health issue has just gotten more convenient at Riverwood Healthcare Center. Patients receiving outpatient orthopaedic care now go to a new location in the rehabilitation department in Aitkin.

*“Rehabilitation therapy plays a central role in the successful recovery from an orthopaedic injury or surgery. Our new practice location in close proximity to rehabilitation therapists and equipment has a great advantage for me as a surgeon. I can now easily and quickly observe the progress of my orthopaedic patients during a post-surgical exam.”*

+ Dr. Erik Severson

Our team of orthopaedic specialists with the Minnesota Center for Orthopaedics (MCO)—**Dr. Leo Chough, Dr. Erik Severson** and **Tom Lewandowski, PA**—now practice in the rehabilitation department instead of the former specialty clinic location at Riverwood.

“When we began to plan for our hospital expansion project and renovations for our rehabilitation department, we solicited input from our orthopaedic surgeons who advised that the best place for them to see patients is in the rehabilitation area,” explained Michael Hagen, Riverwood chief executive officer. “This allows them to use an approach to orthopaedic care referred to as the Shelbourne model, which brings the orthopaedic specialist, the patient and the physical therapist all together in one location for one-stop service.”

Riverwood's rehabilitation department now features three new MCO exam rooms and a MCO procedure room for orthopaedic patients. During the patient exam time, a designated physical therapist is available to help review and examine the progress a patient is making in regaining walking or other mobility skills. Patients are just steps away from parallel bars, a stair-step tool and other equipment designed for rehabilitation services.

When an orthopaedic specialist makes a referral for special medical equipment such as a brace, walker or instructions in an exercise program for stretching or strengthening, the patient can now see a physical therapist immediately without having to make an appointment to come back to the rehabilitation department on another day.

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## Expert orthopaedic care keeps local athlete in the game



Kristy Hoge of Aitkin, now a junior at the University of Minnesota-Morris, has had a passion for playing sports ever since she can remember.

"Sports is something I can't live without," Kristy explains. "I grew up watching my sister, cousins and parents play softball, and that experience lit a fire inside me. I soon knew what I wanted to do when I grew up."

Kristy played volleyball, basketball and softball while attending Aitkin High School. Now, she plays softball at the college level and is pursuing a career to become a high school sports coach, majoring in elementary education.

When Kristy suffered a torn knee ligament during her senior year of high school, she was devastated. It happened in the early spring and took her out for the Aitkin Gobblers' softball season.

In April 2010, **Dr. Leo Chough**, orthopaedic surgeon with Minnesota Center for Orthopaedics in Aitkin and Crosby, performed arthroscopic surgery at Riverwood Healthcare Center to repair Kristy's left knee.

In addition to being board certified in general orthopaedic services and surgery (including total joint replacement for shoulder, elbow, hips and knees), Dr. Chough is fellowship trained and specialty board-certified in sports medicine. Dr. Chough has worked with athletes at levels from Little League to professional organizations like the Philadelphia Flyers and the Philadelphia Eagles.

"Kristy suffered a torn ACL and lateral meniscus tear," explains Dr. Chough. "This type of injury is very common among athletes who play sports where there are fast stops and starts. The tearing of the anterior cruciate ligament, or ACL, inside your knee joint affects joint stability and can render the knee unstable in sports and sometimes in everyday life."

Dr. Chough adds: "Surgery for the ACL involves placing tendon tissue in the same place as the original ACL so it can behave very similar to the original product when healed. While surgical technique is critical, rehabilitation is also vital for the ultimate maximal outcome. Kristy recovered as well, and probably better, than some professional athletes I have also worked with. Her return to sports was exceptionally quick and successful."

When Kristy suffered a similar injury with a torn ACL to her opposite knee playing basketball, she returned home to Aitkin in December 2011 to have surgery with Dr. Chough.

"Because of Dr. Chough's outstanding care, I was able to come back in just three months for the spring 2012 softball season. I heal incredibly fast. Only four days after surgery I was able to bend my knees to 80 degrees with the goal of getting to 100 degrees by the end of my therapy sessions."

+ Kristy Hoge, Aitkin

What really impressed Kristy during her latest recovery period was Dr. Chough's coaching beyond the clinic and hospital walls.

"When I started getting stronger, Dr. Chough took time to watch my progress in physical therapy," Kristy explained. "Then he took me to the softball field and did a warm-up session with me-hitting balls to me, playing catch and watching me run. I'm very grateful for all this extra attention to ensure that I was ready to return to my game."

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## HOW ARE YOU WINNING WITH WELLNESS?

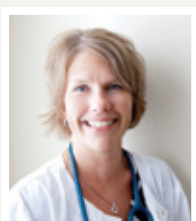


### Healthcare practitioners comment on their personal wellness activities.



**Jessica Hodson DO, Family Physician**

I love to dance, so Zumba is my favorite way to work out and decompress from a stressful day. I get lost in the music and feel transported into another world with the international music and steps. It's a great way to burn calories. I sometimes do the DVDs and other times just use the music on my iPod in my living room. Now I teach a Zumba class in Aitkin on Thursdays.



**Melissa Magnuson CANP, Adult Nurse Practitioner**

Making food and fitness fun is what keeps me motivated to eat healthy and stay active! Choosing a variety of foods, creative recipes and involving the entire family is key! I set aside a minimum of 30 minutes daily to walk, dance, jump rope or do aerobics. I find that mixing up my activities and encouraging friends and family to join me allows me to stay on track and reach my goals. Living a healthy lifestyle is a choice I've made and I believe it's a small price to pay for WELLNESS!

### Flood clean-up offers wellness opportunity



Riverwood invited its employees to take time off work and join the flood clean-up efforts organized by Aitkin County CARE in the McGregor area, which was hit hard by flooding in late June. Several crews were formed to help with cleaning yards and mold removal.

"We felt we were winning with wellness by not only helping others, but burning lots of calories during the cleanup!" said Liz Dean, Riverwood employee and clean-up volunteer. Pictured helping with the flood cleanup are Riverwood employees Tanya Pietz and Gina Henderson.



Kristy Hoge of Aitkin playing softball at the University of Minnesota-Morris after recovering from an ACL surgery.

Kristy credits the whole medical team, including Dr. Chough's nurse, Angie Ryan, and the physical therapists for all they did for her during her knee injuries and recovery. She gives special thanks to her parents, Curt and Sylvia Hoge, for being her "support group".

"I'm still in the healing process because it takes a full year to completely

recover from this type of injury," Kristy said. "I make time to get better by building exercises into my daily schedule."

During the summer of 2012, Kristy played softball for a local team from The Landing in Aitkin and said her knee felt fine. Competing with five other area teams, her team finished the season undefeated!

## Riverwood welcomes new OB/GYN physician

Dr. Leigh Bauer, obstetrics and gynecology (OB/GYN) physician, joined the specialty care medical staff at Riverwood Healthcare Center in Aitkin in October.



Bauer joins Drs. Michael and Rachel Cady in offering a full range of obstetric and gynecological care including labor and delivery, minimally invasive surgery and wellness exams. With a special interest in guiding women through the journeys of pregnancy and childbirth, Bauer provides one more practitioner option among an experienced OB team of doctors and nurse practitioners at Riverwood.

Led by Dr. Don Hughes, OB medical director, the OB team includes Dr. Tim Arnold, Dr. Jeff Ehnstrom and Dr.

Jessica Hodson, who offer pregnancy care through birth and delivery. In addition, Dr. Janelle Trueblood and nurse practitioners Jennifer Burgos, Lisa Gerhart, and Janet Larson offer prenatal care during the first two trimesters of pregnancy.

For an appointment with Dr. Leigh Bauer, call Riverwood's Specialty Clinic at (218) 927-5566.

### Get screened for breast cancer

Have you had your annual breast cancer screening exam and mammogram this year? Don't let cost be an obstacle. All three Riverwood clinics in Aitkin, Garrison and McGregor offer free breast cancer screenings through the Sage program.

If you are uninsured or have a high deductible health plan, you may be eligible for free breast and cervical cancer screenings through the Sage Breast and Cervical Cancer Screening program funded by the Minnesota Department of Health. The program pays for mammograms and pap tests for women 40 to 64 years old who either have no health insurance or high deductible plans and meet designated household gross income guidelines, which range from \$27,925 for a one-person household

to \$77,425 for a family of six. For more information, go to <http://www.health.state.mn.us/divs/hpcd/ccs/screening/sage/index.html>

The Cuyuna Riverwood Breast Health Alliance offers convenient local access to sophisticated breast cancer diagnostic technologies such as digital mammography, breast MRI and stereotactic breast biopsy. For more information on the alliance, go to [www.breasthealthalliance.org](http://www.breasthealthalliance.org) or call Amy Renner, breast health care coordinator, at (218) 429-3975.

Remember, early detection is the best protection. Screening tests can find breast cancer early, when it's most treatable.



## FOOT HEALTH TIPS

When your feet are healthy, you're able to do the exercise you need to keep your body healthy. Here are some tips from **Dr. Bradley McCusker**, podiatrist who sees patients at Riverwood clinics in Aitkin, Garrison and McGregor.



- Wear shoes that fit your feet; many people wear shoes that don't fit properly, which can cause pain and serious foot problems.
- Walking is the best exercise for your feet. Wearing shoes with good arch support, cushioned insoles and plenty of toe room will help make it an enjoyable experience.
- Never cut corns and calluses with a razor, pocket knife, or other such instrument; use over-the-counter foot products only with the advice of a podiatrist.
- Inspect your feet every day or have someone do this for you. If you notice any redness, swelling, cracks in the skin, or sores, consult a podiatrist.

Getting foot care at the Garrison clinic on the second Tuesday of the month is an option to consider as Dr. McCusker often has openings there, plus parking is conveniently close to the clinic door. To make a podiatry appointment, call (218) 927-2157 or toll-free at (888) 270-1882.

## Looking for help to quit smoking?

### November 13 smoking cessation program

Quitting smoking is one of the best steps you can take to improve your overall health. Riverwood Healthcare will sponsor a presentation called "Thinking of Quitting Smoking? Tips for Success" on Tues., Nov. 13 at 5:30 p.m.

Guest speaker Pat McKone, Mission Program Director from the Upper Midwest American Lung Association, will cover these topics related to smoking cessation:

- How to assess readiness for change
- Three steps for success;
- Maintenance and relapse--planning ahead and staying the course
- What to consider for your quit support, such as gum or patch

The Tips for Success program will be held at Riverwood Healthcare Center-Aitkin in the Michael Ryan Support Services wing. There is no cost to attend and a light meal will be served.

To register, call Riverwood Education at (218) 927-5552 or email [education@riverwoodhealthcare.org](mailto:education@riverwoodhealthcare.org)



## New payment box for medical bills

For patients' convenience, Riverwood has installed a medical bill payment collection box on a post at its Support Services wing entrance. You may drop off payments in the securely locked box, which is emptied twice daily Monday through Friday. You may also pay your Riverwood bill online. Simply click on the ONLINE BILL PAY button on the homepage at [www.riverwoodhealthcare.org](http://www.riverwoodhealthcare.org) to access the payment form.



## WELLNESS CALENDAR

### EVENTS

#### Smoking Cessation Program

*Tips for Success*  
*Light meal. No cost. RSVP requested.*

Tuesday, November 13, 5:30 PM

**Aitkin:** Riverwood Healthcare Center

**Riverwood Education:** (218) 927-5318 or [education@riverwoodhealthcare.org](mailto:education@riverwoodhealthcare.org)

### 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

November 6, 13, 20, 27 and December 4

**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, November 8, 5:30-7:30 PM

**Crosby:** Heartwood Senior Living

**Riverwood Education:** (218) 927-5552