

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

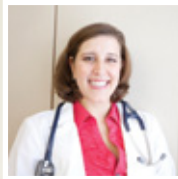
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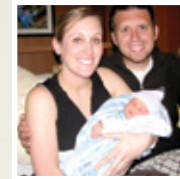
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Burgos family goes from three to four



Dr. Joselito and Jennifer Burgos take a moment to relax in Riverwood's Healing Garden with son, Owen, and daughter, Maharlika.

In our June issue of Healthy Living, we featured comments from **Jennifer Burgos**, nurse practitioner, and **Dr. Joselito Burgos**, internal medicine physician, on their experience with obstetric care with **Dr. Don Hughes** at Riverwood. Their new daughter, Maharlika Burgos, arrived on June 8, about a week later than expected.

"When I went past my due date, Dr. Hughes did an ultrasound to reassure me that our baby was OK to stay in the womb a little longer. He answered all my questions so thoroughly and his care throughout my pregnancy was outstanding!"

+ Jennifer Burgos, nurse practitioner at Riverwood

Jennifer and Joselito also commented on the attentive nursing care from the OB staff: "Angie Phillips did a fantastic job, staying calm and helping with relaxation techniques during labor. The new birthing suite was very private and comfortable."

New physician, renovated birthing center enhance OB care

Women selecting Riverwood Healthcare for prenatal care and delivery now have an additional choice among the obstetric care team. **Dr. Jessica Hodson**, family physician, joined Riverwood's medical staff in August and sees patients across the whole spectrum of family medicine, including obstetric care. For more on Dr. Hodson, see article on page 3.

"I consider it a high honor to guide a woman through nine months of pregnancy and the birth experience," Dr. Hodson says. "Giving birth is such a beautiful experience and my training in osteopathic medicine with its holistic approach gives me some additional tools I can use to relieve labor and post-partum pain."

Dr. Don Hughes, medical director of obstetric care adds: "We are thrilled to have Dr. Hodson join our OB team. Now a couple can choose a female family physician who can care for the medical needs of their child from birth to adulthood."

Riverwood's OB care team supports each woman's needs and choices throughout her pregnancy and birth. During the birth experience, we offer state-of-the-art technology to monitor the health of mother and baby in beautiful, home-like birthing suites with special accommodations for family.

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POSTAL CUSTOMER
ECR WSS



These baby images were photographed by Kurt Johnson and are displayed at the entrance to Riverwood's birthing suites.

Specially trained nursing staff offers breastfeeding education

Continued from page 1

Staffing Riverwood's birthing center are registered nurses who have specialized training to care for patients during labor and delivery. All nurses are lactation trained to provide education and recommended techniques to make breastfeeding easier. A lactation consultant on our nursing staff is available for one-on-one consultation on breastfeeding.

"We also offer individualized birth plans with more information available from your Riverwood practitioner," explains Mary Belz, nursing supervisor and obstetrics coordinator. "We have completed the first phase to achieve the 'Baby-Friendly Hospital' designation and are well into completing our second phase, which includes extensive staff training."

The Baby-Friendly Hospital Initiative (BFHI) is a global program sponsored by the World Health Organization and the United Nations Children's Fund to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding. The BFHI assists hospitals in giving

mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies or feeding formula safely, and gives special recognition to hospitals that have done so.

If you are expecting a baby, come tour Riverwood's birthing center. Simply call the hospital at (218) 927-2121 and ask to speak with an OB nurse to schedule your visit.

Riverwood Birthing Suite features include:

- Private, secure and comfortable labor and delivery rooms
- Attractive, home-like and spacious post-delivery room
- Large bathroom with Jacuzzi tub and shower
- Comfortable family waiting area
- Nursery for babies who need monitoring, nursing care
- Complimentary meals for mom and dad

HOW ARE YOU WINNING WITH WELLNESS?



Healthcare practitioners comment on their personal wellness activities.



Lisa Gerhart Nurse Practitioner
sees patients at Riverwood's Garrison and Aitkin clinics

My favorite exercise is running—a great all-over body workout as well as a good stress reliever. I also have fun music on my iPod that motivates me to run. I work out in the morning. Then, I already have it done for the day and it tends to put me in a good mood. I make fitness fun, playing volleyball once a week. This is not only good exercise, but a fun social outing with friends.



Dr. Austin Krohn
to join Riverwood's family practice in 2014

I've always been a sports nut and loved to compete. I ran the Twin Cities Marathon for the first time in 2011 and I've been able to stay active playing Class A amateur baseball in the Cities as well as golfing whenever I can squeeze it in. I am a firm believer in competition keeping you active and healthy. Fortunately my wife, Colleen, also likes to stay active and we have been able to spend time together at our local fitness club. Working out with people you love makes it a much more worthwhile experience.

Five win wellness prizes

As part of its BINGO - Win with Wellness initiative, Riverwood is sponsoring quarterly drawings for wellness-themed prizes. In early August, Riverwood presented gift certificates for area food stores to five winners.

Julie Anderson of Aitkin, Kristine Thackeray of Ironton, and Maxine Hadley of McGregor each won \$50 gift certificates for Great River Gardens. George Hart of Aitkin won a \$100 certificate to Paulbeck's County Market, and Louise Kohlfgraf of McGregor a \$100 certificate to Ukura's Big Dollar in McGregor.

Each winner also got a free consultation on healthy eating with Riverwood dietitian Lisa Kuklis.

Pick up BINGO wellness tips cards and register for the third quarter drawing, which will feature fitness-related prizes, at Riverwood clinics in Aitkin, Garrison and McGregor; Paulbeck's County Market and Healthy Connections in Aitkin, Super Valu in Garrison; Ukura's Big Dollar store in McGregor; and Great River Gardens stores in Aitkin, Crosby and McGregor.



"Hot diggity dog!" That was Maxine Hadley's reaction to winning a \$50 gift certificate to Great River Gardens. Pictured at the Great River Gardens store in McGregor, from left, are Riverwood Dietitian Lisa Kuklis; Shelly Peterson, store manager; Maxine and her daughter, Nann Ashton.

Five more reasons to seek care at Riverwood

Riverwood is pleased to welcome four new practitioners to its family practice staff and one new ophthalmologist from Crosby Eye Clinic.

FAMILY MEDICINE



Lisa Gerhart, DNP, family nurse practitioner, began practicing at Riverwood's Garrison clinic in May after completing clinical training on site at our McGregor clinic. She brings more than five years of experience as a registered nurse and charge nurse for medical/surgical patients. She received both her BS degree in nursing and her doctorate degree in nursing practice to become a family nurse practitioner from North Dakota State University in Fargo.

"I believe family-centered care is important. Healthy lifestyle choices like a nutritious diet and exercising regularly are easier to sustain when the whole family participates."



Jeri Gilb, C-FNP, family nurse practitioner, completed her clinical training at Riverwood's McGregor clinic in the last year so she already has met many McGregor area patients. She will work closely with Dr. Tim Arnold and Nurse Practitioner Janet Larson at the McGregor clinic to help monitor follow-up care for patients. She will also see patients at the Aitkin and Garrison clinics. Previously, she worked as a registered nurse with experience in acute care, long-term care, home care/hospice, case management and consultation. She received her master's degree in nursing from Mankato State University.

"I help people choose realistic healthcare goals, while promoting health and wellness that is individualized to them and their lifestyles."



Jessica Hodson, DO, family physician, started practicing at Riverwood in mid-August. Dr. Hodson will practice the full spectrum of family medicine, including obstetric care. Her medical degree includes training as an osteopath, which gives her expertise in musculoskeletal manipulation to help align the body to heal itself. She completed her medical degree at Lake Erie College of Osteopathic Medicine in Florida. She completed her residency training with a one-year osteopathic medicine

internship at Duke Southern Regional Area Health Education Center, and at Cabarraus Family Medicine in North Carolina.

"The body has an innate ability to heal itself. My job is to make sure the pieces are in proper alignment so it can do its job."



Melissa Magnuson, C-ANP, adult nurse practitioner, has served as registered nurse and a certified diabetes educator since the launch of the diabetes education program at Riverwood in 2004. She recently completed her nurse practitioner education and certification and will see patients at Riverwood's Aitkin and McGregor clinics with a focus on helping patients manage diabetes and chronic illness. She holds both a BS and a master's degree in nursing from the College of St. Scholastica in Duluth.

"I believe in caring for the whole individual, engaging the patient in all aspects of his/her health. We all need to take responsibility for our own well-being while receiving the proper guidance and support from our healthcare system."

OPHTHALMOLOGY



Martin O'Malley, MD, ophthalmologist, joined the Crosby Eye Center a few months ago. He treats patients and performs eye surgery at Riverwood along with Dr. Ina Drown and Dr. Stacy Sjoberg. As a board-certified ophthalmologist, Dr. O'Malley's services will include cataracts and refractive surgery, oculoplastics, retinal injections, glaucoma and diabetes management. He completed his medical degree in 2005 and his medical internship with the Albany Medical Center in 2006.

"I try to always approach the patient as whole and foster good communication and understanding of the condition being treated."

For more information on each, go to www.riverwoodhealthcare.org and click on [physicians/family medicine](#) or [physicians/specialty care](#).

Two kinds of exercise can keep you healthy

Dr. Tim Dirks, a cardiologist with Minneapolis Heart Institute- Brainerd Lakes who see patients at Riverwood's specialty clinic, offers these wellness tips to support your health and help reduce your risk for heart disease.

Did you know the heart muscle grows stronger with exercise? Even a little exercise is better than none at all. If you move your body, you will likely feel better. Aim for at least 30 minutes of continuous physical activity every day.

Two types of exercise can help keep you physically healthy:

- 1) **Aerobic exercise** is a continuous activity such as walking, swimming or biking that can be sustained minutes at a time. This exercise gets your heart pumping stronger during activity that improves stamina (endurance and fitness) and can reduce excess weight and improve blood pressure and cholesterol levels.
- 2) **Strength training** improves your muscle strength and tone, reduces body fat and may reduce pain in your lower back. Several types of strength training tools include elastic bands, cuff and hand weights, free weights, wall pulleys and weight machines.

You don't need to join a health club or buy expensive equipment. Choose activities you enjoy to get moving. Dance. Mow the lawn with a push mower. Work in the garden. Clean your house or garage. Go for a swim. Do aerobics. Go for a brisk walk or bike ride. Rollerblade. Ride a stationary bike while watching TV. Play a sport you enjoy.



Dr. Tim Dirks enjoys biking to stay fit.

Talk with your doctor about starting an exercise program if you have health problems, concerns, questions, or if you are older than age 50.

For more weekly wellness tips from Riverwood healthcare professionals, go to www.riverwoodhealthcare.org/bingo

McGregor couple shares OB care experience

Having moved to the McGregor area from northwestern Minnesota a few years ago, finding the right doctor when she became pregnant was a major concern for Jennifer and Josh Wahlin.

"Dr. Tim Arnold at Riverwood's McGregor clinic was able to alleviate that anxiety with his professionalism, diligence, and thoroughness," Jennifer says. "Our apprehension changed to appreciation very quickly. We are very fortunate to have a doctor of his caliber in our community."

In the third term of her pregnancy, Jennifer was diagnosed with preeclampsia.

"I was put on bed rest at the beginning of April and remained on it for the duration of my pregnancy," Jennifer explains. "Both my husband and I appreciated the fact that the nursing staff was so helpful during this process. Fortunately, we were able to go full term and it was due to thoroughness and professionalism of the staff at Riverwood."

Their first child, Taydem Robert Wahlin, was delivered by Dr. Arnold on May 23 in Riverwood's new birthing center, which opened in April.

"We were very excited to use the new birthing suites," Jennifer adds. "A lot of our friends have had babies in the past few months and the facilities couldn't match those at Riverwood. The nurses did such an amazing job at making it an experience that we will never forget."

Jennifer and Josh commented that the prenatal education classes taught by Sue Landsverk, registered nurse, at Riverwood were invaluable.

"Sue is so knowledgeable and helpful," Jennifer says. "She gives you the confidence to flourish as new parents."

Josh is a physical education and health teacher at McGregor High School who is the head coach for boy's basketball and is assistant football coach. Jennifer teaches elementary school in McGregor and is the head volleyball coach.

"Together we run a sports acceleration program in the summer working with our athletes speed and strength and we just wrapped up our third year," Josh says. "We both love giving our students the opportunity to find success."



Taydem Robert Wahlin, born to Jennifer and Josh Wahlin on May 23, was delivered by Dr. Tim Arnold.

WELLNESS CALENDAR

EVENTS

Diabetes Expo 2012

Free Lions-sponsored bus with pickup in Crosby (6:15 AM), Aitkin (6:45 AM) and Garrison (7:15 AM)
Bus reservations required.

Saturday, October 13, 9:00 AM-3:00 PM

Minneapolis: Convention Center

Riverwood Diabetes Center: (218) 927-8281

Riverwood Gala

Fundraiser for hospital expansion
Fabulous food, dueling pianos

October 13, 5:30 PM

Aitkin: 40 Club Convention Center

Riverwood Foundation: (218) 927-5158

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

Grief Support Group

Thursdays, 4:30-6:00 PM

October 11 to November 15

Aitkin: Riverwood Healthcare Center

Riverwood Social Services: (218) 927-5524

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

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

Meetings alternate between Aitkin & Crosby

Thursday, September 20, 5:30-7:30 PM

CROSBY: Heartwood Senior Living

Riverwood Education: (218) 927-5552

CARE CONNECTIONS CALENDAR

Educational programs sponsored by Aitkin County CARE, serving the needs of older and disabled adults in our community. For information or to register for programs, call CARE at (218) 927-1383 or (877) 810-7776.

New to Medicare workshop

Learn about Medicare parts A thru D, insurance options and more

McGregor: September 26, 1:00 PM, McGregor Library

Powerful Tools for Caregivers

Attend a 6-week educational series designed to help unpaid family caregivers. Limited class size, registration required.

McGregor: Wednesdays, October 3-November 14, 10:30 AM to 1:00 PM, McGregor Library