

# Riverwood Wellness Resources



Aitkin + Garrison + McGregor  
www.RiverwoodHealthcare.org

## DIABETES MANAGEMENT

### **Diabetes Education**

Aitkin, Garrison & McGregor  
Maureen Mau, RN  
218-927-8281

rfliss@riverwoodhealthcare.org

*Renee Fliss can answer questions or offer assistance with referral requests.*

- Registered Nurse & Registered Dietitian team education
- Individual visits, Basic Skills Classes, and Annual Review classes are offered on an ongoing basis.
- Education focused on self-management skill building for living well with Diabetes.
- Insulin pump training, blood glucose monitoring

### **Diabetes Prevention Program**

Maureen Mau, Megan Perpich, Renee Fliss  
218-927-.8281

rfliss@riverwoodhealthcare.org

- Instruction & coaching for diabetes prevention focused on nutrition (losing weight and eating healthier) & physical activity
- 1-hour weekly class held over 16 wks + 6 monthly support groups for those at risk for developing diabetes

### **Nutrition Education**

Aitkin, Garrison & McGregor  
218-927-8281

Megan Perpich, RD/LD

rfliss@riverwoodhealthcare.org

*Renee Fliss can answer questions or offer assistance with referral requests.*

- Medical Nutrition Therapy through outpatient referral by your practitioner
- Personalized education and resources for nutrition support to include food allergies, heart-healthy diets, renal disease, unplanned weight loss or nutritional deficiency, and more for all ages.
- Self-refer for customized lifestyle coaching for weight loss/management

## HEALTH & WELLNESS

### **Health & Wellness Coach**

Dan Schletty, Wellness Coach

218-927-5168

dschletty@riverwoodhealthcare.org

- Health and wellness coaching can help you set goals and implement a specific plan to improve your health.
- Tobacco cessation
- Lifestyle interventions
- Wellness screening

### **Acupuncture.**

Jean Twomey, LAc, Acupuncturist

218-670-0599

www.aitkinacu.com

- Common conditions treated include pain, respiratory, reproductive, and mental & well-being
- HSA/FSA/HRA cards and many insurance plans accepted
- Visit website for more details and to schedule appointment

## Health Education Seminars/Classes

Aitkin, Garrison & McGregor

*Register through Riverwood's events line*

218-927-5188 or email

healthyliving@riverwoodhealthcare.org

- Speakers include Riverwood providers and experts on topics such as orthopaedic care, solutions for acid reflux, heart disease, etc.

## Mindfulness Coach

Julie Anne Larkin, M.A., Mindfulness Coach

218-398-1205

- Mindfulness coaching can help you set goals and implement a specific plan to improve your health in the areas of anxiety and stress reduction, relaxation and/or related services.
- Service areas to cover meditation, holistic health, and stress reduction.

## MyChart

Online access to manage health information for Riverwood patients

*Sign up for MyChart at [www.mychartweb.com](http://www.mychartweb.com)*

- Email a question to your clinic
- Receive lab results online for most tests
- Schedule or cancel clinic appointments
- Receive reminders of upcoming appointments
- Get notified when it's time to schedule a clinic appointment
- Get instructions for follow-up care for clinic, hospital, urgent care and emergency department visits
- View and pay bills online, and more

## SAGE Breast Cancer and Cervical Cancer Screening

Jan Hegman, Oncology Care Coordinator

218-429-3975

jhegman@riverwoodhealthcare.org

- Breast and cervical cancer annual screening for women 40 years or older
- Includes clinic visit, screening mammogram and Pap smears
- Covers many diagnostic services and can cover treatment, if needed

## Worksite Wellness

Dan Schletty, Health & Wellness Coach

218-927-5168, dschletty@riverwoodhealthcare.org

- Biometric health screenings
- Health coaching
- Wellness seminars
- Flu shots & immunizations

## SUPPORT GROUPS

### Breast Cancer Support Groups

Jan Hegman, CFNP, Oncology Care Coordinator

218-429-3975

jhegman@riverwoodhealthcare.org

- Informal sharing and support for breast cancer patients and survivors with a separate group for men/partners
- **Women's group:** Sister-to-Sister support group meets on the 4th Monday, 6:30-8 pm, Riverwood Healthcare Center, Aitkin

### Grief Group

Val Thompson, Social Services

218-927-5524

vthompson@riverwoodhealthcare.org

*Pre-registration is requested*

- 4- to 6-week series of meetings held several times annually on Thursday evenings, 4:30 to 6:00 pm
- Two groups typically offered at Riverwood Healthcare Center in Aitkin with one meeting a year in McGregor
- Experienced facilitators lead discussion of weekly topics related to healthy grieving and how to cope with the loss of a loved one