

Healthy Living

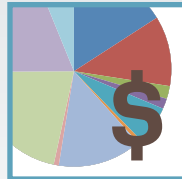
SPRING 2017

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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We deliver JOY: More choices for obstetric care, birth experience



If you're planning a family or expecting a baby, did you know that Riverwood offers three types of providers for prenatal care and delivery?

With the addition of two more family physicians at Riverwood last fall, we now have 10 providers who offer prenatal care through birth and delivery. They include five family physicians, one nurse midwife and four obstetrician/gynecologists. See names and photos on page 2.

All these providers are highly experienced specialists who provide expectant mothers

with compassionate support and excellent care from pregnancy planning through delivery.

To help prepare expectant parents for the birth process, Riverwood offers a 5-week series of prenatal education classes throughout the year. These are for pregnant women who are in their third trimester and their labor coach. Expectant parents will learn about breathing and relaxation techniques to use during labor and delivery. *For information or registration, call (218) 927-5552.*

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Riverwood to expand, renovate Aitkin clinic



To address growing needs for local kidney care, specialty medical care and primary care, we will be expanding and redesigning our Aitkin campus clinic facilities. Here's a brief overview of the project.

Kidney Care: Local kidney care will enhance the quality of life for your family and neighbors. Renovation of existing space will offer comprehensive kidney care and a new kidney dialysis facility to be operated in partnership with CentraCare Health.

Specialty Care: To keep pace with growing needs we will redesign the specialty clinic allowing for expansion of current service lines, including a new GI Lab as part of our growth through the Minnesota Reflux and Heartburn Center.

Primary Care: Renovation of the Aitkin primary care clinic to support a team-based approach continuing to advance well-coordinated and patient centered care.

Rehabilitation: To improve access to therapy care, our rehabilitation department will relocate and expand, providing easier access for patients.

Orthopaedics: As our local population ages, needs in orthopaedic care continue to grow. The new space will allow for growth in the orthopaedic department with easier access and expanded imaging capabilities.

Groundbreaking is set for June-July 2017 with a projected time of 20-22 months until completion in 2019. The project will proceed in phases with a projected cost of \$13.8 million.

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Riverwood offers OB care options, awesome birthing center

Continued from page 1

Birthing center, care enhancements

Certified as a Joint Commission hospital providing high quality and safe care, Riverwood's hospital features a beautiful, private birthing center. Each of the three home-like suites features a sofa sleeper, large bathroom with shower and whirlpool tub, small refrigerator and wireless internet.

In addition to a wonderful environment, the birth experience has been enhanced with new state-of-the-art equipment. Riverwood recently purchased a fourth electronic fetal monitor. Electronic fetal heart monitoring is done during pregnancy, labor, and delivery to keep track of the heart rate of the baby, which may signal problems. It also checks the duration of uterine contractions.

"We just went live with electronic fetal monitoring in February," explains Mary Belz, Riverwood OB coordinator. "This technology allows a woman in labor to walk around the hospital while being monitored. Her provider can then look at the fetal strip to see how mom is contracting and how baby is doing."

Another enhancement for the birthing center are new Stryker hospital beds that allow for more comfortable positions for labor and delivery.

Tours of Riverwood's birthing center are available any time. Simply call our hospital at 218-927-2121 to schedule a tour.

Breastfeeding support

Riverwood promotes and supports breastfeeding in an effort to give newborn infants a healthy start in life. We have five OB nurses who are certified as lactation consultations with three more in training. These nurses offer in-depth, one-on-one education for a new mother on how to breastfeed her baby.

The hospital is very close to becoming certified as Baby Friendly. The Baby-Friendly Hospital Initiative (BFHI) is a global program that was launched by the World Health Organization and the United Nations Children's Fund in 1991 to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding and mother/baby bonding. It recognizes and awards birthing facilities who successfully implement the Ten Steps to Successful Breastfeeding and the International Code of Marketing of Breast-milk Substitutes.



OB patient says staff was 'incredible'

Stephanie and Dake Olson of McGregor became first-time parents on January 20, 2017, when Dr. Christina Kramer delivered their son, Theodore, at Riverwood Healthcare Center.

"The doctors, nurses and nurse anesthetist were incredible at making me feel comfortable and relaxed," Stephanie said. "I had the opportunity to meet several of the OB doctors during my care at Riverwood, and they all made me feel like they listened to my concerns as a first-time mom and put me at ease with the whole experience."

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Trauma Injury Prevention

STOP Distracted Driving Now

Did you know that six common distractions account for one in four vehicle crashes? See list below.

The Minnesota Department of Public Safety reports that traffic-related crashes occur on Minnesota highways at a rate of nearly 300 per day. Many of these caused by distracted drivers who are doing activities that take their eyes off the road, hands off the wheel, or mind off the task of driving.

Research shows that talking on a cell phone quadruples your risk of an accident--about the same as drunk driving. That risk doubles again, if you are texting.

Drivers of all ages engage in distracted driving, and we can all play a role in ending distracted driving by following these tips:

- 1. Phones.** Phone conversations pull your focus off the road, whether hands-free or not. Turn ringers off and put phones out of reach to avoid the urge to answer or dial, or have passengers handle calls. It is illegal for drivers with learning permits or provisional licenses to use a cell phone while driving.
- 2. Texting.** It is illegal for all drivers to read or compose texts/emails, and access the web on a wireless device while the vehicle is in motion or part of traffic. Violations are up to \$300.
- 3. Adjusting Controls.** Set music, air and mirrors before driving. Ask passengers to handle controls.

4. Eating or Drinking. Avoid eating and reaching for food or drink.

5. Reading. GPS devices, as well as maps, newspapers and books are all serious distractions. Pull over to study a map, and know trip directions in advance.

6. Drowsy Driving. Drive well-rested. If you feel tired, exit and find a place to rest.

"Our Riverwood Emergency Department team does community outreach annually to help educate the community about trauma prevention, and this year we are taking on the issue of distracted driving," said Dr. James Harris, emergency care physician and medical director of Riverwood's Emergency Department. "We urge you to avoid engaging in distracted driving activities to stay safe on the road, prevent injuries and save lives."

Learn more about preventing distracted driving and trauma care at Riverwood's booth at the Aitkin Commerce Show, March 11-12, Aitkin High School. We are partnering with Toward Zero Deaths of Aitkin County for this community awareness outreach.

RIVERWOOD HEALTHCARE CENTER IS A LEVEL III TRAUMA CENTER

- A physician staffs our emergency room 24 hours a day.
- We have an on-call physician who can respond within 15 minutes of a patient's arrival in the emergency room.
- We have a general surgeon who can respond within 30 minutes.
- Our hospital maintains specific equipment and follows standard policies and procedures to care for trauma patients.

Meet Riverwood's OB Providers Continued from page 2



Tim Arnold, MD
Family Physician



Erik Bostrom, MD
Family Physician



Melissa Herbranson, MD
Family Physician



Donald Hughes, MD
Family Physician



Aaron Jordan, MD
Family Physician



Megan Workman, CNM
Nurse Midwife



Michael Cady, MD
OB/GYN



Rachel Cady, MD
OB/GYN



Christina Kramer, MD
OB/GYN



Marie Nelson, MD
OB/GYN

MOMMY & ME CLASS SERIES

Partnering with Aitkin Community Education, Riverwood is offering a series of **1-hour** classes for new mothers on **Wednesdays, 12 to 1 p.m., March 8-April 5, Conference Room G** in the hospital's **Michael Ryan Support Services wing**. Find a list of the class topics in the **NEWS** section on our homepage at www.riverwoodhealthcare.org or call Aitkin Community Education at (218) 927-2115, ext 2153.

Foundation News

Donor dollars support local healthcare in many ways

Each year, with financial support of the community, Riverwood Foundation lends support to quality healthcare programs and medical equipment that benefit patients and our staff in a number of ways.

For fiscal year 2016, disbursements totaled \$233,109 (as shown in the pie chart).

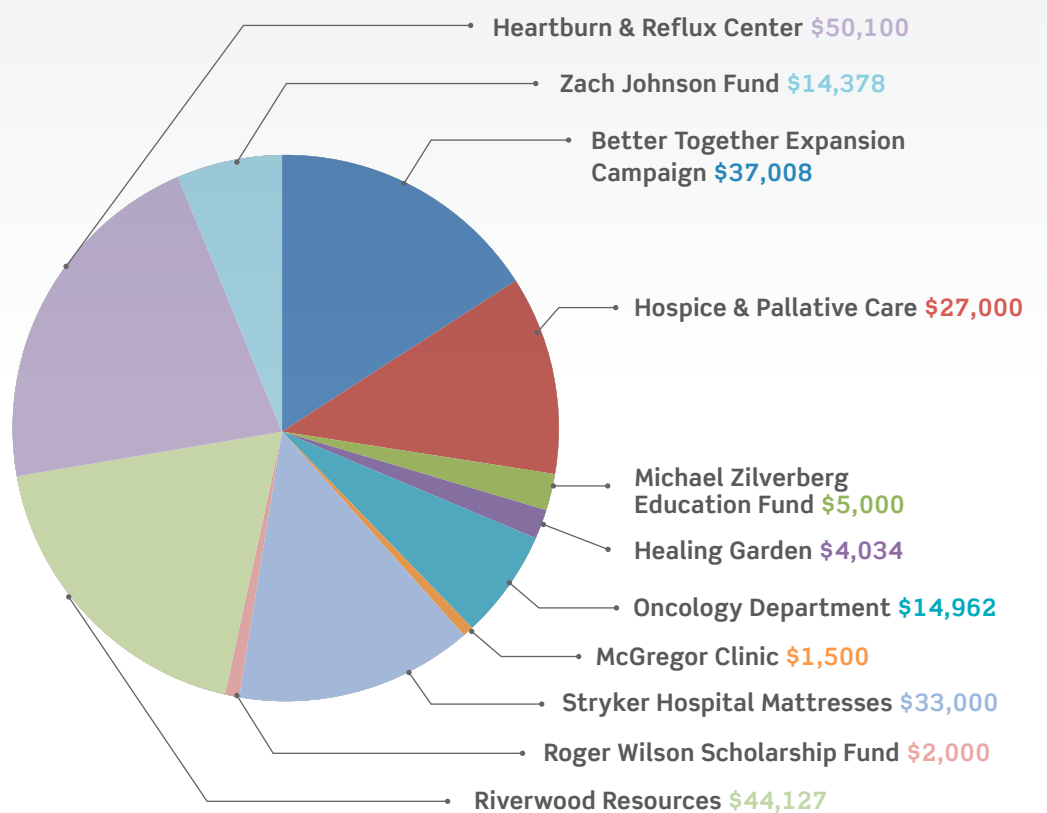
Additional grant dollars given to Riverwood Healthcare Center in fiscal year 2016 included:

- Minnesota Department of Health - SHIP Grant
- Minnesota Department of Health - Capital Improvement
- Minnesota Hospital Association - Patient Safety
- Minnesota Hospital Association - Patient Family Engagement

Thank you to all who have given so generously over the past year!



For more information on giving, contact **Katie Nelson**, Riverwood Foundation Director, at (218) 927-5158 or knelson2@riverwoodhealthcare.org



Honoring and Remembering Loved Ones

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

Donations from October 1 - December 31, 2016

In Memory of:

Henry "Bud" Bruss
Frank Feils
Rose Marie Feils
Don Hale

Ray & Emma Honnold
Ray Kirkhorn
Lawrence Kullhem
Larry Mikes

Edward "Eddie" Peysar
Josephine Pierson
Russell Ruud
Michael F. Ryan

Steve Sandberg
Mary Slade
Dennis Von DeLinde
Jack Wagner

In Honor of:

John & Judy Akerson

Bernie & Bea Roscoe's grandchildren

Sayre Corbin
Jenn Klee

Riverwood Emergency Department Staff



To make a donation in memory or honor of a loved one, visit www.riverwoodhealthcare.org/foundation/donationform
All gifts recognized in newsletter.

RIVERWOOD NEWS

Welcoming Nurse Practitioner for Urgent Care



Faith Peterson, family nurse practitioner, joined Riverwood's medical staff in December. She sees patients primarily in our Urgent Care clinic in Aitkin.

Peterson brings 25 years of experience working in the medical field, as a nurse practitioner and as a registered nurse. She completed a bachelor's degree in biology and nursing, and a master's degree in nursing, both from the College of Scholastica, Duluth. She also has training as an emergency medical technician from St. Cloud Technical College.

Knee Replacement Success Story: Arlen Landrus



"If you're willing to work hard to strengthen your muscles, recovering from a knee replacement will go smoothly," says Arlen Landrus, age 76, of Aitkin. "I'm very happy with the orthopaedic care I received at Riverwood."

Dr. Erik Severson, Minnesota Center for Orthopaedics (MCO), performed a right knee replacement for Arlen at Riverwood Healthcare Center on Aug. 1, 2016. Like many other patients who have benefited from MCO's Rapid Recovery pain management program, he returned home the day after surgery.

Prior to his surgery to help manage pain, Arlen received cortisone shots at the orthopaedic clinic in Aitkin for several years, but then they stopped working. When it got to the point that he was no longer able to drive 100 miles to the Twin Cities without severe knee pain, Dr. Severson told him it was time to proceed with joint replacement surgery.

Arlen adds: "At home, I did double the number of repetitions that they therapist advised me to do. I think the extra exercises helped me recover faster. My knee feels great now and I've regained 95 percent of my mobility."

NEW Acupuncture service at Riverwood



As part of its wellness program, Riverwood recently partnered with Aitkin Acupuncture, LLC, to offer acupuncture services.

Jean Twomey, LAc, acupuncturist, now provides acupuncture services at Riverwood in Aitkin on Tuesdays and Thursdays. *To schedule an*

appointment, go to www.aitkinacu.com or call Aitkin Acupuncture at (218) 670-0599.

Acupuncture is used to prevent and treat disease, relieve pain, balance mood, improve sleep, decrease stress, increase fertility, and improve overall health and wellness.

Colon Cancer awareness: Have you been tested?

Colorectal cancer is a major public health problem. That is why Riverwood has joined the American Cancer Society in recognizing National Colorectal Cancer Awareness Month in March.

Testing is key to preventing colon cancer or finding it early. Why? Answer true or false to the following statements to find out how much you know about colon cancer:

- Survival rates for colon cancer are higher if it is found early.
- Colon cancer usually begins with a precancerous growth which, if found early, can be removed before it turns into cancer.
- Those 50 and older should be tested regularly for colon cancer, regardless of whether their family has a history of the disease.
- If individuals got tested as recommended, half of all colon cancer deaths could be prevented.

All of the above are "true." Talk to your doctor about getting tested. For more information about steps you can take to prevent colon cancer, visit www.cancer.org



For Riverwood patients who have cancer, **Nurse Practitioner Jan Hegman**, oncology care coordinator, can help offer information and support. Call her at **(218) 429-3975** if you have questions or need help with any concerns.

REFLUX & HEARTBURN SEMINAR

Riverwood will offer a seminar called "**Solutions for Reflux & Heartburn**" at two times and locations this spring.

Tuesday, March 28 | 5:30 p.m.
The Blandin Foundation
100 N Pokegama Ave., Grand Rapids

Thursday, May 18 | 11:30 a.m.
Light of the Cross Church
27120 Monroe St., Garrison

RSVP TO RIVERWOOD:
218-927-5188 or
healthyliving@riverwoodhealthcare.org



Riverwood Healthcare Center
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www.RiverwoodHealthcare.org

Contact any Riverwood Healthcare Center facility toll-free at (888) 270-1882

This institution is an equal opportunity provider and employer.

Hospital - ER - Urgent Care 218-927-2121
Aitkin Clinic 218-927-2157
McGregor Clinic 218-768-4011
Garrison Clinic 320-525-3400
Specialty Clinic 218-927-5566