

# Healthy Living

Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

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April 2015



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## Women's Wellness Healthy Living Event

Take care of your CORE and much more

What are you doing to protect your core health? As a woman, your body depends on a healthy heart, a smooth digestive system and a well-functioning pelvic system to keep you going strong.

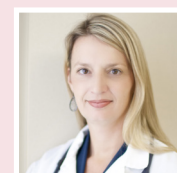
At Riverwood, we know busy lifestyles often keep women from devoting time and attention to health matters. Balancing work, family and other priorities is difficult enough without health problems to slow you down. That's why we're bringing women's wellness

experts and resources to the community in a fun format that offers not only a wealth of expert health information, but relaxation and entertainment too.

Join us for a women's night out on Thurs., **May 14, 5:30 to 7:30 p.m., at the Butler Building in downtown Aitkin.** At this women's wellness event, you will learn more about keeping your body healthy, plus enjoy time to socialize.

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## May 14, 2015 Program & Speakers



### **Pelvic Health**

Dr. Christina Kramer, OBGYN

Dr. Rachel Cady, OBGYN

Minnesota Center for Obstetrics & Gynecology



### **Digestive & Colon Health**

Dr. Tim LeMieur, General Surgeon

Minnesota Center for Minimally Invasive Surgery



### **Women & Heart Health**

Dr. Tim Dirks, Cardiologist

Minneapolis Heart Institute

### **Q & A Moderator Megan Workman,**

DNP, Certified Nurse Midwife



## Urgent Care moves from ER to Aitkin clinic

Riverwood is excited to announce the transition of its Urgent Care service from the emergency department to its clinic in Aitkin. Effective April 13, patients who come in for urgent care will check in at the same location in our main lobby but will be examined in the clinic instead of the emergency room area.

Riverwood nurse practitioners will staff Urgent Care, seeing patients in the Aitkin clinic from 10 a.m. to 7 p.m., Monday through Friday. These providers bring years of experience in treating patients of all ages for a wide spectrum of diseases and injuries.

### When should you use Urgent Care?

Urgent Care is an option for when you need treatment outside of clinic hours or when a same-day appointment is not available.

The Urgent Care clinic can handle a variety of conditions that need to be treated right away, but not emergencies such as chest pain, difficulty breathing or uncontrolled bleeding. Some symptoms that can be treated at Urgent Care include fever without rash, minor trauma such as a common sprain, painful urination, persistent diarrhea, severe sore throat, or vomiting.

*"The transition of Urgent Care from the ER to the clinic will benefit patients in several ways. The cost of care is less expensive in the clinic setting than the ER so patients can save money on their insurance deductible and copayments. In addition, patient wait times won't be affected by how busy the emergency room is."*

-Dr. Mark Heggem, Chief Medical Officer

Opening  
April 13, 2015

## A colonoscopy can save your life

Two local colon cancer survivors share their stories here. For each, having a colonoscopy was vital in detecting the cancer and saving their lives.



Loren Larson, Garrison, 23-year  
Colon Cancer Survivor

*"My father died of colon cancer when he was 50 years old. Twenty-two years ago, at age 50, I was diagnosed with stage 4 colon cancer. My cancer was detected during a colonoscopy, which my doctor ordered to determine the cause of my indigestion and stomach cramps. I had delayed seeking medical care because I thought I just had the stomach flu. Feeling healthy up to this time, I had not been seeing a doctor regularly."*

*I had surgery that involved removing half of my colon, including two large tumors outside of my colon and all the lymph nodes in that area. My follow-up care included 52 chemotherapy treatments over the next 12 months.*

*If your doctor recommends getting a colonoscopy screening, don't put it off. And if you have a family history of cancer, ask your doctor about getting screened earlier than age 50. A colonoscopy could save your life. It saved mine!*

*God has blessed me beyond anything I could ever expect. At age 73, I feel great and I just passed my annual physical with flying colors, according to Dr. Jeff Ehnstrom, my Riverwood family physician."*



Kristine Layne, Aitkin, 10-year  
Colon Cancer Survivor

*"I thank Janet Larson, Riverwood nurse practitioner, every day as she insisted that I have a colonoscopy at age 50 when I came in for my annual physical."*

*During my colonoscopy in 2004, Dr. Paul Severson discovered a tumor, which turned out to be malignant. Dr. Severson, with assistance from Dr. Tim LeMieur, performed colon cancer surgery using a minimally invasive laparoscopic procedure at Riverwood Healthcare Center within a week of the original colonoscopy.*

*Dr. Severson told me that I was lucky that I had my colonoscopy when I did. He said my surgery was life-saving, that waiting six more months may have been too late.*

*Ten years later, I've had no recurrence of colon cancer. I now have a personal commitment to putting my health first and focusing on diet and exercise.*

*I didn't have any symptoms of colon cancer. When they say it's a silent killer, it's really true. Don't put off a colon cancer screening. Just do it."*

### Colonoscopy easier with changes in anesthesia process

Riverwood Healthcare Center was the first hospital in the region to begin using propofol for sedating patients for colonoscopies, according to John Ziebarth, certified registered nurse anesthetist. This drug starts to work faster, putting patients asleep so they feel nothing during the procedure, and is eliminated from the body quicker than longer-lasting sedation drugs. This means that colonoscopy patients recover faster, usually ready for discharge within about 30 minutes. Another cutting edge service for patients undergoing a colonoscopy is that Riverwood has begun using carbon dioxide instead of air for inflating the colon to enable the scope to pass through easily. Carbon dioxide exits the body quickly, reducing abdominal bloating and cramping.

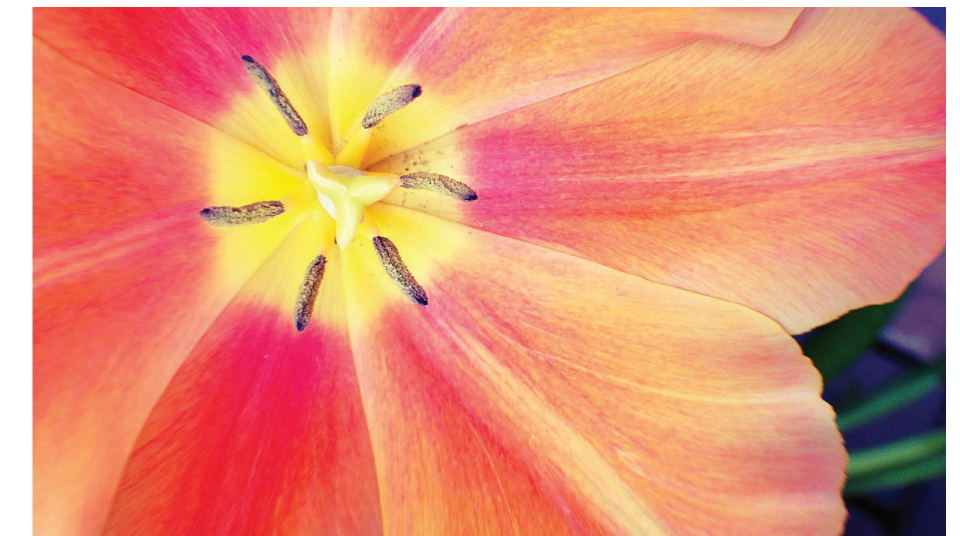
**For any questions about the colonoscopy procedure, call Riverwood's toll-free Colon Health Nurse line at (844) 752-9524.**

## Women's Wellness Healthy Living Event

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In addition to three talks focused on women's health, visit health information booths. Food and wine will be offered and there will be a chance to win door prizes! A photo booth will also capture the group's fun throughout the night.

Bring your mother, sister or friends to this event. Registration is required and a \$10 fee will be collected at the door. **Please register by May 11.** Call Riverwood at (218) 927-5188 or email [healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org).



## Foundation News

### Online GIVING is an attractive option

Many of us enjoy the ease of shopping online today. With high-speed internet access, you can find just about any product or service in minutes, saving you precious time.

Giving to charitable organizations online is also becoming a popular option with these benefits:

- You have an online record of your charitable contributions for easy reference.
- It's safe and secure. Encryption technology ensures that your credit card number and any other information that you share is not released to anyone other than the organization you make your gift to.
- You can save postage and envelope expenses, plus your money gets to the charitable organization of your choice faster.
- See Riverwood Foundation's "Giving" options page at [www.riverwoodhealthcare.org](http://www.riverwoodhealthcare.org).

Riverwood Foundation offers an electronic form for making donations on the Riverwood Healthcare Center website. If you have any questions about making a gift to support your local hospital and clinic, contact Katie Nelson, Riverwood Foundation director, at (218) 927-5158 or [knelson2@riverwoodhealthcare.org](mailto:knelson2@riverwoodhealthcare.org).

**Make a contribution to enhance healthcare in your community in 3 easy steps:**  
1. Visit [www.riverwoodhealthcare.org](http://www.riverwoodhealthcare.org)  
2. Click on Foundation drop-down menu  
3. Click on GIVE NOW button

### Support Your Local Health System With A Donation

If desired, you may designate a special fund or purpose for your donation. Or check the box below to receive a phone call for more information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

☐ Call me to discuss giving options or specific funds at Riverwood Healthcare Center.

Mail this form with your check or credit card information to:

**Riverwood Healthcare Center**  
200 Bunker Hill Drive  
Aitkin, MN 56431

#### Credit Card Information

☐ Visa ☐ Master Card ☐ Discover

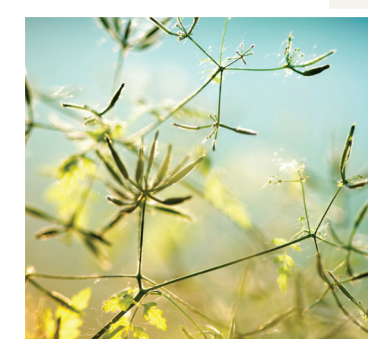
Account # \_\_\_\_\_

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Security Code \_\_\_\_\_

Signature \_\_\_\_\_

All gifts are greatly appreciated. THANK YOU!



## Honoring and Remembering Loved Ones

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

Donations from January 1 - February 28, 2015

### In Memory of:

Gertie Benson      Jack Young  
Jeffrey Heggem      Lucy Young  
Tony Sundholm

To make a donation in memory or honor of a loved one, visit [www.riverwoodhealthcare.org/foundation/donation](http://www.riverwoodhealthcare.org/foundation/donation) form. All gifts recognized in newsletter.



## Grateful Patient Tribute Honor a healthcare professional

*Is there a healthcare professional at Riverwood Healthcare Center who has made a big difference in your life or the life a loved one?* It could be a physician, nurse, medical technician or other member of your care team.

Now, Riverwood Foundation is providing an opportunity to say a special "thank you" for that person's dedication and service. As part of our Riverwood family, we invite you to recognize a special healthcare provider or worker who cared for you or a loved one.

During May 11-15, hospitals and communities around the nation will observe National Healthcare Week. At Riverwood, we will celebrate the talented healthcare professionals who faithfully serve our communities.



*We invite you to take this opportunity to make a donation to Riverwood Foundation in honor of a healthcare provider or professional of your choice.* Not only will your gift affirm the commitment of an exceptional staff member, it will also support the critical programs and lifesaving specialties at Riverwood.

To participate, contact Riverwood Foundation at (218) 927-8286. We will send you a form to select a message for the person you want to honor. A card from you will be presented to your honoree (gift amount is confidential) during National Healthcare Week.

*Thank you for helping us to celebrate the dedication and outstanding service of our remarkable healthcare staff.*



Unless noted otherwise, register for all events via (218) 927-5188 or email [healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org)

## Events

### Healthcare Directives

Information and forms provided  
April 16, 2:00 PM

**Aitkin:** Riverwood, Conference Room E/F  
**Social Services:** (218) 927-5524

### Mindfulness: Stabilizing the Mind

Learn how to integrate mindfulness practices into daily life, including yoga, meditation and breathing exercises.

**Fee:** \$50  
4-week series on Wednesdays, 5:30 – 7:30 PM  
April 29, May 6, 13, 20  
May 13 session meets 5:30 – 9:30 PM  
**McGregor:** McGregor School

### Wine & Canvas

Artist guided painting in fun, social venue  
**Fee:** \$40, collected in advance  
April 30, 4:00 – 7:00 PM  
**McGregor:** Fireside Inn

### Women's Wellness Healthy Living

Night out to socialize, learn about key health issues  
**Fee:** \$10, at the door  
May 14, 5:30 – 7:30 PM  
**Aitkin:** Butler Building

## WELLNESS CALENDAR

### Education & Support

#### Breastfeeding Education & Support

Call for free consultation with nurse certified as lactation counselor

**Aitkin:** Riverwood Healthcare Center  
**Birth Center:** (218) 927-2121

#### Joint Replacement (Pre-surgery class)

Second Friday, 10:00 AM – 12:00 PM

**Aitkin:** Riverwood Healthcare Center  
**Surgical Services:** (218) 927-5549

#### Prenatal Education Classes

Tuesdays, 6:30 – 8:30 PM

May 5, 12, 19, 26, June 2

**Aitkin:** Riverwood Healthcare Center  
**Education:** (218) 927-5552

#### 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  
**Breast Health:** (218) 429-3975

#### Diabetes Support Group

Second Thursday, 4:00 – 5:00 PM

**Aitkin:** Riverwood Healthcare Center

First Wednesday, 9:00 – 10:00 AM

**McGregor:** McGregor Clinic

**Diabetes Education:** (218) 927-8281

### Lunch & Learns

*Registration for these programs is required.*

*Light lunch provided at no cost.*

*Contact (218) 927-5188 or [healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org).*

#### Impact of Stress on Women's Health

Dr. Christina Kramer, OB/GYN & Megan Workman, DNP, CNW  
April 8, 12:00 – 1:00 PM

**Aitkin:** Riverwood, Conference Room C/D

#### Smoking Cessation Support

Dan Schletty, Health & Wellness Coach

April 9, 12:00 – 1:00 PM

**Aitkin:** Riverwood, Conference Room C/D

#### Understanding High Blood Pressure

Dr. Tim Arnold

May 4, 12:00 – 1:00 PM

**McGregor:** Fireside Inn