

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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February 2014



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The fourth in a series of articles to help you understand your health numbers so you can better manage your health.

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Riverwood offers accredited cancer program

The American Cancer Society estimates that more than 1.6 million cases of cancer were diagnosed in 2013. The good news for local cancer patients treated at Riverwood Healthcare Center is that our cancer program is now accredited by the Commission on Cancer (CoC) of the American College of Surgeons (ACoS).

"This is an exciting step for Riverwood and the cancer patients we serve," says Chad Cooper, Riverwood CEO. "Delivering outstanding quality and compassionate care for cancer patients has long been a high priority for us and now we have a stamp of approval that we are meeting rigorous national standards."

The CoC Accreditation Program provides the framework for Riverwood to improve its quality of patient care through various cancer-related programs that focus on the full spectrum of cancer care including prevention, early diagnosis, cancer staging, optimal treatment, rehabilitation, life-long follow up for recurrent disease, and end-of-life care.

When patients receive care at a CoC facility, they also have access to information on clinical trials and new treatments, genetic counseling, and patient-centered services, including psycho-social support, a patient navigation process, and a survivorship care plan that documents the care each patient receives and seeks to improve cancer survivors' quality of life.

Women's Health Helping you live your best life

Staying healthy is not just about having a great relationship with your healthcare provider; it's about enjoying life—living your best life.

"When it's time to choose a clinic or hospital, it's important to select one that strives to do more than treat you when you or your family members are ill," says Megan Workman, certified nurse midwife. "At Riverwood, we aim to partner with you and the community on health and wellness. We are dedicated to the highest standards of excellence in women's health in terms of body, mind and spirit."

Riverwood is now a member of a national network of over 150 Spirit of Women hospitals dedicated to supporting women in improving their health and quality of life.

Women's health providers you can count on

Riverwood Healthcare offers a full range of health services for women, including access to experienced OB/GYN docs and midwife, dermatology and urology services, and a dedicated oncology care coordinator who offers one-to-one support for those with breast, colon, lung and other cancers.

"Your health matters to us," says Dr. Rachel Cady, obstetrics and gynecology specialist who has practiced with her husband, Dr. Michael Cady, OB/GYN, at Riverwood Healthcare Center for more than 10 years.

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POSTAL CUSTOMER
ECR WSS

Riverwood
HEALTHCARE CENTER
200 Bunker Hill Drive
Aitkin, MN 56431

Non-Profit Organization
U.S. POSTAGE
PAID
BRAINERD, MN
PERMIT NO. 679

A full range of women's health services

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"Our wide range of women's health services is designed to provide care at all stages of your life, from prenatal care for high-risk pregnancies and the latest surgical procedures for pelvic health conditions to treatment for urinary incontinence and hormone therapy for postmenopausal issues."

Riverwood's medical staff includes many female practitioners who are very experienced in treating women's health conditions. They include one internal medicine physician, Dr. Sweetie Prethish; two family physicians, Dr. Jessica Hodson and Dr. Janelle Trueblood; one nurse midwife, Megan Workman, CNM/DNP; and nine family medicine nurse practitioners: Jen Burgos, CFNP; Lisa Gerhart, CFNP/DNP; Jeri Gilb, CFNP; Jan Hegman, CFNP; Janet Larson, PhD, CFNP/PMHNP (mental health specialist); Lisa Heikkila, CFNP; Melissa Magnuson, CANP; Rebecca May, CANP; and Anita Sundholm, CFNP.

"Our wide range of women's health services is designed to provide care at all stages of your life..."

Health education to empower you

This commitment includes offering a comprehensive line-up of women's health seminars and events in 2014. Riverwood will be offering lunch and learn health seminars in Aitkin, Garrison and McGregor. See our Wellness calendar on page 4 for upcoming programs. Also look for our Riverwood booth at the Aitkin Commerce Show March 8-9 for healthy cooking demonstrations.

Find details on Riverwood events in local newspapers and at www.riverwoodhealthcare.org, click on "Events and Classes on the homepage. If you would like to get email notifications of upcoming Riverwood health and wellness events, simply email healthyliving@riverwoodhealthcare.org. You may also "like" Riverwood's Facebook page to stay informed about our latest health news and events.

Megan Workman adds: "Riverwood is committed to providing women of all ages with information and inspiration to live your best life now. We understand your need for quick and trustworthy health information. Together, we will help connect you with local health services as well as community resources designed to empower you to take charge of your health."



Megan Workman, CNM/DNP

As a nurse midwife, Megan Workman offers a wide range of services for teenage girls and women, including gynecologic care, annual exams, preventive healthcare and counseling, prenatal care through labor and delivery, and menopausal through post-menopausal care. Same-day appointments are typically available with her at Riverwood's Aitkin clinic.

Delivering outstanding quality of care for cancer patients

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Cancer patients also gain access to comprehensive, state-of-the-art cancer care close to home. You can find information on the resources, services, and cancer treatment experience for each CoC-accredited cancer program through the CoC Hospital Locator at <http://www.facs.org/cancerprogram/index.html>

Cancer care coordination

In 2008, Amy Renner, a registered nurse with 15 years of oncology experience, began offering care coordination for breast cancer patients at Riverwood. As a dedicated oncology care coordinator, she assists patients and families through a navigation process to address healthcare barriers and assure continuity of care. Her role has now expanded to providing one-on-one support for patients with any type of cancer. The services she offers range from scheduling medical appointments to helping patients understand their diagnosis and treatment options, as well as connecting patients to local resources for emotional, financial and other issues. You may contact Amy at (218) 429-3975 or arenner@riverwoodhealthcare.org



The oncology care team at Riverwood includes experienced physicians, nurses, a social worker, dietitian, rehabilitation staff and others. Together, the team provides cancer patients with survivorship plans, genetic services, psychosocial screening and ongoing support. For more information on oncology care and services at Riverwood, go to www.riverwoodhealthcare.org and click on services, cancer-oncology

Support for local cancer care

Gifts to support local cancer care can be arranged through the Riverwood Foundation. For information, contact Jodie Johnson, Foundation director, (218) 927-5554, or go to www.riverwoodhealthcare.org and click on Foundation, giving.

Foundation News

2013 Riverwood Foundation disbursements total \$414,184

Beginning with this issue of Healthy Living, you will now see information about charitable giving and Riverwood Foundation gifts and activities that was previously only shared in our Foundation Focus donor newsletter (now combined with this newsletter). Going forward, all the communities we serve can see how individuals and organizations are helping us enhance the healthcare experience at Riverwood. *If you wish, use the enclosed envelope to make a contribution to Riverwood Foundation.*

Your gifts support local healthcare

Gifts to Riverwood Foundation help us continue the tradition of providing the best healthcare services available, while maintaining high quality patient care well into the future. Your gifts of cash, real estate, personal

property or securities will help meet the needs of the hospital, and in turn the patients we serve.

Donors may make gifts in various forms. Cash gifts may be made on a one-time, annual, or pledge basis. Honorary or memorial gifts are always a loving way to remember a family member or a friend. Special bequests through your will, life insurance and life income agreements can be directed by you as you desire.

All gifts to Riverwood Foundation, no matter what size, are greatly appreciated. For more information on giving, contact Jodie Johnson, Riverwood Foundation director, at (218) 927-5554 or JJohnson2@riverwoodhealthcare.org.

Honoring and Remembering Loved Ones

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

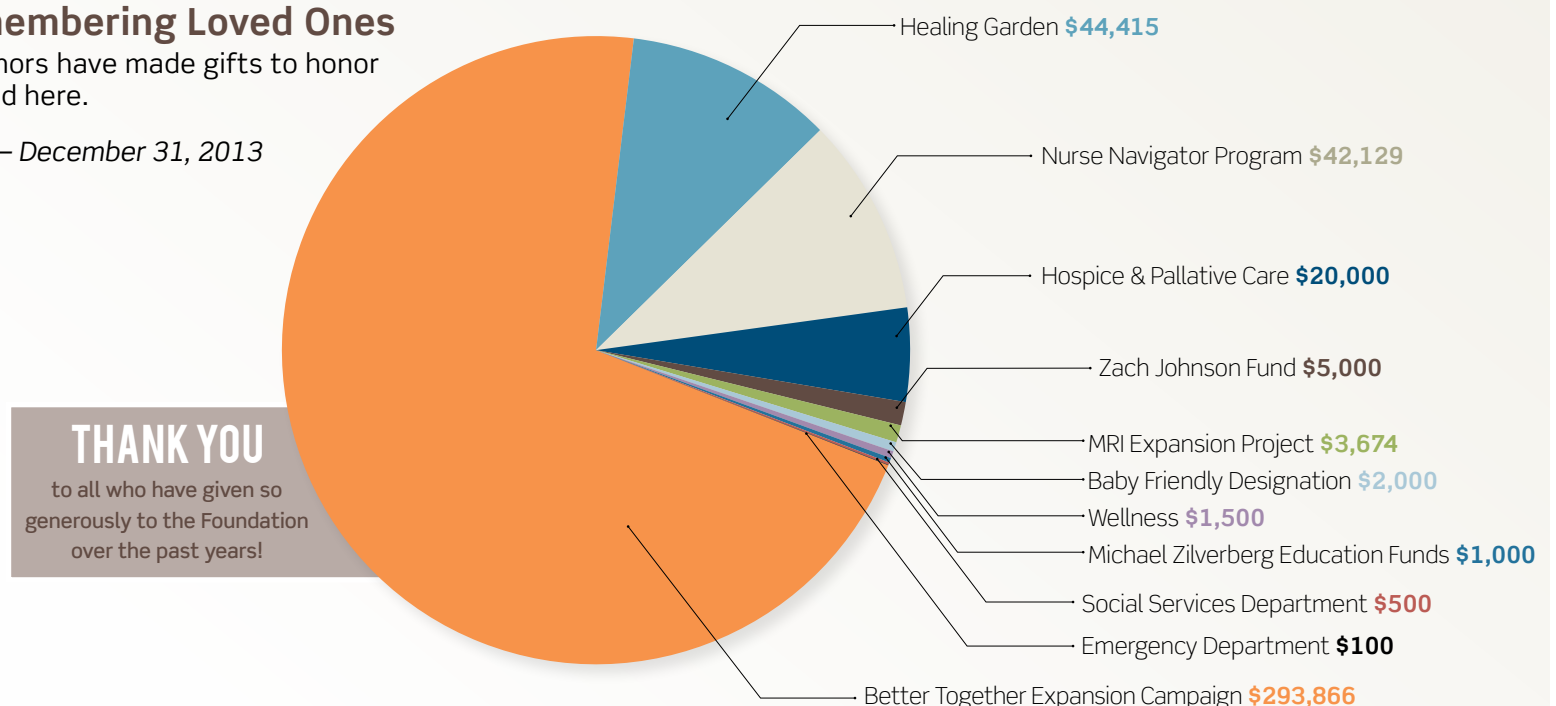
Donations from October 1 – December 31, 2013

In Memory of:

John Eljicer
Francis Johnson
Robert Madeson
Marlys Meyer
Cindy Paakkonen
Chuck Thompson
Elgie Wagner
Jack Wagner
Kathleen Wold
Trudy Wyman

In Honor of:

Ron Cox
Kyle and Marci Killeen



THANK YOU

to all who have given so generously to the Foundation over the past years!

Know your health numbers

Knowing your health numbers can save your life. Why? Maintaining your blood sugar, blood pressure, cholesterol and weight within normal ranges keeps your heart healthy. This is the fourth in a series of articles we'll run in Healthy Living to help you understand your health numbers so you can better manage your health.

What's blood sugar or glucose?

Sugar, in the form of glucose, enters the bloodstream when food is digested. This is known as blood sugar or blood glucose. Insulin moves the glucose out of the blood and into the cells, where the body can use it for energy. Glucose is the body's fuel. Without glucose, the brain, nervous system and tissues of the body would not be able to function.

The human body regulates blood glucose levels so that they are neither too high nor too low - maintaining a condition of stability or equilibrium in the blood's internal environment. After we eat, blood sugar concentrations rise and the pancreas releases insulin automatically so that the glucose enters cells. As more and more cells receive glucose, blood sugar levels come down to normal again.

The amount of glucose in your blood changes throughout the day and night. Your levels will change depending upon when, what and how much you have eaten, and whether or not you have exercised. A normal fasting (no food for 8 hours) blood sugar level is between 70 and 99 mg/dL.



A normal blood sugar level two hours after eating is less than 140 mg/dL. For those with diabetes, the American Diabetes Association recommends a blood glucose target range of 80-130 prior to meals and less than 180 two hours after a meal.

Riverwood's Diabetes Center staff, who specialize in diabetes education and self-management training, offer assistance with blood glucose monitoring.

For information, call (218) 927-8281.



YOUR HEALTHY CHOICE STORIES

Diabetes education has big payoff

Walking down a scenic logging trail to pursue his passion of bird watching is much easier now for Warren Nelson of Aitkin after losing more than 100 pounds.

A medical emergency started Warren on his weight loss journey about a year and a half ago when his vision started to blur and he sought medical care at Riverwood Healthcare Center.

"Visual changes are just one of many symptoms of diabetes, including increased thirst, frequent urination, hunger, fatigue and weight loss," says Melissa Magnuson, Riverwood nurse practitioner who specializes in diabetes care. "To correct his blurred vision, Warren, who was diagnosed with diabetes, needed to get his blood sugars back under control. For him, this meant getting his weight down to a more healthy level."

Referred to Riverwood's Diabetes education program, Warren learned how to read food labels and make healthier food choices. He began counting carbs and decreasing food portions. Six months later at his follow-up visit he was pleased to learn that he had lost approximately 80 pounds. Along with healthy eating and snacking, daily 1-3 mile walks helped him continue to take off the pounds for a total weight loss of 135 pounds!

"It takes longer to grocery shop now but I feel so much better," says Warren. "At my last checkup I learned that my blood sugar and cholesterol, along with my weight, are all in the normal range. Melissa and the diabetes education staff have been extremely helpful and supportive."



Warren Nelson

Warren's A1c (3-month averaging of blood sugars) has been 5.2% at his two last checkups. As a result, he has been able to discontinue one of his diabetes medications.

With more energy for the activities he enjoys, Warren is active with the Audubon Society. He has given more than 500 slide shows on birding to community groups all across Minnesota over the past 30 years. He also volunteers on the board for the Friends of the Rice Lake Refuge in the McGregor area.

What's your healthy success story?

We would love to share it to inspire others. Email us at healthyliving@riverwoodhealthcare.org

WELLNESS CALENDAR

EVENTS

To register for events below, call Riverwood Education, (218) 927-5552 or email healthyliving@riverwoodhealthcare.org

Whole Hearted Health: Recipes for a Healthy Lifestyle

February 11, 12:00-1:00 PM

McGregor: Fireside Inn

Dr. Tim Arnold

Women's Pelvic Health Event

"Get Your Groove Back"

March 11, 5:30-7:30 PM

Aitkin: Butler Building

Dr. Rahcel Cady, OB/GYN & Megan Workman, Nurse Midwife

"Super Foods" Lunch & Learn

April 8, 12:00-1:00 PM

Garrison: Y Club

Dr. Janelle Trueblood

Education & Support

Breastfeeding Education & Support

Tuesdays, 1:00-2:00 PM

Aitkin: Riverwood Healthcare Center

Birthing Center: (218) 927-2121

Joint Replacement (Pre-surgery class)

Second Friday, 10:00AM-2:00 PM

Aitkin: Riverwood Healthcare Center

Riverwood Surgical Services: (218) 927-5549

Prenatal Education Classes

Tuesdays, 7:00-9:00 PM

March 4, 11, 18, 25 & April 1

Aitkin: Riverwood Healthcare Center

Riverwood Diabetes Center: (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

Riverwood Breast Health: (218) 429-3975

Diabetes Support Group

Second Thursday, 4:00-5:00 PM

Aitkin: Riverwood Healthcare Center

McGregor: McGregor Clinic

Riverwood Diabetes Education (218) 927-8281