

# Healthy Living

Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

FALL 2017

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## Obstetric and Pediatric Care Giving children the best start in life



What happens in pregnancy and early childhood impacts physical and emotional health all the way through to adulthood.

Getting early and regular prenatal care is one of the best ways for a woman to promote a healthy pregnancy. During pregnancy, routine prenatal checkups occur at regular intervals. Their frequency typically varies depending on the stage of the pregnancy: once each month from week 4 to week 28, twice a month from

week 28 to week 36, and weekly from week 36 to birth.

“Supporting good maternal health is important for safe delivery and good birth weight to give babies the best start,” explains Dr. Erik Bostrom, Riverwood family physician who offers obstetric and pediatric care. “The prevention of adverse health factors in pregnancy is vital. Premature and small babies are more likely to have poorer outcomes.”

### Baby-Friendly designation for Breastfeeding support

Once a baby is born, breastfeeding is one of the most important ways to protect his or her health. Recently, Riverwood Healthcare Center received prestigious recognition as a Baby-Friendly Designated birth facility from Baby-Friendly USA.

“We are proud to have achieved the Baby-Friendly designation,” said Kristine Layne, chief nursing officer at Riverwood. “This means that our hospital adheres to the highest standards of breastfeeding promotion and mother/baby bonding.”

Lactation support is available during prenatal care, hospitalization and postpartum (after delivery) with certified lactation consultants at all three Riverwood clinics in Aitkin, Garrison and McGregor.

At Riverwood, mothers and infants are encouraged to “room in” or remain together 24 hours a day while hospitalized to facilitate skin-to-skin contact. This close contact helps the mother pick up cues from the baby on when to breastfeed and stimulates milk production.

Evidence shows that breastfeeding is one the most important things a mother can do for her newborn and herself. Research proves that children who are breastfed have lower risk of disease and overall improved health outcomes. Women who breastfeed have a reduced risk of breast cancer and ovarian cancer. Those who deliver in a Baby-Friendly hospital also feel more confident in caring for their babies and develop a stronger bond with their babies whether breastfeeding or not.

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## Obstetric and Pediatric Care

### Giving children the best start in life

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#### Pediatric care options at Riverwood

At Riverwood Healthcare, we offer pediatric care with an outstanding team of Family Medicine physicians and nurse practitioners. To see a list of providers go to [RiverwoodHealthcare.org](http://RiverwoodHealthcare.org) and click on **PROVIDERS** tab.

When you need medical care for your child right away, but it's not a serious emergency, Riverwood's Urgent Care clinic in Aitkin is an option. The clinic is open Monday through Friday, 10 AM to 7 PM, and is staffed by a team of experienced family nurse practitioners.

"Naturally, as new parents, my husband, Jerod, and I wanted to find the best pediatric care for our daughter Scout," Lane Fischer said. "We have found that with Dr. Bostrom. Whenever we have a question or concern, he listens



Dr. Erik Bostrom with Lane Fischer and daughter Scout, now 11 mos. old

attentively before offering his professional opinion and advice. He's very knowledgeable and is skilled at relaying that knowledge to his patients. We feel like we're the entire focus during our visits, and we know Dr. Bostrom genuinely cares about our daughter."



We offer a toll-free number—1-888-270-1882—to call for clinic appointments in Aitkin, Garrison or McGregor. Urgent Care is walk-in, no appointments needed.

## Orthopaedic Success Story

### Knee replacements help couple live life to the fullest



Larry and Cynthia showed their 1957 Ford Fairlane at a recent car show.

physical labor in the car business. Cynthia, a registered nurse, was formerly the chief transplant coordinator for the Multi-Organ Transplant Center at the University of Minnesota Hospitals. She then traveled nationally as a hospital consultant. She has had a rheumatoid arthritis condition affecting her back and knees for over 40 years.

"We like to dance fast to country and rock 'n roll music and my knees would get so out of joint that I could hardly walk," Larry said. "It got so bad that we had to quit dancing. I took pain pills and lots of cortisone shots until it got to the point where I needed to have surgery."

With an auto mechanic and car salesman background, Larry continues to pursue his passion for vintage cars today. One of their favorite activities is the annual Swap Meet and Car Show in Grand Rapids.

"Two years ago, I was using a cane and had to sit in the car as my knees couldn't take walking around the Itasca County fairgrounds with Larry," Cynthia said. "But this year we both spent three full days walking around to view the cars and antiques."

Several years ago knee pain kept Grand Rapids residents Larry Bishop and Cynthia Forsman, in their late 60's, from doing many of the activities they enjoyed.

Larry said his knees wore out building nine new houses as well as lots of

In 2016, Cynthia had both knees replaced by Dr. Erik Severson with Minnesota Center for Orthopaedics at Riverwood Healthcare Center in Aitkin. Larry had total knee replacements at Riverwood in December 2016 and February 2017.

"It took Dr. Severson only 31 minutes to do my last knee replacement and he said it went perfectly," Larry explained. "I was able to do complete revolutions on the therapy bike pedals just two weeks after my surgery, much to the surprise of my physical therapist in Grand Rapids."

Cynthia added: "The Rapid Recovery pain management program Dr. Severson uses is tremendous. The recovery time for both of us was amazing. We felt cared for like family by the whole orthopaedic team, including scheduling, nursing and the orthopaedic physician assistants, Matt Fleming and Tom Lewandowski."

Cynthia and Larry are loving their pain-free knees and all that they can do now, including dancing to all the fast tunes and caring for a 40x60-foot vegetable garden. After four years on the sidelines, Larry is looking forward to going deer hunting again this fall.



For an appointment for orthopaedic care at Riverwood's specialty clinic in Aitkin, call (218) 927-5566.



#### HIP & KNEE PAIN SOLUTIONS SEMINAR

Tuesday, October 24 | 12 - 1 p.m.  
OR

Thursday, November 9 | 6 - 7 p.m.  
Riverwood Healthcare  
Room C/D, Aitkin

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

## Mommy & Me class series



In collaboration with Aitkin Community Education, we will host a 7-week series on mom and baby health presented by Riverwood Healthcare professionals. These informal classes, to be held from on **Wednesdays, 12 to 1 PM**, are for mothers with infants up to 1-year-old.

No charge and lunch provided. Babies welcome to attend with mothers. Classes held at Riverwood Healthcare Center, Aitkin, Room F. To register, call Riverwood at 218-927-5188 or email [healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org)

### MOMMY & ME CLASS SERIES

- October 4: **Challenges of Being a New Mom & Coping with Postpartum Depression**
- October 11: **Infant Feeding and Lactation**
- October 18: **First Year of Infant Development**
- October 25: **Safe Sleep for Babies and Tummy Time Exercises for the Little One**
- November 1: **Pelvic Health Therapy**
- November 8: **Weight Management Struggles & Solutions and Nutrition after the Pregnancy**
- November 15: **Talking Tots: Your Child's Speech Language and Social Development**

## Foundation News

### Donors share reasons for giving

Riverwood Foundation has launched a Growing Together Capital Campaign with a goal of raising \$1.3 million for expansion and renovation of clinic facilities on our Aitkin campus. The construction project, estimated to reach completion in Spring 2019, got underway in July. Several donors share their reasons for giving to the campaign.

#### Chad Gross



"We are lucky to have a robust healthcare system in our rural community. My wife, Laura, and I have lots of family and friends in the area, so it is reassuring to know they have quality healthcare available when they need it.

I feel great in supporting Riverwood knowing that my donations help the hospital and clinics continue to improve healthcare in Aitkin County and surrounding areas.

I would encourage all community residents to consider a donation to Riverwood's Growing Together Capital Campaign. Rural healthcare is very challenging these days and it is imperative to have a financially strong health system to maintain services and add new ones such as kidney care and dialysis."

#### Marty Ryan



"I give to Riverwood Foundation because I believe in the cause to help our local hospital and clinics stay current to make it easier to meet patients' needs.

Drawing on my own experience, I think we have the best doctors and specialists around, as well as nurses and clinic staff. I have had nothing but positive patient experiences and I will always continue supporting Riverwood.

I feel like I am doing my part to support our community. We are so fortunate to have a wonderful primary care clinic in McGregor with access to a wide array of specialty care just 20 miles away in Aitkin.

As a donor, I know my money is going where it should go! For example, gifts to the Growing Together campaign support kidney care and dialysis closer to home and expanded access to orthopaedic care."



To pledge your support to the Growing Together Campaign, contact **Katie Nelson**, Riverwood Foundation Director, at **(218) 927-5158** or [knelson2@riverwoodhealthcare.org](mailto:knelson2@riverwoodhealthcare.org). You may give online, or get more information on giving options.



## Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here. Donations from June 1, 2017 - July 31, 2017

#### In Memory of:

Bill & Rose Berg  
Sid Brotherton  
James Collins  
William Galliger  
Mike Hillman  
Dorothy Murtha

#### In Honor of:

Virgil & Eleanor Lemire  
Beverly Paulson & Family



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



**SOLUTIONS FOR REFLUX & HEARTBURN SEMINAR**



Presented by Dr. Tim LeMieur, Minnesota Reflux & Heartburn Center Reflux Specialist

Tuesday, September 19 | 6-7 p.m.  
Fireside Inn, McGregor

**REGISTRATION REQUIRED:**  
218-927-5188 or  
healthyliving@riverwoodhealthcare.org

**Is acid reflux or heartburn interfering with your enjoyment of life?**

Located in Aitkin and Crosby, the Minnesota Reflux & Heartburn Center offers an innovative and comprehensive approach to testing and treatment for gastro-esophageal reflux disease.



**MINNESOTA REFLUX & HEARTBURN CENTER**



For an appointment at Riverwood in Aitkin, call Dawn Harcey at (218) 429-3930. For patient success stories and more information go to [www.mnheartburn.org](http://www.mnheartburn.org)

**Advance Care Planning**

**Plan ahead for medical decisions, choices**

Imagine a sudden event such as a car accident or illness that left you unable to communicate. Have you identified someone you trust that can make sure your voice is heard and make health care decisions for you in the event that you are unable to do so?

Planning in advance for what kind of care you want in the dying process or in the event of a sudden injury or illness, can give you and your family members peace of mind today and into the future.

**What is Advance Care Planning?**

Advance care planning is for all adults. It is thinking and talking about your values, beliefs and goals for future health care if you could not make these decisions on your own. A health care agent is a person you have entrusted to make those important decisions for you.

**What is a Health Care Directive?**

It's important to write down your goals, values, and preferences. A health care directive is a written plan you can make outlining your future medical decisions and choices. This document is used to communicate your wishes if you are unable to do so, including the designation of a health care agent.

Your agent may need to make decisions about your medical care, tests, surgery or end-of-life care; choose doctors or other health care team members or a care facility; review and release medical records; and stop treatment, if that is in your stated wishes.

Completing a health care directive helps to make sure your family and health care team can honor your choices. You can find health care directive

forms, video stories and more information online at the Honoring Choices website at [www.honoringchoices.org/resources](http://www.honoringchoices.org/resources). You may also contact Val Thompson, Riverwood Social Services, at (218) 927-5524, or talk to your primary care provider at your next appointment and request a health care directive form.

At Riverwood, primary care providers initiate discussions about advance care planning with patients coming in for Annual Medicare Wellness Visits and as appropriate. For more in-depth discussion and support, patients may be referred to an RN Care Coordinator who has been specially trained to be a First Steps Advance Care Planning Facilitator. Watch for upcoming group classes to learn more about advance care planning.

**ADVANCED CARE PLANNING 101**

Tuesday, September 26 | 12 - 1 p.m.  
Riverwood Healthcare  
Rooms E-F, Aitkin

**TO REGISTER:**  
218-927-5188 or  
healthyliving@riverwoodhealthcare.org

**LUNCH SERVED AT NO COST.**

Lynn Betzold of Honoring Choices Minnesota to present information on discussing medical choices with family members, preparing a health care directive and choosing a health care agent.



Riverwood Healthcare Center  
200 Bunker Hill Drive  
Aitkin, MN 56431  
[www.RiverwoodHealthcare.org](http://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