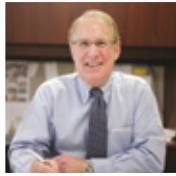


Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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May 2013



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COME CELEBRATE

Riverwood's Grand-Re-opening

Two years after Riverwood Healthcare launched a \$21 million expansion and renovation project for its Aitkin hospital and clinic, it's time to celebrate. Our final renovations are wrapping up in early May.

Join us on **Thursday, June 6, from 4:30 to 7:00 p.m.** for a community celebration. This event will feature tours of the hospital plus family-friendly activities, including a chance to view an ambulance and helicopter up close. We'll be serving a barbeque-style buffet on the hospital grounds near our Healing Garden. No RSVP is needed.

In 2012, Riverwood opened three new additions—for inpatient care, infusion/chemotherapy and support services. The inpatient unit enhancements include single-occupancy patient rooms, a brand new birthing center offering home-like suites, and a larger, more private intensive care unit. The new design supports a new model of nursing care that positions nurses closer to patients.

Other patient care areas for cardiopulmonary, rehabilitation and surgery were renovated and enlarged. All these changes are serving to improve the patient experience at Riverwood in a family-friendly environment that supports recovery and healing.

"This is a chance for Riverwood to thank the community for generously supporting our expansion project through our Better Together Capital Campaign and quality healthcare for the residents of Aitkin County and surrounding communities," says Michael Hagen, Riverwood CEO. "We invite you to come and see for yourself what we've done to enhance the patient experience from both on an inpatient and outpatient perspective."



RIVERWOOD PHYSICIAN receives statewide award

In April, the Minnesota Academy of Family Physicians selected **Dr. Don Hughes**, Riverwood Healthcare family physician, as the **2013 Family Physician of the Year**. This award is presented annually to a family physician who represents the highest ideals of the specialty of family medicine, including caring, comprehensive medical service, community involvement and service as a role model.

Dr. Hughes has practiced family medicine at Riverwood since 1992. Those who nominated Dr. Hughes describe him as a compassionate and dedicated man.

"It is rare to find an individual who not only meets personal expectations, but continually exceeds them," wrote patient Jason Erickson. His wife, Kara, added: "We love that we never feel rushed and the special interest he shows in our three young sons."

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Dr. Don Hughes, 2013 Family Physician of the Year

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Dr. Hughes is praised for his exceptional interpersonal relationship skills, his passion and his integrity. Patients Mike and Judy Patterson wrote in their letter of support for his nomination: "He has shown a professional character which is second to none. He is always willing to go the extra mile."

A co-worker wrote:

"I have seen him spend countless hours with patients not minding the clock, but minding the health and well-being of everyone he sees."

Along with his work at the clinic, Dr. Hughes is a teacher and mentor to area medical students and family medicine residents. He mentors a medical student in the Rural Physician Associate Program each year and travels to Duluth monthly to teach in the Family Practice Residency Program. He is also very active in the community, providing medical services at Aitkin school sporting events and helps educate athletes and parents about health issues.

"I feel blessed with the opportunity to be a family physician and share in the lives and families of my patients. The greatest reward is the heartfelt thanks those patients share with me."

+ Dr. Hughes



Dr. Don Hughes with 3-year-old patient, Noah Nyberg



Riverwood CEO to retire in June

JOIN US FOR A COMMUNITY CELEBRATION

Last November **Mike Hagen** announced his plans to retire in June 2013 after serving as Riverwood's chief executive officer.

To honor Mike's contributions and wish him well, Riverwood will host a community celebration on:

May 22, 2013

5:30 to 8:00 p.m.

Butler Building in downtown Aitkin

This event is free and open to the public.

A program at 6:30 p.m. will feature a half dozen speakers with comments about Mike's leadership and dedication to serving the healthcare needs of local residents. Stop in to wish Mike well in his retirement and enjoy light hors 'd'oeuvres and beverages.

Reservations are requested. RSVP to Riverwood at (218) 927-8286.

The search for the next CEO is nearly complete and an announcement of who will fill this important leadership role will be made this spring.

"Mike led the team that transformed us from a good but under-staffed hospital and clinic into an extraordinary healthcare system, and he did it with respect, understanding, fairness and style."

+ Dr. Chuck Schotzko, Riverwood Family Practice

"I honor Mike's dedication, his vision and his intellectual abilities, all of which have contributed to bringing Riverwood to the level of excellence it enjoys today."

+ Tom Rikala, Chairman of Riverwood Governing Board of Directors

"Mike's knowledge and expertise related to healthcare and management of an organization is the best I have seen."

+ Daryl Kallevig, Riverwood Chief Information Officer

Get your **FREE** Health and Wellness screening

Riverwood Healthcare is offering free biometric health screenings to help you learn your vital health numbers and how to live healthier.

The screening, which will be conducted by Riverwood health professionals, will take about 30 minutes. It involves filling out permission forms, completing a blood draw, checking your height and weight, and taking a blood pressure reading. Participants will also complete an online health assessment using a tool called Family Health Manager, which is newly available at www.riverwoodhealthcare.org

You will learn your health numbers for blood pressure, blood sugar, cholesterol and body mass index. Results of your tests will be mailed to you and you can sign up for optional health and wellness coaching sessions if you wish.

“Knowing how well you’re doing on vital health numbers can make a huge difference in managing your health,” says Dr. Jessica Hodson, Riverwood family physician who is an adviser on Riverwood’s 3-year wellness initiative.

“This type of screening can alert you to health issues like high blood pressure that can be treated today so they don’t cause a medical crisis tomorrow. This is a great opportunity to learn what you can do to improve your health.”

+ Dr. Jessica Hodson



Health screenings locations

Aitkin: Wed., May 15, 7-11 AM

Riverwood Healthcare Center
Support Services Wing, Conference Rooms E-F

McGregor: Thurs., June 12, 7-11 AM

Riverwood McGregor Clinic
Respiratory Therapy area

Garrison: Tues., June 18, 7-11

Riverwood Garrison Outpatient Services facility
(next to the clinic)

Limited screening appointments are available on a first-come, first-served basis. **To register**, call Riverwood’s clinic appointment line at (218) 927-2157 or toll-free at (888) 270-1882.

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 first in a series of articles we’ll run in Healthy Living through 2013 to help you understand your health numbers so you can better manage your health.

What’s your body mass index?

Just about everyone knows their weight and checks it regularly. But two other numbers—body mass index and waist size—are important indicators for your health too.

The body mass index or BMI measures your weight in relation to your height. BMI is a reliable way to calculate your total body fat. An easy way to find your BMI is to look at a BMI chart or use a BMI calculator online.

The healthy range for BMI is 18.5 to 24.9. Anything above 24.9 is considered overweight, 30 to 39.9 is obese, and 40 or more is extremely obese.

If you have a BMI in the overweight or obese range, another number to look at is the size of your waist. A waist size of over 35 inches for women and 40 inches or more for men greatly increases the risk for chronic diseases such as diabetes, heart disease and more. The ideal waist size for women is 32 ½ inches and 35 inches for men. To measure your waist, wrap a tape measure around your belly button area.

“When a patient loses even one inch off the waist, we often see improvements in other health numbers such as blood pressure and total cholesterol,” says Lisa Gerhart, Riverwood nurse practitioner. “If you are overweight, even a small weight loss—just 10 percent of your current weight—can help lower your risk of developing diabetes, cancer and other chronic diseases.”



“Changing your lifestyle habits in four areas can help you manage your health numbers and make a huge difference to your overall health. Eat a balanced diet, get regular exercise, avoid smoking, and drink alcohol only in moderation.”

+ Lisa Gerhart, Riverwood Nurse Practitioner



Liz Burns on her mountain bike.

My Mountain Bike Challenge

Liz Burns of Deerwood set a goal of riding 300 miles on her mountain bike in May 2012. Here is her story of how she took on this challenge, building her confidence—and her muscles—along the way.

Initially, the thought of mountain biking actually scared me. However, in a very short time, to my amazement, I conquered my fear and built my riding skills.

The more I rode the red dirt, the more my love for the trails grew. Along with it came new friends and more challenges. Riding new (to me) trails, required me to push myself into areas I never thought I would be.

I am not a “hard core mountain biker” by the standards some would set. But in my heart I feel that I am. Realizing that this was the new me, I wanted to track my progress. My husband installed cycling computers on the bikes. I set

a goal in May to ride 300 miles. With this goal in mind, all I had to do was ride. However, life is filled with obstacles; sometimes it was a race just to get the time to ride.

I broke the 100-mile marker in the beginning of June and remember how excited I was. Hmm, one third of the way there, maybe I really can do this. Then the Minneapolis Heart Institute Challenge to run, bike or walk 100 miles from July through September was another motivator. What else could I do? Then I found out about the Rusty Ride bike race being held on my home course (the Cuyuna Trails). The race was hard, but 26 miles of mixed riding surfaces later, I had done it.

In December, I broke the 500-mile mark in my mountain biking adventure! In addition to the great cardio benefits and overall strength building, I gained more appreciation for good health and a greater sense of community.

Learn how to prevent diabetes

Do you have high blood sugar? Are you at risk for developing diabetes?

Riverwood Healthcare is offering a prevention program called **I CAN Prevent Diabetes**. This community-based, lifestyle change program offers diabetes prevention education and support for people with pre-diabetes or who are at risk for pre-diabetes. Pre-diabetes occurs when blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. Please call the number below to find out how you can qualify to participate.

Meeting with a trained Riverwood instructor, you will learn how to create a healthier lifestyle and prevent diabetes. Participants will get

information on how to lose weight, eat healthier and increase physical activity.

Classes will be offered for 16 weeks on Tuesdays, beginning June 4, from 4:30 - 5:30 p.m. at Riverwood Healthcare Center in Aitkin. **To register for this class, call (218) 927-8281.**

The cost for the I CAN Prevent Diabetes class series is \$75. Those who have been diagnosed with pre-diabetes may use their health plan's flexible spending account to pay this fee.

WELLNESS CALENDAR

EVENTS

Asthma Screening

May 15, 4:00-6:00 PM

Aitkin: Riverwood Healthcare Center
Appointments required.

Riverwood Education: (218) 927-5568

Biometric Health Screenings

See Page 3 for details

Diabetes Seminar

“The D5 - A New Tool for You & Your Healthcare Team”

Thurs, May 16, 5:30 - 7:30 PM

Aitkin: 40 Club Convention Center

Tues, June 5, 11:00 am - 1:00 PM

McGregor: Community Center

Healthy light meal. No cost. Registration requested.

Riverwood Diabetes Education: (218) 927-8281

CEO Mike Hagen Farewell Reception

See Page 2 for details

Riverwood Grand Re-Opening

See cover story for details

Hospice Charity Event

Golf scramble & barbeque dinner

July 14

Deerwood: Ruttger's Bay Lake Resort

Riverwood Foundation: (218) 927-5158

Education & Support

Diabetes Support Group

Second Thursday, 4:00-5:00 PM

Aitkin: Riverwood Healthcare Center

First Wednesday, 9:00-10:00 AM

McGregor: McGregor Clinic

Riverwood Diabetes Center: (218) 927-8281

I Can Prevent Diabetes

See Page 3 for details

Joint Replacement (Pre-surgery class)

Second Friday, 10:00 AM-12:00 PM

Aitkin: Riverwood Healthcare Center

Riverwood Surgical Services: (218) 927-5549

Prenatal Education Classes

Tuesdays, 7:00-9:00 PM

March 5, 12, 19, 26 and April 2

Aitkin: Riverwood Healthcare Center

Riverwood Education: (218) 927-5318

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