

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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Honor a healthcare professional in May

Is there a healthcare professional at Riverwood Healthcare Center who has made a big difference in your life or the life of a loved one? It may be a physician or nurse, or perhaps a tech in the rehab, radiology or Infusion center. Or was it a volunteer who helped you at the clinic or hospital? These extraordinary individuals reach out to bring care, compassion and comfort to patients and families every day.

Now, Riverwood Foundation is providing an opportunity to say a special "thank you" for their 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 7-11, 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 worker 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 you can find every day at Riverwood.

To participate, use the Foundation envelope enclosed with this newsletter to send in your donation and fill in the name of the person you are recognizing. Then our Foundation staff will contact you to gather your comments for the tribute card for the one you are honoring. Your personal note will be presented to your honoree (gift amount is confidential) during National Healthcare Week.

Thank you for helping us to celebrate not only the talents and achievements of our most remarkable staff, but the important role they play in the lives of people like you, every day.



Pain Management Program Eases Joint Replacements

Recuperate from surgery faster with less discomfort

In an effort to lessen the pain associated with total joint replacement surgery and help patients resume their normal activities sooner, **Dr. Erik Severson** and **Dr. Leo Chough**, orthopaedic surgeons of the Minnesota Center for Orthopaedics have recently begun treating their patients with a new pain management program called Rapid Recovery. This new protocol helps patients to recuperate from surgery faster and with less discomfort.

The Rapid Recovery program uses a combination of medicines before, during and after surgery to minimize pain and maximize a patient's ability to

resume movement. Joint replacement patients treated with the Rapid Recovery program have experienced less pain, decreased nausea and have been able to begin rehabilitation sooner.

Riverwood Healthcare Center and Cuyuna Regional Medical Center were among the first hospitals in the nation to develop a true protocol for faster recovery and enhanced pain management for total joint replacements without the use of nerve catheters, according to Dr. Erik Severson, who is director of the Joint Replacement Program at Minnesota Center for Orthopaedics.

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New Knees, Rapid Recovery

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“With Rapid Recovery, we are able to get patients back to a level of functioning where they feel safe, comfortable and confident in their ability to recover at home within a day or two,”

Dr. Severson says. “The reason for this is that we no longer use nerve catheters that often limit a patient’s mobility in the immediate post-operative period.”

Dr. Chough adds: “The Rapid Recovery program effectively combines medications to address pain before it starts, allowing for lower doses of medication and lessening the side effects such as nausea and fatigue. Medications are given before surgery so they can begin working before the patient awakens in the recovery room. During the operation, the patient receives a long acting local anesthetic and an anti-inflammatory medication.”

In the recovery room, a nurse will assess the patient’s pain. If pain is present, the nursing staff may use a variety of interventions that provide an incredible amount of comfort to the joint replacement patient. Physical therapy begins immediately after surgery and continues throughout the hospital stay.

“Together, the therapists and patient will develop a plan for recovering your mobility, including outpatient therapy,” explains Adam English, registered nurse and joint coordinator for Minnesota Center for Orthopaedics. “Another tremendous service we offer to patients is a direct number to call and reach me directly so they get an immediate response to any questions they may have, either before or after surgery.”

Marc Carley, Riverwood physical therapist, comments on his work with joint replacement patients who have had surgery with the Rapid Recovery protocol. “We spend a lot less time in therapy working on pain control and more time on gait and range of motion. Patients are able to begin working on functional tasks such as stair climbing much sooner in the recovery process.”

Patient Testimonials

Bill Creighton, 68, from the Tamarack area had two knee replacements with Dr. Severson using the Rapid Recovery protocol, his right knee in November 2013 and his left knee on March 3, 2014.

“I was up and walking the hallways the same day as my surgery. For both surgeries, I was only hospitalized overnight and went home the next day.”

An avid bowler, Bill was able to bowl just two weeks after his first surgery, and 25 days after his second surgery he said he bowled his best game ever!



Mary Jo Stark of Aitkin, diagnosed with osteoarthritis, is now walking pain-free without a cane following two knee replacements. Dr. Severson performed a right knee replacement in December 2012 without the new protocol, and the left one in November 2013 using Rapid Recovery protocol.

“I was able to get moving much faster after the second surgery,” Mary Jo says. “During my short hospital stay, I walked the halls twice a day and I was going up and down steps in therapy sessions and I felt better. My therapist, Marc Carley, was wonderful and motivated me to work hard at my exercises to regain my balance and range of motion.”

Mary Jo appreciates the team approach for her knee replacements and recovery. During the pre-operative and recovery phases of her care, she was seen by both Dr. Severson and Tom Lewandowski, physician assistant.

Mary Jo adds: “Erik and Tom make a great team. They are so conscientious and caring, explaining what would happen during surgery and what to expect in recovery as well. I know they are happy with my progress as I followed everything they told me to do. I'm very happy with how I can function now. Thank you Erik, Tom and Marc!”

LUNCH+LEARN SEMINARS

Solutions for Hip and Knee Pain

Adam English, RN/joint coordinator for Minnesota Center for Orthopaedics, will discuss common orthopaedic conditions caused by osteoarthritis and its signs, symptoms, causes and solutions. Join us at one these locations and times:

Seminar Locations

Garrison: Tues., June 3, 12-1 PM, Y Club

McGregor: Tues., June 10, 12-1 PM, Fireside Inn

Aitkin: Tues., June 17, 12-1 PM, Butler Building

Registration is required and a free light lunch will be served. Call Riverwood Education at (218) 927-5552.

Free Skin Cancer Screening, Seminar

Current estimates are that one in five Americans will develop skin cancer in their lifetime.

As part of a national campaign to encourage early detection and teach prevention of skin cancer, Dermatology Professionals is partnering with Riverwood to hold a free skin cancer screening clinic in Aitkin on **Monday, May 5**. Appointments will be available from **8:30 to 11:30 a.m.** and **1:30 to 3:30 pm.** at Riverwood's specialty clinic in Aitkin.

There will be a limited number of short appointments available with any follow-up treatment scheduled at a later appointment. To schedule an approximate screening time with **Dr. Paul Lundstrom** call Dermatology Professionals at (888) 841-2897. Ask for the free screening in Aitkin.



Skin Cancer Seminar in Aitkin

May 5th is Melanoma Monday with a goal of raising awareness about an aggressive form of skin cancer.

To promote awareness locally, Dr. Lundstrom will present a "Seeing Spots: Melanoma" educational seminar on **May 5, 12:00 to 1:00 p.m.** at the Butler Building in downtown Aitkin.

This program will explore the three different types of skin cancer — squamous cell cancer, basal cell cancer (the two most common) and melanoma (less common but more dangerous) and their signs, symptoms and causes. With melanoma, cells within moles on the skin becoming malignant (cancerous) and can spread rapidly to other areas of the body if left untreated.

Registration is required and a light lunch will be served at no cost. Call Riverwood at (218) 927-5552 or email healthyliving@riverwoodhealthcare.org

News Briefs

We Offer Same-Day Mammograms

Women who come to our clinics in Aitkin, Garrison or McGregor for their annual checkups and breast cancer screenings can access same-day mammograms at all three locations. Screening mammograms are used to check for breast cancer in women who have no signs or symptoms of the disease. According to the National Cancer Institute, screening mammography can help reduce the number of deaths from breast cancer among women ages 40 to 70.



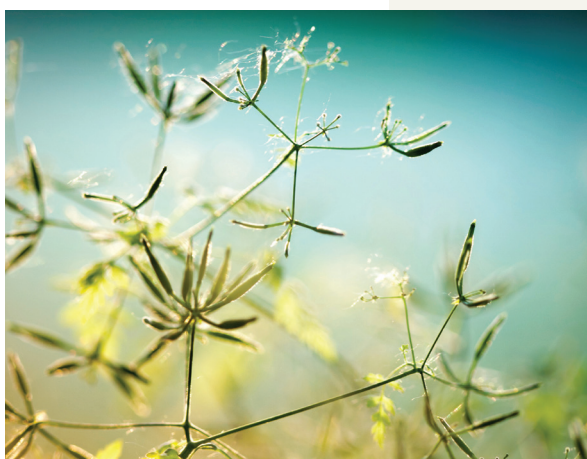
Saturday Clinic Hours in Garrison

Riverwood's Garrison clinic is conveniently open on **SATURDAYS, 8:30 a.m. to 2:00 p.m.** Our friendly staff, which includes two physicians and several nurse practitioners, is ready to offer expert medical care for residents or visitors to the area. Many same-day appointments are available as well. For an appointment, simply call the Garrison clinic at (320) 525-3400.



Garrison Pharmacy Offers Mail Service

Enjoy the convenience of getting your prescription medications mailed to you at home. Our Riverwood Garrison Pharmacy offers this service. Located next to our clinic, the pharmacy is open **Monday-Friday, 8:30 a.m. to 5:00 p.m.** and **Saturdays, 8:30 a.m. to 2:00 p.m.** Call the pharmacy at (320) 525-3401. You may email prescriptions to pharmacy@riverwoodhealthcare.org or mail them to Riverwood Garrison Pharmacy, PO Box 426, Garrison, MN 56450.



Honoring and Remembering Loved Ones

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

Donations from January 1 - February 28, 2014

In Memory of:

Marian Barta
Carl Engquist
Jeffrey Heggem
Ray Kirkhorn
Lawrence Kulham

In Honor of:

Dr. Charles Schotzko Retirement
Robert & Artie Lewis

Capstone (Lifetime) Giving Program

These donors have moved up a level in their giving during Riverwood's 2013 fiscal year. The level changes do not include pledges that have not yet been paid.

Patron (\$100,000+)

Roger & Sandy Wilson

Leader (\$25,000+)

Katharine Dumont Lord Trust
Dutch's Electric
Terry & William Stein

Benefactor (\$10,000+)

Central Lakes Medical Clinic
Crosby Eye Clinic
Kristine & Keith Layne
Artie & Robert Lewis

Pacesetter (\$5,000+)

Dr. Timothy & Teri Arnold
Dr. Joselito & Jen Burgos
Bill & Maxine Ehlers
Janelle & Wayne Floe & Family
HDR- Jordan Architects
Matthew & Shawna Hill
Dan & Kim Jones
McGregor Insurance Agency
McGregor Lions Club
Red Door Resort Motel
Amber & Lincoln Roth
David Scott
John & Jeanyne Slettom
Michael & Ronna Steffen
Technical Life Care Medical Company

Century Club (\$1,000+)

Connie Gretschrann
Dr. Timothy Komoto
Lakes Area Anesthesia, Inc.
Magnum Machining
John & Marce Mateyka
Dr. Howard McCollister
Becky Monse
People's National Bank
Kevin & Tanya Pietz
Edward & Marge Spiel
Township of Shamrock
Twin Pines Resort
Rhonda Vedder
Gordon Vetsch
Echo & Red Welshons

Legacy Society

Jeannette & Michael
Zilverberg
Jodie & Scott Johnson
Gary & Ihleen Williams



WELLNESS CALENDAR

EVENTS

Healthcare Directives Program

How to communicate your healthcare wishes
April 16, 3-4 PM
AITKIN: Riverwood Healthcare Center
Riverwood Social Services: (218) 927-5524

Canvas & Wine Event

Women's Wellness evening program
Fun venue for replicating featured painting
Cost is \$35
April 29, 5-7 PM
AITKIN: 40 Club Convention Center
To register call (218) 927-5552 or email
healthyliving@riverwoodhealthcare.org

Free Skin Cancer Screening

May 5, 8:30-11:30 AM, 1:30-3:30 PM
AITKIN: Riverwood specialty clinic
For an appointment: (888) 841-2897

Healing Garden Memorial Ceremony

June 13, 4:30 PM
AITKIN: Riverwood Healthcare Center
Riverwood Foundation: (218) 927-5158

Holes for Hospice

July 13
Golf tournament
Social, dinner & program
CROSBY: Cuyuna Rolling Hills Golf
Riverwood Foundation: (218) 380-3636

For more details, see our wellness page at www.riverwoodhealthcare.org for an Education & Events catalog that will be updated through the year.

Lunch & Learns

To register for the seminars below,
call (218) 927-5552 or email
healthyliving@riverwoodhealthcare.org

Super Foods

Dr. Janelle Trueblood
April 8, 12-1 PM
GARRISON: Y Club

Seeing Spots: Skin Cancer

Dr. Paul Lundstrom
May 5, 12-1 PM
AITKIN: Butler Building

The Aging Eye

Dr. Martin O'Malley & Dr. Doug Landsverk
May 13, 12-1 PM
MCGREGOR: Fireside Inn

Solutions for Hip & Knee Pain

Adam English, RN, Minnesota Center for Orthopaedics
GARRISON: June 3, 12-1 PM, Y Club
MCGREGOR: June 10, 12-1 PM, Fireside Inn
AITKIN: June 17, 12-1 PM, Butler Building

Education & Support

Breastfeeding Education & Support

Call for free consultation with nurse certified as lactation counselor.
AITKIN: Riverwood Healthcare Center
Birthing Center: (218) 927-2121

Joint Replacement (Pre-surgery class)

AITKIN: Riverwood Healthcare Center
Second Friday, 10:00 AM to 12:00 PM
Riverwood Surgical Services: (218) 927-5549

Prenatal Education Classes

AITKIN: Riverwood Healthcare Center
Tuesdays, 6:30-8:30 PM
May 6, 13, 20 & 27, June 3
June 10: Grandparents class
Riverwood 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
Riverwood Breast Health: (218) 429-3975

Diabetes Support Group

AITKIN: Riverwood Healthcare Center
Second Thursday, 4-5 PM
MCGREGOR: McGregor Clinic
First Wednesday, 9-10 AM
Riverwood Diabetes Education: (218) 927-8281