

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

IN THIS ISSUE

August 2013



Breastfeeding gives babies a healthy start

Riverwood's OB nurses enjoy educating and supporting new mothers with breastfeeding.

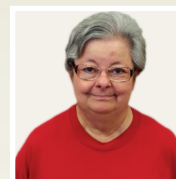
Page 3



Know Your Health Numbers

Knowing your health numbers can save your life. Learn why.

Page 3



Your Healthy Choice Stories

Lavonne Anderson & Marlys Leclaire share their wellness coaching success stories.

Page 4



Chad Cooper,
Riverwood
Healthcare CEO

WELCOME CEO Chad Cooper!

Following the retirement of Michael Hagen, Riverwood Healthcare welcomed **Chad Cooper** as chief executive officer the second week in July.

An experienced and accomplished health care executive with 16 years of progressive experience as a chief executive officer, Cooper has successfully led both independent and system-based healthcare organizations.

"Chad has a sincere commitment and strong passion for helping the health systems he has served become the best they can be," says Mike Paulbeck, Riverwood Healthcare Governing Board of Directors. "His health care management expertise is an excellent match for the skills needed to guide Riverwood successfully into the future. We are happy to welcome Chad to our organization and our community."

Most recently, Cooper served as the president of Unity Family Healthcare, in Little Falls, Minn., where he led both St. Gabriel's Hospital and the Albany Area Hospital & Medical Center, along with multiple physician practices consisting of more than 40 employed physicians and other practitioners. For more on Cooper's experience and education, see the news release posted in the news section at www.riverwoodhealthcare.org

Continued onto page 4

Preventive care means living healthy today

Living a long, healthy and happy life is what most of us want. However, as we get older, many of us are not enjoying the quality of life we would like. Obesity and chronic illnesses like diabetes, lung disease or a heart condition are significantly limiting our daily activities and enjoyment of life.

When you're sick, it's easy to make your health a number one priority. The challenge is keeping your health top of mind when you are feeling well.

"Most chronic diseases are highly preventable if you consistently make healthy lifestyle choices," says Dr. Tom Lawson, Riverwood family physician. "That means developing healthy habits like staying physically active and eating right—consuming plenty of fruits and vegetables and limiting sugar and salt consumption. It's also important to drink plenty of water, avoid using tobacco and to drink alcohol only in moderation."

Preventive health care must be planned and executed ahead of time—when you are feeling well. Aim to build healthy habits into your daily and weekly routines. This may require sacrifices in how you spend your time, such as going to bed earlier and getting up earlier to allow time for a walk or to pack a healthy lunch for work.

Preventive screenings

Preventive screenings, which have been recommended by doctors for years, are cost-effective services that can help you stay well. They help catch a health problem before it becomes a major issue.

Continued onto page 2

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



“Many chronic diseases may be prevented or controlled by making good lifestyle choices. Then, if disease symptoms show up, we can intervene with treatment right away before there are serious health consequences. We can also advise you on the appropriate screenings that would benefit you given your specific risk factors and age.”

+ Dr. Tom Lawson

Consistently making healthy lifestyle choices

Continued from page 1

Preventive health services include immunizations; blood pressure, obesity, cholesterol and blood sugar screenings; clinical breast exams and mammograms; colorectal cancer screenings such as colonoscopies; depression screening; and smoking cessation advice and aids.

Preventive vs. Diagnostic tests

If you go to the doctor because you have a health problem or symptom, that care is no longer considered preventive—it's diagnostic. That means your doctor is using the screenings or tests to diagnose and treat a health condition. When you get diagnostic care, your health plan coverage costs may be different than for preventive care.

Most health plans cover preventive services 100 percent, but may have a different payment schedule for diagnostic services. You can check your health plan's coverage terms to see specifically what your out-of-pocket costs may be. Under the new Affordable Care Act, many insurers are now required to cover certain preventive services at no cost to you. For more information, go to www.healthcare.gov/prevention/index.html.

Several examples here highlight the difference between preventive and diagnostic screenings and tests.

Cholesterol Testing

Preventive: When it's done as a screening test to check for abnormally high cholesterol levels.

Diagnostic: When it's done after you've been diagnosed with high cholesterol and your doctor wants to see if medicine may be needed to treat this condition; or, when your previous screening has shown abnormally high cholesterol levels and your doctor wants to see if medicine may be needed or to review how prescribed medicine has been working.

Cancer Screenings (like mammograms or colonoscopies)

Preventive: When a mammogram or colonoscopy is done before you've had symptoms.

Diagnostic: When the screenings are being done because you've had symptoms or abnormal test results.

Taking a preventive approach to your health is critical to preventing chronic disease. Think of it as an investment or personal insurance. Either invest a relatively small amount of time and effort now in order to stay healthy, or pay a huge amount later to treat chronic illnesses that often emerge over time after years of unhealthy habits.

News Briefs

Looking for healthy food options?

Earlier this summer, Riverwood began hosting a **fresh produce market on Thursdays, 1:00 to 3:00 p.m.** in its parking lot at 200 Bunker Hill Dr., Aitkin. All produce is offered by one vendor—Sprout MN in affiliation with The Farm on St. Mathias. We will also host **Prairie Bay Restaurant's traveling vending truck** where you can buy healthy to-go meals prepared with fresh local produce. The truck will be at our hospital/clinic in Aitkin July 24, 11 a.m. to 1 p.m. and at our Garrison clinic on Aug. 7, 11 a.m. to 1 p.m.

Learn about heart health

Riverwood and Minneapolis Heart Institute-Brainerd Lakes (MHI) will host a seminar called “The Road Map to Heart Health” on Thurs., Sept. 19, 6:00 to 7:30 p.m. at Butler's Opera House in downtown Aitkin.

Dr. Tim Dirks, MHI cardiologist, will talk about three key steps to take to improve and maintain your heart health. They include: **1)** How to understand your level of risk for having a heart attack; **2)** Important things you can do to

lower your risk for heart disease; and **3)** How to manage your risk. Discussion will include risk factors, nutrition, exercise and advances in cardiac screening.

Registration is requested. Call Riverwood Education at (218) 927-5552 or email wellness@riverwoodhealthcare.org

Access health resources online

You can access several helpful health tools on Riverwood's website at www.riverwoodhealthcare.org To learn about symptoms, click on Symptom Navigator on the left side of the homepage. Click on Family Health Manager to take a 10-minute online health assessment. Your answers to questions about physical activity, stress, sleep and more will give you an overall health score. Plus you can access helpful online information specific to your health concerns via email alerts. Invite all your family members to complete the assessment.

Connect to wellness resources

Looking for ways to improve your health and wellness? Riverwood has out together two new guides to local wellness resources. One is **Riverwood Wellness Resources** listing educational classes and support groups offered at the hospital or clinic. The **Community Wellness Resources** guide lists local programs, facilities and recreational spots that can be tapped to support your health and well-being. You can find both guides online at www.riverwoodhealthcare.org under “Wellness”. Or pick up printed copies at our clinics.

LIKE us on Facebook

Riverwood has two Facebook pages that offer tips on health topics and what's new at our hospital and clinic. A new Facebook page for our Riverwood Birthing Center features photos of our new birthing suites, information on physicians who provide OB care and a video on Riverwood's OB care. Go to Riverwood Healthcare Center's Facebook page for the latest news and events information as well as tips on health and wellness.

Breastfeeding gives babies a healthy start

Research has shown that exclusive breastfeeding for six months is crucial for the health of mothers and infants.

The Baby-Friendly Hospital Initiative (BFHI), launched in 1991, is an effort by UNICEF and the World Health Organization to ensure that all maternities, whether free-standing or in a hospital, become centers of breastfeeding support.

In 2012, Riverwood became only the second hospital in Minnesota to start the process of becoming designated as Baby-Friendly. To support this effort, four Riverwood registered nurses- **Beth Ambuehl**, **Joanna Brenny**, **Kelli Crowther** and **Mary Holm** -have become certified as lactation consultants. As babies are born at Riverwood, these nurses offer expert help to new mothers on how to breastfeed.

Riverwood now offers breastfeeding education and support led by a lactation consultant on Tuesdays, from 1:00 to 2:00 p.m. No registration is required. Simply come to the hospital's birthing center.

In addition, Riverwood follows UNICEF's "Ten Steps to Successful Breastfeeding", including informing all pregnant women about the benefits and management of breastfeeding and helping mothers learn to breastfeed within one half hour of giving birth.



Riverwood's OB nurses enjoy educating and supporting new mothers with breastfeeding. Pictured, from left, are Beth Ambuehl, Mary Belz and Joanna Brenny.

"With more mothers breastfeeding their infants, the ultimate goal is to improve child health. We are excited to offer enhanced breastfeeding support to our patients and are looking forward to the final phase of becoming designated as a Baby-Friendly Hospital."

+ Mary Belz, RN, who oversees obstetric nursing care at Riverwood.

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 second 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.



As your heart beats, blood is pumped from the heart to all parts of your body through large blood vessels called arteries and it pushes against the walls of the arteries with a force called Blood Pressure. As the heart beats, sending the blood into the arteries, the systolic pressure within the artery rises. As the heart relaxes between beats, the diastolic pressure decreases.

The measurement is written one above or before the other, with the systolic number on top and the diastolic number on the bottom. For example, a blood pressure measurement of 120/80 mmHg (millimeters of mercury) is expressed as "120 over 80."

What is a normal blood pressure? The target rate for adults is having a blood pressure reading of less than 120 over 80. A consistent blood pressure reading of 140/90 or higher is considered high blood pressure; the medical term is hypertension. If your blood pressure is regularly between 120/80 and 139/89, you have pre-hypertension with a risk of developing high blood pressure in the future.

What causes HIGH blood pressure? A range of risk factors can increase your chances of developing hypertension:

Heredity High blood pressure tends to run in families.

Gender Men are more likely to develop hypertension than women.

Age The risk of high blood pressure increases with age. Men tend to develop hypertension between ages 35 to 50; women develop it later, frequently after menopause.

Obesity Those whose weight is more than 20% above the ideal for their body type are more likely to have hypertension. In fact, blood pressure rises as body weight increases.

Sedentary lifestyle Being physically inactive generally contributes to weight gain and a higher blood pressure.

Alcohol consumption Drinking too much alcohol can raise blood pressure.

Sodium intake Lower-sodium diets can keep blood pressure from rising and help blood pressure medicines work better.

How can you control your blood pressure? Once high blood pressure develops, it usually lasts a lifetime. You can prevent and control high blood pressure by making healthy lifestyle choices.

- Eat a healthy diet, heavy on fruit and vegetables and low in sodium. Losing even 10 pounds can lower blood pressure.
- Exercise regularly. Aim for at least 30 minutes of moderate-level physical activity four to six days a week.
- Consult your doctor for smoking cessation aids and support.
- If you drink alcoholic beverages, consume only a moderate amount, defined as one drink a day for women; two drinks a day for men.

New CEO brings passion for rural healthcare

Continued from page 1

"Leading a rural healthcare organization is really where my roots are and where my passion lies," Cooper explains. "Our industry is in the midst of some significant and transformational changes and success in the future will not necessarily be defined by all of the same metrics as in the past. While the imperative for change will bring with it both challenges and opportunities alike, I

look forward to embracing that change head on alongside the many top notch leaders, clinicians and other healthcare professionals at Riverwood."

Cooper and his wife Beth have two children, Matthew (8) and Grace (7). He enjoys golfing, hunting and other outdoor activities with his family.

WELLNESS CALENDAR

EVENTS

Heart Health Seminar

Dr. Tim Dirks, Minneapolis Heart Institute cardiologist
September 19, 6:00-7:30 PM

Aitkin: Butler's Opera House

Beverages served. No cost.
RSVPs requested.

Riverwood Education: (218) 927-5552 or
wellness@riverwoodhealthcare.org

Riverwood Gala

An evening of fine dining, great entertainment
October 12, 6:00 PM

Aitkin: 40 Club Convention Center

Riverwood Foundation: (218) 927-5158

Education & Support

Breastfeeding Education & Support

Tuesdays, 1:00 to 2:00 PM

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

Riverwood Surgical Services: (218) 927-5549

Prenatal Education Classes

Tuesdays, 7:00-9:00 PM

August 27 & September 3, 10, 17, 24

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

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

Grief Support Group

4:30-6:00 PM

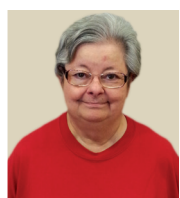
Thursdays, September 5 - October 10

Aitkin: Riverwood Healthcare Center

Riverwood Social Services: (218) 927-5524

YOUR HEALTHY CHOICE STORIES

Connecting with resources works wonders



"Wellness coaching saved my life," says **LaVonne Anderson**, age 66, who was referred for wellness coaching by Dr. Ted Trueblood, Riverwood family physician, when she was in

a deep depression. "A few years ago, I suffered several major crises all within six months. Both my father and my husband died plus my daughter, son-in-law and three grandchildren were in a bad car accident with my daughter breaking both legs. I felt very depressed, began to put on weight and wasn't sleeping well at night."

LaVonne credits Dan Schletty, wellness coach, with indirectly saving her life. She explains:

"Dan helped guide me to resources that I never knew existed in Aitkin. With information from Dan and a referral from Dr. Trueblood, I underwent a sleep study and got treatment for sleep apnea. He also gave me the tools to start eating better and exercising. He referred me to a falls prevention class that helped me get out and talk to people again and an I Can Prevent Diabetes class at Riverwood that is offering information and support on healthy habits."

LaVonne has lost 20 pounds and is planning to lose more. "The kind of depression I was in could have led to suicide," she says. "I'm feeling so much better now."

Counting calories, food journaling support weight loss



"My wellness coaching experience gave me a lot of good tips," says **Marlys LeClaire**, age 76, who signed up for this new service from Riverwood at the Aitkin

Commerce Show. "I wanted to lose weight and am so pleased with my success. Keeping a food journal and counting calories as well as increasing my physical activity helped me lose 20 pounds and drop a clothing size.

I know I could not have done this without support from my wellness coach, Dan, who checked my progress and encouraged me."

To self-refer for wellness coaching, contact Dan Schletty, Riverwood health and wellness coach, at (218) 927-5168 or dschletty@riverwoodhealthcare.org