

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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September 2015



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Awareness is First Step to Preventing Breast Cancer

The three most commonly diagnosed cancers among women in the U.S. are breast, lung and colorectal. Breast cancer is one of the most preventable and easily detected cancers.

Breast cancer prevention begins with healthy habits. You can lower your risk with lifestyle changes. Become more physically active, aiming for at least 30 minutes, 5 days a week. Limit alcohol intake to just one glass a day or less. Eat foods that nourish your body

like low-fat meat, whole grains and beans, and a variety of fruits and vegetables. Avoid skipping meals and snacking on salty and sugar-laden foods.

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Aitkin's Hospital is 'Stroke Ready'

Stroke is the fifth leading cause of death in Minnesota, accounting for about 2,000 deaths annually. Minnesota hospitals treat more than 11,000 strokes each year.

Recently, Riverwood Healthcare Center's hospital achieved designation as an Acute Stroke Ready Hospital from the Minnesota Department of Health.

"When it comes to a stroke diagnosis, getting medical treatment as soon as possible is critical to preventing loss of brain function," said Jeanine LeBlanc, trauma/stroke coordinator and emergency department manager for Riverwood. "Here at Riverwood, our medical and nursing staff has advanced training and is ready to deliver high-quality stroke care close to home."

The stroke-ready designation means that a hospital is equipped to evaluate, stabilize and provide emergency care to patients with acute stroke symptoms. For example, a stroke-ready hospital always has a stroke team available, has a CT scanner onsite and can administer a key clot-dissolving drug called tPA.

It is important to know how to spot a stroke fast and call 9-1-1. You can recognize the signs and symptoms of a stroke by remembering F.A.S.T. F for facial droop/numbness, A for arm weakness, S for speech difficulty, and T for time to call 9-1-1.

Lower your risk with lifestyle changes

Continued from page 1

Aside from lifestyle changes, the most important action a woman can take is to follow early detection guidelines. The American Cancer Society recommends:

- Annual mammograms starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exam about every 3 years for women in their 20s, 30s and every year for women 40 and over.
- Women should know how their breasts normally look and feel and report any breast changes to a health care provider right away. Breast self-exam is recommended for women starting in their 20s.

Choose a healthcare provider that you feel comfortable with and get an annual exam. A well woman checkup can help you learn what other screenings might be recommended given your age, family history and risk factors.

Riverwood Healthcare now offers five physicians/surgeons and a nurse midwife who specialize in obstetrics and gynecology. They all see patients in Aitkin. *See our new providers below.*

According to the National Breast Cancer Foundation in 2010, there were more than 2.5 million breast cancer survivors in the U.S. Fortunately, with early screenings and medical research, breast cancer is no longer a sudden discovery with little hope of recovery.

If you do get breast cancer, Riverwood is ready to guide you on this journey. **Amy Renner**, oncology care coordinator, is available to provide one-to-one support and assistance. *Accredited by the Commission on Cancer since 2013, Riverwood offers a program that provides quality cancer care to patients.*

Breast Cancer Screening with SPA Services

Wednesday | October 21 | 3:00-7:00PM

Riverwood will host a free Breast Cancer screening service at the hospital in Aitkin. Get a clinical breast exam and mammogram and enjoy some pampering with services like massage, fingernail painting and light refreshments.

Who should participate?

If you don't have health insurance and are aged 40 to 64, you can qualify for free breast cancer screening through the Sage program. Those with a high deductible health plan are encouraged to participate as well. For Sage, all need to meet the specified household annual income guidelines (\$29,425 for 1, \$39,825 for 2, \$60,625 for 4).

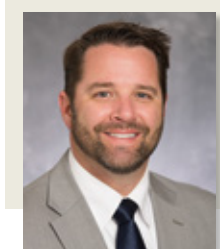
If you have health insurance, this is a convenient evening time to fit your busy work and family schedule. Allow about 30 minutes for the exam and mammogram.



Appointments are required as there is limited availability. To schedule an exam, call our Radiology department at (218) 927-5515.

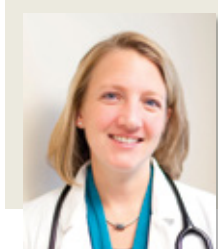
Meet Our New Providers

Riverwood is pleased to welcome six new healthcare providers to our specialty clinic medical staff.



Eric Fenstad, MD

Eric Fenstad joined the cardiology team at Riverwood's specialty clinic the first week in August. He now sees patients several days a month in Aitkin, along with two other cardiologists, Dr. Peter Stokman and Dr. Timothy Dirks; and Dr. James Furda, internist; Nurse Practitioner Lise Lunde and Physician Assistant Rebecca Heimark.



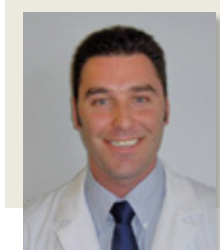
Leigh Bauer, DO

Leigh Bauer, who has been seeing patients in Baxter and Crosby, resumed seeing patients for obstetrics and gynecology care in Aitkin on September 1. She will see patients ongoing in Aitkin several Tuesdays each month.



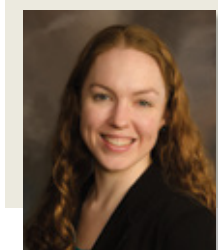
Adam English, DNP

Adam English recently completed his doctorate of nursing degree to become a nurse practitioner working with orthopaedic patients. As joint coordinator for the Minnesota Center for Orthopaedics, he plays a key role in educating patients about their surgical and non-surgical options for joint care.



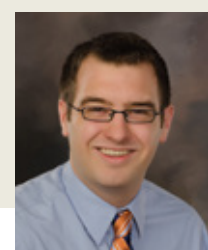
Cory Richardson, MD

Cory Richardson began a one-year fellowship in advanced minimally invasive surgery, bariatric surgery and flexible endoscopy in August. He practices with Dr. Tim LeMieur, Dr. Howard McCollister, Dr. Shawn Roberts and Dr. Paul Severson at both Riverwood Healthcare Center and Cuyuna Regional Medical Center.



Marie Nelson, MD

Marie Nelson joined the OB/GYN team here in August. She sees obstetrics and gynecology patients in Aitkin on Thursdays several times a month.



Matt Fleming, PA

Matt Fleming began seeing orthopaedic patients with Dr. Erik Severson, orthopaedic surgeon, in June and will begin seeing patients in Aitkin later this fall.



You can find detailed bios for each at www.riverwoodhealthcare.org

Healthy Babies are Worth the Wait

The March of Dimes has recognized Riverwood Healthcare Center for reducing the number of elective inductions and Cesarean deliveries performed before 39 completed weeks of pregnancy.

“Riverwood is proud of its 100 percent compliance rate with no early elective deliveries before 39 weeks for the past two years. We have a hard stop policy with clearly defined medical indications for deliveries less than 39 weeks along with a process to monitor the scheduling of Cesarean sections and inductions of labor prior to 39 weeks gestational age.”

— Kristine Layne, Chief Nursing Officer

Full-term pregnancies give more babies a healthy start in life. Babies delivered before full term are at increased risk of serious health problems and death in their first year of life. Those born just a few weeks early have higher rates of hospitalization and illness than full-term infants.



Having Your Baby at Riverwood?

Riverwood's Birthing Center offers all the comforts of home with skilled obstetric care, including breastfeeding instruction from nurses certified in lactation counseling. For a tour, call the hospital at (218) 927-2121, or visit www.riverwoodhealthcare.org, click on Services/Birthing Center and take an online tour.

Foundation News

Gala to Raise Funds for Advanced Reflux Care

11th ANNUAL RIVERWOOD GALA | Saturday, September 26 | 5:30 PM | 40 Club Banquet Center, Aitkin

Individual tickets are \$85. A variety of sponsorship opportunities are available as well.

Enjoy an evening of dining and entertainment to support the continued delivery of advanced medical care delivered right here in Aitkin and the surrounding communities.

This event will feature fine dining with a wide variety of delicious entrées, side dishes, beverages and desserts—all generously provided by local restaurants and businesses.

Proceeds from the event will support continued development for advanced treatment of heartburn and reflux. Dr. Paul Severson, general surgeon and reflux specialist practicing at Riverwood Healthcare Center and Cuyuna Regional Medical Center for more than 30 years, will speak about the cutting-edge diagnostic and treatment options available in the future.

Also speaking is Dr. Richard Burman, a physician who practiced at Riverwood from 1957-1973. The program will be followed by entertainment from the Honey Badgers, a 4-piece band with dance music.

“With a black and white theme, we are encouraging guests to dress up in black and white. If you are unable to attend the gala, please consider making a tax-deductible donation that will support advanced care for reflux and heartburn. Each year generous support from local businesses and individual donors plays a huge role in the success of this fun-filled event, helping Riverwood continue to strengthen and enhance local health care services for the communities we serve.”

— Katie Nelson, Foundation director



For tickets, sponsorship and donations inquiries, contact Riverwood Foundation at (218) 927-5158 or Foundation@RiverwoodHealthcare.org



Honoring and Remembering Loved Ones

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

Donations from May 1 - July 31, 2015

In Memory of:

Betty Conway

William Earley

Betty Fossen

Gertrude Hughes

Walter Meyer

Robert Sandberg

Dawson VanPortfliet

Leona Wagner

Georgiana Wold

Jeanette Zilverberg



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

Diabetes Program Offers Education & Support



Riverwood's diabetes self-management education program, an essential component of diabetes treatment, has been awarded continued Recognition from the American Diabetes Association. Our program, which was originally recognized in October 2005, offers high-quality education services to the patients we serve.

One outcome of compliance with the national standards is greater consistency in the quality and quantity of education offered to people with diabetes. Riverwood's diabetes team includes **Maureen Mau**, RN, certified diabetes educator; **Megan Zillmer**, registered dietitian; and **Renee Fliss**, diabetes education assistant.



For any questions on services offered, call our
Diabetes Center at (218) 927-8281.

Let Us Introduce You to Riverwood

Are you new to the area? Or maybe you are considering changing healthcare providers. Why not check out your options for local healthcare with a tour of Riverwood Healthcare Center. We are happy to offer a tour of our hospital and clinic facilities in Aitkin and our Garrison and McGregor clinics.



Call Riverwood at (218) 927-5589 to make an appointment for a tour, or to request an information packet on our healthcare facilities and providers. Visit www.riverwoodhealthcare.org to see services, provider information and more.

Events

Riverwood Gala

Fine dining, formal dress
September 26, 5:30 PM
Aitkin: 40 Club Banquet Center
Riverwood Foundation: (218) 927-8286

Mindfulness Class Series *Cost: \$50*

Thursdays, 5:00-7:00 PM, October 1, 8, & 22
Thursday, 5:00-9:00 PM, October 15
Garrison: City Hall
Riverwood Events: (218) 927-5188

WELLNESS CALENDAR



Education & Support

Breastfeeding Education & Support

Call for free consultation with nurse certified as lactation counselor

Aitkin: Riverwood Healthcare Center
Birthing Center: (218) 927-2121

Grief Support Group

Thursdays, 4:30-6:00 PM
September 17, 24, October 1, 8, 15, 22
Aitkin: Riverwood Healthcare Center
Social Services: (218) 927-5524

Joint Replacement (Pre-surgery class)

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

Prenatal Education Classes

Tuesdays, 6:30-8:30 PM
November 3, 10, 17 & 24, December 1
Aitkin: Riverwood Healthcare Center
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
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
Diabetes Education: (218) 927-8281

Lunch & Learns

Registration for these programs is required.
Contact (218) 927-5188 or
healthyliving@riverwoodhealthcare.org

Diabetes Nutrition & Living WELL

Panel presentation and Q&A, information booths
October 22, 11:30 AM-1:30 PM
McGregor: Fireside Inn
October 29, 11:30 AM-1:30 PM
Aitkin: Butler Building



Riverwood Healthcare Center
200 Bunker Hill Drive
Aitkin, MN 56431
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