

# Healthy Living

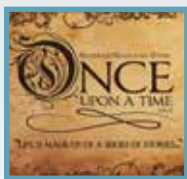
Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

FALL 2018

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## Extra layer of care helps patients navigate



Family Nurse Practitioner Jen Burgos with Carol Priglmeier, LPN, and Marcy Mateyka, RN Care Manager

Maintaining good health can be a challenge, especially when a person has multiple chronic health conditions. For example, someone with diabetes may also have heart disease and take multiple medications. Then if a diabetic foot ulcer develops, managing care needs becomes even more complex.

At our Riverwood Healthcare clinics in Aitkin, Garrison and McGregor, an extra layer of care can help patients navigate and manage their health. We offer chronic care management to patients of any age who have two or more

chronic illnesses. Often a patient's healthcare provider refers a patient for care management, but referrals can come from other sources too such as Riverwood healthcare professionals, community contacts, including a public health nurse or social worker, or a family member.

"We have established a team of six registered nurses who have been trained in motivational interviewing and health coaching to act as RN care managers," explains April Bourdage, clinical manager at Riverwood. "Using a team approach, they work closely with the patient,

provider, clinical assistant and other healthcare professionals to help patients navigate situations that are difficult or challenging."

The care managers include **Heidi Olesen**, **Kari Carlson** and **Marcy Mateyka** at the Aitkin clinic; **Rhonda Hamann-Lease** at the Garrison clinic; and **Angela Joyner** and **Dianne Schwerin** at the McGregor clinic. They work closely with patients to develop care plans and health goals, then connect them with the resources and tools they need to confidently self-manage their care.

### Health Care Home

Care coordination is an integral part of a Patient Centered Health Care Home model of care that Riverwood has implemented in its clinics.

"Patient Centered Health Care Home is a journey, constantly striving for quality improvement and recognizing that the patient is the biggest untapped resource in health care," said Heidi Olesen, RN care manager and clinic supervisor. "We meet patients where they are at and ask them where they want to go in managing their health and wellness. As a patient's health changes, care will be tailored to fit his or her individualized needs and preferences. It is our goal to make transitions in care as seamless as possible while preventing gaps in care."

Caring for patients using team-based care coordination approach has many valuable benefits, according to Jen Burgos, family nurse practitioner at Riverwood.

"One benefit I find exciting is the increased accessibility our patients have to a healthcare professional," Jen said. "Caring for a patient as a team, rather than a sole provider, allows our patients to have ongoing support to bridge the gap between appointments. With our newly designed clinic team area, the ease of communication for daily team meetings has increased our ability to collaborate with each other, allowing us to better coordinate patient care."

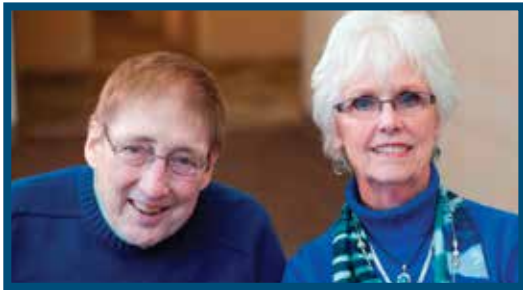
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## Extra layer of care helps patients navigate

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### Patient Testimonial

In the past few years, Bob Munneke of Aitkin has had multiple health issues requiring a lot of medical care. His wife, Darlene, explains how chronic care management has made a positive difference.



Bob and Darlene Munneke

in getting his medications transferred when it became necessary to switch to a new pharmacy for getting a longer term supply. She also helped coordinate an urgent appointment and follow-up care with the neurologist who sees Riverwood patients.

"With care coordination, we love knowing that someone is on top of things and who we can contact to get help right away. The nurse care manager assigned to Bob was very helpful

Care coordination also helped connect Bob with the LSVT BIG and LOUD therapy for Parkinson's disease patients. A Riverwood physical therapist, Monica Bostrom, helped him get moving better over an 8-week period, and now he's to the point where he no longer needs a walker or cane."

*Riverwood patients interested in care management may ask about it during an office visit with their primary care provider, or call 218-927-2157 and choose the option to leave a message for clinic nursing or their provider.*



To see a list of primary care and specialty providers pick up a medical provider directory at any Riverwood clinic, or go to the PROVIDER section at [www.riverwoodhealthcare.org](http://www.riverwoodhealthcare.org)

## Reflux & Heartburn Care

### Gastrointestinal Care: We're leading with technology

Through the Minnesota Reflux and Heartburn Center (MRHC), Riverwood Healthcare Center is one of three health systems in Minnesota using an advanced imaging technology called Endoflip™, and the first to use the new methodology intra-operatively.

This sophisticated diagnostic tool, available through Medtronic, supports early detection and treatment of gastrointestinal diseases and cancers, and now is used routinely to calibrate anti-reflux procedures and improve outcomes at the Minnesota Reflux and Heartburn Center.

**How it works:** Endoflip provides an internal view of the esophagus and gastroesophageal junction during endoscopic and surgical procedures. It enables real-time measurements of the pressure and dimensions in the esophagus and lower esophagus muscle. This tool complements high resolution manometry and other diagnostic methods used by our MRHC reflux specialists.

"All of our reflux specialists and surgeons are enthusiastic about Endoflip, not only because we can accurately identify swallowing disorders and treat patients much earlier, but we can also perform new anti-reflux procedures with improved accuracy," said Dr. Paul Severson, MRHC director. "That's so much better for our patients."



Dr. Paul Severson



For information or appointments for reflux care at Riverwood in Aitkin, call MRHC Nurse Coordinator Dawn Harcey at **(218) 429-3930**.

## General Surgeon joins Riverwood

Riverwood Healthcare Center is pleased to welcome General Surgeon Andrew Loveitt, DO, to its specialty care medical staff.



**Dr. Loveitt** is the fifth surgeon to join the Minnesota Institute for Minimally Invasive Surgery (MIMIS) in Aitkin and Crosby. He will practice with Dr. Tim LeMieur, Dr. Howard McCollister, Dr. Shawn Roberts and Dr. Paul Severson.

He will also join this team of physicians in providing care through the Minnesota Reflux and Heartburn Center (MRHC) at Riverwood and Cuyuna Regional Medical Center

(CRMC). MRHC is a comprehensive, patient-centered initiative focused on providing a solution of testing and therapies for patients with gastroesophageal reflux disease (GERD), heartburn or esophageal symptoms.

He served as a Surgical Fellow with MIMIS in Aitkin and Crosby from August 2017 to August 2018. He is beginning his surgery practice here this fall.



For an appointment with Dr. Loveitt at Riverwood's specialty clinic in Aitkin call **(218) 927-5566**.



## Aitkin Clinic: Construction Update

The first phase of our Aitkin clinic expansion and renovation project reached completion in mid-June. The newly constructed clinic addition features larger patient exam rooms and new office space designed to support teamwork between our providers, nurses and clinical assistants. Our gift shop is operating in a temporary location near Radiology until its new permanent space off the main lobby is finished next summer.

Phase two of the project includes remodeling the existing clinic space and renovating the clinic waiting area. In October, our Rehabilitation department will move into its new space at the front of our facility with

its own entrance just off the parking lot. Work will then begin on converting the existing rehabilitation space to a new kidney dialysis center, which will open in July 2019.

“We thank our patients for their understanding as we move through this transition to our new clinic space that is designed to enhance patient care,” said Todd Sandberg, Riverwood chief executive officer. “We look forward to welcoming the community to an open house and tours next summer.”

## Foundation News

### Riverwood Gala: “Once Upon a Time”



#### Support for Pediatric Care

**SATURDAY, OCTOBER 13, 2018 | 40 CLUB BANQUET CENTER**

Each fall Riverwood Healthcare Center hosts a gala event with fine dining and entertainment in Aitkin. Funds raised this year will benefit pediatric care.

“Our “Once Upon A Time” theme ties in with stories we will be sharing from several area residents whose children have benefited from pediatric services at Riverwood,” said Katie Nelson, Riverwood Foundation Director. “Your donor dollars for this event will help us purchase specific equipment for pediatric care as well as child-friendly amenities for our hospital and clinics. We hope you will consider joining us or giving to this cause.”



For tickets or sponsor information, call Riverwood Foundation at **(218) 927-8286**.

### Golf Charity Event 2018

Thanks to all who participated in or sponsored our annual Golf Charity Event, which was held July 13 at Minnesota National Golf Course in the McGregor area.

**The funds raised totaled more than \$25,000 and will go toward a new ultrasound machine for Riverwood’s McGregor clinic.**



Dr. Austin Krohn, Riverwood family physician, was one of the 132 golfers.



## Honoring and Remembering Loved Ones

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

Donations from May 1 - July 31, 2018

#### In Memory of:

Edward Farah

Kenneth Boyd

Jim Harker

Dale Bjerkness

Dennis Kohlgraf

Paul Hoge

Gordon Passell

Maria Waffensmith



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.

## Orthopaedic Care

### One great choice for seven new joints



Jerry & Marilyn Ubel

Between them both, **Jerry and Marilyn Ubel** have had seven joints replaced through the Minnesota Center for Orthopaedics.

Jerry, 73, had his first left hip replacement in 2011 at Riverwood Healthcare Center after developing

severe osteoarthritis pain from bone rubbing against bone. Over the next few years, Dr. Erik Severson, fellowship trained in hip and knee reconstruction and joint replacement at the Mayo Clinic, has since replaced Jerry's right hip and both knees.

Marilyn, 65, most recently had her left hip replaced by Dr. Severson, and a few years earlier had her right hip and right knee replaced.

"Six weeks after my hip surgery, I was going for 1-2 mile walks and didn't need any assistive device," Marilyn explains. "My knee replacement recovery was very fast too; I can bend my knee further than 90 degrees and have no problems kneeling."

Jerry adds:

**"We like Dr. Severson so much because he's just like family. He's so friendly and outgoing. I like that he and his fantastic team cover a wide range of orthopaedic issues."**

Marilyn incurred a rotator cuff injury to her shoulder while cleaning up tree debris after a tornado tore through the Hill City area in 2016. She then had shoulder surgery with another MCO surgeon, Dr. Jon Herseth. Again, her recovery was very quick with her shoulder out of sling in three weeks, and regaining full use of her arm in six weeks.

"I like that the caregivers at Riverwood are friendly and local," Jerry says. "For all my surgeries, the hospital care was great. The Rapid Recovery program is truly miraculous!"



For an appointment for orthopaedic care, call Riverwood's specialty clinic at **(218) 927-5566**. See more patient success stories at [www.riverwoodhealthcare.org/patientstories](http://www.riverwoodhealthcare.org/patientstories)

## Cheers!

### HEALTHY REARS

Education & Entertainment



**Tuesday, October 2 | 5:00 & 6:30 pm**  
**The Beanery, Aitkin | Free Event**

Join us for a fun and informative event that offers colon cancer prevention information in a unique blend of education and entertainment. Sign up for the 5:00 or the 6:30 time as the program will be offered twice.

- Learn about colon cancer prevention and screening with Dr. Joselito Burgos and Nurse Practitioner Jen Burgos.
- Laugh along with comedian Pete Borchers.
- Sample beers from local brewers (must be 21 years or older).
- Tour the NEW Block North Brew Pub (to open in late 2018).
- Enjoy an array of tasty appetizers.

All at no charge to you and graciously funded by the Riverwood Foundation.



**RSVP required as space is limited.** Call Riverwood at **218-927-5188** or email [healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org)

 **Riverwood**  
**HEALTHCARE CENTER**  
*Together we will.*

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** 218-927-2121  
**Aitkin Clinic - Urgent Care** 218-927-2157  
**McGregor Clinic** 218-768-4011  
**Garrison Clinic** 320-525-3400  
**Specialty Clinic** 218-927-5566