

# TOPICS Healthcare

RIVERWOOD HEALTHCARE CENTER

FALL/WINTER 2009-2010

## Four More Reasons to Choose Riverwood

for your healthcare needs

Riverwood recently welcomed four new healthcare practitioners to its medical staff. They include two physicians—**Dr. Cory Ecklund**, *Family Medicine*, and **Dr. Sweety Prethish**, *Internal Medicine*, and two nurse practitioners—**Mary Mapes** and **Jennifer Weyer**.

In this issue, we're featuring in-depth profiles of Ecklund and Prethish. In our spring newsletter, we'll bring you more on Mapes and Weyer.



Continued on page 2

## Riverwood offers patients enhanced Urology Services

Are you or someone in your family experiencing urinary issues or prostate health concerns? If so, there's good news...

In response to market needs and community requests for a broader depth of services, Riverwood has formed a relationship with **Adult & Pediatric Urology (APU)**.

"APU's mission of providing quality patient care in a compassionate manner is a perfect match with ours," said *Mike Delfs*, Chief Operating Officer of Riverwood. "This partnership offers expanded patient-centered urological services and improved access to some of the most advanced treatment techniques."

Continued on page 4

## Open House

Health Coverage Options

Tuesday, November 10

2:00 to 6:00 pm

Riverwood Healthcare Center, Aitkin

See page 4

POSTAL CUSTOMER  
ECR WSS

### Inside this Issue



Seasonal & H1N1  
Flu Update

Page 3



New Faces  
of Riverwood

Page 3



APU  
Adult & Pediatric Urology

Page 4

Non-Profit Organization  
U.S. POSTAGE  
PAID  
BRAINERD, MN  
PERMIT NO. 250

200 Bunker Hill Drive • Aitkin, MN 56431  
HEALTHCARE CENTER  
**Riverwood**

## Four More Reasons to Choose Riverwood...

Continued from page 1

**Dr. Ecklund**, board certified in family medicine, sees patients at Riverwood's Aitkin clinic. He recently completed a 3-year residency with a wilderness medicine focus at a family medicine clinic in Anchorage, Alaska. Much of his training has focused on providing healthcare to rural and underserved communities.

NEW RIVERWOOD PRACTITIONER PROFILE

### Dr. Cory Ecklund Family Medicine

Dr. Ecklund's professional interests include the *full spectrum of family medicine* with *obstetrics, dermatology* and *wilderness medicine*.

**My style of medical practice:** Growing up in a small town--Lake City, Minnesota--*I have always envisioned becoming a family physician* in a smaller community. I think a rural environment like Aitkin provides the perfect setting for physicians to become integrated into the community, enhances the continuity of care for the entire family, and *allows for a closer bond between physicians and their patients*. I have a strong passion for family medicine and its role in guiding patients to healthy habits and lifestyle choices.

**Experience that is helping me in my practice today:**

I have spent the last three years working for Providence in Anchorage, which is *the largest medical center in Alaska*. Much of this time was also spent working in remote villages accessible only by plane or boat. I have treated patients with common medical problems as well as patients with rare infectious diseases, environmental injuries, and even dangerous animal encounters. I feel that my residency has helped me to embrace advances in medical technology while still appreciating the many tried-and-true methods in family medicine.

**Best aspects of the patient-physician relationship:** Individuality, partnership and trust.

*I strive to create a warm and open environment* to discuss any healthcare concerns. I like to work collaboratively with patients to create practical care plans to suit their needs and follow patients over the long term. With this continuity of care, I can develop an in-depth and personal understanding of a patient's medical history. I believe that this enables me to provide better medical care, not only for my patients, but for the entire family.



**Dr. Prethish**, board certified in internal medicine, monitors and oversees the care and recovery of hospitalized patients at Riverwood as well as providing internal medicine consultations at Riverwood's Aitkin clinic.

NEW RIVERWOOD PRACTITIONER PROFILE

### Dr. Sweety Prethish Internal Medicine

Her professional interests include *internal medicine, critical care, preventive healthcare* and *diabetes management*.

**My style of medical practice:** I like to listen a lot and *don't believe in rushing patients*. I'm very thorough in trying to understand the disease and how it's affecting the patient's life and family. I believe in preventing illnesses rather than waiting to find a cure. I like to teach preventive medicine during each patient visit and to *follow patients long-term to build a trusting relationship*. My role working in both the hospital and clinic helps me do this.

**Experience that is helping me in my practice today:**

While I worked at *Nassau University Medical Center in New York*, a 1,200-bed facility, I was exposed to many people from all different cultures and a wide range of simple to complex diseases. My experience practicing medicine in *a small rural community in India* helped me learn how to treat patients with limited economic resources. I truly understand the limitations of many people in this rural community and obstacles that get in the way of good health habits. I've also had the opportunity to work with physicians in a wide array of specialties and have covered the whole spectrum of medical care, from working with critically ill patients in the hospital to healthy patients on an outpatient basis.

**Best aspects of the patient-physician relationship:** Mutual respect, confidence and trust.

I have a very positive attitude when treating patients with chronic or acute illnesses. I don't give up. *I'm passionate about patients' welfare* and helping them return to or stay on the road to good health.

For an appointment with

**Dr. Prethish  
or Dr. Ecklund**

call Riverwood's  
Aitkin clinic:

**218-927-2157**

For an appointment with  
**Mary Mapes**  
at Riverwood's Garrison  
clinic, call  
320-525-3400

For an appointment with  
**Jennifer Weyer**  
at Riverwood's Aitkin  
clinic, call  
218-927-2157

### Jennifer Weyer

CERTIFIED FAMILY NURSE PRACTITIONER

Jennifer sees patients at Riverwood's Aitkin clinic. Her professional interests include *all aspects of family medicine* and chronic illness. She is devoting part of her practice to *intensive support for patients with chronic illnesses*, helping them follow through with recommended treatments.



### Mary Mapes

CERTIFIED FAMILY NURSE PRACTITIONER

Mary sees patients at Riverwood's Garrison clinic and cares for hospital patients in a nocturnist role during overnight hours several days a week. Her professional interests include *all aspects of family medicine* for patients across the age spectrum.



# Seasonal & H1N1 Flu Update

**This year**, in addition to the seasonal flu, there is an influenza strain called H1N1 (formerly swine flu), which first appeared in Minnesota in April and began causing a second wave of illness this fall.

Riverwood, along with other healthcare providers statewide, has experienced delays in the shipment of seasonal flu vaccine because the same pharmaceutical companies are also producing the H1N1 vaccine.

The vaccine for H1N1 will be offered locally through Aitkin County Public Health immunization clinics and Riverwood Healthcare Center for those with the highest priority to get vaccinated. Vaccine is not yet widely available locally. Watch your local media for the latest updates on H1N1 and vaccination dates and sites. We'll also post a link to Aitkin County area H1N1 flu clinics at [www.RiverwoodHealthcare.com](http://www.RiverwoodHealthcare.com)

**You should be aware that the risk factors are different for seasonal and H1N1 flu.**

## Most at risk for H1N1

- Pregnant women
- Anyone who lives with or cares for children younger than 6 months
- Healthcare and emergency medical services personnel
- Anyone between the ages of 6 months and 24 years
- Anyone 25 through 64 years old who is at higher risk because of chronic health disorders or compromised immune systems.

## New statewide FluLine

If you have flu-like symptoms, you may call the *Minnesota FluLine* toll-free at **1-866-259-4655**, open 24 hours a day, seven days a week, for information and treatment options. A FluLine participating nurse will evaluate your health concerns and discuss treatment options, using consistent criteria to determine which treatment option is most appropriate for each individual.

## When should you seek medical care?

If you are in a *high-risk category* for influenza (*children younger than 5 years old, adults 65+, pregnant women, persons with chronic medical or immune-suppressed conditions and individuals younger than 19 years of age who are receiving long-term aspirin therapy*), see your healthcare provider as soon as possible to receive antiviral therapy, if appropriate.


To prevent the spread of flu, remember four simple tips.

**Cover your cough.**

**Wash your hands.**

**Stay home when sick.**

**Get vaccinated.**

For more details, visit [www.mdhflu.com](http://www.mdhflu.com) or contact your healthcare provider. 

If your **child** experiences **any** of these symptoms:

- Fast or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking or interacting
- So irritable, child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

**Seek emergency care immediately**

## Most at risk for Seasonal Flu

- Anyone 50 and older
- All children aged 6 months to 18 years
- Anyone under age 50 with chronic health conditions
- Pregnant women
- Adults who are living with or caring for children under 5 years old or persons with medical conditions that put them at higher risk for severe complications from influenza.

## When to call your doctor:

- Unable to drink enough fluids (urine turns dark)
- Have a fever for more than 3-5 days
- Shortness of breath
- Coughing up blood
- Chest pain with breathing
- Inability to walk, sit or function normally

If you have **some** flu symptoms:

- Cough
- Headache
- Aching muscles
- Feeling very tired
- Have a cold
- Sore throat
- Runny or stuffy nose

**Stay home and rest**

Drink plenty of fluids and take fever reducers such as acetaminophen or ibuprofen

## Minnesota FluLine


For information and treatment options

**1-866-259-4655**

24 hours a day • 7 days a week




**Angela Kjelstrom, senior human resources generalist**, coordinates employee recruitment, selection and orientation and oversees Riverwood benefits and compensation employees and systems.

She provides support and guidance to managers as needed and assists the human resources director with policies, procedures and other projects. 




**Holly Torres, Chief Financial Officer**, serves on Riverwood's management team and will oversee fiscal management for the hospital and clinics as well as participating in overall strategic planning and administrative operations.

Torres most recently held a position as chief financial officer for a civil engineering firm called EEC in Tucson. She started her career at Ernst & Young, a national accounting firm, in the healthcare division, next working for CIGNA Healthcare as a contract administrator. She then went on to become finance and operations director for a community health center in rural Arizona. 



**Jess Olson, pharmacist**, is the pharmacist in charge for Riverwood's Garrison clinic and pharmacy. In addition to

dispensing prescription medication, she provides medication consulting services at the Garrison pharmacy, which offers both retail and prescription medications with a drive-through window for customer convenience. Previously, Olson worked as a pharmacist for a Merit Care clinic in Thief River Falls, Minn. 

more  
**new** Faces of Riverwood

## Urology Services

Continued from page 1

### Quality, compassionate care from two urologists

In August, two APU urologists, Dr. Henri Lanctin and Dr. Shawn McGee, began seeing patients weekly at our Specialty Clinic in Aitkin.




**Dr. Henri Lanctin**, a senior partner at APU, treats a broad spectrum of adult urological concerns and has a special interest in treating prostate cancer with cryotherapy, which involves freezing the prostate to destroy cancer tissue.

**Dr. Shawn McGee** is trained in a broad range of open techniques and minimally invasive surgery, such as laparoscopy and da Vinci, for the treatment of benign and malignant urologic diseases.

In addition, his professional interests include female urology, kidney stone disease, and management of benign prostate disease.




Both physicians are available to perform surgery at Riverwood, keeping patients close to home whenever possible. For an appointment for urology care, simply call our *Specialty Clinic* at (218) 927-5566. 



**APU** is a progressive single-specialty physician-owned group practice with seven physicians and four mid-level providers based near St. Cloud (Sartell). They are a full-service practice offering a comprehensive range of the latest proven urological interventions, including robotic surgery and laparoscopic surgery.

APU specializes in treating a range of conditions, including urinary incontinence, prostate disease, urological cancers, kidney stone disease, and impotence and erectile dysfunction.

For more information, go to [www.apumn.com](http://www.apumn.com). 

## Are You Looking for Health Coverage for Medical Care?

If so, Riverwood would like to lend a helping hand.

**HEALTH COVERAGE OPTIONS**  
**TUESDAY, NOVEMBER 10TH · 2-6 PM**  
**Riverwood Healthcare Center, Aitkin**

Talk with insurance and public assistance representatives about health coverage plans and programs.

Here's an opportunity to learn about health coverage options from knowledgeable representatives. Learn about single or family health plans; supplemental or replacement plans; and prescription drug coverage. Also on hand will be counselors from the *Senior LinkAge Line*<sup>®</sup> and financial and billing representatives from Riverwood.

**Health Coverage Options** will feature representatives and information from: *AARP, Arrowhead Area Agency on Aging's Senior LinkAge Line*<sup>®</sup>, *Blue Cross & Blue Shield of Minnesota, HealthPartners, Humana, Medica, Medical Assistance, Minnesota Care, Preferred One, Social Security, Sterling Health Plans* and *UCare*.

This special open house is designed to give you a convenient and relaxed format for exploring health coverage options—all in one place to save you time. 

*Registration is appreciated.*  
For more information or to register, call Riverwood Education at (218) 927-5552, or email [education@rhhc.sisunet.org](mailto:education@rhhc.sisunet.org)

*Our promise is to enhance and improve the health and well being of everyone we serve through commitment and compassion.*

**Riverwood**  
HEALTHCARE CENTER

200 Bunker Hill Drive • Aitkin, MN 56431  
Contact any Riverwood facility toll-free at (888) 270-1882  
[www.RiverwoodHealthcare.com](http://www.RiverwoodHealthcare.com)

Printed on Recycled Paper. 



## SEMINARS

No cost. Registration requested.

**Open House: Health Coverage Options**

*AITKIN: Riverwood Healthcare Center*

**November 10, 2:00 to 6:00 PM**

*Riverwood Education: (218) 927-5552*

**Grief at Holiday Times**

*AITKIN: Riverwood Healthcare Center*

**November 12, 6:30 to 8:00 PM**

*Riverwood Social Services: (218) 927-5524*

## EDUCATION & SUPPORT

**Cancer Support Group**

*AITKIN: Riverwood Healthcare Center*

**November 17, 6:30 to 8:00 PM**

*CROSBY: Cuyuna Regional Medical Center*

**December 15, 6:30 to 8:00 PM**

*Riverwood Oncology: (218) 927-8287*

**Diabetes Support Group**

*AITKIN: Riverwood Outpatient Services*

**Second Thursday, 5:00 to 6:00 PM**

*MCGREGOR: McGregor Clinic*

**Third Wednesday, 3:00 to 4:00 PM**

*Riverwood Diabetes Center:*

*(218) 927-8281*

**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, 7:00 to 9:00 PM**

**NOVEMBER 3, 10, 17, 24 AND DECEMBER 1**

*Riverwood Education: (218) 927-5318*

**Men's Support Group: Partners in the Fight against Breast Cancer**

*AITKIN: Riverwood Healthcare Center*

**Fourth Monday, 6:30 to 8:00 PM**

*Riverwood Breast Health: (218) 429-3975*

**Sister to Sister Breast Cancer Support**

*AITKIN: Riverwood Healthcare Center*

**Fourth Monday, 6:30 to 8:00 PM**

*Riverwood Breast Health: (218) 429-3975*

## EVENTS

**Free Mammograms**

*Appointments required*

**November 11, 8 AM to 5 PM**

*AITKIN: County Market*

*Riverwood Breast Health: (218) 429-3975* 

**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

**SUPPORT SERVICES**  
218-927-8272