

# Healthcare TOPICS



RIVERWOOD HEALTHCARE CENTER

FALL/WINTER 2008-2009

## A Lighter You, A Healthier Future

Riverwood offers two new options for weight-loss support

**Meal Skipper. Nightly Nibbler. Emotional Eater.** We all know someone with unhealthy eating habits and maybe one of these labels fits you.

Weight management is one of the biggest health issues facing Americans today. According to a reputable long-term study, one-third of us maintain a normal weight while two-thirds of us are overweight or obese. On average, healthcare costs for obese Americans are 36% higher than for people of normal weight.

“The number of adults who are obese has doubled in the last 20 years,” says *Lisa Kuklis*, Registered Dietitian with Riverwood Healthcare Center. “One of the fastest growing segments of the overweight population is adolescents and the calories consumed from sugary soft drinks has emerged as a key culprit.”

The top five sources of calories in the American diet are soda pop, sweets, burgers, pizza and chips, Kuklis adds. Fruits and vegetables make up only 10% of the calories in an average American’s diet. That number should be closer to 25% based on a diet that includes 5 to 9 servings per day.

“In our Riverwood diabetes program, we talk about weight management as a component of lifestyle change that can positively influence diabetes management and overall health,” Kuklis explains.



top sources of calories

**5**

- ✓ soda pop
- ✓ sweets
- ✓ burgers
- ✓ pizza
- ✓ chips

Continued on page 2

## Riverwood Emergency Care

among best in rural Minnesota



**On August 5, Riverwood Healthcare Center became the third hospital in Minnesota**

to receive the prestigious certification of excellence in emergency care—the CALS Hospital designation from the Comprehensive Advanced Life Support Program. The award was presented by *Harold Hofstrand, MD*, an emergency medicine specialist at St. Mary’s Duluth Clinic and CALS instructor for more than a decade.



“Meeting strict standards for all types of emergency medical care, the CALS Hospital designation merges with the recent Level III Trauma Center certification to make Riverwood the only rural hospital in Minnesota to have both honors,” Hofstrand says.

**CALS Hospital plaque** presented to Riverwood’s ER team, represented by ER manager **Anita Sundholm, RN**; **Renee Henrickson, RN** (not pictured); **Shanda Bartel, RN**; and ER physicians **David Taylor, MD** and **Steven Pitschka, MD**

Continued on page 2

### Inside this Issue



Meet the New Faces of Riverwood  
Page 3



Provider Perspective Breast Health  
Page 3



Hospital Imaging Center expansion underway  
Page 4

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

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

POSTAL CUSTOMER  
ECR WSS

## A Lighter You, A Healthier Future

Continued from page 1

"Instead of setting large weight-loss goals in terms of pounds, we suggest that patients focus on losing 5 to 10 percent of their total weight."

Body mass index (BMI) is a measure of body fat based on height and weight that applies to both adult men and women. BMI for normal-weight adults is typically 18.5 to 24.9, 25 to 29.9 indicates overweight, and anyone with a BMI of 30 or greater is obese. *You can find BMI calculators online by typing "body mass index" at a search engine.*

### top health reasons to lose weight

1. Improve your **Quality of Life** – feel and move better.
2. Improve your **blood pressure**.
3. Reduce your risk for **type 2 diabetes**.
4. Improve your **cholesterol levels** and reduce heart disease.
5. Prevent certain types of **cancer**.

### Traditional approach to weight loss

"Riverwood has always offered individual medical nutrition therapy, but we now offer two specific weight-loss programs," Kuklis explains. "The first one is more traditional and takes a lifestyle patterns approach to weight management."

Weight loss is a process that takes place over time. A successful program that supports a change in eating habits calls for three to four visits with a dietitian over four to six months or more.

With this program, the support is tailored to each client. It starts with a *Lifestyle Patterns* quiz that asks about your needs in the categories of *Eating, Exercise and Coping Skills*. The information you provide helps Kuklis design a weight management education program around your specific needs.

"The principles of the Lifestyle Patterns approach are based on the fact that we live in an environment that causes people to develop habits that result in overeating and under-exercising," Kuklis explains. "This customized weight management approach, which takes into account personal factors influencing weight gain, helps people develop specific and useful strategies to tackle their pressures head-on."

### Meal-replacement program

Health Management Resources is a science-based organization in Boston based on the use of packaged foods in order to promote wellness through weight loss. It offers a meal replacement program called "*HMR at Home – Quick Start*," which is only available through a hospital or medical clinic like Riverwood.

"This is a weight-loss program for people who can't come in for weight-loss support and who want to build confidence in their ability to lose weight," Kuklis says. "It offers a quick and healthy option for losing weight and takes the decision-making out of the equation with the use of meal replacement foods. Typical weight loss after 10 to 12 weeks of participation in the program is 35 to 60 pounds."

The HMR program cost is under \$100 per week and includes optional weekly email or phone support calls at a cost of \$10 per week. Participants receive bi-weekly shipments of meal replacements, including entrees and shakes. You supplement the HMR meals with your own fruits and vegetables.

"The documentation piece of this program is amazing," Kuklis says.



#### Registered Dietitian

**Lisa Kuklis** is credentialed in weight management and offers counseling and support through Riverwood's Nutrition Services.

achieving their weight-loss potential.

"You lose weight because you're eating lower density foods with a higher volume so they fill you up," Kuklis explains. "Individuals on the program typically consume daily three or more shakes or cereal, two or more entrees and five cups of fruits and vegetables. With HMR, the theme for success is 'More is Better.' You can have as many meal replacements and fruit and vegetable servings as you need to stay full and stick with your weight-loss plan."

Enrollment for the HMR weight-loss program begins in January 2009. Call Lisa Kuklis at (218) 927-5520 to register or for more information on weight-loss support. Maybe you already know what to do to lose weight but just need a good reason to get started. Think about the health benefits you'll gain as you transition to a lighter you.

## Riverwood Emergency Care

Continued from page 1

"This award was no small undertaking and means that Riverwood is among the best when it comes to emergency care. It took a comprehensive team approach with not only ER nurses and physicians getting CALS training but also medical-surgical nurses and family practice providers, and the hospital's administration seeing value in the training."

CALS is a national program designed to provide lifesaving emergency medical education for rural healthcare providers.

"The biggest strength of CALS is the way it promotes teamwork with nurses and physicians training together," explains

*Dr. James Harris*, who heads Riverwood's Emergency Services. "We have a great healthcare team at Riverwood that includes our administrative, nursing, lab and radiology staff as well as all the care providers.

It took a huge commitment from the entire team to get this award, and every day this team's commitment ensures quality care for our patients."



Riverwood met the criteria at the highest possible level of nurses and provider staff trained in CALS. Three of the hospital's ER physicians—*Dr. James Harris, Dr. Steven Pitschka* and *Dr. David Taylor*—are CALS instructors.

## new Faces of Riverwood



### Revenue Cycle Manager

**Arlene Haukos** oversees health information services, hospital and clinic billing, as well as admission and registration for the hospital and three clinics in Aitkin, Garrison and McGregor.

Haukos most recently worked as director of health information management at Mille Lacs Health System in Onamia where she supervised a staff of 24. Prior to that she worked in a variety of healthcare settings, including health information management, independent consulting, rehabilitation services and bookkeeping.

After graduating from Crosby-Ironton High School, Haukos began her career as a medical secretary and then went on to get a degree as a Registered Health Information Technician from Central Lakes College and the American Health Information Management Association. She is currently enrolled in the College of St. Scholastica to obtain a bachelor's degree in Health Information Management.

### RN care coordinator

**Amy Renner** oversees a **Nurse Navigator** program to help support breast cancer patients and community awareness of breast health issues. This new position and the launch of the Nurse Navigator program is being funded by the Brainerd Lakes Affiliate of Susan G. Komen for the Cure, which awarded a \$100,000 grant to Riverwood in July.

In her new role, Renner will serve as the primary point of contact for patients diagnosed with breast cancer and at-risk populations for breast cancer in Aitkin County and nearby communities. The ultimate goal of the Nurse Navigator program is to improve access to breast cancer screenings by assessing current access and identifying and improving barriers to access.

For Riverwood patients who are diagnosed with suspicious breast lumps or breast cancer, Renner will assist them in exploring treatment options and emotional and financial issues. She'll also help patients navigate the medical system by helping to schedule medical appointments, hospice care, transportation to appointments or other services patients request.

After graduating from Aitkin High School, Renner began her career in nursing by obtaining a B.S. degree in Nursing from Minnesota State University in Mankato. She went on to obtain certification in oncology nursing and has worked with oncology patients at several facilities, including St. Mary's Duluth Clinic, for the past nine years.



## Taking your health...*personally*



**Laurie Holm**  
with husband  
Chuck and  
children  
(from left)  
Sawyer, Riley  
and Tucker.

Our daughter underwent a liver transplant at 20 months of age, so we have spent many hours, days and weeks in hospitals. Every person I have met at Riverwood Healthcare Center—nurses, doctors, receptionists, volunteers and others—has instilled confidence for me and my family. We've always received great feedback from the doctors at the University of Minnesota Hospital about how thorough and proactive the doctors at Riverwood are. **Dr. Tom Lawson** is our family doctor, and he, the other clinic providers and the emergency room staff have always treated us with respect and listened to our insights about our daughter's care.

**Do you love your breasts?** Loving your breasts is important to taking good care of them. If you pay attention to what they look and feel like every month, your chances of discovering a change that may signal breast cancer is greater.

Breast cancer is the No. 1 health concern for women today. And it affects men, too. While there is no cure, immunization or prevention for breast cancer yet, we can take steps to reduce our risk factors and improve our overall health.

### PROVIDER PERSPECTIVE

## Breast Health

by Janet Larson

The gold standard of care for breast cancer detection is a monthly breast self-exam, an annual clinical breast exam, and an annual mammogram. All women should ask their healthcare providers for a baseline mammogram at age 35 and then get screened annually at age 40 and older.

It's important to know what your risk factors are to determine what type of screening you need. Talk to your family to learn about any history of breast cancer, which puts you at increased risk. But be aware that 70 percent of women with breast cancer have no family history of the disease.

Ask your healthcare provider about your personal risk for breast cancer. Some factors that influence the growth of malignant breast tumors are diet, physical activity, weight, stress and estrogen levels. Women's risk for breast cancer increases with age.

Ask for a clinical breast exam to be performed both while you are sitting up and lying down. This increases the

chances for detecting any abnormality or lump.

Diet is a key lifestyle factor that you can control. Choose most foods from plant sources and limit your intake of high-fat food, such as meat from animal sources. Eat at least five servings of fresh fruits and vegetables daily and drink alcohol in moderation— one ounce of alcohol or 4 ounces of wine a day. Take Vitamin D (800-1,000 IU) daily; a multi-vitamin is not enough.

Medical research has shown that a 10- to 20-pound weight loss can significantly reduce breast cancer risk.

If you want to lose weight, focus on what you can realistically lose and keep off.

**Janet Larson** gave an inspirational presentation on breast health and self-care to 120 women at an October 2008 Riverwood event in Aitkin.

If you're going through menopause, consider alternatives to hormone replacement therapy, which raises estrogen levels linked to some breast cancers. An effective alternative treatment for hot flashes is exercise—the key to overall good health. Get moving and make exercise a daily habit.

How you feel emotionally affects you physically. Research shows that chronic stress weakens the immune system. Stress hormones like cortisol can play a role with cancers, too.

Stop creating stress for yourself. Make some lifestyle changes that will help you live life with more serenity and joy. Find ways to involve your whole family in household chores such as cooking and cleaning. Seek quiet time each day to relax and breathe deeply.

Develop an attitude—a passion for breast health and self-care. Lead by example. Show your family and friends that annual health screenings and mammograms are vital.

*Janet Larson is a Certified Family Nurse Practitioner and Psychiatric Nurse Practitioner at Riverwood Healthcare Center.*



## Foundation invites donors to become friends

**Riverwood Foundation** invites you to become part of its annual giving club, **Friends of Riverwood**.

This prestigious program recognizes those who give \$500 or more annually to Riverwood Foundation.

Becoming a Friend of Riverwood shows that you understand the financial challenges associated with a small, nonprofit healthcare system and are willing to invest in the future vitality of the organization and the community. As a Friend of Riverwood, your dollars are hard at work, creating results that matter most—high quality healthcare services in the Aitkin County and surrounding area.

"Friends of Riverwood is one more way to thank donors and show our appreciation of ongoing annual giving," explains *Shelli Urness*, Riverwood Foundation Director. "As a nonprofit healthcare system we rely on sustained annual gifts to support our services and programs. My husband Mark and I, along with 87 other donors, are proud to be charter members of this new giving club."

In exchange for your financial support, Riverwood Foundation maintains an ongoing donor recognition program that recognizes cumulative, lifetime giving. All donors are recognized by giving level on a donor board at Riverwood Healthcare Center, and in other materials.

As the club grows, Riverwood Foundation will invite Friends to attend special meetings that will address recent advances and timely medical issues at Riverwood's hospital and clinics.

We invite you to consider becoming a Friend of Riverwood today. Your annual contribution will go directly toward supporting quality healthcare services delivered with hometown caring. Contact *Shelli Urness*, Riverwood Foundation Director, at (218) 927-5554.

Visit [RiverwoodHealthcare.com](http://RiverwoodHealthcare.com) and click on "Foundation" to learn about Riverwood's rich tradition of grassroots fundraising support.



*Shelli Urness*,  
Riverwood  
Foundation  
Director

### Club Membership Levels

<b>Founder's Club</b>	\$100,000+
<b>President's Club</b>	\$50,000-\$99,999
<b>Leader</b>	\$25,000-\$49,999
<b>Benefactor</b>	\$10,000-\$24,999
<b>Pacesetter</b>	\$5,000-\$9,999
<b>Century Club</b>	\$1,000-\$4,999

**Legacy Society**  
Planned gifts such as estates, wills, life insurance or trusts.

To donate online, go to [RiverwoodHealthcare.com](http://RiverwoodHealthcare.com) and click on *How to Donate*.

## NEWS Briefs

Hospital  
**Imaging Center expansion**  
underway

After a groundbreaking ceremony in early August, construction on Riverwood's new Imaging Center, which will house a fixed MRI (Magnetic Resonance Imaging) machine, is moving ahead on schedule. The 5,600-square-foot expansion will include space for the MRI unit as well as the addition of two preparation and recovery rooms and changing areas, increasing privacy for patients. Existing Radiology Department space will be reconfigured to better handle the expansion of imaging and interventional radiology procedures.

Implementation of a fixed MRI, which will provide services Monday through Friday in Aitkin, will offer more timely access and reduced wait time for patients. The newly expanded Riverwood Imaging Center will open in Summer 2009.

Foundation raises funds for  
**MRI project**

To date, Riverwood Foundation has raised \$198,182 in its "Unlocking Secrets" campaign to raise funds for the MRI project and Imaging Center expansion. The stretch goal set for the campaign is \$350,000. A few months ago, the Otto Bremer Foundation granted \$100,000 for the MRI project with a 2:1 challenge grant. The Foundation will now be eligible for this award, which is essentially a gift of \$2 for every dollar donated up to the maximum of \$50,000! Proceeds of more than \$24,000 from the recent Riverwood Gala are also earmarked for this project. For more information or to donate, contact Riverwood Foundation at (218) 927-5554 or email [surness@sisunet.org](mailto:surness@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)



Riverwood Community Outreach

FALL/WINTER 2008-09

### SEMINARS

*Light meal served. No cost to attend.*

**Carb-counting Survival Tips for the Holidays**

*AITKIN: First Lutheran Church*

**November 20, 5:30 to 7:30 PM**

*Riverwood Diabetes Education: (218) 927-8281*

### EDUCATION & SUPPORT

**Joint Replacement Pre-Surgery Class**

*AITKIN: Riverwood Healthcare Center*

**Second Friday of Each Month, 1:00-3:00 PM**

*Riverwood Surgical Services: (218) 927-5549*

**Prenatal Education Classes**

*AITKIN: Riverwood Healthcare Center*

**Tuesday evenings, 7:00-9:00 PM**

**January 6, 13, 20 & 27, February 3**

*Riverwood Education: (218) 927-5318*

**Cancer Support Group**

*AITKIN: Riverwood Healthcare Center*

**November 18, 6:30 to 8:00 PM**

*CROSBY: Cuyuna Regional Medical Center*

**December 16, 6:30-8:00 PM**

*Riverwood Oncology: (218) 927-8287*

**Diabetes Support Group**

*AITKIN: Riverwood Center for Outpatient Services*

**Second Thursday of Each Month**

**December 11 & January 8, 5:00-6:00 PM**

*Riverwood Diabetes Center: (218) 927-8281*

**Stroke Support Group**

*AITKIN: Aitkin Health Services*

**Fourth Monday of Each Month**

**November 24 & December 22, 2:00-3:00 PM**

*Riverwood Rehab: (218) 927-5580*

### RIVERWOOD ON THE RADIO

*KKIN Community Connections show*

*Tune in to 930 AM or 94.3 FM*

**Q&A with Dr. Chuck Schotzko, PHYSICIAN**

**First Tuesday of the Month, 9:00 to 9:30 AM**

**"Weight-Loss Support" with Lisa Kuklis, DIETITIAN**

**November 18, 9:00 to 9:30 AM**

HOSPITAL • ER • URGENT CARE  
218-927-2121

AITKIN CLINIC  
218-927-2157 or 888-270-1882

McGREGOR CLINIC  
218-768-4011

GARRISON CLINIC  
320-525-3400

SPECIALTY CLINIC  
218-927-5566

SUPPORT SERVICES  
218-927-8272