

Healthcare TOPICS



RIVERWOOD HEALTHCARE CENTER

SUMMER 2009

Join the fight where you live, work and play Susan G. Komen Brainerd Lakes Race for the Cure®



Susan G. Komen Race for the Cure® is on a mission to save lives and end breast cancer forever. The annual Race for the Cure is the most successful charity event ever created and has changed the way the world views breast cancer.

The local Komen race will be held **Saturday, July 11, 8-10 a.m. at Forestview Middle School** in Baxter. You can make a difference in this fight against breast cancer without even participating on race day. Simply, sign up as a Spirit Walker, where you pay a registration fee that serves as your donation. This is a great option for those who are unable to walk or run in the event but want to support the Riverwood team and help raise funds for breast cancer research.

"This year, Riverwood Healthcare Center has become a major sponsor of this event and is inviting members from the community, or anywhere around the country, to join the Riverwood Ribbon Racers team," says *Michael Hagen, Riverwood CEO*. "This is one way you can help give back to the Komen Brainerd Lakes organization for its generous support of the Nurse Navigator program at Riverwood and community-wide education efforts on early detection of breast cancer."

Join as a group of friends or family or both. Challenge each other to recruit the most team members for the Riverwood team. Join to celebrate breast cancer survivorship, honor those who have lost their battle, and most importantly, raise funds and awareness for this life-threatening disease.

Imaging Center
and MRI

Open House

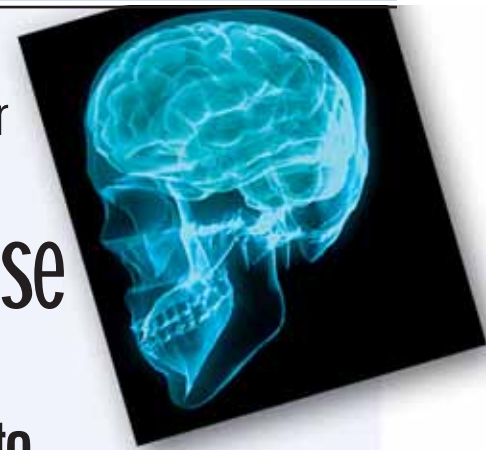
Riverwood invites you to attend an Open House

for its new Imaging Center and MRI on **Tuesday, June 23, from 5:00 to 7:00 P.M.**

Enjoy light refreshments and guided tours to learn more about MRI scans, Bone Density testing, CT scans, mammograms and ultrasound.

The Imaging Center addition to Riverwood's hospital in Aitkin, prompted by a need to make room for a permanent multi-resonance imaging (MRI) machine, reached completion in early June. Construction on the new hospital addition on the south side of the facility began in August 2008.

"This is a great opportunity for community members to see how we're enhancing our healthcare facilities to better serve them," says *Michael Hagen, Riverwood CEO*. "The addition of a state-of-art MRI machine is a huge benefit that promotes more timely and convenient diagnosing and treatment of medical conditions for our patients."



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

Join the fight where you live, work and play

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“Our goal is to recruit 200 team members, which would raise at least \$4,000, to support local programs to promote awareness of breast cancer screening and services for breast cancer patients,” explains **Amy Renner**, *Riverwood team captain and breast health care coordinator for the Nurse Navigator program for breast cancer patients at Riverwood.*

“More than likely, breast cancer has touched the life of a loved one or someone you know.

This is a great way to pay special tribute to them, showing you care enough to take action to support a cure for breast cancer.”



Amy Renner team captain and breast health care coordinator for the **Nurse Navigator** program at Riverwood.

How to join Riverwood's Ribbon Racers Team

Registration takes less than 10 minutes and costs only \$20—a pretty small investment for a very big cause. About 75% of the money raised at this event stays in the Brainerd Lakes Affiliate area, which includes Aitkin and other surrounding communities.

There are two options to join the Riverwood community team and help beat breast cancer:

Join as a Runner or Walker
Race options: 5K run, 5K walk or 1-mile walk

Join as a Spirit Walker
For those who are unable to be there on race day

“As a team member, you are not required to solicit donations; simply sign up and the entry fee serves as your donation,” says **Liz Dean**, *Riverwood marketing manager and co-captain of the Riverwood team.*

“Ask your friends, family, Facebook friends, co-workers and others to sign up. You might consider paying the registration fee for a friend, loved one or an employee, or hold a contest at your business to encourage your employees to sign up.”

For more information or to register for the Race, go to RiverwoodHealthcare.com and click on **Race for the Cure**, then “Register Here”; select join a team; and join an existing team (*Riverwood Ribbon Racers*). Follow steps through the registration page.

If you prefer to register off-line, contact Riverwood at (218) 429-3975 for a registration form. Simply mail your form and payment to **Amy Renner**, Riverwood Healthcare Center, 200 Bunker Hill Drive, Aitkin, MN 56431.

Riverwood's Ribbon Racers

PATIENT TESTIMONIAL Saved! Breast Cancer Screening

“The Sage program was a real lifesaver for me,” **Mary Van Der Shaegen** says. “I went for a free mammogram offered through a special van in Brainerd last October after hearing about it on KKIN Radio.”

Mary's mammogram revealed an abnormal result and she was urged to come in for more testing.

But being retired with no health insurance coverage, she put off going to the doctor until she was advised of the **Sage Cancer Screening program**. Offered through the Minnesota Department of Health, it pays for breast and cervical cancer screenings for women 40 or older with low household incomes.

For more information or help enrolling in Sage, call **Cathy Richardson** at Riverwood: (218) 927-8272.



*Breast Cancer survivor,
Mary Van Der Shaegen,
with husband **Dennis***

“I was diagnosed with breast cancer and had a lumpectomy performed by **Dr. LeMieur** at Riverwood,” Mary explains.

“I was so relieved that I didn't have to step into a bottomless pit of debt to get my medical care and feel so blessed to have benefited from the Sage program.”

The Sage program only pays for medical care through the screening and diagnosis process. To help Mary get financial help to pay for her surgery and cancer treatment, **Amy Renner**, *Riverwood Breast Health Care coordinator*, connected Mary to **Rae Reinhardt**, the *financial counselor at Riverwood*. Rae helped Mary obtain coverage through the **Medical Assistance Breast and Cervical Cancer program** through MinnesotaCare.

“Getting support from Amy was great, especially when you are first diagnosed with breast cancer and can't believe this is happening to you,” Mary adds. “Having her accompany me to doctor's appointments and take notes was very helpful.”

Local Medical Clinic Open Saturdays

Here for your big and little boo boos of summer

From tick bites to fish hook injuries, you never know when a healthcare problem is going to arise during your summer activities—especially on the weekend.

It's nice to know that **Riverwood's Garrison Clinic and Pharmacy is open on Saturdays, from 8:30 a.m. to 2:00 p.m.**, as well as Monday through Friday, 8:00 a.m. to 4:30 p.m. Same-day scheduled appointments also offer the convenience of quick medical attention when you need it.

So whether you need routine care, a prescription filled quickly or have an unexpected injury or illness, contact us for high quality service delivered by caring healthcare professionals.

Clinic appointments
(320) 525-3400

Or toll-free (888) 270-1882

Pharmacy service
(320) 525-3401



Riverwood
GARRISON CLINIC

Monday-Friday 8am-4:30pm
Saturday 8:30am-2pm

new Faces of Riverwood



Marc Carley

Marc Carley, Physical Therapist, has 17 years of experience in rehabilitation services, both as a physical therapist and athletic trainer. Before joining the rehab staff at Riverwood several years ago, he had worked as an athletic trainer in the sports medicine departments at St. Olaf and Carlton colleges in southern Minnesota.

With experience in the full range of rehab services, he is the dedicated physical therapist for the Garrison outpatient facility. This means patients who need a course of several weeks of rehab can get continuity of care from the same therapist for each visit.

A full range of modalities is offered in Garrison for any type of physical therapy that may be ordered by a patient's healthcare provider. To make a referral or appointment for physical therapy, call the Riverwood Garrison Clinic at (320) 525-3410, or the Rehab main office in Aitkin at (218) 927-5580. 🔄



Barbara Fulton

Barbara Fulton, Clinic and Outpatient Services Manager, oversees operations and management of Riverwood's clinics in Aitkin, Garrison and McGregor and the Specialty clinic, as well as outpatient services such as diabetes education and wound, ostomy, continence and foot care. She partners with *Dr. Mark Heggem*, medical director, on healthcare provider relations and coordinating delivery of high quality medical services to patients.

Much of Fulton's healthcare career has focused on rehabilitation services, and she most recently served as director for acute and post-acute rehabilitation programs at St. Mary's/Duluth Clinic Health System. Previously, she worked at Miller-Dwan Medical Center for 25 years in a number of positions, including serving as a director of rehabilitation, a burn center and assisted living services, and as a registered nurse providing direct patient care.

Fulton also has nearly 20 years of experience conducting accreditation surveys and doing consulting in a variety of medical rehabilitation specialties. She holds a master's degree in Nursing and Management from the College of St. Scholastica and has taught courses as a member of the adjunct faculty in the RN to BA/MA nursing program. 🔄



Cindi Hills

Cindi Hills, Human Resources Director, serves on Riverwood's administrative management team and oversees a workforce of nearly 400 employees for the hospital and three clinics in Aitkin, Garrison and McGregor.

Hills most recently worked as human resources manager for Aitkin County for the past nine years, where she gained a wealth of experience in developing and maintaining human resource systems and leadership skills. Previously,

Hills served in several supervisory roles at Universal Pensions, Inc., where she honed her customer service and personnel management skills.

With a strong interest in law, Hills became one of the first students in a new law degree program designed for people working full-time outside the Twin Cities area at Hamline University School of Law. For four years, Hills attended classes on weekends, completing her law degree in 2005.

After graduating from Aitkin High School, Hills attended Brainerd Community College (now Central Lakes College), then completed a BS degree in Applied Psychology at St. Cloud State University in 1995. 🔄

Imaging Center and MRI Open House

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About the new MRI

- The MRI machine, which was installed in February, began serving patients March 9. Typically, 60 to 70 patients a month will need MRI scans at Riverwood.
- MRI scans are scheduled Monday through Friday, 9:00 a.m. to 4:00 p.m.
- The new MRI scanner features patient-friendly technology, such as fast scanning time and feet-first entry for those who may feel uncomfortable in small spaces.
- A typical MRI scan with the new MRI scanner takes about 30 to 45 minutes, depending on how many sections of the body need to be scanned.
- MRI results are read and interpreted by a radiologist, who gives them to a patient's doctor for discussion with the patient. 🔄

Diagnostic, minimally invasive radiology procedures

"Our department is very excited with the new expansion," explains Julie Siemers, Radiology department manager. "In addition to a wide range of imaging services already offered, we now have more space to perform procedures such as injections for pain relief, IV catheter insertions for extended antibiotic therapy, and ultrasound-guided breast biopsies, along with post-recovery rooms for patients when needed."

Riverwood partners with a progressive group of radiologists, Regional Diagnostic Radiology (RDR), who offer extensive diagnostic and minimally invasive radiology procedures. For these types of procedures, radiologists use medical imaging—x-rays, CT, ultrasound and MRI—to help guide the placement of needles or other small instruments like small tubes called catheters.

"Once again, this Riverwood project received generous community support," Hagen adds. "Riverwood Foundation kicked off a fundraising campaign for the Imaging Center and MRI project in January 2008 that was very successful. We extend heartfelt gratitude to the several hundred people and organizations that donated more than \$360,000, including a \$100,000 challenge grant from the Otto Bremer Foundation, and for the Riverwood Auxiliary donation of \$10,000." 🔄

Pictured below from left from **Riverwood's Radiology staff** are **Marie Nelson, Elizabeth Friesen, Janelle Kearney, Jason Ahrens, Dr. Ralph Fedor (radiologist), Julie Siemers and Mandy Hendrickson.**



Dine for a Cause

HOSPICE CHARITY EVENT JULY 12 MCGREGOR



Picture yourself enjoying a summer evening

on a veranda surrounded by towering red and white pines and

good friends. You can put yourself in this picture by attending **Riverwood Foundation's 2009 Hospice Charity Event** at Minnesota National Golf Course, located 7 miles north of McGregor.

Join us at the 26th Annual Hospice Charity Event dinner at the Minnesota National Event Center on Sunday, July 12. The event is about more than golf, it's about coming together for a good cause. For \$50, you'll dine on fabulous food in a beautiful atmosphere.

Social hour starts at 4 p.m., followed by the chance to bid on an array of unique silent auction items. Dinner starts at 6 p.m. with a menu featuring honey barbeque roasted chicken, tender baron of beef, oven-roasted rosemary potatoes, baked fish with lemon butter, marinated vegetables, freshly baked rolls and your choice of dessert.

The facility is stunning, the golf course is prime and the food is delicious

Enjoy a live auction and awards ceremony while you dine, honoring the day's best--and luckiest--golfers.

Riverwood Foundation Director **Shelli Urness** says: "We are thrilled to welcome Minnesota National in McGregor as the host for our Hospice Charity Event this year. The facility is stunning, the golf course is prime and the food is delicious. The new venue and a Sunday date will set the stage for a great night of networking and friendship, all to support a great cause. The Foundation is committed to extending our outreach into the Garrison and McGregor areas through our programming and events."

There are still plenty of spots for golfers to sign up for the tournament, which starts at 11 a.m. The registration fee for a golfer is \$125, which includes 18 holes with a cart, lunch on the course and dinner.

All proceeds from the event will go to support hospice care in Aitkin and Crow Wing Counties, delivered primarily through HomeHealth Partnership's (HHP) Hospice Program. HHP is a joint collaborative of Riverwood Healthcare Center and Cuyuna Regional Medical Center. Last year's event raised just over \$20,000 for local hospice care, covering pain medications, support for grieving families and more.

Riverwood Foundation also welcomes gifts of time, treasure and talent including cash donations, sponsorships and silent and live auction items. Get your tickets by calling Roland at (218) 232-5486 or visit RiverwoodHealthcare.com to sign up today.

NEWS Briefs

Breast Health reminder for moms

Riverwood partnered with a half dozen florists in Aitkin County and surrounding communities

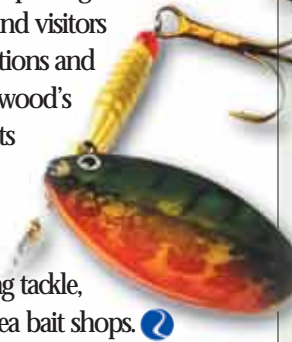
to remind area mothers of the need to be screened for breast cancer. The florists included a small reminder card from Riverwood on monthly breast self-exams and annual mammograms with floral bouquets or gifts delivered for Mother's Day.



Fish Hook Awareness Campaign

campaign alerting residents and visitors of its hospital and clinic locations and hours. In keeping with Riverwood's pledge to take the health of its patients personally, anyone coming in for treatment of a fish hook injury will receive a \$10 gift certificate for fishing tackle, redeemable at one of four area bait shops.

Do you know where to go for medical care for a fish hook injury or a tick bite this summer? Riverwood is repeating its *Fish Hook*



Scholarships for local students

Riverwood awarded four \$1,000 scholarships to graduating high school seniors at the local high schools in Aitkin and McGregor in May. To meet the scholarship criteria, these students must attain a 2.0 or better grade point average and pursue education on a full-time basis in the healthcare field. The scholarship recipients included *Katie Campbell* and *Ashley Venne* of Aitkin High School, and *Chelsea Boyd* and *Caryl McGee* of McGregor High School.

"Riverwood has a long tradition of supporting local high school students who go on to pursue healthcare careers with scholarship dollars," says *Michael Hagen*, Riverwood CEO. "With the cost of higher education rising substantially over the years, we increased our pledge to support these scholarship recipients through their four years of study."

Two \$1,000 scholarships from the Riverwood Auxiliary were also awarded to *Cody Sprague*, Aitkin High School, and *Ashley Jacobs*, McGregor High School.

Your Health

EVENTS

Riverwood Imaging Center & MRI Open House

Guided tours, light refreshments
AITKIN: Riverwood Healthcare Center
June 23, 5:00 to 7:00 PM
Riverwood Marketing: (218) 927-5555

Brainerd Lakes Race for the Cure

Join the Riverwood Ribbon Racers Team in the fight against breast cancer!
Register at RiverwoodHealthcare.com
BAXTER: Forestview Middle School
July 11, 8:00 to 10:00 AM
Team Captain Amy Renner:
(218) 429-3975

EDUCATION & SUPPORT

Joint Replacement Pre-Surgery Class

AITKIN: Riverwood Healthcare Center
Second Friday of Each Month
10:00 AM to 12:00 PM
Riverwood Surgical Services:
(218) 927-5549

Cancer Support Group

CROSBY: Cuyuna Regional Medical Center
June 16, 6:30 to 8:00 PM
AITKIN: Riverwood Healthcare Center
July 21, 6:30 to 8:00 PM
Riverwood Oncology: (218) 927-8287

Diabetes Support Group

AITKIN: Riverwood Center for Outpatient Services
Second Thursday of Each Month
5:00-6:00 PM
GARRISON: Garrison City Hall
Second Monday, 11:00 AM to Noon
Riverwood Diabetes Center:
(218) 927-8281

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

Mike Delfs, RIVERWOOD COO Imaging Center & MRI Open House

June 16, 9:00 to 9:30 AM

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

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