



Nutrition I.Q.

How much do you know?

With so much health and nutrition information floating around out there, it can be difficult to know the truth. How much do you know? Take this short quiz and see how you do!

1. If you are overweight, losing just 5% of your total body weight can help lower your blood pressure and improve blood fat levels.
True ___ False ___

2. Partially hydrogenated oils contain which kind of fat?
___ Saturated
___ Monounsaturated
___ Polyunsaturated
___ Trans
___ None of the above

3. Getting enough iron is especially important for premenopausal women and growing children. Which of the following items is an iron-rich choice?
___ Yogurt
___ Cheese
___ Eggs
___ Lean beef
___ All of the above

4. Your mother always told you to eat your vegetables, but now that you are an adult, just how much should you eat each day?
___ 1 cup
___ 1.5 cups
___ 2 cups
___ 2.5 cups
___ It depends on how many calories you eat in a day

5. Reducing the amount of cholesterol in your diet is the best way to reduce your blood cholesterol level.
True ___ False ___

Answers

1.) True. A gradual, modest weight loss of just 5% can have significant health benefits.

2.) Trans. Trans fats are created during the hydrogenation process. Check your labels! Even if the product states that it is "trans fat free" it may still have trans fats if the word "hydrogenated" is listed in the label.

3.) Lean Beef. Dairy products and eggs are not good sources of iron.

4.) 2.5 cups. For adults, the recommended amount of vegetables is at least 2.5 cups per day.

5.) False. Reducing the amount of saturated fat and trans fat in your diet, and replacing them with heart-healthy monounsaturated fats such as olive oil and canola oil, is one of the best dietary changes you can make to reduce blood cholesterol. Regular exercise is also very helpful!

Source: www.nutrition411.com

To learn more about community wellness, call Dawn Hedlund at (218) 463-4773 or Paula Hedlund, RN, at (218) 463-4301.



HEALTH MATTERS: FEATURE STORY

The Graston Technique: Powerful Healing Tools

Stainless steel instruments are probably not the first solution that comes to mind when considering a way to treat muscle, tendon, or ligament injuries.

Yet these are exactly what many trained rehabilitation caregivers are using to treat patients suffering from soft tissue injuries.

It's called the Graston Technique and it is available at LifeCare Rehabilitation Services in Roseau, Warroad, and Greenbush.

"The technique is often used when there is a soft tissue restriction most anywhere in the body," says Jeremy Anderson, DOTR/L.

Anderson is LifeCare's Director of Rehabilitation Services and he is pleased by the growing number of patients using the Graston Technique in their approach to healing.

"The uniqueness of this therapy lies in these trademarked rigid stainless steel instruments," he says, pointing to a set of shiny metal utensils. "The instruments are used to isolate adhesions and restrictions to assist treating soft tissue disorders precisely."

During treatment, each uniquely shaped instrument is used directly on the patient's skin, but it is in the underlying tissue where healing takes place.

Muscles, Tendons, and Ligaments

The need for Graston Technique healing begins when the body experiences any soft tissue trauma.



A set of stainless steel instruments sits alongside other items used as part of the Graston Technique. Applied directly to the skin, these instruments are used to treat a variety of soft tissue disorders.



Chelsey Hamness, PTA, and Laura Fugleberg, DPT, demonstrate the Graston Technique at LifeCare Rehab Services. Using a set of stainless steel instruments, therapists apply pressure, intensity, and a variety of stroke types to break down fibrotic tissue beneath the skin in an effort to relieve pain, improve range of motion and more. Used to treat a variety of soft tissue disorders like carpal tunnel syndrome and lumbar spine strain, this technique is growing in popularity.

"This produces a restriction in the soft tissue and the body responds by forming fibrous adhesions," Anderson explains.

"That fibrotic tissue tends to form in soft tissue areas of the body such as muscles, tendons, and ligaments and prevents them from lengthening and contracting and results in pain, decreased stability, and lost range of motion.

"Fibrotic tissue can also cause pain in the affected joint and surrounding areas," he says. "This pain often causes the patient to believe an injury still exists even though, in most cases, the injury itself has healed."

Therefore, treatment consists of breaking down the fibrotic tissue so the joint is able to move more freely.

All this is done by applying pressure to the affected area with the set of stainless steel instruments. Intensity, pressure, duration, stroke type, and frequency of treatment based on injury type are all unique to the Graston Technique.

Growing Popularity

The Graston Technique, which first gained popularity among elite professional athletes, is now a common treatment for many soft tissue disorders.

According to Anderson, everyday patients

The Graston Technique is effective on carpal tunnel syndrome, lumbar spine strain, and other injuries.

now consider it to be a trusted and effective step in their physical rehabilitation plan.

Before the Graston Technique, soft tissue injuries were treated by hand or with less efficient tools.

Today, every LifeCare therapist has completed the basic M1 Graston Certification Course, which certifies them to treat patients with soft tissue restrictions.

Examples include total knee arthroplasty and cumulative trauma disorders like Carpal Tunnel Syndrome and Lumbar Spine Strain.

Portable Treatment

LifeCare's rehab staff utilize the Graston Technique to reduce the patient's overall recovery or rehab period, sometimes resolving chronic conditions thought to be permanent.

Other patient results may include reducing the need for anti-inflammatory medications or reducing the need for splints or braces.

While some patients receive treatment at their local LifeCare Rehabilitation Services location, others receive treatment right on the job site at companies like Polaris Industries and Marvin Windows and Doors.

"We contract with local businesses to bring healing to patients right where they work," Anderson says.

Such on site treatment means employees can be more productive and not worry about racing to make an appointment.

"Whether they require Graston or some other appropriate therapy technique, employees are able to receive care more quickly and without having to leave work," he says.

Worth a Double Take

Just like anything unfamiliar, application of the Graston Technique is bound to turn a few unsuspecting heads.

Anderson admits that anyone unfamiliar with the Graston Technique could be easily dismayed at the site of someone using a metal bar against their skin.

But for those who once suffered from soft tissue pain, the results are nothing to ignore.

"Don't be alarmed by the addition of these stainless steel instruments as a part of your treatment," Anderson says. "It really truly works."

To learn more about the Graston Technique at LifeCare Rehabilitation Services, call (218) 463-2500.



Anderson

Medical services available right here at LifeCare

LifeCare Medical Center believes in providing exceptional local medical care. Top notch medical professionals and support staff, excellent equipment, and new technology make LifeCare the provider of choice for our area. Thanks to an impressive number of services, most patients find no need to take long road trips for medical care. Here are just some of the services available right here at LifeCare in Roseau.

Emergency Medical Services

- Level IV trauma center
- 24-hour Emergency Room
- LifeCare Ambulance Service, provided by Roseau EMS
- Emergency air transport, provided by Valley Med Flight

Convenience Care

- After hours care for non-emergency patients:
- Monday - Friday 5:00 p.m. to 8:00 p.m.
- Saturday - Sunday 9:00 a.m. to 5:00 p.m.

Inpatient Care

- Is categorized into four areas:
- Birthing Center with Certified Lactation Counselors
- Inpatient medical
- Inpatient surgical
- Sub-acute and respite care

Outpatient services

- Telemedicine
- General and laparoscopic surgeries:
- Cataract
- Urological
- Gynecological
- Obstetric
- Orthopedic
- Endoscopy procedures:
- Gastroscopy
- Colonoscopy
- Infusion therapy including:
- IV antibiotics
- Fluid replacement
- Infusion chemotherapy

Respiratory Care

- Sleep studies room that resemble hotel suites
- Pulmonary function testing
- Pulmonary rehab

Laboratory

- LifeCare's comprehensive lab provides 24-hour service in:
- Chemistry
- Hematology
- Microbiology
- Blood transfusion services
- Immunology

Cardiac Rehab

- An outpatient service that includes:
- Cardiac Rehab
- Cardiac Rehab stage II
- Stress testing studies

Public Health

- LifeCare Public Health provides public health services to all of Roseau County. Duties include:
- Assuring an adequate local public health infrastructure
- Promoting healthy behaviors and healthy communities
- Preventing the spread of infectious disease
- Protecting against environmental health hazards
- Responding to disasters

Imaging

- The Imaging Department includes modern in-house imaging equipment that rivals or surpasses the best in the region:
- 128-slice CT scanner
- In-house MRI
- Nuclear medicine
- General ultrasound
- Teleradiology
- Digital fluoroscopy
- Interventional pain management
- Aspiration and biopsy procedures

Behavioral Health

- Services include:
- Assessment, diagnosis, and treatment plans of all psychological and emotional conditions
- Psychological testing
- Evaluations related to gastric bypass procedure
- Evaluations of attention deficit hyperactivity disorder
- Providing assessments for disability
- Working closely with schools, social services, courts, law enforcement, and other community agencies

Home Care and Hospice

- LifeCare Home Care delivers in-home care to maximize an independent lifestyle through:
- Skilled Nursing
- Home Health Aides
- Social Worker
- Palliative Care
- Rehabilitation Services: Physical and Occupational Therapy
- LifeCare Hospice provides end-of-life care to patients and families focusing on a healthcare team approach which includes volunteers and spiritual care.

To learn more about the services available at LifeCare Medical Center, call (218) 463-2500 and ask to speak to the department that interests you.

Shared Ventures

LifeCare Medical Center is proud to partner with Altru Health System to meet the health care needs of the community. The **Roseau Area Diabetes Center** and Altru's new **Renal Dialysis** unit located on the LifeCare campus are two shared ventures that demonstrate the success of this teamwork approach.

LifeCare volunteer offers cancer patients some TLC

Many people who battle cancer are all too familiar with the changes they experience in their physical appearance while undergoing treatment.

Fortunately, one dedicated LifeCare volunteer is doing her part to help these deserving patients maintain their dignity as they cope with appearance-related changes brought on by their cancer treatment.

Longtime Roseau resident and licensed cosmetologist Dawn Kofstad graciously donates her knowledge of hair and skin care to those enrolled in LifeCare's TLC Cancer Care program.

"It is very rewarding to educate, encourage, and support people during a life changing experience like cancer," she says.

Kofstad, who worked with an American Cancer Society program for over 20 years, has been happily involved in TLC Cancer Care since 2011.

"LifeCare's healthcare team uses care and compassion to help patients with the stressful and overwhelming medical challenges that may be encountered during their cancer journey," explains Deb Haugen, LifeCare's com-

munity relations director. "The TLC Cancer Care program takes that care to another level of guidance and understanding."

The TLC program is designed to provide free, non-medical education and training for women, men, and even children to help them cope with appearance related changes that may result from cancer and cancer related treatment.

"I knew at a young age that I wanted to help people with cancer," says Kofstad. "When I was in first grade, my mom was diagnosed with cancer and while she thankfully recovered, I

was still inspired to help others."

Because every cancer experience is different, Kofstad provides one-on-one personal advice in the privacy of her licensed salon in Wannaska. There she instructs patients on a variety of related topics including skin care instruction, lessons on make-up application, education on hair loss, help with selecting, cutting, and styling a wig, and teaching nail care basics.

Through the TLC program, each person receives free skin and hair care products, a wig, cosmetics, a LifeCare toiletry bag, and free turbans and hats if desired.

What's more, the TLC program is free to residents of the LifeCare service area and there is no income guidelines required.

"LifeCare funds all services and gift items as a community benefit to our region," says Haugen. "If you know someone who could benefit from our program, call today for some TLC during a time when it matters most."

Examples include total knee arthroplasty and cumulative trauma disorders like Carpal Tunnel Syndrome and Lumbar Spine Strain.

To learn more call LifeCare's TLC Program, call volunteer Dawn Kofstad at (218) 242-1679 or (218) 425-7375.



Licensed cosmetologist and LifeCare volunteer Dawn Kofstad styles a wig for a local cancer patient as part of her role in LifeCare's TLC Cancer Care program. Kofstad provides one-on-one personal advice at her private salon in Wannaska.

LifeCare Medical Center Clinics & Screenings

APRIL	MAY	JUNE
Blood Pressure, Blood Sugar, and Foot Care Clinics Thurs. Apr 7 Badger Creek Apts. 8:30 am Tues. Apr 12 North Star Apts. 8:30 am Thurs. Apr 21 Sunburst Apts. 8:30 am Fri. Apr 22 Warroad Com. Ctr.* 11:00 am Tues. Apr 26 Elderbush Apts. 9:00 am *Indicates no foot care clinic	Blood Pressure, Blood Sugar, and Foot Care Clinics Thurs. May 5 Young Manor Apts. 8:30 am Tues. May 10 North Star Apts. 8:30 am Thurs. May 19 Sunburst Apts. 8:30 am Tues. May 24 Elderbush Apts. 9:00 am Fri. May 27 Warroad Com. Ctr.* 11:00 am *Indicates no foot care clinic	Blood Pressure, Blood Sugar, and Foot Care Clinics Thurs. June 2 Badger Creek Apts. 8:30 am Tues. June 14 North Star Apts. 8:30 am Thurs. June 16 Sunburst Apts. 8:30 am Fri. June 24 Warroad Com. Ctr.* 11:00 am Tues. June 28 Elderbush Apts. 9:00 am *Indicates no foot care clinic
Women's Health Clinics Wed. Apr 6, 20 LifeCare 7:00-11:30 am	Women's Health Clinics Wed. May 11, 25 LifeCare 7:00-11:30 am	Women's Health Clinics Wed. June 8, 22 LifeCare 7:00-11:30 am
Breast Cancer Support Group Tues. Apr 12 Roseau 6:00-7:30 pm Thurs. Apr 14 Warroad 5:30-7:00 pm Info: Call Connie: (218) 463-2500, ext. 4145.	Breast Cancer Support Group Tues. May 10 Roseau 6:00-7:30 pm Thurs. May 12 Warroad 5:30-7:00 pm Info: Call Connie: (218) 463-2500, ext. 4145.	Breast Cancer Support Group Tues. June 9 Warroad 5:30-7:00 pm Thurs. June 14 Roseau 6:00-7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145.
Roseau Area Cancer Support Tues. Apr 26 LifeCare 6:00-7:30 pm Info: Call Barb at 463-4703 or Jan at 463-4198	Roseau Area Cancer Support Tues. May 31 LifeCare 6:00-7:30 pm Info: Call Barb at 463-4703 or Jan at 463-4198	Roseau Area Cancer Support Tues. June 28 LifeCare 6:00-7:30 pm Info: Call Barb at 463-4703 or Jan at 463-4198

LifeCare's new website is now live! Visit us at: www.lifecaremedicalcenter.org

Hospital patients can now pay with e-checks

At LifeCare, paying a hospital bill is now as easy as shopping online, thanks to a new payment method called e-checks.

Simply go to LifeCare's secure website and enter a credit card, debit card, or now by entering your checking or savings bank account information.

This easy, secure, and convenient way to pay your hospital bill is located at:

<https://lifecaremedicalcenter.org/pay-your-bill-online/>

Here are other helpful guidelines that can assist when settling up a hospital bill:

- Be sure to notify the LifeCare Medical Center business office of any changes in name, address, or health insurance information by calling (218) 463-2500.

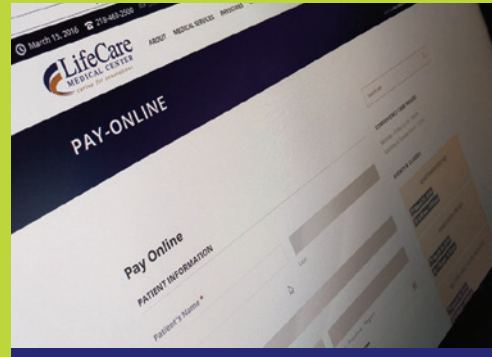
- Know the terms of your health insurance plan. Your health insurance contract should explain in detail all included benefits and all patient responsibilities.

For example, the contract should indicate deductibles for in-network and out-of-network services; standard deductibles, co-pays and coinsurance that you will need to pay; excluded services or coverage limits; and other special requirements.

If you have insurance coverage, the hospital will bill your insurance company directly for covered services. However, services not covered by insurance are the patient's responsibility, as are any co-pays, co-insurance, or deductibles.

- Patients should expect to receive a statement after insurance companies have paid their portion of the bill. You may receive a separate bill for clinic and physician services in addition to the services you received at the hospital.

- Patients with no health insurance



LifeCare patients can now pay hospital bills online using an electronic check.

should contact the local MNSURE Navigator at NW Community Action at (218) 528-3258. The navigator can assist in determining if you qualify for any type of health coverage.

- The inability to pay should never prevent a person from receiving necessary care. For that reason, LifeCare has developed its Community Care Program.

If you don't have insurance or are unable to pay your portion of your hospital bill, LifeCare's financial counselor will share information with you about the Community Care Program. This income-based program may allow a patient to receive discounted or free services.

- If you do not qualify for the Community Care program or if you still have a balance after all insurance and discounts have been applied, LifeCare's financial counselor can help you establish a workable financial arrangement or payment plan.

If you have a question about your hospital bill, please call LifeCare's financial counselor at (218) 463-4716 or Patient Account Representatives at (218) 463-2500.

INSIDE THIS ISSUE

LifeCare welcomes new Physician and Pharmacist

LifeCare Rehab Services Provides Graston Technique

Your regional healthcare publication courtesy of LifeCare Medical Center

healthmatters

SPRING 2016

Our 20th Year!

Your regional healthcare publication courtesy of LifeCare Medical Center

LifeCare welcomes a family of medical professionals to staff

Doctors Jessica and David Simmons join the LifeCare team

LifeCare Medical Center welcomes a new physician and a new pharmacist to its healthcare team.

However these two have much more in common than their workplace.

In a way, the happily married couple, Jessica Simmons, M.D., and David Simmons, Pharm D, BCPS, are back to their old stomping grounds.

The two graduated from Roseau High School in 2004 and 2005, then left to pursue their education, knowing one day they would return to serve the families they consider to be friends and neighbors.

"It was always in our plans to move back to Roseau," says David. "We are both very proud of where we come from and what we have achieved thus far. It seemed only fitting that we should use our education and training to help improve the health of our community."

As a member of LifeCare's Pharmacy, David is involved in nearly every aspect of hospital medication protocol.



LifeCare Medical Center welcomes Jessica Simmons, M.D. to its medical staff. A 2005 graduate of Roseau High School, Jessica is a family medicine doctor who specializes in OB, women's health, and pediatrics. She is married to fellow Roseau graduate David Simmons who joined the staff of LifeCare's Pharmacy. The couple recently moved back to Roseau to raise their family and further their careers at LifeCare Medical Center.



Dr. Jessica Simmons and her pharmacist husband David are pictured here with their three children: Abby (5), Nolan (2), and William, who was born in March at LifeCare Medical Center.

Just down the hall, Jessica is a family medicine doctor with OB, women's health, and pediatrics on her list of specialties.

"I love the broad spectrum of care I can provide in a community of this size," she says. "Delivering babies, helping people through illness...I get to do things for people they may not be able to do alone."

She also credits LifeCare for being a leader in rural healthcare.

"Even though it is a small community, LifeCare maintains and continues to progress the services and facilities it provides for its patients," she says.

One of those areas is LifeCare's Birthing Center, which the Simmons got to experience firsthand during the birth of their third child just a few weeks ago.

"We are extremely pleased to have Jessica and David with us," says Keith Okeson, LifeCare's President/CEO. "It's not often everything lines up in such a way that two highly respected local talents are able to join the team at the same time. It really worked out well for everyone."

David and Jessica agree. "We enjoy being back and being closer to family," David says. "It's a great environment to watch your children grow up."

To learn more about LifeCare's new healthcare duo, call (218) 463-2500.



It's time for a concussion discussion

A high-impact collision to the head during any type of activity may result in serious brain injury. Although they sometimes are not easily identified or observed, concussions should always be treated with the utmost care. By working with local schools, LifeCare is helping people of all ages avoid the potentially lasting side effects of concussion and live healthier, happier lives. To learn more and view LifeCare's concussion video, visit the web address below.



www.lifecaremedicalcenter.org/rehabilitation-services

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LifeCare partners with Roseau County to fund air transport



A partnership between LifeCare, Valley Med Flight, and Roseau County ensures emergency airlift service to all Roseau County residents with no out-of-pocket cost to the patient. The contract took effect in February.

Thanks to a partnership between LifeCare Medical Center and the county, every Roseau County resident now has access to emergency air medical transport with no out-of-pocket cost to the patient.

In 2015, LifeCare established a contract with Valley Med Flight to provide 24/7 emergency air transport service to critical hospital patients.

According to LifeCare President/CEO Keith Okeson, the organization is pleased to assist in providing this community benefit to all Roseau County residents.

"We are proud to partner with Roseau County and the great ambulatory flight services provided by Valley Med Flight," Okeson says. "Thanks to this new arrangement, all Roseau County residents now have a membership in this program."

The program, called Valley Med Flight Plus, provides emergency medical air transportation from the hospital to a neighboring healthcare facility as well as transport from the scene of an emergency.

Okeson is thankful Roseau County commissioners took a progressive approach in providing this benefit to area residents and says LifeCare

is happy to share in covering the expenses.

"Community response to this new air service has been outstanding and by helping the county sponsor the Valley Med Flight Plus Program, we know our citizens can be confident that air transport will not provide a financial burden," Okeson says.

The program, which is not an insurance plan, promotes Valley Med Flight services in Roseau County and provides savings in the event that air service is medically necessary for any Roseau County citizen.

The benefit is provided to 15,629 Roseau County members for an initial term which began in February 2016. This benefit extends to all AMRG companies nationwide. AMRG is the fourth largest air medical transport company in the nation.

According to the agreement, membership covers medically necessary air-medical transportation completed by Valley Med Flight or another AMRG company to the closest appropriate hospital.

For more details about the program, please call LifeCare at (218) 463-2500.

LifeCare
MEDICAL CENTER
caring for generations
715 Delmore Drive, Roseau, MN 56751
www.lifecaremedicalcenter.org

LifeCare hires senior living administrator

LifeCare has hired Emily Straw as the new administrator of its senior living facilities. Emily joined the organization in February and oversees all administrative



Emily Straw

activities at LifeCare Greenbush Manor and LifeCare Roseau Manor. She holds a B.S. in Health Services Administration and is a Licensed Nursing Home Administrator. New to LifeCare, but not the region, Emily was impressed by the pride and ownership LifeCare employees show for their jobs.

"I noticed that LifeCare employees take great pride in working for this orga-

nization," she says. "The staff welcomed me saying, 'You're going to love it here!' That is a powerful culture. It makes me excited to be a part of a team where employees are engaged and care about the long term goals of the organization."

As an administrator, Emily has high hopes and great expectations.

"I have a tendency to challenge 'the way we've always done it' and encourage people to step outside their comfort zone," she says. "This can lead to awesome new ideas, approaches, or solutions."

Balancing work with family life can be tricky, but not so for Emily, who lives on the family farm with her husband Nick, daughter Olivia, 6, and son Isaac, 3.

"It's wonderful," she says. "The kids love the farm, animals, tractors, and being next

door to grandma and grandpa."

Working in senior care services, Emily says, requires a true passion — one she sees every day in her colleagues.

"I enjoy the variety in the day-to-day work and the rewarding feeling you get when you do something meaningful for a resident."

Part of that, Emily says, involves some ingenuity and strategic thinking.

"I like the satisfaction in figuring out an effective solution to address a current challenge. Ultimately, it all comes back to benefit the residents and I love the relationships that develop when this is done in a local setting."

To learn more about LifeCare's senior living facilities, call (218) 463-2500.

OUR MISSION: To provide care for a healthy life.

OUR VISION: LifeCare is the region's healthcare center:

- Where physicians choose to practice.
- Where employees choose to provide care.
- Where communities choose to be served.

OUR VALUES:

- Compassion
- Accountability
- Respect
- Excellence

ON THE COVER: LifeCare's Brittany Grawberger (left) and Amanda Lom share a happy moment with Roseau Manor resident Alma Heskin. The two were hired as co-supervisors of Life Enhancement last fall.