

# Hockey boosts Roseau County Cancer Fund



Roseau Mites and the Roseau High School girls team (pictured here), through the Minnesota Hockey Fights Cancer organization, together raised over \$12,400 this year for the Roseau County Cancer Fund.

The Roseau County Cancer Fund exists to provide financial grants directly to local people being treated for cancer. Since July, the fund distributed more than 23 grants to people in the LifeCare service area.

A noticeable spike in local contributions occurred over the past two years, thanks in part to a collaborative effort with Minnesota Hockey Fights Cancer (MHFC).

Through this connection, groups like Roseau Youth Hockey and the Roseau High School girls hockey team have raised significant amounts to help local patients.

This year, the Roseau girls team raised more than \$3,400 during its MHFC game against Moorhead, making it the fifth highest amount raised by any high school in all of Minnesota this season.

"That's an incredible feat especially when you consider they were competing against schools with more students than Roseau has people" says Erik Holmstrom, Development Coordinator at LifeCare.

Not to be outdone, the Roseau Mites did even better by dedicating their jambo-

ree to MHFC and raising more than any other jamboree in Minnesota.

During the past two years, Roseau Mites raised more than \$8,000 and won the Bruce Olson Memorial Trophy twice.

Combined, these local efforts through MHFC raised more than \$11,000 for the Roseau County Cancer Fund, a component of the LifeCare Health Care Fund.

"Thanks to this partnership, we've helped our young people make a difference in the world, have a memorable hockey experience, and celebrate knowing 100 percent of what they raise stays in our community," Holmstrom says.

Holmstrom encourages everyone to join the fight by volunteering to help with next year's events or to purchase MHFC merchandise.

"When you see a Roseau Mite or Roseau High School girls hockey player, thank them for the great work they do."

For more about Minnesota Hockey Fights Cancer, visit: [mnhockeyfightscancer.org](http://mnhockeyfightscancer.org)

# Busy time at LifeCare Warroad Wellness

In January, after months of renovation, construction crews at LifeCare Warroad Wellness pulled back the temporary wrap protecting the outside of the building to reveal a stunning new front entrance, complete with large windows and freshly painted stucco.

Accented by a wood grain patterned wall, the navy blue and gray exterior creates a bold and welcoming presence at 210 Main Avenue in downtown Warroad.

This state-of-the-art facility which covers approximately 13,000 sq. ft., is now home to LifeCare's local Rehabilitation Services and LifeCare Behavioral Health, and team members are quickly becoming acquainted with their new surroundings.

"Our new treatment area is approximately double the size of our previous space," says LifeCare Rehabilitation Services Manager, Amanda Kvien, DPT. "We are so fortunate to have individual treatment rooms and a workspace containing the equipment we need to provide excellent care."

The all-new LifeCare Warroad Wellness offers a set of treatment rooms where physical and occupational therapists and their



Move-In Week included the arrival of physical and occupational therapy supplies, computer equipment, and furniture as LifeCare Warroad Wellness officially set up shop at 210 Main Ave.

certified assistants can assist patients with cases like lymphedema and wound care, conduct pre-work screens, and accommodate people of all body types and abilities.

Recent finishing touches to the building included the installation of LED lighted signage on the building's front exterior.

Move-In Week began February 6 and included the delivery of furniture, receiving and stocking of physical and occupational therapy supplies and equipment, installation and networking of computers, and other tasks needed to make the space ready to receive patients on February 13.

In recent weeks, windows were added to the building's south side. Still ahead is some finish work and completion of an indoor walking track and fitness center.

This means a little construction noise now and then for the LifeCare team and their patients to tolerate. But that hasn't wiped the smile from anyone's face.

"Our LifeCare Rehabilitation team is ecstatic," Kvien says. "We now have room to function at our full potential."



A sign crew installs LED lighted lettering along the rooftop of the all-new LifeCare Warroad Wellness facility in February.

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## LifeCare's Certified Nursing Assistants find joy helping others

Certified Nursing Assistants: Some are young, some are seasoned veterans, and others are in between. Yet, one thing every single LifeCare CNA mentioned during a recent *HealthMatters* interview, was a genuine love for making their residents smile.

"It's hard to put into words the feeling of caring for nursing home residents," says Jessica Schulz, a CNA at LifeCare Roseau Manor. "Patients are so grateful. Most days this doesn't feel like work."

"Twenty miles away at LifeCare Greenbush Manor, Karen Hedman, CNA, says the same. "I love coming to work every day," says Hedman, who for nearly 35 years has served in one or more CNA roles, including her current position as Supervisor of LifeCare Enhancement. "You become very close to the residents. You really get to know them. They're like family."

LifeCare CNAs say they get as much out of the experience as their residents do.

"To come to work and see their smiles and laughter is so rewarding," says fellow Greenbush CNA Halle Duray. "I've learned so much



Certified Nursing Assistant Leah Burroughs completed her CNA certification when she was only 15 years old. After working in a float position within the LifeCare organization, she now has a permanent CNA role at LifeCare Hospital.

about real-life situations and interacting and understanding different personalities because everyone is different and every day is different."

Duray, who loves caring for Greenbush Manor residents, recently completed a course on her way to becoming a certified Emergency Medical Technician (EMT). After that, she may even consider one day becoming a paramedic.

Leah Burroughs completed her CNA training when she was just a teenager.

"I took it at 15 and there was someone in my class who was 64. I worked as a CNA when I was younger and then tried some other things. My heart belonged to healthcare so I came back to doing what I really love," says Burroughs, a CNA who worked at Roseau Manor, Greenbush Manor, and part-time at the hospital before moving into a permanent position as a hospital CNA at LifeCare Medical Center.

Samantha Vanables, who is studying to become a physician assistant, enjoys her work as a CNA at Roseau Manor. Through the OnTrack Nursing Assistant Training course, she was able to do much of her coursework virtually and complete the hands on training at LifeCare.

"It has been a great opportunity for me to work as a CNA as I wait to apply to a physician assistant program," she says.

Samantha believes anyone interested in pursuing a healthcare career should take the CNA class.

"All the skills learned in the CNA class are things that you can take with you. You learn how to be gentle but strong. You learn how to work with co-workers and be a team. We depend on each other."

Samantha and her colleagues agree. By providing hard work and excellent care, CNAs are the backbone of the care structure.

Self-described as older than the average CNA, Karen Melby is the Rehab Aide at Greenbush Manor.

"Many people say, 'I could never do that job.' I say, 'yes, you can!' If you are physically able, you can do this job. You learn so much from the residents. Most rewarding job ever."

For more information about becoming a Certified Nursing Assistant, please call (218) 463-2500 or visit: [www.lifecaremedicalcenter.org](http://www.lifecaremedicalcenter.org)



Sharing a smile with resident Cindy Hagen are Halle Duray (left), Karen Melby (top middle), and Karen Hedman (right). All three are Certified Nursing Assistants at LifeCare Greenbush Manor.

## LifeCare congratulates Deb Haugen on 35-year career, 100 issues of newsletter

LifeCare's head of public relations and longest serving department director retires this spring after nearly 35 years with the organization.

Deb Haugen, Director of Community Relations, has been responsible for keeping the people of LifeCare's service area informed.

Hired in 1988 for a position in the business office, Haugen became familiar with multiple aspects of the organization. In 1996, a year after the Roseau Area Hospital District incorporated to become Roseau Area Hospital and Homes, she moved from being the hospital's first HR Specialist into a newly-formed administrative marketing position.

One of her first tasks was creation of the *HealthMatters* newsletter, now in its 28th year of publication.

"Deb sees the big picture through her involvement in various aspects inside and outside of the

organization," says LifeCare President/CEO Keith Okeson. "As a result, we have been able to communicate important information and share our milestones with the community."

Among these were several major construction or expansion projects, the hiring of new physicians, recovery from the 2002 Roseau County Flood, the pandemic, and countless other achievements, large and small.

She also oversaw LifeCare's advertising efforts, including a highly successful women's heart health campaign and an award-winning breast cancer awareness campaign.

"One of the most important things I have learned is that you need an amazing team to accomplish great things," Haugen says.

Among the most significant accomplishments made during Haugen's career are: establishing the Human Resource and Volunteer Service departments, advocating for and helping to establish the LifeCare Health Care Fund, assisting with the recruitment of over 20 physicians, spearheading LifeCare's first website and social media account, and leading many other projects and events.



Deb Haugen proofs a series of campaign posters in this 2006 archive photo.

Haugen says her most satisfying project was being part of the name change from Roseau Area Hospital & Homes to LifeCare Medical Center in 2007.

"I gained much passion and ownership for the organization over my first 20 years of work here, but it was the name change that brought even more excitement to my job. It was truly monumental in the history of local healthcare."

Okeson says, "On behalf of the entire team, we wish Deb a happy retirement and we thank her for all she has done for LifeCare."

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**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:** Employees from LifeCare Warroad Wellness proudly show off their new workplace at 210 Main Avenue in Warroad. The facility offers local rehabilitation services, behavioral health, and a soon-to-be-completed fitness center.

