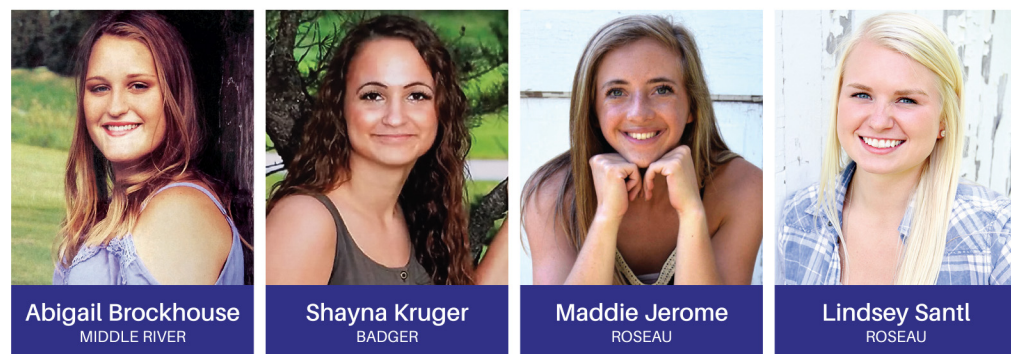


LifeCare awards 2017 student scholarships



LifeCare Medical Center has awarded scholarships to four 2017 Roseau County high school graduates who plan to pursue a career in healthcare.

Each will receive \$500 in scholarship funds to go toward the cost of education. Funds were made possible through sales at the LifeCare Neighborhood Nook gift and coffee shop.

Abigail Brockhouse of Middle River is pursuing a bachelor's degree in Athletic Training at the University of North Dakota in Grand Forks. **Lindsey Santl** of Roseau is pursuing a bachelor's degree in nursing at Concordia College in Moorhead. **Shayna Kruger** of Badger is pursuing a degree in Health Science at Northland Community and Technical College in Thief River Falls. **Maddie Jerome** of Roseau is pursuing a bachelor's degree in nursing at the University of North Dakota in Grand Forks.

Future Applicants

The LifeCare Medical Center Scholarship Fund is offered to area high school students who plan to pursue healthcare careers. Scholarships are funded through sales at the LifeCare Neighborhood Nook Gift and Coffee Shop, which is located at the hospital and staffed by volunteers.

Winners were selected by a scholarship committee based on application criteria and contents of each application.

LifeCare scholarships are funded by LifeCare Medical Center, a not-for-profit organization that includes LifeCare Hospital, Roseau Manor, Greenbush Manor, Home Care and Hospice, Public Health, and Rehabilitation Services.

For information about upcoming LifeCare scholarships, call Human Resources at (218) 463-2500.

the **inside scoop**

Paperless statements available now!

AUTUMN 2017

healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

INSIDE THIS ISSUE

LifeCare's renovation and expansion continues

Brand new equipment expands Laboratory's onsite capabilities

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caring for generations
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www.lifecaremedicalcenter.org

Social PULSE

Never miss a beat; follow us to get the full dose!

national IMMUNIZATION awareness month

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www.lifecaremedicalcenter.org

LifeCare MEDICAL CENTER

CLINICS & CLASSES

SEPTEMBER

Blood Pressure, Blood Sugar, and Foot Care Clinics

| | | |
|---------------|--------------------|----------|
| Thur. Sept 7 | Young Manor Apts. | 8:30 am |
| Tues. Sept 12 | North Star Apts. | 8:30 am |
| Thur. Sept 21 | Sunburst Apts. | 8:30 am |
| Fri. Sept 22 | Warroad Com. Ctr.* | 11:00 am |
| Tues. Sept 26 | Elderbrush Apts. | 9:00 am |

*Indicates no foot care clinic

Breast Cancer Support Group

| | | |
|---------------|--------|----------------|
| Tues. Sept 12 | Roseau | 6:00 - 7:30 pm |
|---------------|--------|----------------|

Info: Call Connie: (218) 463-2500, ext. 4145.

Roseau Area Cancer Support

| | | |
|--------------|----------|---------|
| Tues. Sept 5 | LifeCare | 3:30 pm |
|--------------|----------|---------|

Info: Call Connie: (218) 463-2500, ext. 4145.

OCTOBER

Blood Pressure, Blood Sugar, and Foot Care Clinics

| | | |
|--------------|--------------------|----------|
| Thur. Oct 5 | Badger Creek Apts. | 8:30 am |
| Tues. Oct 10 | North Star Apts. | 8:30 am |
| Thur. Oct 19 | Sunburst Apts. | 8:30 am |
| Tues. Oct 24 | Elderbrush Apts. | 9:00 am |
| Fri. Oct 27 | Warroad Com. Ctr.* | 11:00 am |

*Indicates no foot care clinic

Breast Cancer Support Group

| | | |
|--------------|--------|----------------|
| Tues. Oct 10 | Roseau | 6:00 - 7:30 pm |
|--------------|--------|----------------|

Info: Call Connie: (218) 463-2500, ext. 4145.

Roseau Area Cancer Support

| | | |
|-------------|----------|---------|
| Tues. Oct 3 | LifeCare | 3:30 pm |
|-------------|----------|---------|

Info: Call Connie: (218) 463-2500, ext. 4145.

NOVEMBER

Blood Pressure, Blood Sugar, and Foot Care Clinics

| | | |
|--------------|--------------------|----------|
| Thur. Nov 2 | Young Manor Apts. | 8:30 am |
| Tues. Nov 14 | North Star Apts. | 8:30 am |
| Thur. Nov 16 | Sunburst Apts. | 8:30 am |
| Fri. Nov 24 | Warroad Com. Ctr.* | 11:00 am |
| Tues. Nov 28 | Elderbrush Apts. | 9:00 am |

*Indicates no foot care clinic

Breast Cancer Support Group

| | | |
|--------------|--------|----------------|
| Tues. Nov 14 | Roseau | 6:00 - 7:30 pm |
|--------------|--------|----------------|

Info: Call Connie: (218) 463-2500, ext. 4145.

Roseau Area Cancer Support

| | | |
|-------------|----------|---------|
| Tues. Nov 7 | LifeCare | 3:30 pm |
|-------------|----------|---------|

Info: Call Connie: (218) 463-2500, ext. 4145.

Heartsaver® First Aid CPR AED and Basic Life Support (BLS) are offered monthly!
Register for all classes at: www.lifecaremedicalcenter.org

September Sign-Ups

FREE! LIFECARE'S "MATTER OF BALANCE" CLASSES

| | | |
|-------------------------------------|---|--|
| Elderbrush Apts. 9:00 - 11:00 am | Malung Community Center 1:00 - 3:00 pm | Warroad Community Center 1:00 - 3:00 pm |
|-------------------------------------|---|--|

EVERY TUESDAY* Sept 12 - Nov 7

* Please note, no classes will be held on OCTOBER 24. Enrollment is limited to 12 people per class. Info: (218) 463-4301

CAR SEAT CLINIC

Tuesday, Sept 26 / 4:00-to-7:00pm
at Roseau Electric Cooperative garage
For more information please call: (218) 463-3211

NURSE ASSISTANT CLASSES

TO ENROLL or ask for more info, call Heidi: 218-463-4728

BEGIN SEPT 18 AT LIFECARE

"LIVING WELL with CHRONIC CONDITIONS"

Gear up to help adults with ongoing health conditions feel healthier and have a better quality of life!

FREE SIX WEEK CLASS! Begins Monday, Sept. 11 at 6:30 p.m. at LifeCare. CALL COLLEEN: (218) 463-4751

Register for any of these programs at www.lifecaremc.org/classes

Join us for motivational speaker Sept. 28

LifeCare is excited and honored to host professional speaker Linda Larsen at a free community event in Roseau.

Ranked among the Top 60 Motivational Speakers in the world, Larsen has entertained and educated over 1,000 audiences around the globe, and on Thursday, Sept. 28 will bring her show "Staying Right Side Up When Everything's Upside Down" to the Roseau Community School Theater.

Larsen, a former social worker and pro-

fessional comedic actress, has a passionate commitment to helping people live happier, healthier lives.

She strives to give her audience a one-of-a-kind experience by engaging them with humor and leaving them feeling re-energized and motivated to turn any kind of negative into a positive.

The fun begins promptly at 7:00 p.m. and all who attend will receive a free gift courtesy of the show's sponsor, LifeCare's "Health4Life" program.

For more information, call Dawn Hedlund (218) 463-4773.

SAVE THE DATE

AUTUMN 2017
VOLUME 22, ISSUE 2

healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

Renovation, expansion, and investing in our community

"At LifeCare Medical Center, we believe in investing in our communities, our people, and our facilities."

Those words by LifeCare's senior leadership are put into practice daily by every member of the staff in ways large and small.

These days, however, they're all pretty big, as yet another renovation project is underway at Roseau County's only medical center.

LifeCare has completed several expansion and renovation projects in recent years, and investments in square footage and equipment, like the new MRI and Laboratory expansions, were done to better serve the community, says Keith Okeson, LifeCare's President/CEO.

"A transformation of this magnitude is no small task, and as with each previous construction project, our Board of Directors looked at every detail before approving a renovation that would affect multiple departments simultaneously."

"We are very excited about our need to expand in these areas."

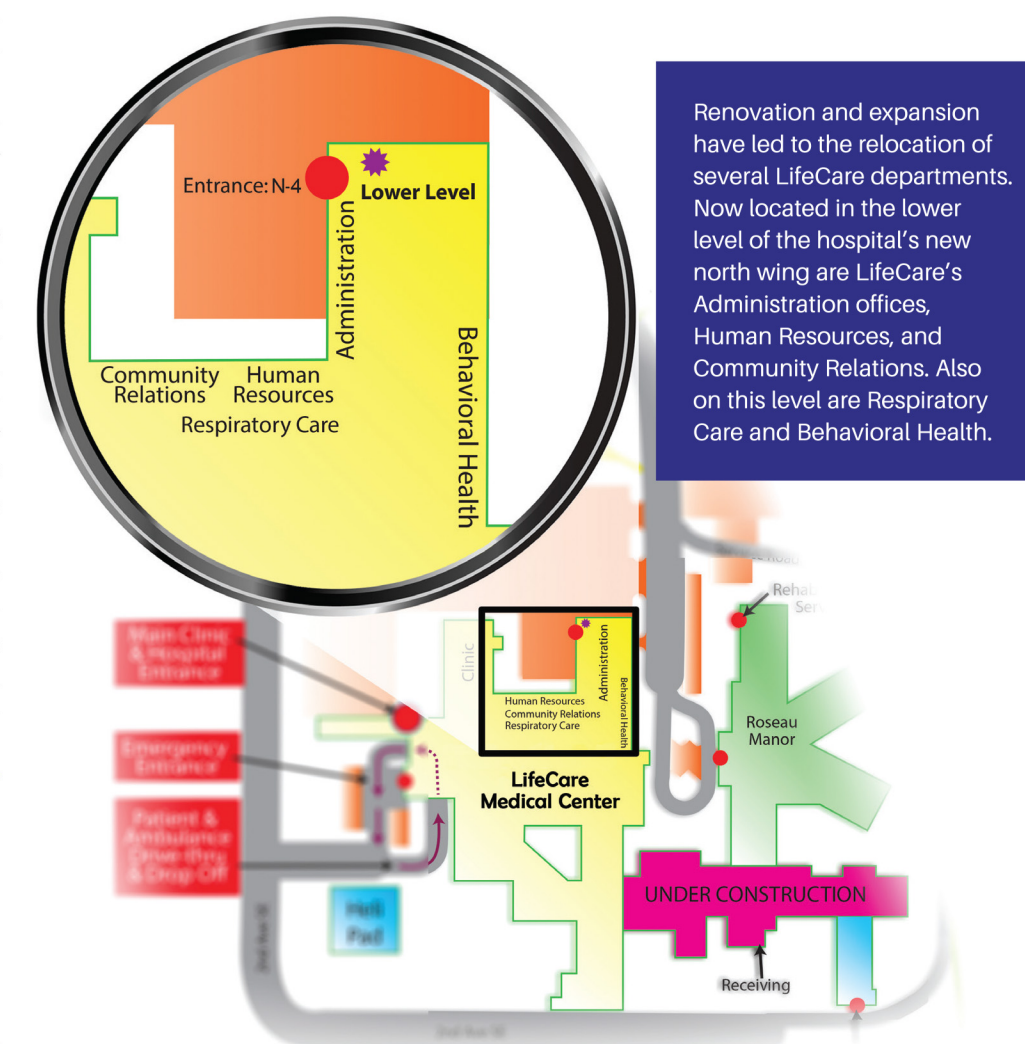
— Shannon Carlson
Vice President of Support Services

Essential to advancing the project was the decision to relocate several non-clinical departments, according to Shannon Carlson, Vice President of Support Services.

To complete the first phase of the project, the team had to uproot LifeCare's administrative offices, Human Resources, and Community Relations and move them to the lower level of the hospital's new north wing.

"This move allowed for the expansion of several patient care departments that need to remain on main floor and near the nurses station," says Carlson, who serves as project manager.

That rearrangement freed up some much needed space for the hospital's procedures and surgical areas.



"We are very excited about our need to expand in these areas," Carlson says. "We are exploring options for increasing the size of our surgical areas."

The solution, Carlson explains, was to move Pharmacy down the hall from its current location and into space previously occupied by administration.

"Renovation of the administrative area is underway and when finished will give Pharmacy adequate space and keep it close to critical areas for quick access."

More Doctors

LifeCare is in the process of adding two

"By making these kinds of investments, we will be able to better serve Roseau County and the surrounding area."

— Shannon Carlson
Vice President of Support Services

surgeons to its medical team, including podiatrist Amber Wibbels, DPM, who joined Altru Health System in August, and general surgeon Arshad Khan, MD, who joins the team next year.

"We are very proud of our facilities and know that by making these kinds of investments, we will be able to better serve Roseau County and the surrounding area."

Carlson says with growth comes change, and change requires education. In this case that education is a quick explanation on where to find these lower level transplants.

Those looking for Administrative Offices, Human Resources, and Community Relations should use LifeCare entrance N-4, located on the north side of the building and marked with a LifeCare sign over the door.

Once inside, take the elevator or the stairs to the lower level where each department is clearly identified.

"We again thank our community for its patience as we proceed through these re-modeling projects," says Carlson.

For more information call (218) 463-2500.

LifeCare
MEDICAL CENTER
caring for generations
www.lifecaremedicalcenter.org

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: An exuberant Vansh Sharma, son of Dr. Shivali Devgon and Vishal Sharma of Roseau, crosses the finish line during the 14th Annual LifeCare May Walk/Run for Diabetes.



Fruits & Veggies

As a dietitian, I have been encouraging people to consume an adequate amount of fruits and vegetables for years. When faced with the recommendation of eating 5-to-9 servings of fruits and veggies each day, people respond in a variety of ways. Some people report that they easily eat this amount or more each day. Others find it overwhelming to think about eating this much. What I have learned is that when people take the time to really think about their fruit and vegetable intake, they are often surprised that they don't quite meet the "at least five servings a day" goal on many days.

I am guilty of this myself. Even knowing how fabulous these foods are for me, it is not hard to fall short. Having access is key. It's difficult to eat something that isn't readily available.

It is certainly easier to eat enough fruits and veggies in the summer when they are in season and gardens are abundant. A good variety is more affordable, and it all just tastes better. The trick is to continue these healthy habits all year round. Here are some health benefits of eating your five a day:

- Most fruits and vegetables are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits and veggies are important sources of many essential nutrients including potassium, dietary fiber, folate, and vitamins A and C.
- Fruits and vegetables may reduce the risk for heart disease and certain types of cancer because of their many nutrients and dietary fiber.
- Eating foods rich in fiber may also decrease the risk of obesity and Type 2 diabetes as dietary fiber helps provide a feeling of fullness with fewer calories. Please note that fruit juices contain very little or no fiber.
- Fruits and veggies rich in potassium may help lower blood pressure.

So much information about healthy eating can be found online. But unfortunately, fruit often gets a bad rap for being a source of sugar. And for those who watch their carbs, fruit can become a food to avoid or limit. Yes, fruits do contain natural sugar. That's partly why they taste so good! The sugar in fruit is not as easily absorbed by our bodies due to its fiber content and other components. Added sugars do not have any nutritional benefits, which is why added sugars are often referred to as "empty calories."

Vegetables AND fruits play an important role in a healthy diet. Both should be represented every day in a way that appeals to you. Add veggies to your pizza and sandwiches, use them in casseroles, eat them raw or grilled, fresh or frozen. Enjoy fruits as they are for a sweet treat. Blend them and a few veggies into a smoothie for a nutrient-packed breakfast or snack. Every little bit counts toward your goal.

Be creative. Have fun finding new ways to get in at least five servings of fruits and vegetables each day along with all of the other great foods that you love. Your body will benefit from your choices!

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

LIFECARE MEDICAL CENTER

Laboratory Upgrade

What happens behind the doors at LifeCare's Laboratory is rarely on the mind of anyone walking through the hospital's main corridor. But for those inside, the Lab just got a whole lot more exciting.

That's because in April, this critical part of LifeCare's inner workings received two new pieces of technology. And not just any technology. This stuff changes everything.

"Tests which once were sent to reference labs in places like Grand Forks or Rochester are now able to be produced right here in our lab," says Nima Mostofi, LifeCare's Director of Laboratory.

Such quick and precise service translates into timely diagnosis and management of each individual case, and that's good news for the providers and the patient.

"We now can provide test results on the same day as the doctor visit, often within an hour or less of specimen collection."

Mostofi's team of 14 lab technicians and three phlebotomists operates in a highly automated environment with equipment that performs hundreds of tests every single day.

"We provide 24-hour service for Roseau County and the surrounding area," Mostofi

"We now can provide test results in the same day as the doctor visit."

— Nima Mostofi
Director of Laboratory



A look inside the new lab equipment.



Lab Director Nima Mostofi accesses the touch screen next to LifeCare's new lab hardware, which now allows Laboratory to complete over 90 percent of its routine testing in-house.

says, listing off LifeCare Medical Center, Roseau Manor, Greenbush Manor, and Altru's clinics in Greenbush, Roseau, and Warroad.

"Our friends to the east and west keep us busy, but we wouldn't have it any other way. The gratification you receive from one puzzling diagnosis makes the ride worth it."

Over Ninety Percent

LifeCare houses a full-service lab including a blood bank, microbiology, hematology, clinical chemistry, and molecular testing.

By adding its two new instruments, the lab is now able to complete over 90 percent of routine testing needed by LifeCare and Altru's providers in their day-to-day work.

"These new technologies are making a difference by improving the productivity of scientists and medical professionals," he says.

A bit intimidating to those outside the science world, the new lab instruments include an AU 680 automated random access clinical chemistry analyzer and an Access 2 Plus automated random access immunoassay analyzer.

"With the AU 680, we no longer have to batch our clinical chemistry tests. We can do

any test at any time and therefore see faster turnaround time," Mostofi says, referring to metabolic tests, cardiac markers, therapeutic drugs, esoteric tests, and more.

The other instrument provides random access testing for cancer markers, thyroid studies, vitamin deficiency studies, hormone analysis, and related fields.

"In addition, we are promoting a great state-of-the-art product that is designed, built, and supported in Minnesota."

Indeed, the tech company Beckman Coulter, which develops, manufactures, and markets one of these devices, is headquartered in Chaska, Minnesota.

According to its website, Beckman Coulter products simplify, automate, and innovate complex biomedical testing.

"These products supply critical information for improving patient health and delivering trusted solutions for research and discovery," says Mostofi. "We are very fortunate to have access to this type of technology."

For more information about Laboratory services, call Nima Mostofi at (218) 463-2500.

RECYCLING UPDATE



Mike Gerdes from LifeCare's Green Team loads flattened cardboard boxes into the new recycle bin on-site at the hospital. LifeCare has taken several steps to grow its recycling efforts and reduce the use of styrofoam.

LifeCare's Green Team leads recycling effort

LifeCare has increased its recycling program under the leadership of its own Green Team.

Working as equals, the team consists of several LifeCare employees, including Mike Gerdes, Shannon Carlson, Beth Siverhus, Chancy Otto, Lynette Dokken, and Allyson Eidsmoe.

Eidsmoe is also LifeCare's new Direc-

tor of Hospitality and Materials Management and therefore ultimately oversees the organization's recycling program.

"Having our own cardboard recycling bin was a big step," says Eidsmoe. "We go through a lot of cardboard boxes in our facility and it feels good to know that we can now send them to be recycled."

LifeCare also participates in the recycling of aluminum. In this case, clients from FOCUS, a not for profit organization, collect the cans and receive the proceeds. LifeCare volunteers manage the recycling of magazines and newspapers. Plastic bottles are also collected. All LifeCare recycling goes to MarKit Recycling in Hallock.

The most recent initiative at LifeCare is a reduction in the use of styrofoam at the facility.

Recyclable paper plates and bowls have now replaced the styrofoam ones, thanks to this effort led by LifeCare's Food and Nutrition Manager, Jessica Severson, RD.



LifeCare's new Director of Hospitality and Materials Management, Allyson Eidsmoe, shows the cardboard plates and bowls that replace styrofoam ones.

For more about LifeCare's green efforts, call Allyson Eidsmoe at (218) 463-4318.

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 on the LifeCare campus.

Emergency Medical Services

Services include:

- Level IV trauma center
- 24-hour Emergency Department
- Ambulance Service
- 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

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

Laboratory

LifeCare's modern laboratory provides detailed, real time results to aid providers in making accurate diagnoses. Lab is available for patients and providers in these areas:

- Blood transfusion
- Chemistry and Immunology
- Hematology
- Clinical microbiology and virology
- Urinalysis
- PT/INR and coagulation studies
- Rapid molecular testing
- Drug testing
- Pre-employment and DOT chain of custody collection

Imaging

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

Podiatry

Services include:

- Foot and ankle surgery

Women's Health

A calming place located within the Imaging Department that feels more like a spa than a medical facility. Services include:

- Pelvic, breast, and 3D obstetrical ultrasound
- Full field digital & 3D Tomosynthesis mammography
- Bone density screening
- Breast and pap screening clinics
- Education on breast cancer awareness

Cardiac Rehab

An outpatient service that includes:

- Cardiac Rehab
- Cardiac Rehab stage II
- Stress testing studies

Respiratory Care

Services include:

- Sleep studies
- Pulmonary function testing
- Pulmonary rehab

Public Health

LifeCare Public Health provides service 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

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

LifeCare Rehabilitation

Services include:

- Sites in Roseau, Warroad, and Greenbush
- Physical Therapy for injury and post-operative rehab, wound care, pelvic floor dysfunction, and neurological conditions
- Occupational Therapy for fine motor coordination, stroke rehab, custom splinting, mobility equipment, and training
- Massage Therapy
- Nutrition Counseling
- Athletic development programs
- 24/7 Community Wellness Centers – Reimbursement through Silver Sneaker and Silver & Fit programs, plus other insurance plans and employers

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.

Paperless statements are here

Looking for ways to go paperless in your daily activities? LifeCare's Business Office encourages you to do just that with our new e-statements.

"We mail out hundreds of paper statements each week," says Business Office Director Nancy Tveit. "Switching is convenient and it cuts down on paper usage."

So, how does it work? First thing to do is sign up. Later, an email will arrive telling you your statement is ready to view.

Your statements are stored online for quick

reference on our site (lifecaremc.org). All your personal information is secure and private.

Ready to switch? Then grab your latest paper statement and get to a computer. Follow these simple steps and you'll be paperless in no time!

1. Go to lifecaremc.org/mybill.
2. Click on **e-statement**.
3. Click on **new user**.
4. Input your "myEasyMatch code" located right above the guarantor number (the number in yellow) on your paper statement.
5. Enter your info and create a password.
6. Pick an option: electronic, paper, or both.
7. Log out.

Next month you will receive an email telling you your statement is ready. Simply follow the instructions provided to view your bill and make an online payment by e-check, health savings account card, debit card, or credit card.

To learn more about e-statements at LifeCare, call (218) 463-2500.



LifeCare's community programs engage all ages



PAULA HEDLUND, RN
WELLNESS COORDINATOR

As one of the wellness coordinators at LifeCare, I work with the community and fellow employees to create an environment which supports healthy choices so we can live healthier, happier lives. We call this program Health4Life.

LifeCare continues to add community classes and educational opportunities to Health4Life, so we can meet the needs of all ages within our population. Here is a recap of three of our most recent programs.

BABYSITTER LESSONS & SAFETY TRAINING

Babysitter Lessons and Safety Training (BLAST) classes were held this spring in Warroad, Roseau, and Greenbush. At these lessons, potential babysitters ages 11-14 learned how to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform first aid, and learn how to be prepared to start babysitting safely and competently. The next round of BLAST classes will be offered in spring 2018.



MATTER OF BALANCE

Matter of Balance classes are geared to help people live a "balanced" life. This program is designed to reduce the fear of falling and increase the activity level of older adults who have this concern. Classes begin this fall in Warroad, Roseau, and Greenbush.



To learn more, contact Paula Hedlund, RN, at (218) 463-4301 or Dawn Hedlund, RDN, LD, at (218) 463-4773.

ONE VEGETABLE ONE COMMUNITY

One Vegetable One Community (OVOC) is a campaign that started in May. The aim of OVOC is to highlight one vegetable per year and then see that vegetable grow in all corners of our community. As a result, it should start conversations about food and how communities can support healthy lifestyles. The 2017 Vegetable of the Year for Roseau is the bean! As part of this campaign, National Honor Society students bundled up free bean seeds this spring and distributed them to the community. Some were handed out at local businesses while others went to children in lower elementary grades, including Sue Vatsndal's 1st Grade class shown here. In August, the OVOC campaign held a Master Gardener presentation titled "In a Pickle or a Jam" at the Roseau Public Library. Watch for more veggie fun in the future!

