

LifeCare offers Daddy Prep 1.0

Prenatal course for men covers topic in three hours

Expectant fathers are invited to attend a brand new set of prenatal classes hosted by LifeCare Medical Center. Aply titled *Daddy Prep 1.0* and facilitated by Kreg Kennedy, RN, this latest addition to LifeCare's prenatal class offerings is a 3-hour workshop for new dads.

"The class is designed to help dads feel more confident as their journey into parenthood begins to unfold," says Kennedy. "We teach men how to become more comfortable in their new role as fathers by addressing important basic skills about caring for an infant and supporting their partner."

Class covers pre-birth, birth, and post-birth planning, says Kennedy, a trained obstetrics nurse.

"We talk about the importance of dad's involvement from day one. We cover swaddling, diapering, crying, and other things that dads often worry about."

The class encourages men to be equal participants as caregivers in the parenting of their children and prepares them to make informed decisions about what attitudes and behaviors they want to carry forward.

"Becoming a new parent requires commitment from both mom and dad," says Kennedy. "Training for new dads enables fathers to be better prepared when their baby arrives."



As a father of three, Nick Straw knows the importance of bonding with new baby Everett Gerald. Nick's wife Emily is the Director of LifeCare Greenbush Manor and LifeCare Roseau Manor.

Class enrollment is just \$10 and will be held in the Auxiliary Room at LifeCare in Roseau. The course is offered May 1, July 31, and October 30 from 6:30 to 9:00 p.m. Sign up is available online.

For more information about LifeCare's prenatal classes, call Dawn Hedlund at (218) 463-4773.

LifeCare awards 2016 student scholarships

LifeCare Medical Center has awarded \$8,500 in scholarships to Roseau County graduates currently pursuing a career in healthcare. Scholarships were divided into two categories: Med Student Scholarships and 2016 High School Graduates.

Medical Student Scholarships
LifeCare has awarded \$1,500 college scholarships to each of four area graduates currently pursuing healthcare careers.

Students must have completed at least one year of study in a healthcare related program and be a graduate or current resident of Roseau County.

Shane Omdahl of Roseau is enrolled in the Physical Therapy program at the University of North Dakota School of Medicine in Grand Forks. **Elizabeth Rigstad** of Roseau is enrolled in the Occupational Therapy program at the University of Minnesota. **Barrett Bukowiec** of Warroad is enrolled in the Nursing program at the University of North Dakota in Grand Forks. **Amy Foss** of Roseau is enrolled in the Nursing program at Northland Community and Technical College in East Grand Forks.

High School Students
LifeCare named five Roseau County 2016 high school graduates as recipients of \$2,500 in healthcare scholarships.

Each will receive \$500 in scholarship funds to go toward the cost of preparing for a career in healthcare.

Funds were made possible through sales at the LifeCare Neighborhood Nook gift and coffee shop.

Amy Svir of Badger is studying Physical Therapy at the University of North Dakota. **Lindsay Olimb** of Warroad is pursuing Communication Sciences and Disorders at the University of North Dakota. **Kathryn Johnston** of Warroad is studying Psychology/Neuroscience at Concordia College in Moorhead. **Faith Dorwart** of Roseau is pursuing Physical Therapy at the College of St. Scholastica. **Ben Wilebski** of Goodridge, is studying to become a physician at the University of North Dakota.

Future Applicants
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 on future scholarship opportunities through LifeCare, contact Kristy McFarlane at (218) 463-4309 or email her at kmcfarlane@lifecaremc.com.

Medical Student Scholarship Winners



High School Student Scholarship Winners



healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

the **inside scoop**
Paramedics added to LifeCare EMS

INSIDE THIS ISSUE

LifeCare's prenatal class for men: Daddy Prep 1.0

LifeCare explores the Seven Dimensions of Wellness

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Partners for Health raises over \$29,000 for local fund



LifeCare's 11th Annual Partners for Health banquet drew another sold out crowd this year. Pictured are Dr. Lavonya Bhoopathy and her husband Srinu Jella, Dr. Shavali Devgon and her husband Vishal Sharma, and Dr. Jessica Simmons and her husband David Simmons.

LifeCare's 11th Annual Partners for Health banquet and auction last November raised over \$29,000 for the LifeCare Health Care Fund General Endowment.

Held at the Roseau City Center, the event is a night of fine dining, fancy attire, and generous bidding on silent and live auction items.

This year featured special guest speakers from two organizations that received grants through the Health Care Fund in 2016.

Eric Borud from the Roseau Area Mountain Bike Association explained how the grant they received will help improve the newly developed mountain bike trail system located along the Roseau River diversion. Borud and his colleagues are excited about the sport's increased popularity throughout the region.

Curtis Hamre, a current and previous grant recipient from Riverview Recovery Center, discussed the benefit of having ongoing support for the local chemical dependency counseling office. Hamre says the importance of maintaining and funding outpatient treatment close to home is extremely valuable to the

community. For more than a decade, LifeCare has been able to support health related projects, services, and programs by distributing over \$430,000 in grant funding to area nonprofits, health care facilities, and LifeCare Medical Center.

Founded in 2004, the LifeCare Health Care Fund now includes seven different funds and has reached a combined value of over \$860,000 in assets.

The LifeCare Health Care Fund is a component fund of the Northwest Minnesota Foundation.

Plans are underway for the 12th Annual Partners for Health event and is scheduled for November 18, 2017, according to Sue Grafstrom, LifeCare's Development Coordinator.

"Seating for the event is limited and we tend to sell out so begin making your plans now to attend," Grafstrom says.

To learn more about LifeCare's Partners for Health event and the Health Care Fund, please call Sue Grafstrom at (218) 463-4742.

healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

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VOLUME 22, ISSUE 1

LifeCare renames its EMS, adds paramedics to ambulance staff

LifeCare has officially changed the name of its ambulance service following approval of its request by the State of Minnesota's Emergency Medical Services Regulatory Board. As a result, Roseau EMS now operates under the name LifeCare EMS.

"This new name identifies the LifeCare brand and our widened service area. It also is consistent with our method of naming other departments within the organization," says Keith Okeson, President/CEO of LifeCare Medical Center.

The service area for LifeCare EMS has grown considerably over the past 50 years and now covers over 1,700 square miles thanks to a February 2014 agreement with Tri-County EMS allowing LifeCare's primary EMS area to include western Roseau County.

LifeCare already provided EMS coverage to central Roseau County, the Northwest Angle, an area of southern Manitoba, and a portion of Beltrami, Marshall, and Lake of the Woods counties.

LifeCare EMS Adds Paramedics

In addition to having 24-hour service by Emergency Medical Technicians (EMTs), LifeCare's primary response ambulance will soon include a paramedic on each call. "That will be a huge achievement for a rural provider like LifeCare EMS," says the department's director, Brett Rima. "Soon there will be two ALS crews on standby for primary and backup calls at all times."

According to Rima, paramedics who are trained in Advanced Life Support (ALS) will partner with EMTs and Emergency



LifeCare EMS consists of dedicated members who serve the community in emergency situations. Pictured from left to right are: (front row) Trina Gust, Sherry Nelson, Cari Burkel, Amber Clark, Stacy Omdahl, and Brittany Burkel; (middle row) Brett Rima, Perry Omdahl, Megan Watada, Joleah Hasson, Shonda Hietala, Darcy Hasson, and Charlie Kappahyn; (back row) Donald Dunn, Jacob Burkel, Bruce Baumgartner, Ryan Wright, Lisa Wicklund, and Kyle Crawford. Not pictured: Cory Dallager, Pierce Foss, Mike Kirkelde, Marissa Lehrer, Kirsten Medicraft, and Mary Stauffenecker.

Medical Responders as part of the ambulance staff. He says Emergency Medical Responders and EMTs continue to be an essential part of the ambulance staff.

"Adding paramedics to our staff mix will allow LifeCare EMS to provide a higher level of prehospital care that includes airway management and medication administration."

Rima says the EMS crew must rely on precise teamwork in order to perform effectively in any type of crisis.

"The crew must have an ability to quickly assess a medical condition or traumatic injury and then treat accordingly based on standing orders approved by our medical director," Rima says, referring to Ronald Brummer, M.D.

The ambulance staff also works closely

with firefighters and law enforcement to ensure quick response to emergency calls.

LifeCare EMS Equipment

Each of the five LifeCare EMS ambulances is ready and stocked with cutting-edge medical equipment and will soon include GPS systems to increase dispatch efficiency even more.

"Our region has excellent EMS services," Okeson says. "LifeCare EMS, Valley Med Flight, and the Warroad Area Rescue Unit provide advanced levels of care. This is especially important in rural areas when hospital services can be many miles from an emergency situation."

To learn more about LifeCare EMS, please contact Brett Rima at (218) 463-4302.

LifeCare offers Freedom From Smoking classes

LifeCare continues to partner with area businesses by offering top rated smoking cessation classes to their workers.

The "Freedom From Smoking" course, developed by the American Lung Association, is considered America's gold standard in tobacco cessation programs.

Several LifeCare facilitators have been trained by the American Lung Association to teach these classes in local communities.

In 2011, Marvin Windows and Doors partnered with LifeCare to offer "Freedom From Smoking" classes to its employees in Warroad.

In the past year and a half, over 50 Marvin employees have completed the course, according to LifeCare facilitator Donna Johnson, R.N.

"Thanks to teleconferencing, LifeCare also reaches Marvin employees in Fargo and Grafton (North Dakota), Roanoke (Virginia) and Baker (Oregon)," she says. Community members are also invited

to attend the classes.

During the seven week, eight session program, attendees receive a workbook that covers topics such as knowing if you're ready to quit smoking, lifestyle changes, medications to help quit smoking, coping strategies, stress management tools, and preparing for "Quit Day."

According to Johnson, the latest session that began in February at Marvin included 47 participants.

But as those enrolled will admit, the process can be challenging.

"The first few days crept along and I was through my quit package in 24 hours, but I held on," wrote one Marvin employee in an anonymous letter after completing the course. "I wanted to show up to the next class and tell the group that I made it."

Such success stories often warm the heart of LifeCare facilitators like Brooke Homstad, R.N.

"LifeCare is happy to partner with



LifeCare's Brooke Homstad (left) and Donna Johnson are registered nurses and trained "Freedom From Smoking" facilitators.

Marvin Windows to help improve the health of our community," she says. "By caring for their people, they not only have healthier employees but are making a difference in the community."

To learn more or to register for the next class, contact Paula at (218) 463-4301 or go to www.lifecaremedicalcenter.org/classes.

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: LifeCare nurse Kreg Kennedy, RN, tends to baby Everett in the LifeCare birthing wing. Kennedy also teaches a prenatal class called *Daddy Prep 1.0* to help new dads journey into parenthood.

Clutter Control

Feel better when you organize and simplify!

Are you surrounded by stuff? Dishes in the sink, toys everywhere, stacks of papers on the counter, overflowing closets, a messy desk at work? Clutter can be overwhelming — and it can affect our mood. We may not even know why we feel irritable, but research shows that there is a link between high cortisol levels in female home owners with a high density of household objects.

Basically, *more stuff = more stress*. Unfortunately, getting rid of clutter can be difficult for sentimental or practical reasons. It is also overwhelming for some to know where to start. Here are a few tips:

- Start small: Tackle one room or even one bookshelf at a time.
- If the thought of getting organized completely overwhelms you, set a time for just 15 minutes a day. You'll be surprised how much you can accomplish.
- Make a pact with yourself. When something comes in, something must go out. For example, if you buy new clothes, donate some old pieces that you rarely choose to wear.
- Create a special time and place to read your mail regularly. Open the mail and immediately take action on it. File it, shred it, toss it, etc.
- Throw away expired items regularly. Check dates on medicines, vitamins, supplements, and cosmetics. "When in doubt, throw it out."
- Fill a box with items you don't love or use. Seal the box, label it, and place it in a closet. If you haven't opened the box in a year, donate it or throw it away (unopened) — no need to go through it again!
- Need some help? Work with a professional organizer or a friend who has a knack for putting things in their place. Finding appropriate containers and storage spaces for things that you need to keep can be very helpful in getting your space functional and looking neat.

The health benefits of controlling clutter can be great. People begin to take better care of themselves, attitudes improve, and energy rises. Some begin to work on other issues in their lives once the clutter they've been dealing with is cleared away, as time and mental energy is less consumed by all of the "stuff" that was once so draining.

Sources: www.WebMD.com and Lisa Kaplan Gordon.
To learn more about community wellness, call Dawn Hedlund at (218) 463-4773 or Paula Hedlund, RN, at (218) 463-4301.

SAVE THE DATE
LifeCare's "May Walk/Run" & Diabetes Health Fair
— Saturday, May 6, 2017 —
Registration opens April 1 online:
www.life-care.org/walkrun

— CREATING A LIFETIME OF HAPPINESS —

Seven Dimensions of Wellness

Dinner plans of chicken and veggies in the slow cooker. An early morning walk with the dog. Remembering to take out the recycling before heading to work... Sound familiar?

Life is filled with checklists. And marking off each item throughout the day can feel less than rewarding when you know the whole routine starts over again the next morning. So, how do you create and sustain a healthy, balanced life in this generation of living? The answer is a perfect combination of recognizing the need and using the tools and resources you are given.

As a leader of health care in this region, LifeCare Medical Center's mission includes prevention of illness and disease. Wellness combines various dimensions of well-being into a quality way of living called the Seven Dimensions of Wellness.

Each one acts and interacts in a way that contributes to your own quality of life. **Physical Wellness** requires a well-balanced diet, regular physical activity, adequate sleep, and restricted intake of harmful substances. Adopting healthful habits while avoiding destructive habits will lead to optimal physical wellness.

Emotional Wellness relates to the ability to express emotions appropriately, adjust to change, cope with stress in a healthy way, and simply enjoy life. When you feel emotionally balanced, you become aware of and are able to manage your emotions. You also have a realistic and mostly positive view of yourself, others, and the circumstances in your lives. You also feel equipped to deal with the stressors that life throws your way.

Social Wellness is achieved by being active within your community to bring fulfillment in life. Involving your family in volunteerism and being active in local organizations provides self-esteem enhancement, personal development, and a sense of community.

Intellectual Wellness is the act of opening your mind to new ideas and experiences. You nurture your intellectual health when engaging in creative activities, learning new things, and expanding your knowledge. LifeCare's wellness initiative, called *Health 4 Life*, was designed to create an environment which supports healthy choices for its employees and community members so that they may live healthy, happier lives.

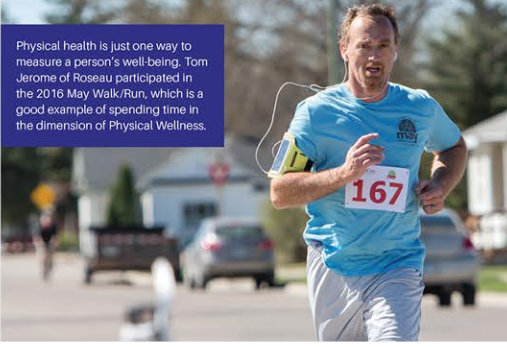
Spiritual Wellness implies a search for meaning and purpose in human existence, leading you to strive for a state of harmony while working to balance your inner needs with the rest of the world. Examples of Spiritual Wellness are learning how to be more forgiving, grateful, and compassionate, to be kinder and less judgmental.

Environmental Wellness requires you to truly embrace your surroundings including clean air, pure water, quality food, adequate shelter, satisfactory work conditions, personal safety, and healthy relationships. Planting a garden, recycling, playing outside, and embracing your area parks and lakes are all ways to enjoy the world while improving your environmental wellness.

Occupational Wellness integrates a commitment to your occupation into a satisfying and rewarding lifestyle. The development of occupational satisfaction and wellness is strongly related to your overall work ethic and attitude.

LifeCare's wellness initiative, called *Health 4 Life*, was designed to create an environment which supports healthy choices for its employees and community members so that they may live healthy, happier lives. Wellness in any dimension is not a static goal but a dynamic process of change and growth. By incorporating these seven dimensions of wellness into your life, you can truly live a healthier life.

For more on the Dimensions of Wellness, call LifeCare's Wellness Coordinators: Dawn Hedlund or Paula Hedlund at (218) 463-2500.



Physical health is just one way to measure a person's well-being. Tom Jerome of Roseau participated in the 2016 May Walk/Run, which is a good example of spending time in the dimension of Physical Wellness.

How do you create and sustain a healthy, balanced life in this generation of living? By recognizing the need and using the tools and resources you are given.



Brain puzzles like Sudoku are excellent for maintaining Intellectual Wellness.

Update on our Community Health Needs Assessment

Responding to the health needs of the community is an important component of LifeCare's mission of providing care for a healthy life.

One way LifeCare strives to achieve this goal is through its community benefit programs and activities that promote healthy lifestyles.

LifeCare's CHNA has proven to be a valuable tool for LifeCare leaders as they focus community wellness efforts in areas needed most by the community.

Local information, which is compiled through shared conversation and surveys, takes input from a broad spectrum of community members.

Representative from schools, manufacturers, physicians, law enforcement, Northwest Community Action, social services, public health, and others provide a variety of perspectives.

Consequently, the results of this collaboration, interlaced with statistical information, identified nine top issues that affect the local community's quality of life.

Of these nine issues, LifeCare has chosen five areas which will be used to determine strategies to help improve the health of our community.

Listed here in no particular order are:



Warroad teachers Mylisa Cullifer, Lori Schable, and Heidi Schaum showcase items from LifeCare's Health 4 Life booth at the school's faculty lounge. The display promotes Physical, Emotional, and Occupational Wellness by encouraging healthy eating and stress reduction.

- **Drug and Alcohol Abuse:** LifeCare has made a commitment to addressing this issue from a prevention standpoint through *Team Epic* and other prevention projects.
- **Healthy Parenting:** LifeCare starts this process before a child is born and continues to educate parents throughout their lives, most recently through its new *Daddy Prep 1.0* classes.
- **Mental Health:** LifeCare addresses this issue in many ways including community awareness, education, coordination of care, development of care plans and recruitment of mental health professionals. Things like *Organizing Your Life* can also be beneficial in maintaining mental health.
- **Obesity:** Nutrition and exercise, or lack thereof, are just two things that contribute to obesity. Activities like LifeCare's *May Walk/Run* (May 6) can impact this.
- **Tobacco:** Marvin Windows and Doors is one local partner working to help employees give up tobacco as the company partners with LifeCare to provide *Freedom from Smoking* classes.

For more about LifeCare Medical Center's Community Health Needs Assessment, visit www.life-care.org.

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**
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
 - 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 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
 - 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.

Team EPIC touts prevention

LifeCare Medical Center has partnered with a local grassroots group of Roseau County citizens concerned about underage substance use in their communities.

According to Deb Haugen, LifeCare's Director of Community Relations, many local crimes, tragedies, and mental health issues can be traced back to drug and alcohol abuse.

"Research shows that prevention is the key to reducing problems caused by alcohol, marijuana, and other drugs," says Haugen.

Team EPIC is a coalition that formed in 2013 in Roseau County under the acronym for Encouraging Positive Impact for Change.

Their mission is to prevent underage drinking, substance abuse, and associated problems through community collaboration, education, support, intervention, healthy alternatives, and building assets among students, families, and the community.

In 2015, the Team EPIC Coalition was awarded a Drug Free Communities grant that provided \$600,000 over five years to work on preventing substance use among youth.

Roseau County and LifeCare Medical Center collaborate to help oversee the program that employs one full-time grant coordinator and a community liaison. Those positions are filled by Dani Wolf of Roseau and Steph Heppner of Warroad, respectively.

According to Heppner, the coalition has 55 volunteers and is growing.

"These are all people who represent different areas of our communities. They include law enforcement, ministers, school staff, parents, business owners, teenagers, and many others. They're all part of our effort," says Heppner.

Team EPIC is working on a variety of strategies including prevention curriculum and the creation of a youth coalition in each Roseau

County school district to address prevention from a youth perspective. Other strategies include training and education for its members and the communities, data collection, Responsible Beverage Server Training (RBST), parental education, and engagement.

"The best part of my job is working with the kids every week. Also, the school staff has been great to work with," says Wolf. "They're welcoming and committed to helping their students understand the importance of being alcohol and drug-free."

The coalition is hopeful their strategic prevention efforts, partnered with caring community members, will continue to foster and reinforce communities where children prosper and grow into healthy adults.

To learn more about Team EPIC, please contact Dani Wolf at (218) 463-4762.



Team EPIC youth members Sky Boucha, Brooke Reed, and Katie Czeh attended the National Leadership Forum in Washington, DC, where they learned about the latest prevention strategies and how youth can be leaders in community coalition work.

LifeCare MEDICAL CENTER Clinics & Screenings

MARCH	APRIL	MAY
Blood Pressure, Blood Sugar, and Foot Care Clinics Thu. Mar 2 Young Manor Apts. 8:30 am Thu. Mar 14 North Star Apts. 8:30 am Thu. Mar 16 Sunburst Apts. 8:30 am Fri. Mar 24 Warroad Com. Ctr. 11:00 am Tues. Mar 28 Elderbush Apts. 9:00 am *Schedules not foot care clinic	Blood Pressure, Blood Sugar, and Foot Care Clinics Thu. Apr 6 Badger Creek Apts. 8:30 am Tues. Apr 11 North Star Apts. 8:30 am Thu. Apr 20 Sunburst Apts. 8:30 am Fri. Apr 28 Warroad Com. Ctr. 11:00 am *Schedules not foot care clinic	Blood Pressure, Blood Sugar, and Foot Care Clinics Thu. May 4 Young Manor Apts. 8:30 am Tues. May 9 North Star Apts. 8:30 am Thu. May 18 Sunburst Apts. 8:30 am Fri. May 23 Elderbush Apts. 9:00 am Fri. May 26 Warroad Com. Ctr. 11:00 am *Schedules not foot care clinic
Women's Health Clinics Wed. Mar 22 LifeCare 7:00-11:30 am Breast Cancer Support Group Tues. Mar 14 Roseau 6:00 - 7:30 pm Tues. Mar 16 Warroad 5:30 - 7:00 pm Info: Call Connie: (218) 463-2500, ext. 4145.	Women's Health Clinics Wed. Apr 19 LifeCare 7:00-11:30 am Breast Cancer Support Group Tues. Apr 11 Roseau 6:00 - 7:30 pm Tues. Apr 13 Warroad 5:30 - 7:00 pm Info: Call Connie: (218) 463-2500, ext. 4145.	Women's Health Clinics Wed. May 10 LifeCare 7:00-11:30 am Breast Cancer Support Group Tues. May 9 Roseau 6:00 - 7:30 pm Tues. May 11 Warroad 5:30 - 7:00 pm Info: Call Connie: (218) 463-2500, ext. 4145.
Roseau Area Cancer Support Tues. Mar 28 LifeCare 6:00 - 7:30 pm Info: Call Barb at 463-4703 or Jan at 463-4198	Roseau Area Cancer Support Tues. Apr 25 LifeCare 6:00 - 7:30 pm Info: Call Barb at 463-4703 or Jan at 463-4198	Roseau Area Cancer Support Tues. May 30 LifeCare 6:00 - 7:30 pm Info: Call Barb at 463-4703 or Jan at 463-4198

LifeCare's "Matter of Balance" Classes EVERY TUESDAY April 4 - May 23
 North Star Apts. | LifeCare Greenbush Manor | Warroad Community Center
 9:00 - 11:00 am | 1:00 - 3:00 pm | 1:00 - 3:00 pm
 * Due to a scheduling conflict, the first class in May at the Warroad Community Center is Wed. May 3. Info: (218) 463-4301
 Heartsaver® First Aid CPR AED and Basic Life Support (BLS) are offered monthly!
 Register for all classes at: www.life-caremedicalcenter.org