

LifeCare awards 2018 student scholarships



LifeCare Medical Center has awarded scholarships to four 2018 Roseau County high school graduates with plans for a career in healthcare. Each will receive \$750 in scholarship funds to go toward the cost of education.

Jaustyn Dahl of Greenbush has been accepted into the Radiologic Technology program at Northland Community and Technical and College in East Grand Forks. **Victoria Johnson** of Roseau has enrolled at Mayville State University where she will play volleyball while studying to become a pediatrician. **Camryn Hagen** of Roseau will study chemistry and biology at Loyola Marymount University in Los Angeles as she works toward a career as a physician specializing in dermatology. **Caitlin Culleton** of Warroad will attend Concordia College in Moorhead as she begins her pursuit of a medical degree in family medicine.

Future Applicants

The LifeCare Medical Center Scholarship Fund is offered to area high school students planning to pursue a career in healthcare.

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 the content of each application.

Later this year, LifeCare will award \$1,500 Medical Student Scholarships to two students enrolled in a post-secondary or graduate academic program. Applicants must be in a healthcare related field and have completed at least one year in their major field of study.

Applications and info are available online at www.lifecaremc.org/careers

healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

SUMMER 2018

the **inside scoop**

Survey shows tobacco use up among teens in MN



INSIDE THIS ISSUE

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Nurturing environment keeps Greenbush seniors on the move

CLINICS & CLASSES

JULY	AUGUST	SEPTEMBER
Blood Pressure, Blood Sugar, and Foot Care Clinics Tues. July 10 North Star Apts. 8:30 am Thurs. July 12 Young Manor Apts. 8:30 am Thurs. July 19 Sunburst Apts. 8:30 am Tues. July 24 Elderbusch Apts. 9:00 am Fri. July 27 Warroad Com. Ctr.* 11:00 am *Indicates no foot care clinic	Blood Pressure, Blood Sugar, and Foot Care Clinics Thurs. Aug 2 Badger Creek Apts. 8:30 am Tues. Aug 14 North Star Apts. 8:30 am Thurs. Aug 16 Sunburst Apts. 8:30 am Fri. Aug 24 Warroad Com. Ctr.* 11:00 am Tues. Aug 28 Elderbusch Apts. 9:00 am *Indicates no foot care clinic	Blood Pressure, Blood Sugar, and Foot Care Clinics Tues. Sept 6 Young Manor Apts. 8:30 am Tues. Sept 11 North Star Apts. 8:30 am Thurs. Sept 20 Sunburst Apts. 8:30 am Tues. Sept 25 Elderbusch Apts. 9:00 am Fri. Sept 28 Warroad Com. Ctr.* 11:00 am *Indicates no foot care clinic
Breast Cancer Support Group Tues. July 10 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	Breast Cancer Support Group Tues. Aug 14 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	Breast Cancer Support Group Tues. Sept 11 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145
Roseau Area Cancer Support Tues. July 3 LifeCare 3:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	Roseau Area Cancer Support Tues. Aug 7 LifeCare 3:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	Roseau Area Cancer Support Tues. Sept 4 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

Summer Class Sign-Ups

PRENATAL CLASSES

- PREPARING FOR CHILDBIRTH: July 30 & Aug 6, 6:00 - 9:00 PM
- CARING FOR YOUR NEWBORN: August 13, 6:30 - 9:00 PM
- BREASTFEEDING BASICS: August 20 from 6:30 - 8:30 PM
- DADDY BOOT CAMP: August 27 from 6:30 - 9:00 PM

Call for more info: (218) 463-4773

NURSE ASSISTANT CLASSES A career may be waiting for you!
TO ENROLL or ask for more info, call Heidi: 218-463-4728

Heartsaver Pediatric First Aid CPR AED FREE FOR ROSEAU COUNTY DAYCARE PROVIDERS!
August 6 & 7, 6:00 - 9:00 PM
Call Heidi: (218) 463-4728

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

Celebrate LifeCare at the Fair!

LifeCare is now a Top 100 Critical Access Hospital. To celebrate, please visit our booth at the Roseau County Fair immediately after the parade on Tuesday, July 17 for FREE cupcakes and coffee, plus other fun events!



REMEMBER! LifeCare's First Aid Station includes a "Rock and Rest" room for nursing moms and those needing quiet time with their infants.

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caring for generations
715 Deimore Drive, Roseau, MN 56751
www.lifecaremedicalcenter.org

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healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

SUMMER 2018
VOLUME 23, ISSUE 2

Nurturing environment keeps Greenbush seniors on the move

LifeCare Medical Center staff members know the importance of offering seniors a nurturing environment.

Practiced throughout the LifeCare organization, the creation of positive environments is especially evident in places like Roseau Manor, Greenbush Manor, and Greenbush Assisted Living.

Caregivers at these facilities are unique in their ability to offer the everyday support residents and tenants need to live life to its fullest.



Loralee Waage, RN
Director of Nursing,
Greenbush Manor

Essential needs such as food, shelter, and clothing are one thing. But finding ways to encourage seniors to love, learn, and maintain a sense of purpose can be tricky, say many senior facility staff members. This is especially the case whenever physical limitations make getting through the day a challenge.

Living Life to the Fullest

Seniors might easily feel isolated and bored when they cannot get around like they once did. Or if they are dealing with complications.

Finding activities that seniors might still enjoy can be a real challenge. Fortunately, LifeCare staff are up to the task.

When Loralee Waage, RN, first started working at Greenbush Nursing Home more than 20 years ago, it was during an era when senior activities centered around a limited number of events.

Today, as Director of Nursing of Greenbush Manor, Waage is pleased with the strides made in a broader sense.

"Resident activities are now an integral part of the interdisciplinary process. We look at resident engagement in social and

leisure activities as an indicator of quality of life and well-being in nursing homes," she says. "It is important that our residents are involved in making decisions on what type of activities we do based on their interests."

Crediting much of the growth to her LifeCare colleagues, Waage agrees that the new LifeCare Greenbush campus also plays a role.

"We are very fortunate to have this new facility, which was built in 2010," says Waage. "Both the inside and outside spaces give us the opportunity to enrich our activities, or what we call life enhancement programs."

Waage, who is responsible for the overall daily activities of Greenbush Manor, often looks to the expertise of staff members like Activities Supervisor Paige Langaas and RN Supervisor Lynsey Dvergsten at Greenbush Assisted Living.

"Even though our resident and tenants enjoy the three B's (bingo, birthdays and bible study), they particularly like to do activities that remind them of work they used

to do when they were young and vibrant."

These include activities like gardening, fishing, or singing. "We focus on making every day worthwhile," says Dvergsten.

Activities for residents and tenants are not limited to Greenbush Medical Park campus, Langaas says.

Langaas notes not all residents and tenants are physically able to participate in every type of activity.

"However it is our job to find ways to help each resident thrive," she says. "The more they stay active and participate in life, the better their outcomes."

Benefits from these activities often include reduction in falls, maintaining independence longer, and increased feelings of self-worth. Many Greenbush Manor residents and Assisted Living tenants have lived in this area their entire life, and know firsthand the benefit of having these LifeCare facilities in their community.

As a result, Greenbush Medical Park has become a welcoming place for family and friends to gather, to celebrate special events, or to simply stop for a quiet visit.

To learn more or to assist with activities at Greenbush Medical Park, call Paige Langaas at (218) 782-2131.



Always ready to learn new things, LifeCare Greenbush Manor residents and assisted living tenants enjoy a variety of supervised outings like this trip to Polaris Industries.



LifeCare's Terri Bentow shares a smile with Helen Kilen at Greenbush Manor.



A perfect day for gardening is shared by LifeCare Greenbush Manor residents and assisted living tenants. LifeCare staff members ensure a wide range of nurturing activities.

LifeCare MEDICAL CENTER
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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: LifeCare's annual May Walk/Run raised over \$7,000 for diabetes awareness and drew in nearly 200 participants, including Trista Robinson, Kristi Kappahn, and Becky Robinson, plus their walking buddies Jaxon and Thorin.



Preventing Tick-borne Diseases

While there are many things to enjoy and look forward to during Minnesota summer months, ticks are not one of them! There seems to have been an abundance of them in recent years, and, depending on the type of tick, they can transmit a variety of diseases.

Since I am not a tick expert, I found some very helpful information from the MN Department of Health that will hopefully help you and your loved ones prevent any tick-borne diseases this summer.

- Use tick repellent**
- Choose an EPA-registered product so you know it is safe and effective against tick bites.
 - Products containing permethrin, which is used on clothing and gear, are especially recommended for people who spend a lot of time in wooded areas. Do not use this product on your skin.
 - Standard DEET products are another option. According to the American Academy of Pediatrics, concentrations up to 30% DEET are safe for children, but do not use DEET for infants under 2 months of age. Be sure to follow manufacturer's directions for all repellent applications.
 - Don't forget to ask your veterinarian about safe and effective tick repellents for your pet.

- Check for ticks frequently, at least once a day**
- Ticks must remain attached for one to two days before they can transmit the Lyme disease bacteria. Some research suggests other diseases could be transmitted more quickly.
 - Bathe or shower after being outdoors to more easily find and wash away ticks that may be on or attached to you.
 - Search your entire body closely, especially hard-to-see areas (behind knees, groin area, and arm pits).
 - Ticks may look like a speck of dirt or a freckle on the skin, so use another person or a mirror to help if necessary.

- If you find a tick on yourself, remove it as soon as possible**
- Prompt tick removal is important in order to lower your risk of tick-borne disease transmission. Use a tweezers or your fingers to grab the tick by the head, close to the skin. Remove it slowly, steadily, and gently. Clean the area with soap and water.

- Don't forget about ticks that may be on your clothing or gear**
- Check your gear and clothing before going indoors.
 - Tumble dry clothing in a dryer on high heat for at least 10 minutes to kill blacklegged ticks. Ticks may survive wash cycles, especially if hot water is not used.

- If you live near the woods in an area with ticks:**
- Keep lawns and trails mowed short.
 - Remove leaves and clear the brush around your house and at the edges of the yard.
 - Keep children's play set or swing set in a sunny and dry area of the yard.
 - Make a landscape barrier (such as a three-foot wide border of wood chips) between your lawn and the woods.

More info about tick-borne disease is available at www.health.state.mn.us

For more, call Dawn Hedlund, RDN, LD, at (218) 463-4773 or Paula Hedlund, RN, at (218) 463-4301.

— NATIONAL RECOGNITION —

LifeCare named a Top 100 Critical Access Hospital

Ranking involves over 1,300 U.S. hospitals

The sign of a healthy community is a healthy hospital. And in Roseau County, LifeCare Medical Center continues to be that vital component.

For decades, LifeCare has provided high quality, compassionate care and a commitment that today is stronger than ever thanks to the hospital's recent high marks from a prestigious nonpartisan entity.

In a recent survey of 1,343 facilities, the Chartis Center for Rural Health named LifeCare Medical Center among the Top 100 Critical Access Hospitals in the U.S.

"We are honored to be recognized as one of the Top 100," says LifeCare's President/CEO, Keith Okeson. "This achievement is extremely gratifying and validates our daily commitment to providing our communities the best healthcare possible while maintaining an efficient and effective facility."

Okeson says earning this distinction is a testament to the dedication to quality and compassionate care by LifeCare's medical staff, employees, and its forward-thinking

"We are proud to serve as a benchmark for others."

— Keith Okeson
LifeCare President / CEO



The third largest employer in Roseau County, LifeCare takes great pride in the commitment of its staff. Integral to its success are all of LifeCare's medical staff, including 30-year veterans Deb Erickson, MD, and Ron Brummer, MD (above).



Board of Directors.

"LifeCare's success also hinges on the strength and loyalty of the community in helping us support our mission. We are proud to serve as a benchmark for other rural facilities as we all continue to strive for excellence through the challenges of uncertainties along with the excitement of new innovation."

Okeson says earning this distinction is a testament to the dedication to quality and compassionate care by LifeCare's medical staff, employees, and its forward-thinking

Key Role

LifeCare scored in the Top 100 Critical Access Hospitals on iVantage Health Analytics' Hospital Strength INDEX®.

Seen as the industry's most compre-

hensive and objective assessment of rural provider performance, the INDEX and its results are the basis for many of rural healthcare's most prominent awards, advocacy efforts, and legislative initiatives.

As a result, Top 100 Critical Access Hospitals play a key role in providing a safety net to communities across America.

The INDEX measures these facilities across eight pillars of hospital strength: Inpatient Share Ranking, Outpatient Share Ranking, Cost, Charge, Quality, Outcomes, Patient Perspective, and Financial Stability.

"The Hospital Strength INDEX provides a true benchmark for helping rural

providers to better understand performance levels and identify areas of improvement," says Michael Topchik, National Leader of The Chartis Center for Rural Health.

"When we look across the spectrum of rural-relevant INDEX indicators, the Top 100 Critical Access Hospitals are establishing a new standard for how to deliver higher quality care to their communities despite an unpredictable healthcare environment."

As the third largest employer in Roseau County, LifeCare Medical Center employs a staff committed to living its mission every day, says Okeson.

"LifeCare's employees believe in the organization and the role they play regarding the health of our communities," he says.

LifeCare's staff, Okeson says, has a promise to not only provide medical care, but to go above and beyond expectations to make each visit the best experience possible.

"It is because of this commitment that LifeCare has had such a strong history in Roseau County, and that commitment will continue long into our future."

A complete list of the Top 100 Critical Access Hospitals can be found at: www.ivantageindex.com/top-performing-hospitals



Rise in MN youth tobacco use is cause for alarm



PAULA HEDLUND, RN
WELLNESS COORDINATOR

Each year, fifth grade students from around the area come to LifeCare for a tour of the facility and a mini-health fair.

These health fairs touch on a wide assortment of topics, including tobacco.

Tobacco education has been part of our health fair for many years, but this time we decided to change the content a bit, due to the alarming new trend and popularity of e-cigarettes.

In 2017, for the first time since 2000, the Minnesota Youth Tobacco Survey measured an increase in use of tobacco products among middle school and high school students.

Health experts throughout the country believe this increase is attributable to the rising popularity of e-cigarettes.

E-cigarettes are electronic devices that use a battery to heat an inserted cartridge containing e-juice, which is a mixture of liquid nicotine and other chemicals.

When the e-juice is heated it produces an aerosol which is inhaled by the user.

E-cigarettes are known by a variety of names, including vape pens, e-hookahs,

mods, tank systems, Juuls, and e-cigs.

What's more, they are available in many youth-friendly flavors such as gummy bear, fruit punch, chocolate, cherry, and mango.

Some people may have heard that e-cigarettes are a safer alternative to traditional smoking. However, this doesn't mean they are safe to use!

Nearly all e-cigarettes contain nicotine,



Each year, local fifth graders are educated on the dangers of tobacco and an onslaught of electronic cigarette devices.

Survey shows first increase in tobacco product use by middle & high school students since 2000.

which is highly addictive and can harm the developing adolescent brain.

Nicotine is also a health danger for pregnant women and their developing babies.

Besides nicotine, e-cigarettes can contain substances that harm your body.

These include cancer-causing chemicals and ultrafine particles that can be inhaled deep into the lungs and cause respiratory distress and disease.

They can also contain volatile organic compounds and heavy metals, including nickel, tin, chromium, and lead.

Equally disturbing is the growing number of new products on the market.

One of the latest is a device known as a JUUL. One JUUL pod contains as much nicotine as an entire pack of cigarettes.

With products like these within reach of our children, you can imagine why we continue to press the importance of avoiding tobacco and vaping devices altogether.

The Minnesota Youth Tobacco Survey is



Tobacco cessation educators like Kim Horner, RN, (pictured here) provide vital information at local health fairs to warn young people about tobacco, vaping, and the many dangers associated with their use.

For a detailed report, visit: <http://www.health.state.mn.us/divs/chs/surveys/tobacco/index.html>
References for this article include: Center for Disease Control and Prevention, Office on Smoking and Health, Minnesota Department of Health, and www.health.mn.gov/tobacco

conducted every three years, and we can only hope the next round of survey results will be more promising.

For more information, call Paula Hedlund, RN, at (218) 463-4301.



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
 - Advanced life support 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
- Endoscopic procedures:
 - Gastroscopy
 - Colonoscopy
- Telemedicine with service by Altru
- Infusion therapy including:
 - IV antibiotics
 - Fluid replacement
 - Infusion chemotherapy

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

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

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
- 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.

SAVE THE DATE: Sept. 20, 2018

Motivational speaker uses humor to subdue stress!

Mark your calendar now to attend LifeCare's upcoming community presentation by motivational humorist and author Kay Frances, MBA — who combines her education, years of standup comedy, and her passion for her message: *The Funny Thing About Stress*.

When it comes to managing stress, Kay learned the hard way by engaging in "every unhealthy habit known to man." It was a long, winding, hilarious road back to sanity and good health, and Kay generously shares what she learned along the way. It's clean, relatable humor with a message.

This event is planned for Thursday, Sept. 20 at the Roseau Community School Theater at a time to be determined.

All who attend will receive a free gift courtesy of LifeCare's "Health4Life" program. For more details, please call Dawn Hedlund at (218) 463-4773.

