

Summer job at LifeCare trains NDCS apprentices

Summer job provides insight for career in electrical technology

It's not uncommon to see an ambitious college student interning for the summer at LifeCare Medical Center. But, what is rare at LifeCare is finding students like Brett Dale who are not there to study healthcare at all.

Enrolled in the electrical technology program at North Dakota State College of Science in Williston, Brett has spent his summers and school breaks over the past couple years serving as a member of LifeCare's maintenance department.



College student Brett Dale, seen here installing a boiler controller, has gained a tremendous amount of experience during his time working at LifeCare.

"Working at the hospital helped prepare me so much for school," says the Rosendin native now in his second year in NDCS. "It provided such a variety of electrical work experience. I really was a step ahead of other students when I got back to class."

Brett's work as an apprentice placed him alongside master electrician Chancy Ott and other members of LifeCare's maintenance crew.

"His education in electrical technology made Brett the right guy to assist Chancy," says Brian Craftman, Director of Maintenance at LifeCare. "He was a perfect fit for the type of student we needed."

His electrical apprenticeship, moving him closer to the required number of hours to take the Journeyman test.

"You find student interns at LifeCare in departments such as Rehab, Imaging, Lab, Nursing, Pharmacy, and other areas specific to healthcare," Craftman says. "But LifeCare is an excellent training ground for other careers too."

For more about employment opportunities at LifeCare, call (218) 463-4755 or visit www.life-care.org.

LifeCare CLINICS & CLASSES

OCTOBER	NOVEMBER	DECEMBER
Blood Pressure, Blood Sugar, and Foot Care Clinics Thurs. Oct. 4, 11, 18, 25, 31 Thurs. Oct. 11, 18, 25, 31 Thurs. Oct. 18, 25, 31 Thurs. Oct. 25, 31 Thurs. Oct. 31	Blood Pressure, Blood Sugar, and Foot Care Clinics Thurs. Nov. 1, 8, 15, 22, 29 Thurs. Nov. 8, 15, 22, 29 Thurs. Nov. 15, 22, 29 Thurs. Nov. 22, 29 Thurs. Nov. 29	Blood Pressure, Blood Sugar, and Foot Care Clinics Thurs. Dec. 1, 8, 15, 22, 29 Thurs. Dec. 8, 15, 22, 29 Thurs. Dec. 15, 22, 29 Thurs. Dec. 22, 29 Thurs. Dec. 29
Roscoe Area Cancer Support Thurs. Oct. 4, 11, 18, 25, 31 Thurs. Oct. 11, 18, 25, 31 Thurs. Oct. 18, 25, 31 Thurs. Oct. 25, 31 Thurs. Oct. 31	Roscoe Area Cancer Support Thurs. Nov. 1, 8, 15, 22, 29 Thurs. Nov. 8, 15, 22, 29 Thurs. Nov. 15, 22, 29 Thurs. Nov. 22, 29 Thurs. Nov. 29	Roscoe Area Cancer Support Thurs. Dec. 1, 8, 15, 22, 29 Thurs. Dec. 8, 15, 22, 29 Thurs. Dec. 15, 22, 29 Thurs. Dec. 22, 29 Thurs. Dec. 29
Breast Cancer Support Group Thurs. Oct. 4, 11, 18, 25, 31 Thurs. Oct. 11, 18, 25, 31 Thurs. Oct. 18, 25, 31 Thurs. Oct. 25, 31 Thurs. Oct. 31	Breast Cancer Support Group Thurs. Nov. 1, 8, 15, 22, 29 Thurs. Nov. 8, 15, 22, 29 Thurs. Nov. 15, 22, 29 Thurs. Nov. 22, 29 Thurs. Nov. 29	Breast Cancer Support Group Thurs. Dec. 1, 8, 15, 22, 29 Thurs. Dec. 8, 15, 22, 29 Thurs. Dec. 15, 22, 29 Thurs. Dec. 22, 29 Thurs. Dec. 29

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

Autumn Class Sign-Ups

PRENATAL CLASSES	• PREPARING FOR CHILDBIRTH: Oct 15 & Oct 6, 9:00-9:00 PM
• Caring for your newborn: Oct 15, 9:30-9:30 PM	• BIRTHSTRESSING BASICS: Oct 22 from 9:30-9:30 PM
• DADDY BOOT CAMP: Oct 29 from 9:30-9:30 PM	

NURSE ASSISTANT CLASSES

To ENROLL or ask for more info, call Heidi: (218) 463-4778

HeartSaver Pediatric First Aid CPR AED

FREE FOR ROBEAU COUNTY RESIDENTS FROM OCT 28 Nov 5 & 6, 9:00-9:00 PM Call Heidi: (218) 463-4778

Register for any of these programs at www.life-caremedicalcenter.org

Partners for Health fundraiser is Nov. 17

LifeCare Health Care Fund will host its annual Partners for Health gala on Saturday, November 17 at the Roscoe City Center. This year's proceeds benefit the General Endowment Fund and the newly established Anna Baby Fund of the LifeCare Health Care Fund. For ticket info or to make a donation, call Anna Brandt at (218) 463-4742. Hope to see you there!

healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

AUTUMN 2018

the inside scoop

Construction continues at LifeCare Rehab

LifeCare welcomes surgeon Arshad Khan, MD, to med staff

Healthy pregnancy is first step toward healthy baby



Arshad Khan, M.D.
LifeCare Medical Center

LifeCare Medical Center is pleased to welcome general surgeon Arshad Khan, M.D., to the medical staff.

Dr. Khan completed medical school and interned at the Government Medical College and University of Jammu, India before his general surgery residency at Mount Sinai Medical Center in Chicago. His credentials also include fellowships from the University of Illinois College of Medicine, Chicago, namely the Pancreatic and Liver Transplant Surgery Fellowship and the Multi-Organ Transplant Surgery Fellowship.

Dr. Khan joined LifeCare's Medical Staff in July and discovered an instant kinship. "I am surprised at work by people I respect and admire. We have a shared goal of providing top quality medical care to patients and alleviating suffering," Dr. Khan says of his LifeCare family. "I am honored to work with colleagues who are smart, dedicated, and trustworthy."

Never one to shy away from a challenge, Dr. Khan was drawn to LifeCare's mission of bringing modern medicine to a rural community.

"From the beginning of my medical profession, I had a desire to work for people in a rural setting, away from the chaos and confusion of big cities. It is so rewarding to meet them with the most modern medicine."

Social PULSE

Never miss a beat: follow us to get the full scoop!



LifeCare Rehab Construction Update

Phase II of construction is underway at LifeCare's Rehabilitation Services in Roscoe.

The entire remodel, when finished in early 2019, will feature several more physical and occupational therapy treatment rooms and space, a 15-foot fall precluded walking track, a conference room and offices, a private rehab gym for patients, an expanded wellness gym for the community, and more.

The main entrance to Rehab will return to its original location following completion of the project.

The entire remodel, when finished in early 2019, will feature several more physical and occupational therapy treatment rooms and space, a 15-foot fall precluded walking track, a conference room and offices, a private rehab gym for patients, an expanded wellness gym for the community, and more.

After completion of Phase II, staff and the community will enjoy double the space.

Rehab Services is home to LifeCare's physical, occupational, and speech-language therapists who help patients recover from surgery, work-related injury, sports injury, and stroke.

They also assist patients with many other services, including wound care, treatment of lymphedema, and other chronic conditions.

LifeCare's Rehabilitation Services will have locations in Greenbush and Warsaw.

"The next four months will be challenging as all Rehab services have moved to the adjoining wing of the building into an area that was constructed during Phase I of the project," Carlson says.

"We ask that patients please watch for signs as the normal flow may be different, including a temporary entrance."

For more information, call LifeCare Rehab at (218) 463-4787 or visit the website: www.life-caremedicalcenter.org



Construction crews are in full swing as they renovate LifeCare's Rehab area.

LifeCare MEDICAL CENTER

care for generations

www.life-caremedicalcenter.org

OUR MISSION: To provide care for a healthy life.

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

- Where patients choose to receive care
- Where employees choose to provide care
- Where communities choose to be served

OUR VALUES:

- Compassion
- Collaboration
- Respect
- Excellence

ON THE COVER: LifeCare's event featuring speaker/author/commedian Kay Frances was a huge success, attracting nearly 700 community members on September 20. "She taught us how to laugh at life!" "She reminds us that laughter is the best medicine!"

LifeCare MEDICAL CENTER
713 Delaware Ave., Roscoe, MN 56570
www.life-caremedicalcenter.org



Healthy Eating while Pregnant

Making healthy food choices while pregnant will help fuel baby's growth and development, and keep you healthy as well. Gone are the days when "eating for two" was popular advice. The calorie recommendation to grow a baby is only about 300 extra each day. That's the equivalent of a good sized snack or slightly larger portion sizes at each meal.

Trying to eat "perfectly" during pregnancy can be overwhelming and quite stressful. Because a stressed out mom does not create the most ideal environment for baby, simplifying a few things may help you to relax and enjoy the experience a bit more:

• PERFECT Eating: Pregnant or not, it's impossible to achieve this goal. There is no such thing.

• Cravings and Aversions Are Real: While you may have plans of eating the most balanced meals and snacks each day, you will likely find that you only want a couple of foods, and the foods that you think are the healthiest for baby may make your stomach turn. Remember, this too shall pass! Eventually, you will be OK with eating more variety. Be nice to yourself and give your body what it wants during this time.

• Eating for Two: While it is fairly well known that eating double the calories is not necessary or recommended, it may be days during your pregnancy when you are just HUNGRY, and you will be surprised at how much you want to eat. This is normal, and listening to your body on these days is perfectly fine. Remember that you will not feel like this every day, and there will be days when your appetite is much lower than you think it should be. It all balances out.

Healthy Weight: Leave the scale at your doctor's office. While there are guidelines for weight gain and pregnancy, everybody is different, so comparison to others is unproductive. Even the healthiest of eaters will gain plenty of weight during this time because it's necessary. Dieting is never recommended as a way to control the process. Relax and enjoy what your body is designed to do. It's pretty awesome.

Specific Recommendations: It is not difficult to find guidelines for which foods to eat and how much during pregnancy. Keep this information in mind but don't let it stress you out. Be kind to yourself during this amazing time of life. Eat lots of healthy foods, but don't feel guilty about enjoying a few treats along the way. Follow your doctor's orders regarding specific nutrients that you may need, but remember that nutrition for pregnancy is really not all that different from general good nutrition. If you are eating enough food with a good variety of nutrients most of the time, your baby is going to take what it needs, and, hopefully, there will be plenty left over for mom once baby greets the world.

As with anything, be sure to follow the advice of your medical provider for a more detailed account of how to eat well during pregnancy. visit the website: www.webmd.com/baby/guide

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

— LIFECARE'S BIRTHING CENTER —

Where it all begins...



Seven members of LifeCare's medical staff provide Obstetric services including Dr. Jessica Simmons and Dr. Chibukwe Anokwute, the two newest members to provide this service.

LifeCare's Birthing Center

As a regional leader in healthcare, it is important for LifeCare to provide Obstetric services, says LifeCare President/CEO Keith Okeson.

"We are fortunate to have seven physicians here who work in obstetrics, including four who perform C-sections." These seven physicians include: Ronald Brummer, MD; Deb Erickson, MD; Luis Jain, MD; Bryan VandeWege, MD; Robert Anderson, MD; Jessica Simmons, MD; and Dr. Chibukwe Anokwute, MD.

"We also appreciate the team of nurses and other dedicated support staff who work to keep LifeCare's Birthing Center running smoothly," Okeson says.

At LifeCare, each OB patient has an assigned nurse to monitor labor, birth, and postpartum care. These specialized nurses are trained in labor and birth positions, infant feeding, newborn care, and care of mom during the post-delivery phase.

"We have four Certified Lactation Consultants who provide newborn home visits," Kjos says. "They work as part of our home visiting team that offers visits to all mom and baby couples regardless of feeding preferences."

Other accommodations are considered too, including moms who have given birth by C-section and are interested in trying to have a vaginal birth after Cesarean (VBAC). "LifeCare physicians allow you the opportunity to try this process and medical personnel will be available to do an immediate repeat C-section, if necessary," says Kjos.

LifeCare staff members have also been trained to act as a labor coach or labor support person to help mom focus, breath and

relax if she has determined she would like to labor and birth with minimal intervention. Equally accommodated are patients who chose to have a doula present during labor, birth, and post care, explains Kjos.

"We fully respect this option and strive to meet the needs of our patient while keeping safety in mind during this precious time."

Private Birthing Suites

The birth of a baby is one of the most exciting events a family will experience. It is a special time filled with a wide range of emotions for the entire family. Therefore, each patient is assigned a private, suite-like room for labor, birth and recovery.

"Our suites include a Murphy bed for mom's support person and we encourage that individual to stay with her as long as they like throughout the experience," Kjos says.

"LifeCare also believes in the importance of mother-baby bonding, and as a result, baby stays in the room with mom at least 23 hours a day."

"Our physicians are part of a group who prefer to manage their patients labor and birth," she says. "In most situations your

physician will deliver your baby."

LifeCare's Birthing Center and its staff are tuned into the uniqueness of each mom's birthing experience and provide every effort to meet those individual needs.

"Given the momentous nature of childbirth, it's hard to imagine not having this service readily available," says Kjos. "I'm proud to be part of an organization that provides services so vital to our region."

To learn more about LifeCare's Birthing Center, call (218) 463-2500.



At LifeCare, baby and mom share at least 23 hours a day together for bonding time.

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

LifeCare 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
- Foot and ankle surgery
- Telemedicine
- Service by Altru
- Infusion therapy including:
- IV antibiotics
- Fluid replacement
- Infusion chemotherapy

Senior Services

LifeCare Greenbush Manor

- LifeCare Roseau Manor
- Greenbush Assisted Living

Rehabilitation Services

LifeCare includes:

- Sites in Roseau, Warroad, and Greenbush
- Physical Therapy for injury and post-operative rehab
- Occupational Therapy for fine motor coordination, stroke rehab, custom splinting, mobility equipment, and training
- Massage Therapy
- Nutrition Counseling
- Adult development programs
- 24/7 Community Wellness Centers - Reimbursement through insurance plans, programs and employers

Podiatry Services

Services include:

- Foot and ankle surgery

Laboratory

LifeCare's 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

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

LifeCare includes:

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

Home Care and Hospice

LifeCare Home Care delivers in-home care to maximize an independent lifestyle through:

- Skilled Nursing
- Home Health Aides
- Social Worker
- Palliative Care
- Rehabilitation Services: Physical and Occupational Therapy

LifeCare Hospice provides end-of-life care to patients and families focusing on a healthcare team approach which includes volunteers and spiritual care.

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

Shared Ventures

LifeCare Medical Center is proud to partner with Altru Health System to meet the health care needs of the community. The **Roseau Area Diabetes Center** and **Altru New Renal Dialysis Unit** at LifeCare are two shared ventures that demonstrate the success of this teamwork approach.

LifeCare offers text message appointment reminders

LifeCare Medical Center is pleased to now offer text messaging as a simple and convenient way to remind patients of upcoming appointments.

To set up an account do the following steps:

1. Open a new text message on your device.
2. Type 626262 in the phone number area.
3. Type the letters LCM in the message window.
4. Hit the Send button.

Traditional appointment reminders are still available to anyone who chooses not to set up a text link.

To receive technical assistance on your device, text HELP to 626262, or send the word STOP to opt-out. Visit txt.nov.com for more info. Message and data rates may apply.

For more information about LifeCare's new text message reminder service, call LifeCare at (218) 463-4311.



Healthy pregnancy: First step to a healthy baby

Having a healthy pregnancy is your first step to having a healthy baby.

So says Donna Johnson, Prenatal Education and Public Health Nurse at LifeCare Medical Center.

"Plenty of changes, challenges, and milestones will happen during those nine months, and LifeCare is committed to helping families each step of the way," she says.

According to Johnson, it all starts with a healthy lifestyle prior to the actual pregnancy.

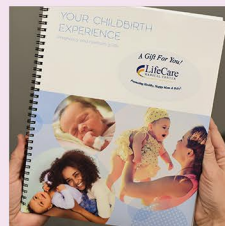
Before becoming pregnant, it is important to make an appointment with your health care professional to discuss your general health, lifestyle, and important tips to begin the pregnancy in the healthiest way possible.

"It's important to keep well informed during pregnancy," she says. "This way mom can focus on staying healthy during her pregnancy."

Good Resources

Because good resources are so important, LifeCare Medical Center offers every pregnant mom a hard copy of the book: *Your Childbirth Experience, Pregnancy and Newborn Guide*.

When scheduling that first prenatal visit, the patient is invited to stop in and pick up a copy or access the online version available at: www.life-care.org.



Pregnant women are encouraged to get their free copy of "Your Childbirth Experience" early in their pregnancy. LifeCare Prenatal Educators recommend it as an excellent resource, especially during the first trimester.

"This guide is filled with valuable information about prenatal care, childbirth education, postpartum care, breastfeeding, and newborn care," Johnson says. "There are also chapters on getting to know your newborn, baby basics, and keeping your baby safe."

New moms are also offered the option to be

"Plenty of changes will happen during those nine months, and LifeCare is committed to helping each step of the way."

— Donna Johnson
Prenatal Education & PHN at LifeCare

contacted by a Public Health Nurse (PHN) when they call to schedule their first prenatal appointment. If interested, a PHN will contact the patient and offer complimentary prenatal education. LifeCare offers this service to all new moms in its service area. This is especially ideal for women in their first trimester of pregnancy.

"A call from a nurse can be a great and comforting resource, so I always encourage women to take advantage of this free, early pregnancy education session with a PHN," she says.

The nurse will answer any questions or concerns, and offer best practices in how to have a healthy pregnancy.

For more information, call Donna Johnson, Public Health Nurse at (218) 463-3211, Ext. 4171.

Childbirth Education Classes

Classes are another way LifeCare provides essential information to help new parents be better prepared for their birth experience and beyond. Here's a recap of current classes:

• Preparing for Childbirth

This two-night course discusses signs of labor, stages of labor, positioning, and comfort measures. Unexpected outcomes are also discussed. A tour of the birthing center is provided. Attendees are welcome to bring a yoga mat and/or birthing ball if they wish.

• Caring for Your Newborn

This class covers the basics of newborn care, growth and development, first days in the hospital, and baby safety. Attendees receive information about immunizations, proper car seat use, and learn about available community resources.

• Breastfeeding Basics

Like any new skill, breastfeeding requires knowledge and practice to be successful. This class discusses the medical advantages of breastfeeding, the benefits of skin-to-skin contact,

feeding tips for the first week of baby's life, positioning and techniques for latching on, and how fathers and others can support mother and baby. Breastfeeding mothers and infants are welcome to attend.

• Daddy Boot Camp

Becoming a new parent requires commitment from both parents. Training for new dads enables fathers to "hit the ground running" when their first baby arrives. This is so they can head in the right direction for forming a family with the new addition.

Along with great resources is the importance of positive family support. Also, the more knowledgeable a woman is, the more likely she will approach her personal journey with confidence and a positive perspective. To register for an upcoming class, go to: www.life-care.org/class