

# healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

## LifeCare honors Director of Nursing Roxanne Fabian, RN

Fabian retires after 43 years in the nursing profession

A longtime member of LifeCare's senior staff has retired after more than four decades in the field of nursing.

Roxanne Fabian, RN, BSN, joined the LifeCare nursing staff in 1976 and served as Director of Nursing since 1996.

Looking back, she describes her 43-year career as having made a profound impact on her life.

"Caring for patients is the most rewarding part of being a nurse, and that has not changed over time," says Roxanne. "It is also the core reason we become nurses and find joy in our career."



Roxanne Fabian, RN, BSN, joined LifeCare's nursing staff in 1976 and served as Director of Nursing from December 1996 until her recent retirement.

### From the Start

Roxanne grew up in rural North Dakota and began her journey into nursing at the University of North Dakota.

Upon receiving her Bachelor of Science in Nursing, Roxanne took a job working as a nurse in Fargo.

A year later, she accepted a position in Roseau and quickly realized this was where she belonged.

"I was always interested in science and biology, and I wasn't necessarily always going to be a nurse," says Roxanne. "But once I got into it, I knew it was right for me."

Given her upbringing, she says, it's hard to picture herself in any other line of work.

Besides her formal education, Roxanne had the good fortune of being the daughter of a highly skilled nurse.

"I was very proud that my mother was a nurse. She enjoyed her job, and was always positive about it," says Roxanne, "and though she loved her career, she also wanted to ensure that I made my own career decisions."

That insight, plus her fascination with multiple sciences, gave Roxanne the footing for a successful career in nursing.

### Many Achievements

Roxanne says an affinity for patient care is what fueled her from the beginning.

Though her passion for helping others remained constant, her way of expressing it eventually grew from a hands-on position to a leadership role.

"During that time, Roxanne was instrumental in the expansion and modification of many patient care practices," says Keith Okeson, LifeCare President/CEO.

Okeson also noted how Roxanne and her colleagues initiated the work on the hospital's first intensive care unit, and later, stress tests and cardiac rehab.

"Caring for patients is the most rewarding part of being a nurse."

— Roxanne Fabian, RN, BSN  
LifeCare's Director of Nursing

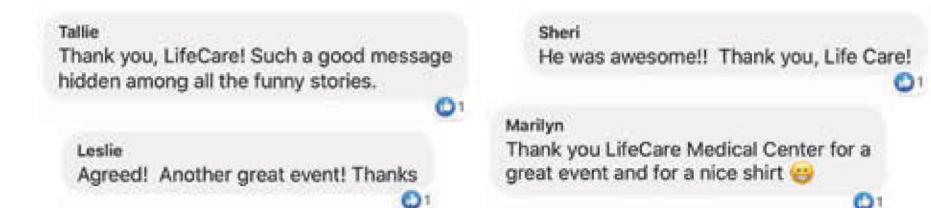
## "Nice Bike" inspires local audiences

Nearly 600 community members of all ages came together to be entertained, inspired, and reminded of how important it is to experience daily meaningful interaction with others.

That was the message shared by acclaimed speaker Mark Scharenbroich during his presentation *Making Connections that Move People* at Roseau Community School in September.

Through vivid real life stories and humorous anecdotes, Scharenbroich, author of the book *Nice Bike*, inspired attendees to recognize ways of helping themselves with daily interactions, create more meaningful relationships, and add joy to life's journey.

Watch for announcements of more motivational public events sponsored by LifeCare Medical Center.



Keynote speaker Mark Scharenbroich is met by an enthusiastic crowd following his presentation at Roseau Community School in September.

## WHEN STROKE IS APPROACHING BEFAST

LifeCare is an ACUTE STROKE READY hospital.

Nearly 800,000 people in the United States have a stroke every year.



QUICK TREATMENT = LESS BRAIN DAMAGE

It is important to get to the hospital quickly.



With help from LifeCare's Mega Brain exhibit, nurses educated county fair goes on the importance of getting to the hospital at the first sign of stroke.

### LEARN & SHARE THE WARNING SIGNS.

- Balance Loss** Is coordination or balance suddenly difficult?
- Eyesight Changes** Is there a sudden change in vision?
- Facial Drooping** Does one side of the face droop or is it numb?
- Arm Weakness** Is one arm weak or numb?
- Slurred Speech** Is speech slurred, are they unable to speak, or hard to understand?
- Time to Call 9-1-1** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get to a hospital immediately.



## LifeCare MEDICAL CENTER CLINICS & CLASSES

OCTOBER	NOVEMBER	DECEMBER
<b>Blood Pressure, Blood Sugar, and Foot Care Clinics</b> Thur. Oct 3 Badger Creek Apts. 8:30 am Tues. Oct 8 North Star Apts. 8:30 am Tues. Oct 15 Elderbrush Apts. 9:00 am Thur. Oct 17 Sunburst Apts. 8:30 am Fri. Oct 25 Warroad Com. Ctr.* 11:00 am *Indicates no foot care clinic	<b>Blood Pressure, Blood Sugar, and Foot Care Clinics</b> Thur. Nov 7 Young Manor Apts. 8:30 am Tues. Nov 12 North Star Apts. 8:30 am Thur. Nov 21 Sunburst Apts. 8:30 am Fri. Nov 22 Warroad Com. Ctr.* 11:00 am Tues. Nov 26 Elderbrush Apts. 9:00 am *Indicates no foot care clinic	<b>Blood Pressure, Blood Sugar, and Foot Care Clinics</b> Thur. Dec 5 Badger Creek Apts. 8:30 am Tues. Dec 10 North Star Apts. 8:30 am Tues. Dec 17 Elderbrush Apts. 9:00 am Thur. Dec 19 Sunburst Apts. 8:30 am Fri. Dec 27 Warroad Com. Ctr.* 11:00 am *Indicates no foot care clinic
<b>Roseau Area Cancer Support</b> Tues. Oct 1 LifeCare 3:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	<b>Roseau Area Cancer Support</b> Tues. Nov 5 LifeCare 3:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	<b>Roseau Area Cancer Support</b> Tues. Dec 3 LifeCare 3:30 pm Info: Call Connie: (218) 463-2500, ext. 4145
<b>Breast Cancer Support Group</b> Tues. Oct 8 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	<b>Breast Cancer Support Group</b> Tues. Nov 12 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	<b>Breast Cancer Support Group</b> Tues. Dec 10 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145

### UPCOMING CLASSES

Register for any of these at [www.lifecaremc.org/classes](http://www.lifecaremc.org/classes)

**PRENATAL CLASSES**  
Fall Dates: [lifecaremc.org/classes](http://lifecaremc.org/classes)

- PREPARING FOR CHILDBIRTH: October 7 & 14, 6:00 - 9:00 PM
- CARING FOR YOUR NEWBORN: October 21, 6:00 - 9:00 PM
- BREASTFEEDING BASICS: October 28, 6:30 - 8:30 PM
- DADDY BOOT CAMP: November 4 from 6:30 - 9:00 PM

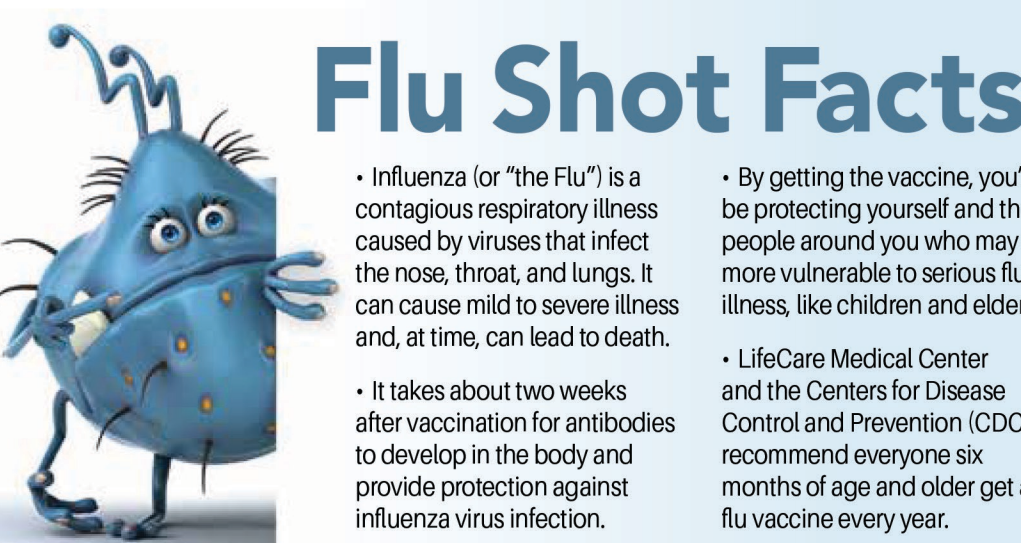
**NURSE ASSISTANT CLASSES**  
TO ENROLL or ask for more info, call Heidi: 218-463-4728

**CPR** LifeCare offers: CPR, AED, BLS Renewal, Heartsaver® First Aid, and Heartsaver® Pediatric First Aid/CPR/AED community classes. More info and sign up: [www.lifecaremc.org/classes](http://www.lifecaremc.org/classes)

**SIGN UP NOW!**  
Contact: Paula Hedlund, RN  
LifeCare Wellness Coordinator  
(218) 463-4301

**FREEDOM FROM SMOKING**  
Oct 1 - Nov 12 (Tuesdays)  
3:15 - 4:15pm @ Marvin Windows  
4:30 - 5:30pm @ Warroad Senior Living Center

**TAI JI QUAN**  
Jan 7 - Mar 26  
Tues & Thurs 1-2pm  
Warroad Community Center



## Flu Shot Facts!

- Influenza (or "the Flu") is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs. It can cause mild to severe illness and, at time, can lead to death.
- It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection.
- By getting the vaccine, you'll be protecting yourself and the people around you who may be more vulnerable to serious flu illness, like children and elderly.
- LifeCare Medical Center and the Centers for Disease Control and Prevention (CDC) recommend everyone six months of age and older get a flu vaccine every year.

GET THE FLU SHOT  
BEFORE THE FLU GETS YOU



LifeCare MEDICAL CENTER  
caring for generations  
715 Delmore Drive, Roseau, MN 56751  
[www.lifecaremedicalcenter.org](http://www.lifecaremedicalcenter.org)

INSIDE THIS ISSUE

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Assessing community health needs of northern Minnesota

POSTAL CUSTOMER

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

LifeCare MEDICAL CENTER  
caring for generations  
[www.lifecaremedicalcenter.org](http://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: Professional public speaker Mark Scharenbroich poses for a photo with Roseau's Karina Christianson (left) and Jordyn Werk following his local presentation last month. The free LifeCare sponsored event drew nearly 600 attendees.





## Creating Connections

We, at LifeCare, were honored to host Mark Scharenbroich in September for our annual Community Wellness Event. In case you missed it, his message had to do with how making meaningful connections with others can be very rewarding in many different ways. While the following tips seem to be easy and small, they can make a big difference in creating positive connections:

### Smile

Smiling at another person is one of the simplest ways to connect with them, and it only takes a second. Whether you are smiling at a stranger in passing, or at a friend or loved one, you never know when that smile will come at just the right time and have a positive effect on the recipient.

### Make Eye Contact

Whether you're passing by a stranger or engaging with a friend, make eye contact. Many people in today's busy world feel unseen. This is another way to connect on a deeper level, and it cultivates a level of trust.

### Be a Good Listener

Pay attention to how you listen to others. Perhaps you hear them speak but you don't really get what it is that they are trying to communicate. Do you have a tendency to finish other people's sentences or interrupt them with your own experiences? Try to really focus on what others are saying when they are speaking to you so that you are able to respond appropriately once they are finished.

### Schedule Quality Time

People are busy. It is easy to get caught up with daily activities and getting things done at the expense of making time to connect with others. Take a look at your weekly calendar and schedule a date night with your partner, a lunch or activity with a friend, or even some quiet time for yourself to recharge. You may be surprised by how making time to connect with others shifts the quality of your relationships, and how making time for yourself changes how you relate with others in a positive way.

### Be Interested and Present

Ask people about their lives, their families, their hobbies, goals and visions. Then, really listen to what they have to say. Be there with them in that moment. Refrain from checking your phone, glancing at a passerby, and other mindless distractions. It goes without saying that giving your full attention to others and being genuinely interested in what they have to say will enhance connections in a big way.

### Be Authentic

One of the biggest mistakes you can make in a relationship is to act in a way other than who you truly are. While being your authentic self can make you feel vulnerable, it will also provide the safety for those you care about to share themselves more authentically with you. More profound connections are made when communication comes from a place of honesty.

Head over to Mark's blog for some great examples of how connecting with others can lead to very meaningful life experiences: [www.nicebike.com/blog](http://www.nicebike.com/blog)

Source: [www.chopra.com](http://www.chopra.com)

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

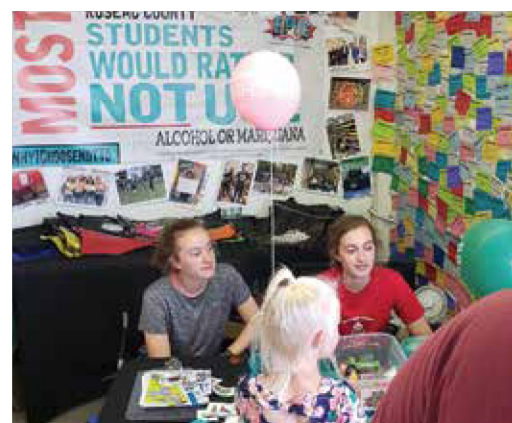
## — COMMUNITY HEALTH NEEDS ASSESSMENT —

## How are things in your community?

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

LifeCare lives this mission and works to achieve this goal in many ways — one being through programs and public activities designed to promote healthy lifestyles and well-being.

One way the topics for these programs and activities are chosen is through a Community Health Needs Assessment (CHNA). This assessment is an avenue for LifeCare to stay up to date on health needs in its service area. "LifeCare's Community Health Needs Assessment has proven to be a valuable tool as it provides perspective on what the key health related needs are within our service area", says LifeCare's Development Coordinator, Auna Brandt. "The process includes a systematic and comprehensive review of data in addition

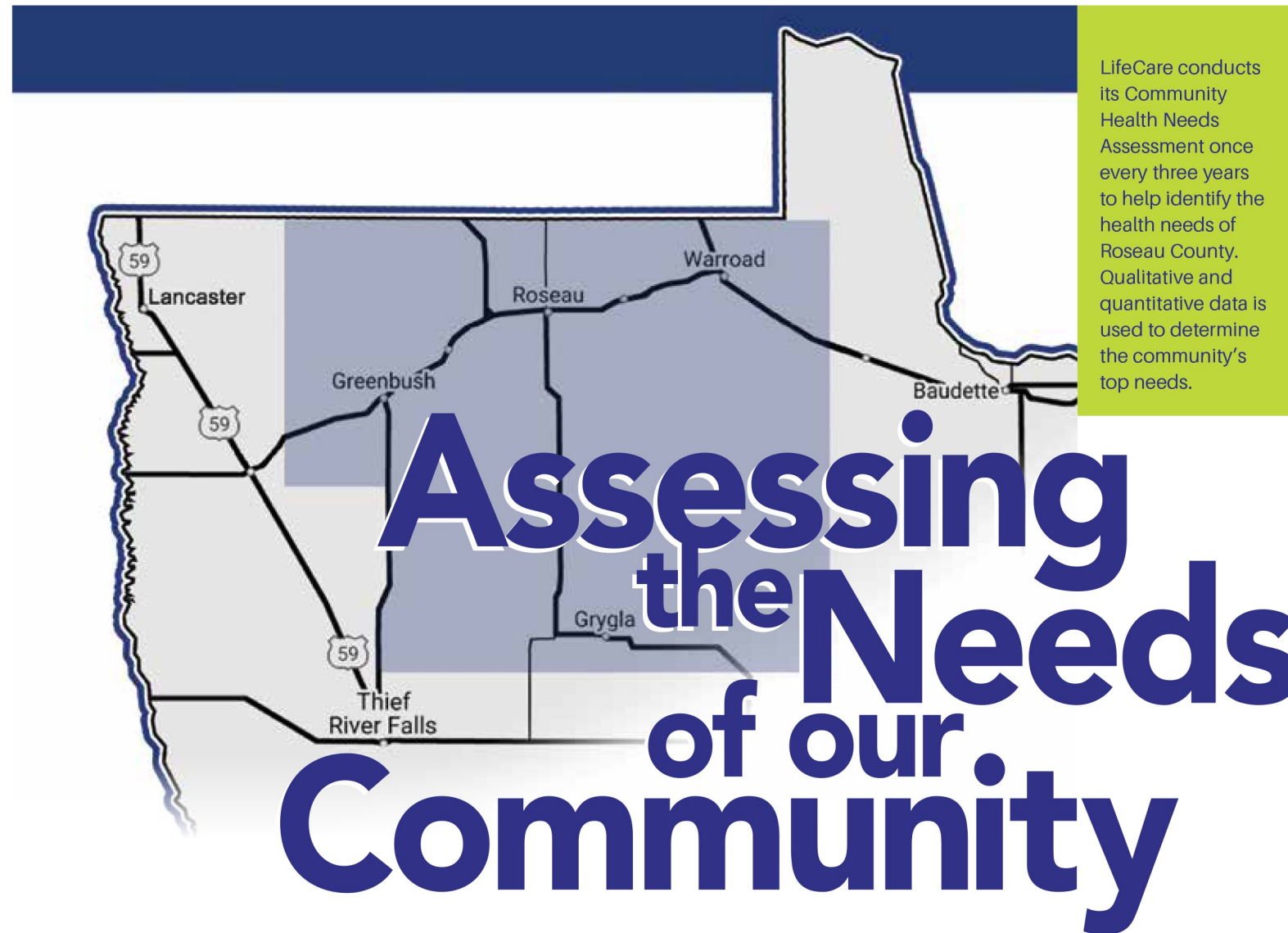


to engaging community members in discussion about their community's health."

The assessment has been completed every three years since 2013 as required by the IRS. The 2019 CHNA was conducted by LifeCare's Community Relations and Public Health departments.

"Community member input was received through interviews that represented people of all ages, economic status, and geographic levels throughout Roseau County," says Brandt. These focus groups consisted of representatives from areas such as schools, manufacturers, physicians, law enforcement, community groups, social services, and public health.

In total, 16 health needs were identified by five or more community groups. From there, results were prioritized by a survey.



LifeCare conducts its Community Health Needs Assessment once every three years to help identify the health needs of Roseau County. Qualitative and quantitative data is used to determine the community's top needs.

As with previous assessments, familiar issues quickly rose to the top of the list. These outcomes were then identified as the priority health needs of the community.

Mental Health remains the most highly ranked need, followed by Obesity, Healthy Eating, and Physical Activity as the number two category. Third was a combination of Tobacco, Vaping, Drugs, and Alcohol.

### Mental Health

LifeCare has worked internally and externally with local and regional partners on projects and programs that address mental health needs.

Many of these initiatives have been well received. For example, LifeCare's Community Wellness annual speaker event has drawn over 500 people each of the past three years.

Another example is mental health first aid training, where hundreds of community members and partners received this important education sponsored by LifeCare.

Local inmates also receive care through a program where behavioral health workers

visit the jail to assess inmate mental health.

Strategic planning for the next three years will build on past initiatives as LifeCare staff continue to look at ways to educate, train, and provide resources targeting mental wellness.

### Obesity, Healthy Eating, and Physical Activity

LifeCare's second area of focus includes obesity, healthy eating, and physical activity.

By combining these areas, LifeCare's wellness coordinators are able to coordinate training and education and provide tools to



encourage Roseau County residents to eat healthier and be more physically active.

In an effort to keep older adults active, LifeCare hosts wellness classes like "Matter of Balance" and "Tai Ji Quan" throughout the county.

Another opportunity for education involves LifeCare's own employee wellness program in addition to health fairs throughout the communities and local businesses.

LifeCare's three 24/7 gym spaces in Greenbush, Roseau, and Warroad also allow options for people to remain physically active.

To help emphasize the importance of healthy eating, LifeCare supports the student backpack programs and partners with local grocery stores on a Free Fruit For Kids display.

### Tobacco, Vaping, Drugs, & Alcohol

LifeCare decided to address these issues as one due to their strong correlation and importance. Vaping has been added to this category as a newly identified health need in Roseau County, which is in line with the



huge spike in usage and lung disease seen throughout the United States.

LifeCare continues its involvement with Team EPIC, which focuses on the prevention of drugs and alcohol in youth.

Additional actions include, hosting drug awareness education as part of mental health training, successfully acquiring a fetal alcohol spectrum disorder grant, hosting a Medication Take-Back Day, offering Freedom From Smoking classes, and educating students and adults at health fairs about smoking and vaping.

LifeCare remains committed to addressing the health needs identified through the 2019 CHNA. The assessment will assist in strategic planning processes as LifeCare works to improve the health and well-being of the community.

To read the entire CHNA and Implementation Plan, go to: [www.lifecaremc.org/about-us](http://www.lifecaremc.org/about-us)



## LifeCare's new Milk Depot is a first for northern MN

As a leader in rural healthcare, LifeCare Medical Center prides itself on setting the bar in making a positive impact on others.

Today, LifeCare is again leading the way by becoming the first Minnesota facility north of St. Cloud to open a donated breast milk collection site. Known as a Milk Depot, the site is a place where women can bring extra breast milk to donate for other babies.

"The goal is to ensure that vulnerable babies can get safely pasteurized human donor milk when a mother's own milk is unavailable or in low supply," says LifeCare's Certified Lactation Consultant Alicia Huston, RN.

As often happens with premature births, medically fragile infants require supplemental

milk when a mother has not yet started producing milk in the first critical stage of the baby's life, according to Huston.

"Breast milk is frequently prescribed since it is easier to digest and helpful to a baby's immune system," she says.

The result is a need for donors.

According to LifeCare's Inpatient Manager Roxy Kjos, RN, the opportunity to open the Milk Depot came last spring when Huston and others toured the Minnesota Milk Bank for Babies in Golden Valley.

"With only nine other Milk Depots in Minnesota, the next nearest drop off was St. Cloud or Fargo," says Kjos. "This was a huge barrier for women in northwest Minnesota."

### Local Donors

Thanks to LifeCare's Milk Depot, it is now much more convenient for local women to make breast milk donations.

But before delivering to LifeCare's Milk Depot, donors first must go through a strict screening process, including an application and blood test.

Locally donated breast milk is then stored at LifeCare's Milk Depot and later transported

to the Minnesota Milk Bank for Babies.

There the milk is safely tested, pasteurized, frozen, and stored before being shipped to healthcare facilities across the state, usually to hospital neonatal intensive care units.

"The Milk Depot makes it possible for local women with an ample supply of breast milk to share that valuable resource with infants in need," says Kjos.

Leading the local effort and pictured here alongside LifeCare's new Chief Nursing Officer Nate Brovold, RN, are (from left to right) LifeCare team members Alicia Huston, RN, CLC; Jessica Simmons, MD; Heidi Lien, RN, CLC; Donna Johnson, RN, PHN; and Minnesota Milk Bank representative Emily Van Essen, RN, CLC, PHN.

"It is an enormous commitment and it takes much effort to pump milk," says Huston. "Being able to donate to babies in need is a gift. Every ounce counts."

To become a breast milk donor or to learn more about LifeCare's Milk Depot, contact a Certified Lactation Consultant at (218) 452-0591 or call Roxy Kjos, RN at (218) 463-2500 extension 4260 or go online: [www.mnmilkbank.org](http://www.mnmilkbank.org)



LifeCare's new Milk Depot freezer is used to store donated breast milk before it is shipped to a distribution center in Golden Valley, Minnesota.

## 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
- Endoscopy procedures:
  - Gastroscopy
  - Colonoscopy
- Foot and ankle surgery
- Telemedicine with service by Altru
- Infusion therapy including:
  - IV antibiotics
  - Fluid replacement
  - Infusion chemotherapy

### Women's Health

A calming area within the Imaging Department with services that include:

- Pelvic, breast, and 3D obstetrical ultrasound
- Full field digital & 3D Tomosynthesis mammography
- Bone density screening
- Education on breast cancer awareness
- 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
- Nutrition Counseling
- Athletic development programs
- 24/7 Community Wellness Centers – Reimbursement through insurance plans, programs and employers

### Senior Services

- LifeCare Greenbush Manor
- LifeCare Roseau Manor
- Greenbush Assisted Living

### 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

### Podiatry

Services include:

- Foot and ankle surgery

### 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
- Nutrition Counseling
- Athletic development programs
- 24/7 Community Wellness Centers – Reimbursement through insurance plans, programs and employers

### Imaging

Includes imaging equipment that rivals or surpasses the region's best:

- 128-slice CT scanner
- MRI
- Nuclear medicine
- General and 3D ultrasound
- Vascular & Echo ultrasound
- Teleradiology
- Digital fluoroscopy
- Interventional pain management
- Aspiration and biopsy procedures

### Cardiac Rehab

- Cardiac Rehab phase II
- Cardiac Rehab phase III
- Stress testing studies

### Respiratory Care

Services include:

- Sleep studies
- Pulmonary function testing
- Pulmonary rehab

### Behavioral Health

Services include:

- 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 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's **Renal Dialysis** unit located on the LifeCare campus are two shared ventures that demonstrate the success of this teamwork approach.

## LifeCare Scholarships

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

These students have completed at least one year of study in a healthcare related program and are graduates or current resident of Roseau County.

**Morgan Bicker** of Roseau is currently attending the University of North Dakota

where she will graduate from the Doctor of Physical Therapy program in May 2021. She says it's exciting to watch patients progress through treatment sessions. "It's also exciting to hear their stories, educate them, and get to know them. That is why I decided to become a Physical Therapist."



**Ivy Braaten** of Badger is attending the University of Minnesota, majoring in Health Services Management and Human Resources. She plans to graduate in December 2020 and pursue a career in healthcare administration. A summer internship at LifeCare



left her with a passion for the beauty of rural healthcare and the unique situations faced by critical access hospitals.

Have you ever considered a career in healthcare? It can be very rewarding for you and the community members you serve. To learn more about LifeCare scholarships and employment opportunities, please visit: [www.lifecaremc.org/careers](http://www.lifecaremc.org/careers)