







## Navigating diet culture through a pandemic

The year 2020 was one to remember, and not necessarily in a good way. While we all anxiously awaited 2021 in hopes of life going back to “normal” we found that things did not magically change with the new year, and some of the issues that we faced as a result of the pandemic continued to hang on longer than we had hoped.

The challenges associated with restrictions affecting so much of what we do, where we go, and who we spend our time with have limited our choices when it comes to our health and well-being.

With all of the stresses that came with COVID-19, I have been disappointed, but not surprised, that the strong Diet Culture we live in has taken advantage.

It wasn’t long before we started hearing things like “beware of gaining the COVID 19” in reference to potential weight changes through the initial lock downs and stay at home orders.

We limited our grocery shopping trips and gyms were closed. We ate more take-out than usual to support our local small businesses.

We could no longer gather to practice or play the sports that we love. We stayed home and binged on our favorite TV shows and baked sweet treats with our loved ones. The diet industry anticipated our fear of weight gain and took the opportunity to fill our social media with confusing information about quick fixes, magical products, and lifestyle changes (fad diets) that promised positive results for all.

In reality, the recommendations for healthy eating and lifestyle choices have not changed as a result of this pandemic. We may need some creativity in how we get moving or find healthy food choices, but the basics remain the same:

- Choose a balanced diet. Include a variety of proteins, whole grains, plenty of fruits and vegetables, and lots of water.
- Move your body regularly. Exercise at least 30 minutes a day if possible.
- Get plenty of sleep. Aim for at least 7-to-8 hours at night.

While I am aware that the “quick fix” is always going to be attractive, it simply does not exist. Everybody is different in what they need to function at their best. There is no “one size fits all” in terms of the correct diet, or way of eating. All diets work for someone, but no diet works for everyone.

While an overall healthy diet does include making nutritious food choices, it also includes enjoying whatever food may sound good to you in the moment.

We must stop beating ourselves up and feeling guilty for eating what diet culture has deemed “unhealthy.” This causes stress, and excess stress can be more damaging than making less-than-healthy food choices once in a while.

How do we move forward through unprecedented times? Take deep breaths. Listen to your body. Learn what makes you feel the best. Make healthy choices most of the time, but know that there are no off-limit foods.

Avoid comparing yourself to others. Do what is right for you. Once you let go of the pressure of what society dictates, the stress-relief is an amazing step in the right direction toward better physical and mental health.

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

## — LIFECARE’S ENVIRONMENTAL SERVICES —

# Virus prevention shines spotlight on unsung heroes

### Daily cleaning covers 190,000 sq.ft. surface area

**Disinfecting** has always been a top priority of LifeCare’s environmental services department.

Over the past year, however, the introduction of COVID-19 brought new meaning to that word, as well as new challenges for members of this integral LifeCare team.

“Anyone who cleans healthcare facilities for a living takes very seriously the importance of infection control, sanitization, and cleanliness,” says Norma VandeHey, LifeCare’s Supervisor of Environmental Services. “But the age of COVID has multiplied those expectations.”

Like healthcare facilities all around the world, LifeCare has made significant changes in how to maintain a safe environment.

To be successful, such changes must be carried out diligently at every level

within the organization, much of which occurs behind the scenes.

One person who knows full well is LifeCare’s 42-year employee Lynette Dokken, who by 8:00 each morning has already put in a half-day’s work.

“Cleaning a hospital is not like cleaning your home,” Dokken says. “I don’t think people realize that.”

Pandemic or not, Dokken and her colleagues are LifeCare’s first line of defense against infection.

“We need to get rid of any germs that come into our building and make sure that none get out.”

The environmental service staff at LifeCare’s main campus consists of 23 committed employees who clean and disinfect the hospital, clinic, and the Roseau Manor facilities 365 days a year.

An additional small but mighty team of five are responsible for clean-

ing the LifeCare Greenbush Medical Park facilities.

Working alongside Dokken is Environmental Services staff member Anna Mather who joined the department four years ago.

“Our workload has increased due to the extra cleaning required to keep the patient, resident, and staff safe from the virus,” says Mather. “Even during times of staff shortages our team has been vigilant in maintaining a clean and safe environment.”

Mather describes her team’s work as much more labor intensive than people may realize.

“Our day starts at 4:30 a.m. It is physically demanding. We are constantly pushing carts, floor machines, and garbage bins. We’re bending, lifting, stretching, and taking many, many steps throughout the day.”

Also on the team is Michael Gerdes, who has worked at LifeCare as a floor specialist for the past nine years.

Prior to the pandemic, his work focused mainly on the Roseau campus and its over 190,000 sq. ft. of flooring.

Fighting the virus, however, has required him to also look upward as he



LifeCare’s Environmental Services works diligently to help prevent the spread of viruses. Pictured (left to right) are three of the department’s 23 employees: Anna Mather, Michael Gerdes, and 42-year veteran Lynette Dokken. This department is responsible for keeping the entire 4-acre LifeCare campus clean. That equates to daily cleaning of an area measuring roughly 190,000 sq. ft.

operates a Clorox Total 360 electrostatic sprayer.

“The 360 is one piece of equipment that has changed with COVID,” he says, describing his spray pattern. “It now includes walls, ceilings, and everything in between.”

The sprayer produces a mists with a deep cleaning chemical that clings to and kills viruses on all surfaces of an entire room.

After 15 minutes, members of the cleaning crew go back in to re-clean and disinfect the room in a very systematic way, he says, in order to not miss any surface in the room.

Dressed as if they were performing

surgery, these staff members utilize extensive PPE (Personal Protective Equipment) when cleaning COVID-19 areas.

“We each wear a gown, two pairs of gloves, fitted face mask, goggles, hair bonnet, shoe coverings and a face shield,” Dokken says. “We know we are going into an infected zone and must be prepared to protect ourselves.”

Dokken says it takes about an hour to clean one room. She describes the work as extremely warm, even hot, and very physical.

All three staff members credit their supervisor Norma VandeHey for staying in regular contact with dis-

tributors to make sure they are using the best chemicals to fight the COVID-19 virus and other viruses they happen to face on a daily basis.

The team is also proud to say that, to date, no one on their staff has been infected while on the job.

### Old School Techniques

Over the years, innovative products like disinfecting wipes streamlined the surface cleaning process.

However, with a shortage of disinfecting supplies nationwide, Dokken and fellow team members often had to rely on their experience and find ways to be resourceful.

“We had to resort to some of our proven methods from years ago,” she says, “including things like a pail of hot water and a bottle of disinfectant.”

Without a doubt, the COVID-19 pandemic increased the frequency at which they clean the physical environment and all equipment.

“When COVID hit, the biggest ramp up was to clean areas more often,” says LifeCare’s Allyson Eidsmoe.

As Director of Hospitality Services, Eidsmoe praises her team and the organization for their exceptional efforts.

“We are thankful all departments have been great at stepping up to help with disinfecting,” she says, “especially in areas that need to be done many times a day.”

Eidsmoe says healthcare workers understand that every link in the chain is critical in patient care delivery.

“In this journey to overcome the COVID-19 pandemic, our environmental services team members are truly unsung heroes.”

*If you would like to become a member of the LifeCare Environmental Services Team, call LifeCare Human Resources at (218) 463-2500.*



LIFE AT LIFECARE: Work continues as normally as possible amid the COVID-19 pandemic. A special “thank you” to all frontline workers at LifeCare Medical Center.

## LifeCare purchases building for Warroad wellness center

### Renovated building will house local branch of Rehab Services

Warroad is one step closer to having a new wellness center thanks to a major investment by LifeCare Medical Center.

LifeCare recently purchased the former Dollar Savers retail store

building at 210 Main Avenue with plans for a complete renovation of the roughly 13,000 sq. ft. space. When finished, renovation will provide a larger

home for LifeCare Rehabilitation Services, along with new space for LifeCare Behavioral Health and a new fitness center.

“We solidified our purchase of the building and are now ready to move

forward with design and planning,” says Shannon Carlson, Chief Operating Officer at LifeCare Medical Center.

Carlson says LifeCare started working with the owner of the building prior to the pandemic, but delayed the transaction temporarily due to the COVID health crisis.

“I’m happy to report the project is well on track,” he says.

By working together with members of Warroad Community Development, LLC, LifeCare is fulfilling an important community need identified as essential by both organizations.

“Establishment of a community wellness center has been a consistent community request,” says Cyndy Renfrow, Executive Director of Warroad Community Devel-



opment. “We’re excited to see our vision become a reality through this partnership.”

### Expanded Services

LifeCare Medical Center opened the Warroad branch of its Rehabilitation Services on Lake Street in October 1997.

Since then, LifeCare has out-

grown the location, which currently houses LifeCare’s fitness center and its local rehabilitation capabilities.

“This purchase allows LifeCare to expand into a larger building, offer more services, and provide new wellness opportunities for the Warroad community,” says Keith Okeson, President / CEO of LifeCare Medical Center.

Working in partnership with Warroad Community Development in conjunction with the City of Warroad, Okeson describes the long-term strategic planning on the project impressive.

“LifeCare is pleased to be a part of this revitalizing growth and development of the community,” says Okeson. “This effort brings a brand

new enthusiasm and energy to Warroad.”

Partnering with LifeCare personnel, a Warroad Wellness planning team was established for the purpose of assessing the needs of the community.

“Those results will help define and prioritize services and programming for the new wellness center,” says Carlson.

Carlson says the group will work with LifeCare’s architectural firm to map out services and required space to the building plans.

“Determining the design and buildout of the facility, along with the services and programming it will provide, is an exciting step in shaping the future of this facility and the well-being of its patrons,” says Carlson.

*For more information about this project, please call Shannon Carlson, LifeCare COO at (218) 463-2500.*

## LifeCare’s Services

Top notch professionals and support staff, excellent equipment, and new technology make LifeCare Medical Center the provider of choice for our area. Below are just some of the services available at LifeCare. To learn more, call (218) 463-2500 and ask to speak to the department that interests you.

### Emergency Medical Services

- Level IV trauma center
- 24-hour Emergency Department
- Advanced life support ambulance service
- Emergency helicopter and fixed wing air transport, provided by outside agencies

### 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

- Birthing Center with Certified Lactation Counselors
- Inpatient Medical

### Sub-acute Care

- Sub-acute Medical
- Respite

### Surgery

- Hernia
- Gallbladder
- Appendix
- Breast Biopsy
- Hemorrhoidectomy
- Cataract
- Urological
- Gynecological
- Obstetric
- 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

### Cardiac Rehab

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

### Outpatient Services

- Endoscopy procedures:
  - Gastroscopy
  - Colonoscopy
- Infusion therapy including:
  - IV antibiotics
  - Fluid replacement
  - Infusion chemotherapy
- Telemedicine with service by Altru
- Altru’s Renal Dialysis

### Respiratory Care

- Services include:
- Sleep studies
  - Pulmonary function testing
  - Pulmonary rehab

### Podiatry

- 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

### Senior Services

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

### 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

### 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

### 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 including RFA – Radio Frequency Ablation (lumbar, cervical, and knee)
- Aspiration and biopsy procedures

### Public Health

- LifeCare Public Health provides service to all of Roseau County. Including:
- 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

### 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.

## LifeCare Scholarships

LifeCare Medical Center has awarded scholarships to four 2020 Roseau County high school graduates and two college students pursuing health care careers.

These high school graduates received \$1,000 each in scholarship funds to go toward the cost of their education:

**Kennedy Truscinski** of Badger, (Nursing), University of Minnesota Rochester.

**Ella Kobernick** of Greenbush/Middle River, (Pharmacy), University of Minnesota in the Twin Cities.

**Olivia Urness** of Roseau, (Nursing), North Dakota State University.

**Salyna Norindr** of Warroad, (Nursing), Minnesota State Moorhead Community and Technical College.

LifeCare awarded \$1,500 Medical Student Scholarships to two students enrolled in a post-secondary or graduate academic program: **Matt Huss** (MSN Nurse Anesthesia) Minneapolis School of Anesthesia and **Ethan Johnson** (Pre-Med/Family Practice) Concordia College, Moorhead.

LifeCare scholarships are funded by sales at the LifeCare Neighborhood Nook Gift and Coffee Shop located at the hospital and staffed by volunteers.

Winners are selected by a scholarship committee based on application criteria and the content of the application.

*Applications and info are available online at [www.lifecaremc.org/careers](http://www.lifecaremc.org/careers)*



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