Podiatrist now an official LifeCare employee

Amber Wibbels, DPM has joined LifeCare Medical Center as a full-time podiatrist.

The Roseau native, officially became a LifeCare employee in January, after serving the community through the clinic.

"We have worked with Dr. Wibbels for several years so when the opportunity arose to hire her it was an easy decision," says Keith Okeson, LifeCare President/ CEO. "Her skill set allows patients to receive specialized care at LifeCare without having to leave the area."

Dr. Wibbels has provided podiatric care and surgical services at LifeCare since she returned to the community in July 2017.

As a result, she is already familiar with many of her patients and their ailments. "Many of the patients I see suffer from

says Dr. Wibbels. This can range from tendon ruptures to

acute injuries involving the foot and ankle,"

foot or ankle fractures to lacerations. "Fortunately, we have all the advanced imaging studies needed to assess injuries and, if surgical repair is needed, we can usually perform it locally at LifeCare."

Other treatable conditions include diabetic foot care, ulcers, skin lesions, and ingrown toenails.

She also treats patients suffering from foot deformities and ailments including flat feet, bunions, hammer toes, arthritis, and plantar fasciitis.

Staying Local

Born and raised in Roseau, Wibbels

Receive your degree while

working at LifeCare! We

incredible education and

anyone who is looking to

bonus opportunities to

Contact HR for complete details:

Paula Wokasch, HR Generalist

pwokasch@lifecaremc.com

P: 218.463.4735

CLASSES

join the LifeCare

Laboratory Team!

are currently offering

A career in lab science

I'm a Medical Technologist and I save lives

CARING FOR YOUR NEWBORN: Aug. 16, 6:00–9:00pm

• BREASTFEEDING BASICS: Aug. 23, 6:00-8:30pm • **DADDY BOOT CAMP:** Aug. 23, 6:00-8:30pm

WIN PRIZES! • POST PHOTOS! • DONATE TO THE HEALTHCARE FUND OF YOUR CHOICE!

Get out and moving! For details or to register: www.lifecaremc.org/maywalkrun

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LIFECARE SIGN UP EVENTS:

PRENATAL . PREPARING FOR CHILDBIRTH: Aug. 2 & 9, 6:00-9:00pm

LifeCare WAY WALK/RUN – VIRTUAL EVENT!

WIN PRIZES! POST PHOTOS! - DONATE TO THE HEALTHCARE FUND OF YOUR CHOICE!

Ashley Hellerup | Roseau, MN



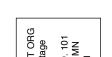
Amber Wibbels, DPM, joined LifeCare's employee roster in January.

completed her undergrad at the University of North Dakota. She then received a degree from the College of Podiatric Medicine & Surgery at Des Moines University and completed her residency at a hospital in Pennsylvania.

As a LifeCare employee, Dr. Wibbels now works from her new office area located inside LifeCare Medical Center in Roseau. Assisting her is LifeCare nurse Kristen Otto, LPN. Appointments can be made by calling LifeCare at (218) 463-4783.

To learn more about LifeCare's expanded services in Podiatry, call (218) 463-4783.





POSTAL CUST





healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

LifeCare welcomes Dr. James **Erickson to its Medical Staff**

Officially, he is James E. Erickson, DO; a fam- was time to make a choice. ily medicine doctor who specializes in obstetrics and cesarean sections. On more casual terms he is Dr. James, a second-generation physician from a Warroad family. The son of Kirk and Dr. Deb. Either way, LifeCare proudly welcomed him to its medical staff in August 2020.

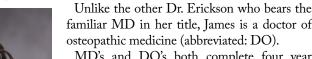
"I definitely didn't plan to follow in my mother's footsteps," he says. "Growing up, I expected doctors come and go. I plan on staying, as my to fly airplanes for my dad and eventually take over his business as a bush pilot."



"Ultimately, my goal was to serve my home community and medicine seemed like a great opportunity to do that," Dr. Erickson says.

"The most valuable asset I can bring to the community is a long term commitment. I know it has been hard for patients to have their mother has, for many years."

Today, it appears that goal is being met.



osteopathic medicine (abbreviated: DO). MD's and DO's both complete four year medical degrees and then pursue residency training in the speciality of their choices.

So what's the difference? "While both degrees mean the doctor is a licensed physician, the training differs slightly," he says. "Osteopathic physicians complete additional training related to hands-on musculoskeletal diagnosis and adjustment interventions."

Because no two people are exactly alike, Dr. Erickson customizes his approach to medicine. "I individualize my care to each specific person based on their unique medical concern, history, and needs or desires, while being sensitive to potential socioeconomic barriers."

Giving Back

Erickson's personal interests may come as no serve is an honor.'



Assisting him is Dr. Deb Erickson (right) his medical staff colleague and mother

surprise as they include fishing, hunting, filmng, hockey, and spending time with family.

After Warroad High School, he attended West Virginia School of Osteopathic Medicine in Lewisburg, WV, where he graduated in 2017. Like his mother, he also attended the Family

Practice Center Residency Program in Duluth Now settled, he and his wife Steph, also from Warroad, are happy to be home, raising a family. "My passion for medicine stems from a strong

desire to give back to my local community," says Raised along the Warroad River, the younger Dr. Erickson. "To get to come back home and

Deb Erickson, MD, earns honors, Lifetime Achievement Award

Erickson, MD, of its medical staff on her recent full-time clinic practice in Warroad. recognition by two highly esteemed organizations that focus on rural healthcare.

In November, Dr. Erickson was granted the her family Minnesota Rural Health Lifetime Achieve-Minnesota Department of Health, Office of in the annual collection of Community Stars, Rural Health & Primary Care, Minnesota Ru- a book published by the National Organization Health Resource Center.

The Minnesota Rural Health Conference in According to a NOSORH news release, the Duluth is one of the nation's largest state rural electronic book, also available in print, contains health conferences, and it was during the online virtual ceremony that Dr. Erickson learned complished, and selfless rural health professionof her award, as well as the fact she had been als, volunteers, and organizations from 48 states. Brittany Cole, RN, BSN.

"Dr. Deb Erickson is more than deserving rural community service in the name of improvof professional recognition for being the only long-standing physician to provide lifelong commitment and dedication for the well-being of her community," Cole says.

Dr. Erickson has delivered around 2,000 babies at LifeCare Medical Center. She also rounds on her OB patients in the hospital, serves as medical director of LifeCare Hospice (for over 20 years), practice physician and began providing the speand is the medical director of the Warroad Secial care so needed by the community. nior Living facility where she takes care of 48 Today, while seeing patients at Altru Clinic in

That service, Cole says, certainly did not come without countless sacrifices to Dr. Erickson and Also in November, Dr. Erickson was named

ment Award during an event hosted by the the outstanding Minnesota health professional ral Health Association, and the National Rural of State Offices of Rural Health (NOSORH) to honor rural health professionals.

ed to honor the tireless effort and outstanding ing rural health access, quality, and outcomes.

Hometown Hero

Born and raised in Warroad, Dr. Deborah Erickson earned her medical degree from the University of Minnesota in 1984. She returned to her hometown as a family

"We are truly blessed to have Dr. Erickson provide care in our community the last thirty-four years."

> - Brittany Cole, RN, BSN Warroad Altru Clinic Supervisor



nationally recognized awards for her lifelong commitment to rural healthcare

Warroad, delivering babies, and admitting hospital patients, she still embraces each day with the same dedication to healthcare.

"We are truly blessed to have Dr. Erickson provide care in our community the last thirtyfour years," says Cole. "These awards are just another way to remind her of our community's

For more information about LifeCare's medical staff, please call (218) 463-2500.



OUR MISSION: To provide care for a healthy life.

• Compassion • **A**ccountability



ON THE COVER: LifeCare medica signals her approval after receiving he COVID-19 vaccine from LifeCare N. Devgon was among the first in



www.lifecaremedicalcenter.org

Where physicians choose to practice.

• Where employees choose to provide care. • Respect • Where communities choose to be served. • Excellence

Roseau County to be vaccinated.

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

The challenges associated with restrictions affecting so much of what we do, where we go, and who we spend our 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 hear ing things like "beware of gaining the COVID 19" in reference to potential 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

We could no longer gather to practice or play the sports that we love. We stayed home and binged on our favorite 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 posi-

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-thanhealthy 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.

Virus prevention shines spotlight on unsung heroes

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

a top priority of LifeCare's environ- which occurs behind the scenes. mental 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 fa- don't think people realize that." cilities 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

To be successful, such changes must be carried out diligently at every level team of five are responsible for clean-

Disinfecting has always been within the organization, much of ing the LifeCare Greenbush Medical

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 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

Also on the team is Michael Gerdes,

Fighting the virus, however, has re-

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 operates a Clorox Total 360 electroas 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."

who has worked at LifeCare as a floor specialist for the past nine years.

cused mainly on the Roseau campus quired him to also look upward as he surgery, these staff members utilize

"We each wear a gown, two pairs times a day." of gloves, fitted face mask, goggles, hair bonnet, shoe coverings and a face shield," Dokken says. "We know we is critical in patient care delivery. are going into an infected zone and

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

All three staff members credit their staying in regular contact with dis- at (218) 463-2500.

the surface cleaning process. However, with a shortage of disin-

fected 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 Without a doubt, the COVID-19

ronment 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 extensive PPE (Personal Protective have been great at stepping up to help with disinfecting," she says, "especially in areas that need to be done many

> Eidsmoe says healthcare workers understand that every link in the chain

"In this journey to overcome the must be prepared to protect ourselves." COVID-19 pandemic, our environmental services team members are

tributors to make sure they are using the best chemicals to fight the CO-VID-19 virus and other viruses they

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

happen to face on a daily basis.

Over the years, innovative products like disinfecting wipes streamlined

proven methods from years ago," she says, "including things like a pail of hot water and a bottle of disinfectant.'

pandemic increased the frequency at which they clean the physical envi-

• Sites in Roseau, Warroad, and Greenbush • Physical Therapy for

If you would like to become a member of the LifeCare Environmental Services supervisor Norma VandeHey for Team, call LifeCare Human Resources



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.

static sprayer.

LIFECARE'S ENVIRONMENTAL SERVICES —

"The 360 is one piece of equipment Equipment) when cleaning COVthat 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 After 15 minutes, members of the

Prior to the pandemic, his work fo- cleaning crew go back in to re-clean and disinfect the room in a very sysand its over 190,000 sq. ft. of flooring. tematic way, he says, in order to not miss any surface in the room.

Dressed as if they were performing



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

"In this journey to overcome the COVID-19

pandemic, our Environmental Services team

— Allyson Eidsmoe, LifeCare's Director of Hospitality Services

members are truly unsung heroes.

ing 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



with plans for a complete renovation of the oughly 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

Warroad is one step closer to hav- forward with design and planning," says Shannon Carlson, Chief Operating Officer at LifeCare Medical

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

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



will soon be home to a new wellness center. Once renovated, the 13,000 sq. ft. building will accommodate the local branch of LifeCare Rehabilitation Services and provide new space for LifeCare Behavioral Health. The project is being conducted in partnership with **Warroad Community** Development, LLC.

The former Dollar Savers

retail store in Warroad

Expanded Services

partnership."

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

opment. "We're excited to see our

vision become a reality through this

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 "Those results will help define

gramming for the new wellness center," says Carlson. Carlson says the group will work with LifeCare's architectural firm to map out services and required

and prioritize services and pro-

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

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

Outpatient Services • Endoscopy procedures:

Services • Level IV trauma center

Advanced life support

provided by outside

non-emergency patients

• Saturday – Sunday

Birthing Center with Certified Lactation

Inpatient Medical

• Sub-acute Medica

5:00 p.m. to 8:00 p.m

9:00 a.m. to 5:00 p.m

Emergency helicopter and

fixed wing air transport,

Emergency Medical

Department

Convenience Care

After hours care for

• Monday – Friday

Inpatient Care

Sub-acute Care

Respite

• Hernia

Gallbladder

Breast Biopsy

Hemorrhoidectomy

• Foot and ankle surgery

injury and post-operative

floor dysfunction, and

neurological conditions

Occupational Therapy for

fine motor coordination,

equipment, and training

• 24/7 Community Wellness

Centers – Reimbursement

through insurance plans,

programs and employers

• Cardiac Rehab phase II

• Cardiac Rehab phase III

Stress testing studies

stroke rehab, custom

splinting, mobility

Nutrition Counseling

Athletic development

programs

Cardiac Rehab

rehab, wound care, pelvic

Appendix

Cataract

Urological

Obstetric

Rehabilitation

Services include

Gynecological

Surgery

- Gastroscopy • 24-hour Emergency - Colonoscopy
 - Infusion therapy including - IV antibiotics
 - obstetrical ultrasound • Full field digital & 3D - Fluid replacement
 - Tomosynthesis - Infusion chemotherapy
 - mammography • Telemedicine
 - Bone density screening with service by Altru

• Education on breast • Altru's Renal Dialysis

Women's Health

A calming area within the

services that include:

Imaging Department with

Pelvic, breast, and 3D

Respiratory Care Services include

LifeCare's laboratory provides

detailed, real time results

providers in these areas:

Clinical microbiology

• PT/INR and coagulation

Blood transfusion

Chemistry and

Immunology

Hematology

and virology

Urinalysis

studies

Services include:

• Assessment, diagnosis,

psychological and

emotional conditions

Psychological testing

• Evaluations related to

gastric bypass procedure

• Evaluations of attention

deficit hyperactivity

Providing assessments

Working closely with

schools, social services

courts, law enforcement,

and community agencies

for disability

and treatment plans of

Sleep studies

Laboratory

that rivals or surpasses the Pulmonary function testing region's best: Pulmonary rehab

• 128-slice CT scanner **Podiatry**

Foot and ankle surgery Nuclear medicine

cancer awareness

Includes imaging equipment

- General and 3D ultrasound
- Vascular & Echo ultrasound Teleradiology
- Digital fluoroscopy
- Interventional pain
- to aid providers in making accurate diagnoses. Lab is available for patients and
 - 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 Rapid molecular testing infrastructure
- Drug testing Promoting healthy • Pre-employment and DOT behaviors and healthy
- chain of custody collection communities • Preventing the spread of **Senior Services**
- LifeCare Greenbush Mano infectious disease • LifeCare Roseau Manor Protecting against
- environmental health Greenbush Assisted Living hazards **Behavioral Health**
 - **Home Care and Hospice** LifeCare Home Care delivers

• Responding to disasters

- in-home care to maximize ar 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

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, (Nurs-

Ella Kobernick of Greenbush/Middle River, (Pharmacy), University of Minnesota in the Twin Cities. Olivia Urness of Roseau, (Nursing),

ing), University of Minnesota Rochester.

North Dakota State University. Salyna Norindr of Warroad, (Nursing), Minnesota State Moorhead Community

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.

and Technical College.

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









Matt Huss N NURSE ANESTHE

Olivia Urness

Salyna Norindr

