Camp introduces local students to the world of emergency care & career opportunities

Fifteen young women from Roseau County set foot into the world of emergency medical services and also caught a glimpse of potential career paths during a summer camp hosted by LifeCare.

The 4-day event, called Camp HERO, was held August 9-12 in Roseau.

Made possible through a grant from the Northwest Minnesota Women's Fund, Camp HERO is a hands-on camp experience created to help young women develop courage, gain confidence, and build character while being introduced to careers in emergency service and healthcare.

"Camp HERO is a great opportunity for young women to learn about a wide range of professions that students may not consider when looking at healthcare careers in general," says Deb Haugen, Director of Community Relations at LifeCare.

The group, consisting of young women from grades 8-10, participated in a variety of activities specifically designed to encourage personal growth and gain awareness of potential new career choices.

"The group encountered many handson activities in addition to engaging in life-long learning experiences which were introduced by a host of certified instructors and emergency personnel," says Haugen.

Each camp participant became certified in Stop the Bleed, American Heart Association CPR/AED, and First Aid training. "We were impressed by the number of



Heart Association First Aid and CPR/AED certifications during the 4-day camp.

students who expressed excitement about the possibility of a career as an EMT or paramedic," says Haugen. "No textbook compares to the lessons a student can learn while speaking with a LifeCare EMT."

Great Experiences

Another highlight among the students was a morning session with LifeCare EMT Shaylin Kartes who introduced them to wilderness survival training.

"They learned how to collect water, make a shelter, safely transport injured persons, and how to start a fire using items from a homemade first aid kits," said Emergency Medical Services Director, Don Dunn.



on fighting fires with help from volunteer irefighters including Ryan Murray (left).

Several students were impressed as 911 dispatcher Greg Sorensen introduced them to his emergency service career at the Law Enforcement Center.

Students also were fascinated with their lesson in learning the technical workings of fire engines, firefighting equipment, and protective fire gear.

In their final session, participants shared their stories with Kathy Magnusson from Wildwood Learning. When asked what was the least favorite part of camp, one student replied, "When I had to go home."

Campers had an opportunity to talk about their own personal strengths and express how the lessons they learned during camp opened their eyes to EMS careers.

LifeCare offers a special thanks to the volunteers, counselors, and instructors for making the first Camp HERO a success. Plans for 2022 are already in the works.

For more about LifeCare's Camp HERO, call Deb Haugen at (218) 463-2500.







healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

Dr. Richard Gudvangen joins LifeCare's Specialty Services

LifeCare Medical Center has hired Richard Gudvangen, MD, as the newest member of its recently formed LifeCare Specialty Services

Dr. Gudvangen is a board certified physician specializing in Obstetrics and Gynecology.

As a member of LifeCare's new department, he is able to provide several services onsite at LifeCare Medical Center that previously required patients to travel outside Roseau County.

"We are extremely pleased to have Dr. Gudvangen join the LifeCare team," says Keith take on a part time practice at LifeCare, and to Okeson, President/CEO at LifeCare. "Not continue my passion of caring for people," says only does his skill set allow us to provide new Dr. Gudvangen. services locally, but it demonstrates the importance and incredible value of having his expertise right here at LifeCare."

Dr. Gudvangen provides a full list of women's A Needed Service health services, including pap smears, pelvic exams, and contraception counseling. He provides surgical and non-surgical options for the join LifeCare Specialty Services. management and treatment of issues related to menopause, infertility, menstrual disorders, pelvic pain, uterine fibroids, urinary incontinence, vaginal infections, ovarian cysts, endometriosis, removal of uterus, and vaginal prolapse.

Local Ties

Dr. Gudvangen worked in Brookings, SD, for many years before retiring from his practice there. Northern Minnesota, however, is familiar wife Sheryl is originally from Roseau.

The couple maintains a home in Brookings,

"We are extremely pleased to have Dr. Gudvangen join

— Keith Okeson, President/CEO

"This enabled me the chance to conveniently

It also allows time to enjoy the outdoors. He and his wife enjoy hunting, fishing and hiking.

Dr. Gudvangen has the distinction of being

joined the department in 2020.

vices, combining experience with the latest technology to treat specific patients.

Like Dr. Wibbels, Dr. Gudvangen is a great asset to the region, says Okeson.

LifeCare is remarkable. Patients receive conveterritory. He was raised in Fertile, MN, and his nience and value with the highest level of quality to these specialized services," says Okeson. Dr. Gudvangen is already being praised for his

the LifeCare team.

however they spend much of their time at their cabin south of Wannaska in Roseau County.

the second independent healthcare provider to

LifeCare podiatrist Amber Wibbels, DPD, Both doctors provide clinic and surgical ser-

"The benefit of being able to provide not only office visits but surgical services right here at

newest member of LifeCare's recently established Specialty Services great bedside manner.

Dr. Richard Gudvangen specializes in

Obstetrics and Gynecology and is the

"We're hearing so many great comments from patients who compliment him for being very patient, he listens intently, explains everything very well, and makes patients feel at ease," says Okeson. "Welcome, Dr. Gudvangen!"

For more information or to make an appointment with Dr. Gudvangen, please call (218) 463-4783.



Becky Holmstrom, MSN, RN, was named

Chief Nursing Officer at LifeCare Medical

Meet Becky Holmstrom: Chief Nursing Officer

Rebecca Holmstrom, MSN, RN, to the comisn't the case everywhere you go," she says.

As CNO, Holmstrom is responsible for over- Perfect Fit seeing many clinical departments at LifeCare, including emergency, inpatient, outpatient, surgical, home care, hospice, behavioral health, EMS, quality, and public health.

"We are very excited to have Becky join us at LifeCare," says President/CEO Keith Okeson. has family in Warroad and Roseau. We have al-"We were very impressed with her wide range of ways enjoyed our time when visiting," she says. clinical experiences which helps make her well- "Everything fell into place for us to be here and suited to take on her new administrative duties."

Veteran Critical Care Nurse

Holmstrom is a veteran critical care nurse.

"Experience brings with it a certain perspective," Holmstrom says. "I trust mine will help ensure that LifeCare continues to deliver top quality patient care to the community."

Holmstrom says that her vast and extensive work in a variety of RN roles led to a passion for administration.

"I felt the need to go into administration be- and the quality of care provided." cause I wanted to make a difference in all areas of nursing."

Holmstrom believes her biggest strength lies all we can to make the community we live in an in optimizing the potential of every member of even better place. I want to learn what makes their team. "I enjoy getting to know them and Roseau County grow and what matters to the determining how each person can help the or- people who live here." ganization grow."

Since accepting her new role, Holmstrom is pleased to see that the LifeCare staff have a rare passion for healthcare.

In May 2021, LifeCare Medical Center wel- "The people who work here really care about comed its new Chief Nursing Officer (CNO), their community. It may seem obvious, but that

One of the biggest factors for Holmstrom's decision to join LifeCare was the surrounding community and what she calls a perfect fit for

"Roseau is a great community. My husband we couldn't be happier.'

Outside of healthcare, Holmstrom finds enjoyment in walking the local trails, decorating her Backed with a Masters degree in Nursing, new home, and spending time with her husband and four children as they participate in a variety of church, school, and sports activities.

Growth is the Goal

Holmstrom shares LifeCare's goal of caring for the community to the best of their ability.

"I want to be part of that process, to see growth in both quantity of available services She also believes in giving it your all.

"My family has always believed we should do

For more information about nursing career opportunities at LifeCare, please call LifeCare Ĥuman Resources at (218) 463-4735.



OUR MISSION: To provide care for a healthy life.

• Compassion



ON THE COVER: Students from a hands-on retreat created to help young women build character and gain confidence while learning bout emergency services careers.



Center in May 2021.

www.lifecaremedicalcenter.org

• Where physicians choose to practice. • Where employees choose to provide care. • Respect

• Where communities choose to be served. • Excellence

• **A**ccountability



CUST



The Importance of Self-Care

We hear a lot about "self-care" these days, as the last couple of years have been challenging for everybody in one way or another.

What does this mean? It means different things for different people, as what resonates as relaxing or enjoyable to one, may not be the case for another. Incorporating self-care every day helps to give you the energy needed to survive and thrive. Taking care of yourself goes a long way in managing stress and living your best life.

Here are some ideas for taking better care of you:

Know your limits

Recognize when you are doing more than you are used to handling and figure out what can be done to slow down. Practice saying "no" when you are being spread too thin.

 Make sure you are well fed Integrate your favorite healthy foods into your everyday eating routine and plan ahead to make sure you have adequate

nutrition throughout your day Find ways to decompress throughout

Try to integrate mini-breaks throughout the day in order to refresh your mind and body. Try a stretching break, take a quick walk, get some water or coffee, talk to a friend, or just go outside and breathe in some fresh air. Our brain needs those pauses.

Get enough sleep

Make a serious effort to know how much sleep and rest you require and then find a way to get that amount each day. Getting enough sleep is essential for your body and your mind to function

Move your body regularly throughout

This does not have to be formal "exercise." Simply sitting less is a good place to start. Your body is not designed to be sedentary. It likes to move!

Get to know yourself better

Take time to identify your temperament and your triggers, and plan accordingly to help lessen inevitable stress. Know what makes you feel bad, and find ways to avoid what causes that feeling. Know how to decompress after work

This might mean walking home from work to clear your head, driving in silence, or listening to music while driving home. Whatever feels best for you.

• Do what you like, like what you do Identify what you enjoy doing and what's fun for you and make an effort to integrate that activity into your day or, at least, your week. Make it a habit to plan something to look forward to everyday. It doesn't have to be complicated. It can be as simple as planning to read a good book at night or planning to have dinner with someone

whose company you enjoy. Feed your spiritual self

This may take the form of meditating, praying, walking in the park, observing a sunset or sunrise, attending a religious service, practicing gratitude, or reading or listening to something inspirational.

• Take time to love yourself

Appreciate the fact that there's only one you, and that you are the expert on what you need. You cannot effectively care for others if you do not take care of you!

References: Psychology Today

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

Back to BASICS

Now's the time to reschedule that postponed appointment

COVID-19 and the ongoing pandemic have radically changed the way society functions.

From work to schooling, from shopping to social lives — the look of things is much different than before. As a direct result, medical provid-



an increase in patients with health problems in today's pandemic-era living, says Becky Holmstrom, Chief at LifeCare. She

ers are seeing

says the message has been clear from health care professionals across the country.

"Don't delay necessary medical care during the COVID-19 pandemic. If vou're ill or hurt, LifeCare is ready to serve you and your family," she says.



Shar Peterson

cautions of the highest standard to ensure safe treatment. "If you've put off any of your health screenings due to the

LifeCare Medi-

cal Center em-

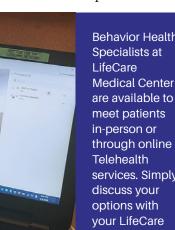
ploys safety pre-

fear of visiting a medical facility during the pandemic, now is the time to schedule your appointment."

Nursing Officer Keeping Up with Screenings

Timely treatment is critical.

"Delaying care means missing opportunities to catch a new or developing disease early in its course," says Shar Peterson, Director of Imaging Services at LifeCare. "In some cases, the results include more severe symptoms and other complications if con-



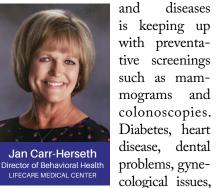
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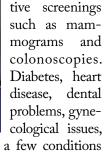
missing opportunities to catch a new or developing disease." — Shar Peterson

Director of Imaging Service

"Delaying care means

ditions remain untreated." Peterson says the key to early detection of medical problems, illnesses,





and cancer are just a few conditions that can worsen if not identified and treated early.

LifeCare's professionals also stress the importance for adults and children to keep up with suggested immunizations, including the COVID-19 vaccine. "Outbreaks of vaccine-preventable diseases can occur if too many families postpone recommended care," says Holmstrom. "It is also important to work with your care provider to manage chronic diseases and conditions."

Take Time For You

one's own mental health, as it can af-



The key to early detection of many medical issues is keeping up with preventative screenings such as mammograms and colonoscopies

"During times like these, it is normal to be struggling with stress and uncertainty," says Jan Carr-Herseth, LifeCare's Director of Behavioral Health. "Emotional stress can cause you to develop depression, anxiety, and/or panic attacks if prolonged and

left untreated." Providers at LifeCare Behavioral Health are available to help with these through Telehealth services.

Carr-Herseth points to statistics that indicate medical treatment centers are seeing a growing trend of

illness as a result of delayed treatment and screening due to fear of contracting the coronavirus.

"Please do not delay emergency or preventive care for your mental or physical health. LifeCare has the resources to serve patients safely, both during and after the COVID-19 pandemic," says Carr-Herseth. "Don't hesitate to seek care for yourselves and health problems, whether in person or your loved ones. Your health and happiness may depend on it."

For more information, call LifeCare

"LifeCare has the resources to serve patients safely. Don't hesitate to seek care for yourselves and your loved ones.'

— Jan Carr-Herseth, Director of Behavioral Health

LifeCare's Services

make LifeCare Medical Center the provider of choice for our region. 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.

area in the Imaging dept.

breast, and 3D obstetrical

that provides, pelvic,

• 128-slice CT scanner

• General and 3D ultrasound

• Vascular & Echo ultrasound

management including

RFA - Radio Frequency

• Nuclear medicine

Digital fluoroscopy

Interventional pain

Ablation (lumbar,

procedures

Cardiac Rehab

Gastroscopy

Colonoscopy

- IV antibiotics

- Fluid replacement

outside agencies

Laboratory

• Altru's Renal Dialysis

- Infusion chemotherapy

cervical, and knee)

Aspiration and biopsy

• Stress testing studies

Outpatient Services

• Cardiac Rehab phase II & III

Teleradiology

Emergency Services • Women's Health: A private

- Level IV trauma center • 24-hour Emergency
- Department
- Advanced life support ambulance service
- ultrasound, full field digital & 3D tomosynthesis Emergency helicopter and mammography, bone fixed wing air transport, density screening, provided by outside education on breast agencies cancer awareness
- Acute Stroke Ready
- Telestroke

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.

• Birthing Center with Certified Lactation

- Counselors • Inpatient Medical
- **Sub-acute Care**

Inpatient Care

- Sub-acute Medica Respite
- Surgery
- Foot and ankle
- Gynecological
- Cataract
- Other general surgery
- Rehabilitation • Sites in Roseau, Warroad,

Athletic development

• 24/7 Community Wellness

Centers - Reimbursement

through insurance plans,

programs and employers

programs

Respiratory Care

Sleep studies

equipment

• Pulmonary rehab

Home respiratory

- and Greenbush • Physical Therapy for injury and post-operative
- reĥab, wound care, pelvic Blood transfusion floor dysfunction, and neurological conditions Chemistry and Occupational Therapy for Immunology Hematology fine motor coordination,
- stroke rehab, custom Clinical microbiology splinting, mobility and virology equipment, and training Urinalysis Nutrition Counseling
 - PT/INR and coagulation studies
 - Rapid molecular testing • Reference Labs: - Altru Health System - Mayo Clinic
 - Pre-employment and DOT chain of custody collection

Senior Services

- Pulmonary function testing
 - LifeCare Greenbush Manor
 - LifeCare Roseau Manor
 - Greenbush Assisted Living

- **Behavioral Health** Assessment, diagnosis, and treatment 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

In-home care to maximize an independent lifestyle through

 Home Health Aides Social Worker

Skilled Nursing

- Palliative Care
- Rehabilitation Services: Physical and Occupational Therapy

Public Health LifeCare Public Health

- provides service to all of Roseau County. Including Assuring an adequate local public health • Infusion Therapy including:
- infrastructure Promoting healthy behaviors and healthy communities Telemedicine provided by
 - Preventing the spread of infectious disease
 - Protecting against environmental health
 - hazards Responding to disasters
 - Hospice End-of-life care to patients
 - and families using a healthcare team approach.
 - **LifeCare Specialty Services** • GYN services including management and treatment for female issues such as menopause
 - incontinence, infertility, endometriosis and others. Podiatry services related to toe, foot and ankle

disorders, sports and nonsports injuries, diabetic foot exams, arthritis and

LifeCare Scholarships

LifeCare Medical Center has awarded scholarships to six individuals currently preparing for careers in healthcare. Among them are four 2021 high school graduates who each received \$1,000 scholarships:

er) Medical Laboratory Scientist, University of North Dakota.

Bailey Maurstad (Badger) Radiologic Technologist, Northland Community and Technical College (East Grand Forks) & University of North Dakota.

Mary, Bismarck.

LifeCare also awarded \$1,500 Medi-

sity, Minneapolis.

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

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



Eliana Bleess

Bailey Maurstad



Tianna Espe



Saphire Moser

COVID-19 testing and vaccines update

Options differ for those planning to travel outside the country

As the world continues to navigate the COVID-19 pandemic, a recent rise in U.S. cases is mainly attributed to the Delta variant, says the Centers for Disease Control

and Prevention (CDC). According to many health experts, COVID-19 vaccine continues to be the best option for reducing a person's risk of contracting the virus, preventing hospitaliza-

tion, and death. Testing, masking, staying home when sick, and other mitigation strategies all contribute to the continued efforts to slow the spread.

Travel Testing

Anyone who wants one can get a COVID-19 test. However, healthy individuals seeking a test for travel outside the United States should order an online test or visit one of

these locations: Altru Health System in Grand Forks, Walgreens in Bemidji or Moorhead, and CVS pharmacy in Detroit Lakes or Hawley, MN.

At-home Vault testing kits are available for online ordering with test results expected in 36-48 hours. In Roseau County, those travel-

ing to Canada can obtain the latest

requirements for travel at this site:

https://travel.gc.ca/travel-covid

Symptom Testing Effective November 1, 2021, all LifeCare patients who schedule a COVID-19 test here will receive a kit to perform a self-swab test. This is for patients who are symptomatic and want a test only.

To begin, call (218) 463-4750

to schedule a test at LifeCare.

Appointments are scheduled in

15-minute intervals.

At the scheduled appointment time, patients should arrive at entrance Door N5 of LifeCare Medical Center in Roseau and pick up a test kit located inside the doorway.

Then return to your vehicle with

the kit and conduct the simple na-

sal swab. Instructions are provided

in the kit. Return the sample to the

designated collection site inside an appointment.

Location

For those experiencing symptoms of COVID-19, a self-swab testing station

is available at Door N5 of LifeCare Medical Center in Roseau. See a video

demonstrating the procedure at: www.lifecaremedicalcenter.org/selfswab/

Door N5. Remember this is NOT for travel testing and you must have

A tutorial video on LifeCare's website demonstrates the self-swab testing process and provides details on parking, locating Door N5, and more. See it at: lifecaremedicalcenter.

What To Do When Sick

Stay home if you have symptoms of COVID-19. Wash your hands often, cover your coughs and sneezes, avoid sharing personal household items. Routinely clean surfaces that are touched often. Get tested.

Seeking Medical Attention

Call your healthcare provider right away if your illness worsens or you notice any of the following emergency warning signs. These include trouble breathing, ongoing pain or pressure in the chest, new confusion or not being able to wake up, or bluish lips or face.

Call the hospital or clinic prior to seeking medical care if possible. Mention all of your symptoms and follow any instructions you receive to help protect yourself and other

For more info on COVID-19, go to www.lifecaremc.org or visit the CDC website cdc.gov

- Vaccinations -

has the opportunity to get vaccinated against COVID-19. LifeCare Public Health offers COVID-19 vaccines and boosters regularly by appointment. For a list of upcoming LifeCare vaccine clinics go to www.lifecaremc.org/boosters. Call the Vaccine Hotline to schedule an appointment at (218) 463-4751. Vaccines are also available locally at Thrifty White in Warroad and at Altru Clinics in Roseau and Warroad.

What to know about COVID-19 vaccines: 1) No safety steps have been skipped in making the vaccines. 2) COVID-19 vaccines work for everyone in authorized age groups. 3) COVID-19 vaccines cannot change your DNA. 4) COVID-19 vaccines do not contain microchips. 5) Pregnant women can get vaccinated. 6) COVID-19 vaccines do not cause infertility. 7) Get vaccinated even if you have already had COVID-19. 8) The benefits of vaccination outweigh the very rare risks of certain reactions. 9) The best vaccine is the first vaccine offered to you.

LifeCare Medical Center follows the guidelines and priority phases for vaccine administration as defined by MDH and the CDC. Check out these resources to see if you are eligible for a Covid-19 booster. More information can be found at www.lifecaremc.org.

COVID-19 has radically changed the way society functions. Since the pandemic started, LifeCare has implemented safety precautions of the highest standard to ensure safe treatment. Now is the time to schedule routine individual and family health and wellness screenings, as well as reschedule any previously postponed appointments.

It is also important to remember



patients arriving far too late in their Medical Center at (218) 463-2500.

Ashley Benke (Greenbush/Middle Riv-

Eliana Bleess (Warroad Home School) Radiologic Technologist, University of

Tianna Espe (Roseau) Physician, University of Minnesota - Rochester.

cal Student Scholarships to two students enrolled in a post-secondary or graduate academic program: Saphire Moser (Doctor of Physical Therapy), St. Scholastica Duluth and Emily Carlson (Doctor of Clinical Psychology), Augsburg Univer-

based on application criteria and content.