

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 department.

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 Okeson, President/CEO at LifeCare. "Not only does his skill set allow us to provide new 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 health services, including pap smears, pelvic exams, and contraception counseling. He provides surgical and non-surgical options for the 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 territory. He was raised in Fertile, MN, and his wife Sheryl is originally from Roseau. The couple maintains a home in Brookings,

"We are extremely pleased to have Dr. Gudvangen join the LifeCare team."

— Keith Okeson, President/CEO
LifeCare Medical Center

however they spend much of their time at their cabin south of Wannaska in Roseau County. "This enabled me the chance to conveniently take on a part time practice at LifeCare, and to continue my passion of caring for people," says Dr. Gudvangen.

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

A Needed Service

Dr. Gudvangen has the distinction of being the second independent healthcare provider to join LifeCare Specialty Services.

LifeCare podiatrist Amber Wibbels, DPM, joined the department in 2020.

Both doctors provide clinic and surgical services, combining experience with the latest technology to treat specific patients.

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

"The benefit of being able to provide not only office visits but surgical services right here at LifeCare is remarkable. Patients receive convenience and value with the highest level of quality to these specialized services," says Okeson.

Dr. Gudvangen is already being praised for his



Dr. Richard Gudvangen specializes in Obstetrics and Gynecology and is the newest member of LifeCare's recently established Specialty Services.

great bedside manner. "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.

Meet Becky Holmstrom: Chief Nursing Officer



Becky Holmstrom, MSN, RN, was named Chief Nursing Officer at LifeCare Medical Center in May 2021.

In May 2021, LifeCare Medical Center welcomed its new Chief Nursing Officer (CNO), Rebecca Holmstrom, MSN, RN, to the community.

As CNO, Holmstrom is responsible for overseeing 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. "We were very impressed with her wide range of clinical experiences which helps make her well-suited to take on her new administrative duties."

Veteran Critical Care Nurse

Backed with a Masters degree in Nursing, 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 because I wanted to make a difference in all areas of nursing."

Holmstrom believes her biggest strength lies in optimizing the potential of every member of their team. "I enjoy getting to know them and determining how each person can help the organization grow."

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

"The people who work here really care about their community. It may seem obvious, but that isn't the case everywhere you go," she says.

Perfect Fit

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

"Roseau is a great community. My husband has family in Warroad and Roseau. We have always enjoyed our time when visiting," she says. "Everything fell into place for us to be here and we couldn't be happier."

Outside of healthcare, Holmstrom finds enjoyment in walking the local trails, decorating her 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 and the quality of care provided."

She also believes in giving it your all. "My family has always believed we should do all we can to make the community we live in an even better place. I want to learn what makes Roseau County grow and what matters to the people who live here."

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

INSIDE THIS ISSUE

Meet Chief Nursing Officer Dr. Richard Gudvangen joins LifeCare Specialty Services

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AUTUMN 2021

Getting back to basics of personal health

the inside scoop



Students attending Camp HERO practice moving a victim into an ambulance under the instruction of a LifeCare EMT.

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 hands-on 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

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.



Member of Camp HERO received training on fighting fires with help from volunteer firefighters 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.

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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: Students from Roseau County participated in LifeCare's first annual Camp HERO, a hands-on retreat created to help young women build character and gain confidence while learning about emergency services careers.

