

LifeCare unveils Roseau County Cancer Fund

Sharing his family's personal experience with cancer, keynote speaker Dr. James Erickson offered a powerful story to a sold out audience at LifeCare's annual Partners for Health gala. The event raised over \$70,000 for the new Roseau County Cancer Fund. Anyone interested in contributing to the fund may call (218) 463-4742.

The LifeCare Health Care Fund has introduced a new contender in the local fight against cancer.

The brand new Roseau County Cancer Fund was announced to the public in April during LifeCare's annual Partners for Health fundraiser gala.

"This new fund is dedicated to providing support to people in the LifeCare service area who are undergoing treatment for cancer," says Erik Holmstrom, Development Coordinator at LifeCare Medical Center.

Holmstrom says extremely generous support from the community helped raise and endow over \$70,000 at the event.

"Proceeds from these funds will be distributed in the form of grants beginning later this summer and go directly to local individuals affected by cancer," he says.

Holmstrom and the LifeCare Health Care Fund committee call the 2022 gala a stunning success.

LifeCare was proud to work with a variety of local businesses to provide a night of fun and fundraising for the community.

Among these local contributors were Doug's Supermarket, Lake of the Woods Distillery, The North Star Events, and Gene's Bar and Grill.

Keynote speaker for the event was Dr. James Erickson, who spoke powerfully

about the impact his son's cancer diagnosis had on his family.

"His testimony resonated with everyone in the room and reminded attendees that while we were at the event to enjoy ourselves, we were also gathered to make an impact and provide the resources necessary to help our community," says Deb Haugen, Director of Community Relations.

Funds raised at this event, and the majority of the funds raised each year by the LifeCare Health Care Fund, are endowed funds. This means the donated funds are protected and the interest they earn is given back to the community each year.

Donors interested in giving to the Roseau County Cancer Fund or any of the funds within the LifeCare Health Care Fund can make their pledge at any time.

"There's no need to wait for next year's LifeCare gala to make a contribution," says Haugen.

The opportunity to give is ongoing. "If you are interested in making a donation of land, cash, stock, or including the Fund in your estate please reach out to us," Holmstrom says. "We will help ensure your donation makes a lasting impact in our community."

For more info, please call Erik Holmstrom at (218) 463-4742.

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LIFECARE MEDICAL CENTER

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SUMMER 2022

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LifeCare's scholarship winners 2022

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healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

Dr. Alan Grillo: LifeCare's Medical Director of Emergency Services

LifeCare Medical Center has hired Alan R. Grillo, M.D. as its new Medical Director of Emergency Services.

Dr. Grillo joined the LifeCare organization in September 2021, bringing with him a proven track record of directing Emergency Services.

"Besides his 19 years of rural emergency medicine practice, Dr. Grillo has a wonderful sense for building up rural ERs, making them a stand-out model for their region," says LifeCare President/CEO Keith Okeson.

Dr. Grillo was raised in Gladwin, Michigan, a town nearly identical to Roseau in size and industry.

His interest in medicine, he says, began at an early age while watching his father practice family medicine and radiology.

"Almost every day after school, I would follow him around in the office as he saw his patients," he says. "On weekends, I went with him to the hospital to watch him read X-rays, CAT scans, and ultrasounds. All the time, I was observing and learning."

After high school, he entered the workforce, putting in four years at a Detroit metro area welding company, enduring summers where the shop reached over 120 degrees.

Med School and Beyond

Ready to explore the world of healthcare, he earned a degree in Nuclear Medicine and spent the next five years working in that field.

He attended Ross University School of Medicine in Dominica, West Indies and completed

his residency at Midland Family Practice in Midland, Michigan. It was there that he discovered his interest in the practice of emergency medicine.

"I could take the sickest of the sick, the most critically injured and 'fix' them quickly. I really enjoy the fast pace, the quick decisions that can bring a person back to life," Dr. Grillo says.

Besides the fast pace, Dr. Grillo enjoys the demand of focusing on patients and assisting in a variety of emergency situations.

"The practice of emergency medicine lets me spend more time with a person than is allotted in my office family medicine practice," he says. "It allows me to practice all facets of family medicine. And being able to put to use all of my skills on a daily basis is mentally rewarding. It has been a truly fulfilling career choice."

Teamwork

Having spent 18 years acting as team physician for his local high school football team, Dr. Grillo knows the importance of teamwork.

Not surprising, he is quick to mention how impressed he is with the quality of his fellow LifeCare coworkers.

"The nursing staff is absolutely incredible. I regularly tell them that they don't know just how good they are," Dr. Grillo says. "They do amazing work. Roseau is blessed to have such highly skilled and caring persons. The wound care that Physical Therapy does is some of the best I have seen."

Outside of work, Dr. Grillo enjoys dirt-bikes



Alan Grillo, MD, joined the LifeCare team in September 2021. He proudly serves as Medical Director of Emergency Services.

and off-road driving with his family. Obtaining a snowmobile is also in his plans.

An avid interest in night sky and landscape photography has him planning to take full advantage of Beltrami Island State Forest and the opportunity to capture images of Minnesota's northern lights.

To learn more about Dr. Grillo and LifeCare's medical team, please call (218) 463-2500.

LifeCare welcomes OB specialist Amber Nielsen, MD, to med staff



Amber Nielsen, MD, joined the LifeCare medical staff in November as a family practice physician specializing in OB.

LifeCare Medical Center welcomed Amber R. D. Nielsen, M.D. onto its medical staff in November 2021.

A family practice physician who specializes in Obstetrics and C-Section, Dr. Nielsen has an unmistakable commitment to helping others through her medical expertise.

Nielsen grew up in a rural setting near New England, ND, where her father and brothers ran the family farm while her mother, an accomplished Physician Assistant, managed the local clinic.

With both parents being volunteer EMS providers, Nielsen was introduced to the field of medicine at an early age.

"When my youngest brother was born with a disability, it changed my life. As we grew up, he taught me patience and the importance of acceptance," she says.

Together, these family experiences cemented Nielsen's goal and commitment to help others.

"When it came time to decide on a career out of high school, I knew it would be a job devoted to helping others and that led me to medicine as a career."

Setting Her Sights

She attending the University of North Dakota School of Medicine and Health Sciences, followed by residency at Idaho State University.

Completing her residency, she transferred to Duluth, where she pursued a fellowship at Essentia Health Obstetrics.

"I knew I always wanted to return to a rural

setting and I felt that learning surgical obstetrics would let me provide a much needed skill to a rural community."

Later, she keenly determined the larger role she would one day play for her patients.

"Partway through my residency, I realized I was not going to get the training I felt necessary to be able to safely serve a rural area in a surgical capacity and, therefore, I decided to do a C-section fellowship to further hone my C-section and OB skills."

That decision has already greatly impacted the LifeCare service area in a positive manner.

"Rural healthcare providers have to be ready for anything," says LifeCare President/CEO Keith Okeson. "We and our patients are so blessed to have such a skilled physician as Dr. Nielsen with us."

Rural Living

Dr. Nielsen says she and her husband, Patrick, share the desire to live in a rural community, which made the decision easier.

"We both grew up in small rural towns and wanted to return to a rural community. Roseau provides a unique community in which there is traditional atmosphere but a larger population in need of OB services."

Career goals aside, Dr. Nielsen and her husband enjoy hiking and exploring the outdoors, making this an ideal place for them.

For more information or to make an appointment with Dr. Nielsen, please call (218) 463-1365.

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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: The 2022 LifeCare May Walk/Run brought families and friends together on a beautiful sunny morning to support the LifeCare Health Care Fund. This year's event raised over \$5,000. Big thanks to all who participated!



Join us for Amy Dee: Comedian, Nurse, Storyteller

Save the Date – September 22!
We are so excited to restart our Community Wellness Event program after a two-year hiatus. Be sure to circle Sept 22 on your 2022 calendar. Roseau School Theater is the location and more details will follow. But for now, let me share with you about our speaker Amy Dee. You will not want to miss this!

Master Storyteller
In the words of one of her clients: "Amy Dee is recognized by audiences across the country as a master storyteller and brilliant comedian. She combines her background in standup comedy and theatre with her RN degree and experience as a successful business owner to deliver hilarious stories and valuable content about the brain and behavior. Her message and music rise above the boundaries of gender, age, and occupation. Amy's hilarious stories coupled with her phenomenal content propels audiences to live, act, and work better. Her authentic spirit and down-to-earth approach have made her one of the most sought-after speakers throughout the United States."

We've All Been There
Amy utilizes hilarious "we've all been there" stories to help audiences connect, laugh, and open up to the science of how we behave and the power we have to make different choices about how we treat each other (and ourselves). Audiences remember Amy's stories, and as a result, never forget the messages behind those stories: We have the power to choose our attitude. We're accountable for our choices. Obstacles can be problems or opportunities. We can use negative emotions as fuel for positive changes. And kindness always matters, especially in a rapidly changing and often frightening world. Audiences will leave laughing, ready to make profound changes in their home life and at work!



Fan Feedback
Fans agree on Amy! Here's a taste of the praise on www.amydeespeaks.com. "This is one of the BEST and funniest presentations I have ever heard. I was laughing so hard I cried," writes one. Another writes: "My stomach hurt from laughing, and that's way better than it hurting from sit ups." Still another: "She touched my heart."

Fun Night Out
Get your family and friends together and make it a fun night out! Our hope is that you will leave this presentation having laughed, maybe cried, and gathered at least one takeaway moment to inspire a change for the better in your life. We hope to see you there!

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

— NATIONAL RECOGNITION —

LifeCare named a Top 100 Critical Access Hospital

Survey of over 1,300 U.S. hospitals lists LifeCare among the very best — again



LifeCare Medical Center has again been recognized in a national survey as one of the Top 100 Critical Access Hospitals in America. Conducted by The Chartis Center for Rural Health, this annual recognition program honors outstanding performance within the country's 1,350 Critical Access Hospitals. Based on publicly available data sets, the Chartis Rural Hospital Performance INDEX benchmarks performance across eight pillars of performance. Among these areas of evaluation are quality, patient perspectives, and market share. Additional information can be found on the Chartis website. The INDEX framework is widely used across the nation by independent rural



hospitals and other health groups. This year marks the fourth time that LifeCare has received this distinguished honor. LifeCare was previously named in 2018, 2020, and 2021.

larly in light of the extraordinary challenges facing America's rural health safety net," says Topchik in a news release announcing this year's winners. One of 77 Critical Access Hospitals in Minnesota, LifeCare Medical Center has the distinction of being one of only five hospitals in the state that were recognized in 2022. "To be granted this prestigious honor or four times, especially over the past two most challenging years, is really a tribute to the dedication of our team," says LifeCare President/CEO Keith Okeson. "They continue to focus on excellence while providing high quality care."

"Just as a quality healthcare system is vital to a rural community, so too is the Board of Directors vital in ensuring a quality healthcare system." LifeCare's active Board consists of 13 volunteer leaders who provide the vision and direction needed to maintain a distinguished healthcare organization. "They guide the long-term goals and policies for the hospital through strategic initiatives and policy decisions in an effort to ensure LifeCare's continual focus on quality care and financial sustainability," says Okeson. These strategic goals are developed with the specific intent of remaining a

Top 100 Critical Access Hospital. Recent successes from the Board of Directors include the development of a committee that monitors all quality and safety initiatives routinely being applied in the hospital. Okeson says the Quality & Safety Committee is vitally important considering the recent health crisis. The Board also developed financial goals to ensure that LifeCare remains a pillar of high-quality care. This is achieved through the expansion of available health services, stringent maintenance of facilities, and maintaining LifeCare's presence as a competitive choice as an employer in order to attract the best staff possible. "Now more than ever, quality rural healthcare is important and it's worth recognizing outstanding providers," Okeson says. LifeCare thanks these volunteer Board members for their commitment to keeping LifeCare Medical Center among the Top 100 Critical Access Hospitals in the nation.

"To be granted this prestigious honor four times, especially over the past two most challenging years, is really a tribute to the dedication of our team."
—Keith Okeson, LifeCare President / CEO

For more info about LifeCare Medical Center, a Top 100 Critical Access Hospital, visit: www.lifecaremc.org

— LIFECARE MEDICAL CENTER'S BOARD OF DIRECTORS —

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LifeCare Public Health: When Duty Calls

Long before the pandemic, public health department employees worked diligently, though often un-noticed, to ensure the health and wellness of their communities. That all changed in 2020, and for the director of LifeCare Public Health, the fight has been worth it. "As a vital source of information and action for communities dealing with the current health crisis, we have faced this great challenge head on," says Julie Pahlen, RN, PHN. "It is our responsibility to help ensure safe, quality care to the whole population in times of crisis, but also in everyday living." Typically, public health services are managed by county government of-

officials. For Roseau County, however, these services are carefully managed by LifeCare Public Health, a department of LifeCare Medical Center. "This unique arrangement provides many benefits, including easier coordination and support from local healthcare professionals," Pahlen says. LifeCare Public Health promotes the welfare of the entire population, ensures its security, and protects it from the spread of infectious disease and environmental hazards. Naturally, programs and initiatives evolve over time to meet emerging needs. Here are 10 essential current ways Public Health helps keep communities healthy:

- Public Health Assessment:** Public Health works with other LifeCare teams to complete a routinely conducted Community Health Needs Assessment which serves as the basis for planning and action. The latest assessment will be completed soon.
- Crisis Management:** The past few years demonstrated the important role Public Health plays in the anticipation, prevention, and mitigation



of emerging health threats. Collecting data, providing communication, and assisting with mitigation efforts like immunizations are examples of this department's role in response to public health threats. **Public Education:** Educating the public about factors that influence their health and safety is conducted through social media, newsletters, and learning events like Health Fairs and Car Seat Check-Ups. The goal

is proper knowledge and resources to help them live safer and healthier lives. **Community Involvement:** Public Health seeks to strengthen, support, and partner with local businesses, schools, industries, and organizations to promote health awareness in all sectors. The department assists with school nursing services and acts as a liaison to local businesses to assist with the health-related questions and concerns of its employees.

Policy Development: Public Health assists state and local governments in the creation and implementation of policies, plans, and laws that impact health, consulting with officials on issues like tobacco use, water, and food safety. **Policy Enforcement:** Public Health takes an active role in ensuring that policies which can affect public health are applied correctly across a wide variety of topics, from food safety to zoning regulations. **Equitable Access:** Public Health advocates for individuals and connects with community services such as housing, health insurance, and food assistance as a way to address and remove barriers to care. This includes equitable access to high-quality cost-effective care and preventative services. **Professional Training:** Public Health helps ensure a well-trained healthcare staff by promoting a culture of lifelong learning among public health professionals. This involves training and certification across a wide variety of fields, including technical disciplines, strategic planning,



and leadership skills. **Continuous Improvement:** Public Health continues to improve and innovate through ongoing evaluation, research, and continuous quality improvement. This is done by linking modern research with health system practice to ensure local needs are met. **Resource and Infrastructure Management:** Public Health works to build and maintain a strong organization infrastructure while advocating for funding and resources that benefit the local community.

To learn more about LifeCare Public Health, visit www.lifecaremc.org or call (218) 463-3211.

LifeCare's Services

Top notch professionals and support staff, excellent equipment, and new technology 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.

- Emergency 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
 - 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.
- Inpatient Care**
 - Birth Center with Certified Lactation Counselors
 - Inpatient Medical
- Sub-acute Care**
 - Sub-acute Medical
 - Respite
- Surgery**
 - Obstetric
 - Foot and ankle
 - Gynecological
 - Cataract
 - Other general surgery
- Rehabilitation**
 - 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
- Respiratory Care**
 - Sleep studies
 - Pulmonary function testing
 - Pulmonary rehab
 - Home respiratory equipment
- Imaging**
 - Women's Health: A private area in the Imaging dept. that provides, pelvic, breast, and 3D obstetrical ultrasound, full field digital & 3D tomosynthesis mammography, bone density screening, education on breast cancer awareness
 - 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
- Cardiac Rehab**
 - Cardiac Rehab phase II & III
 - Stress testing studies
- Outpatient Services**
 - Gastroscopy
 - Colonoscopy
 - Infusion Therapy including:
 - IV antibiotics
 - Fluid replacement
 - Infusion chemotherapy
 - Telemedicine provided by outside agencies
 - Altru's Renal Dialysis
- Laboratory**
 - Blood transfusion
 - Chemistry and Immunology
 - Hematology
 - Clinical microbiology and virology
 - Urinalysis
 - 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**
 - LifeCare Greenbush Manor
 - LifeCare Roseau Manor
 - Greenbush Assisted Living
- Behavioral Health**
 - Services for ages 6 and up
 - Individual, couple and family therapy
 - Assessments including:
 - ADHD
 - Intellectual functioning
 - Cognitive/memory problems
 - Learning disabilities
 - Autism spectrum disorder
 - Court-ordered issues
 - Mental issues
 - Mental health medication management
 - Specialty services:
 - Treatment for eating disorders
 - EMDR
- Home Care**

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 Public Health**

Promotes and protects health through education, prevention, and advocacy. Services include:

 - Infectious disease response & investigation
 - Disaster response
 - Promoting healthy pregnancies and lifestyles
 - Family and child wellness
 - Immunizations and disease prevention
 - Environmental Health
 - And much more
- 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 & ankle disorders, sports and non-sports injuries, diabetic foot exams, arthritis, and more

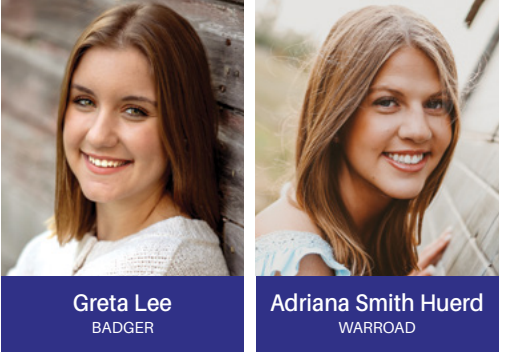
LifeCare Scholarships

LifeCare Medical Center has awarded scholarships to four individuals currently preparing for careers in healthcare. These 2022 high school graduates each received \$1,000 scholarships:

- Ginevra Johnson** (Roseau) Pre-Med, College of St. Scholastica.
- Jasmine King** (Badger) Biomedical Engineering, University of Minnesota.
- Greta Lee** (Badger) Physician Assistant, University of Minnesota Rochester.
- Adriana Smith Huerd** (Warroad) Radiologic Sciences, NDSU.

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 content.

Interested in being a LifeCare volunteer? Contact us at: volunteer@lifecaremc.com



General surgeon joins LifeCare this August

NEWS FLASH! General surgeon James M. Cain, MD, FACS, joins the LifeCare team in August 2022. He completed med school at the University of Washington in Seattle and residency at Kern Medical Center in Bakersfield, Calif. For the past 10+ years, Dr. Cain has practiced at Fairview in Wyoming, MN. He will provide a wide variety of surgical procedures right here at LifeCare. Watch for more info in our next issue of *HealthMatters*.

