

LifeCare, Max Foundation raise over \$8,000 for local behavioral health services

LifeCare Medical Center raised funds and public awareness of suicide and its prevention during a golf scramble at the Warroad Estates Golf Course in August.

Presented by the Max Foundation, the 2022 LifeCare Golf Scramble welcomed 16 teams of golfers to a beautiful outing, complete with sunny skies, a fun round of golf, and club house lunch.

Together, they raised money and support for behavioral health services at the new LifeCare Warroad Wellness facility, currently under construction at 210 Main Avenue in Warroad.

“Our partnership with the Max Foundation helped us create an amazing event that raised more than \$8,000 for a great cause,” says Erik Holmstrom, Development Coordinator at LifeCare.

The 18-hole day included a longest drive competition, silent auction, and a special putting contest where the winner received a custom-made, novelty golf putter.

“We also had a hole-in-one contest, but no one sank the shot,” Holmstrom says. “Maybe next year?”

The championship team of Mike and Christy Rybak, John Taylor, and Mike Kvarnlov received customized tournament championship belts as part of their prize.

“They’ve already said they are looking forward to defending their title,” says Holmstrom.

With room for more, golfers are encouraged to watch for info regarding the 2023 LifeCare Golf Scramble, currently planned for August 2023.

For more about this LifeCare event, please call Erik Holmstrom at (218) 463-4742.



Members of the Team Max foursome pose for a photo during a beautiful day in August. Pictured from left to right are: Kaitlin Konson, Ellie Oftedahl, Layla Marvin, and Cately Harrison.



A full prize table and educational signs throughout the course reminded golfers of the many lives affected by suicide and the mission of this first annual LifeCare charity golfing event.

the **inside scoop**
Oak Crest becomes LifeCare Senior Living

healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

AUTUMN 2022

INSIDE THIS ISSUE

LifeCare welcomes general surgeon James Cain, MD

Spotlight on LifeCare's department directors

healthmatters

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Surgeon and former Navy pilot James Cain, MD, joins LifeCare

LifeCare Medical Center has hired independent surgeon James Cain, MD, as the newest member of its medical staff.

Dr. Cain officially joined the organization in August 2022 and began performing surgical services almost immediately.

Always excited to take on a challenge, Dr. Cain says the opportunity to test his surgery skills every day is what he enjoys most about being a physician.

“I’m excited to offer the people of this region high quality surgery without them having to travel,” says Dr. Cain.

His credentials include Medical School at the University of Washington School of Medicine in Seattle and a General Surgery Residency at Kern Medical Center in Bakersfield, California.

Dr. Cain says he relishes the opportunity to provide vital services to the community.

Top Gun

In addition to his achievements as a general surgeon, Dr. Cain also carries a distinguished military record.

He served 10 years as a U.S. Navy F-14 aviator and flew combat during the Gulf War in 1991, finishing as a Top Gun graduate. He then made the jump to medicine and served another 10 years, this time as a surgeon for the U.S. Army, which included tours of duty in Iraq and Afghanistan.

Dr. Cain practiced medicine in Seattle and at M Health Fairview in Wyoming, MN before

joining LifeCare.

“Dr. Cain brings incredible knowledge and life experience to our organization,” says Keith Okeson, LifeCare President/CEO. “We are thrilled to have him as a part of the LifeCare team and we are excited to have such a skilled surgeon available to the community.”

Importance of Community

Community is important to Dr. Cain, and he cites it as one of his main reasons for making a commitment to LifeCare.

“Everybody knows everybody,” says Dr. Cain appreciatively while describing the many things that impress him about the community and the LifeCare organization.

Dr. Cain also sees the working environment at LifeCare as “warm and inviting, with a real family feel.”

A self-declared homebody, Dr. Cain likes to spend his free time reading and fixing things around the house, which is located on an acreage he purchased south of Roseau.

The tinkering doesn’t stop with small at-home projects, though, as he also recently finished building his own airplane, which he hopes to bring to Roseau soon.

And the best part about being a doctor?

“Constant challenge. There’s always more to learn,” says Dr. Cain.

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



Respected surgeon and former Top Gun Navy pilot James Cain, MD, joined the LifeCare medical staff in August. As a result, LifeCare is able to offer in-house general surgery services to its patients.

LifeCare acquires Oak Crest, transitions seamlessly into LifeCare Senior Living

LifeCare Medical Center is excited to announce the acquisition of Oak Crest Senior Housing into its family of healthcare services.

Located in Roseau, Oak Crest is a 42-unit apartment complex that, since its construction in 2006, has played a vital role in providing quality assisted living services to the region.

A seamless transition of operations occurred November 1, according to Keith Okeson, President/CEO of LifeCare Medical Center.

“For over 15 years, residents of Oak Crest Senior Housing have enjoyed a supportive living environment while receiving exceptional compassionate assistance,” says Okeson. “Today we are delighted to provide these local seniors the same services of caring under the same roof, only now under the LifeCare brand.”

Okeson says the most noticeable change is to the name. The facility officially became known as LifeCare Senior Living as part of the acquisition.

LifeCare Medical Center is a not-for-profit organization with services in Greenbush, Roseau and Warroad.

LifeCare Senior Living

Consisting of one-bedroom, two-bedroom, and studio apartments, LifeCare Senior Living sits comfortably on several wooded acres near the south edge of Roseau.



LifeCare recently acquired Oak Crest Senior Housing and on November 1 completed a seamless transition of operations. Located in Roseau and built in 2006, the 42-unit senior living facility continues to serve residents under the name LifeCare Senior Living. Staff members of Oak Crest immediately became LifeCare employees as part of the acquisition.

The stately, two-story apartment complex provides many opportunities for residents to interact.

Appealing and inviting common areas include a family dining room, sunroom, library, common living rooms, and lounge areas.

Other unique features include an outdoor patio, a beauty/barber shop, and a spacious hobby/craft area.

Bookcases, decorative pillars, and other distinct qualities give LifeCare Senior Living a charm that is as welcoming to residents as it is to their guests.

LifeCare Senior Living also provides three home cooked meals a day, transportation for in-town appointments, 24-hour care, weekly housekeeping, and laundry services.

Housing Assistance Programs are available.

Board of Directors

LifeCare Senior Living functions as a department of LifeCare Medical Center and operates under the leadership of LifeCare’s Board of Directors.

Oak Crest employees became LifeCare employees as part of the acquisition.

“We will continue to provide the same quality care and services these residents appreciate and deserve,” says Okeson.

A select number of apartments are available and LifeCare Senior Living looks forward to filling them.

“If you are considering moving in, now would be a perfect time to inquire.”

For more information about LifeCare Senior Living, call (218) 463-2006.

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LIFECARE MEDICAL CENTER

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www.LifeCareMedicalCenter.org/Careers

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Social PULSE

Never miss a beat; follow us to get the full dose!

LifeCare Warroad Wellness Building

Local Daycare Visits Roseau Manor

Roseau County Fair Booth Fun

LifeCare Milk Bank Donation

Elvis Visits Greenbush Manor

LifeCare Golf Scramble Champs

Employee Picnic Fun

Wellness Speaker Amy Dee

LifeCare Acquires Oak Crest

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: LifeCare volunteers Kati Wibbels and Arika Carlson pose with wellness speaker Amy Dee after her performance at Roseau Community School. The public event was sponsored by LifeCare Medical Center.



Gratitude and Your Health

It is common practice to go around the Thanksgiving dinner table and share the things for which we are thankful. You may do this as part of your tradition. But what if we all continue this practice beyond Thanksgiving?

What is Gratitude?

It's being aware of and thankful for the good in your life. Gratitude is a feeling that might come to you spontaneously, but also a practice you can cultivate. Choosing to count your blessings and taking time to be grateful for the good things in your life can have positive and far-reaching effects. While it isn't always possible to change your circumstances, you can change where you focus your mind and your heart. Making gratitude a daily practice can increase your happiness and even improve your health.

Ways to Express Gratitude:

Past: Recall positive memories. Present: Take nothing for granted in daily life. Future: Have a hopeful, optimistic attitude.

Potential Benefits of Gratitude

Being grateful helps people to feel generally happier and experience positive emotions. Practicing gratitude can also help give emotional strength and resilience when confronted with stress, loss, grief or trauma.

People who are grateful tend to sleep better. Good sleep is essential for recharging your body and mind and for helping ward off high blood pressure, heart disease and stroke.

Verbally expressing or silently reflecting on gratitude can decrease depression and help to protect against developing depression in the future.

Simple ways to express gratitude:

Keep a journal to note what you're grateful for each day. Start or end your day with the practice of writing down "Three Good Things" which is a common gratefulness approach.

When things are hard, take a moment to think of what you can be grateful for in the situation, even if it is something small. Tell someone how special they are to you or how thankful you are for something they've done.

Write a note or send a gift to someone to let them know how much they mean to you. This will increase positive feeling for the person receiving, and even more for the person giving.

Use reminders. Surround yourself with pictures of people, pets, or places that inspire your feelings of gratitude. Make it a habit to take a moment to give thanks whenever you see the cues.

Fostering gratitude takes some time and attention, but your efforts can pay off in so many ways. These things are simple, but, as with anything else, it takes practice to create the habit.

Practicing gratitude can be especially difficult when life gets hard. Even very small good things can be important to remember in these situations.

There is always something to be grateful for if we search for it. It can make a very positive impact on your life to find a way to be thankful every day. Not just on Thanksgiving.

Sources: www.psychologytoday.com, www.pihhealth.org, www.webmd.com

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

LIFECARE DEPARTMENT DIRECTORS

LifeCare's six newest department directors

They and 11 colleagues oversee LifeCare's duties

LifeCare Medical Center, like most healthcare organizations, has several important layers in its leadership structure. Topping the hierarchy is its Board of Directors, followed by an administration team consisting of the President/Chief Executive Officer, Chief Operating Officer, Chief Financial Officer, and Chief Nursing Officer.

Reporting directly to them are the 17 department directors who oversee daily operations, make recommendations for improvement, and assess the variety of activities that occur throughout the organization.

These directors include a solid mix of 20-to-30 year veteran employees and recent hires. The six newest recently met with *HealthMatters* to share a few thoughts about their role.

Ashley Hellerup

Director of Laboratory Services

Ashley Hellerup is a Roseau native who joined LifeCare as a Laboratory Aide in 2013. As an ambitious and dedicated scientist, she worked her way from intern to lab tech to lab director in just nine years. She considers her wide breadth of laboratory experience a true benefit in terms of know-

ing and understanding the role Laboratory services plays. Hellerup says she plans to continue LifeCare's mission by "staying hungry for knowledge of new advancements" in the scientific field in order to continue enhancing the laboratory's offerings.

Mike Tangen

Controller

Mike Tangen and his family come from a proud tradition at LifeCare. His grandparents both worked here and his mother-in-law continues to work for LifeCare Human Resources. Growing up in Roseau, Tangen has deeply-rooted connections to the community. As LifeCare's new Controller, Tangen says, "I bring a strong work ethic, a passion for the community, and a desire to contribute to the excellent service that LifeCare provides."

Brian Anderson

Director of Imaging Services

Brian Anderson assumed the responsibility of overseeing LifeCare's Imaging Services department in March after inheriting the role from 30-year veteran director Shar Peterson, who retired earlier this year. An-

derson says his top priority is to continue her legacy. "I will do everything in my power to continue growing what Shar started here at LifeCare." Born and raised in Roseau, Anderson knows the importance of high-quality healthcare in the community. Keeping the department equipped with the latest imaging technology is at the top of his list.

James Dinsch

Director of Emergency Medical Services

James Dinsch became Director of Emergency Medical Services in August. Raised in Wisconsin, but relocated from Florida, Dinsch notes that 'being nice' sets LifeCare and the wider community apart from other areas of the country. "That 'nice' is one of the greatest things we can offer our patients. It is not something you get everywhere," he says. "LifeCare is different than any other organization I've worked for around the country. Its small size allows me to do a little bit of all of the things I enjoy, including leadership, education, and just being a paramedic. All these things would have been mostly delegated to others in my past leadership roles."



Pictured from left to right are LifeCare's six newest department directors. They are: (back row) Brian Anderson, Director of Imaging Services; James Dinsch, Director of Emergency Medical Services; and Evan Bruggeman, Director of Information Systems; (front row) Ashley Hellerup, Director of Laboratory Services; Mike Tangen, Controller; and Vishal Sharma, Director of Biomedical Engineering & Materials Management.

Vishal Sharma

Director of Biomedical Engineering & Materials Management

In October of 2015, Vishal Sharma began his career at LifeCare as an employee in the Biomedical Engineering department. Six years later, he was named Department Director of Biomedical Engineering and Materials Management. Sharma says the most rewarding part of his job is "being

able to make a difference in people's lives by helping facilities acquire cutting edge new medical equipment and supplies which help provide outstanding care for patients."

Evan Bruggeman

Director of Information Systems

The newest director at LifeCare is Evan Bruggeman, who started as Director of Information Systems in

September. A graduate of the University of North Dakota, Bruggeman is excited to provide the technical expertise needed to run a high-tech healthcare system. As head of information systems, he is responsible for the leadership and strategic direction of LifeCare's computer systems and he diligently stays current with cyber security and technology for the organization. Besides supporting his colleagues at LifeCare, Bruggeman enjoys supporting local sports teams and sharing outdoor activities with his family of four.

To learn more about LifeCare Medical Center's employment opportunities, visit: www.lifecaremc.org

LifeCare's 17 department directors include a mix of veteran employees and recent hires. These directors oversee all daily activities, make recommendations for improvement, and report directly to LifeCare's administrative team.

LIFECARE MEDICAL CENTER'S DEPARTMENT DIRECTORS



Building a home for the new LifeCare Warroad Wellness

On track for 2023 completion

Work continues on the renovation at 210 Main Avenue in Warroad. The former retail store there is currently being transformed into the new home for LifeCare Warroad Wellness.

In 2020, LifeCare purchased the roughly 13,000 sq. ft. building where staff are now providing services during renovation. Entry to the LifeCare offices is currently gained through a temporary southside doorway.

When finished, this facility will provide a larger home for LifeCare

Rehabilitation Services, new space for LifeCare Behavioral Health, and a brand new fitness center.

Head of the project is Shannon Carlson, LifeCare's Chief Operating Officer, who has overseen the renovation from the beginning.

"We are pleased to see daily progress as this space becomes LifeCare Warroad Wellness," says Carlson. "The new fitness center will certainly become a hub for wellness programming in the Warroad area."

Site to house LifeCare's rehabilitation services, behavioral health, and a new fitness center.



Work continues on a former retail building in Warroad. The site is being renovated for LifeCare Warroad Wellness, a state-of-the-art facility designed to house LifeCare's local rehabilitation and behavioral health services as well as a brand new fitness center. Watch for more updates.

LifeCare first opened the Warroad branch of its Rehabilitation Services on Lake Street in 1997.

LifeCare President/CEO Keith Okeson says, "This investment al-

lows LifeCare to offer a wider range of services, provide new opportunities, and enhance the overall health and wellness of the Warroad community."

Brian Grafstrom earns state healthcare award

LifeCare Medical Center congratulates longtime Director of Facilities Management Brian Grafstrom on being recognized by the Minnesota Health Care Engineers Association (MHCEA) for his exceptional performance in 2022.

Grafstrom was presented the State Health Care Engineering Award in September for, according to the MHCEA, his "outstanding effort to perpetuate our state seminar and his untiring commitment to the Health Care Engineering Profession in Minnesota."

MHCEA has recognized a Minnesota Engineer of the Year annually since 1983. The award is given for outstanding work in the field of health care engineering.

MHCEA is a trusted industry resource that provides education, regulatory guidance, networking, advocacy representation, and professional development for its members.

Membership to MHCEA is for individuals who are directly employed by a health care facility and who are interested in or have responsibility for



LifeCare celebrates Brian Grafstrom on his 2022 MHCEA award.

the health care physical environment.

Grafstrom joined LifeCare in 1996. In 2007, he became a department director and MHCEA member. He currently serves as President of MHCEA's Northern Region, one of the association's five Minnesota chapters. "We are proud and extremely fortunate to have Brian Grafstrom on staff," says LifeCare COO Shannon Carlson. "Congratulations from the entire LifeCare organization."

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 and basic 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

- Birthing 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
- Sleep studies
- Pulmonary function testing
- Pulmonary rehab
- Home respiratory equipment

Respiratory Care

- Sleep studies
- Pulmonary function testing
- Pulmonary rehab
- Home respiratory equipment

Imaging

- Women's Health: A private space that provides, pelvic, breast, and 3D obstetrical ultrasound, full field digital and 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
- General X-Ray (Greenbush)

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's Health System
- Mayo Clinic
- Pre-employment and DOT chain of custody collection

Senior Services

- LifeCare Greenbush Manor
- LifeCare Roseau Manor
- Greenbush Assisted Living
- LifeCare Senior 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
- Medical 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

- General surgery
- 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

College students earn LifeCare scholarships



Olivia Urness
CERTIFIED NURSING ASSISTANT



Jordan Moser
EMERGENCY MEDICAL TECHNICIAN

LifeCare Medical Center recently awarded \$1,500 Medical Student Scholarships to two college students currently working toward a career in healthcare.

Olivia Urness attends NDSU and **Jordan Moser** is enrolled at the College of St. Scholastica. Both began as Certified Nursing Assistants for LifeCare at the age of 16. Olivia still works as a CNA at Roseau Manor, and Jordan now serves as a LifeCare EMT.

Olivia's work as a CNA helped to grow and develop the skills necessary to work toward her future as a Registered Nurse. As an aspiring physician, Jordan finds joy in serving, comforting, assisting, and caring for others.

Future Applicants

First awarded in 2008, this scholarship is funded by LifeCare Medical Center as a not-for-profit organization. Scholarships are funded by sales at the LifeCare Neighborhood Nook Gift and Coffee Shop located at the hospital. Winners are selected by a scholarship committee based on application criteria and content.

To qualify, applicants must be enrolled in a post-secondary or graduate academic program in a healthcare related field, and must have completed at least one year of school in their major field of study.

Eligible students must have received a high school diploma from within Roseau County or be a Roseau County resident.

If you are interested in a career in healthcare at LifeCare, apply today at: www.lifecaremedicalcenter.org/careers