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SPECIALIZED, TREATMENT & THERAPY AREAS
24-HOUR COMMUNITY FITNESS CENTER

LIFECARE REHABILITATION & FITNESS CENTER

715 Delmore Drive | Roseau

Thursday | March 21 10am - 7pm
Friday | March 22 7am - 2pm

TOURS, GIVEAWAYS, DOOR PRIZES AND MORE!

Join us as we open our new facility for all-day tours! Meet our staff, test our fitness equipment, tour our spacious rehab facility, new public fitness center and enjoy refreshments!

24-HOUR COMMUNITY FITNESS CENTERS
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healthmatters

WINTER 2019

the **inside scoop**

Health Care Fund tops \$1 million in total assets

Your regional healthcare publication courtesy of LifeCare Medical Center



INSIDE THIS ISSUE

LifeCare honors nurse Bernie Dahl for 50 years of service | Emergency Medicine physician joins LifeCare

LifeCare MEDICAL CENTER CLINICS & CLASSES

MARCH	APRIL	MAY
Blood Pressure, Blood Sugar, and Foot Care Clinics Thur. Mar 7 Young Manor Apts. 8:30 am Tues. Mar 12 North Star Apts. 8:30 am Thur. Mar 21 Sunburst Apts. 8:30 am Fri. Mar 22 Warroad Com. Ctr.* 11:00 am Tues. Mar 26 Elderbush Apts. 9:00 am *Indicates no foot care clinic	Blood Pressure, Blood Sugar, and Foot Care Clinics Thur. Apr 4 Badger Creek Apts. 8:30 am Tues. Apr 9 North Star Apts. 8:30 am Thur. Apr 18 Sunburst Apts. 8:30 am Tues. Apr 23 Elderbush Apts. 9:00 am Fri. Apr 26 Warroad Com. Ctr.* 11:00 am *Indicates no foot care clinic	Blood Pressure, Blood Sugar, and Foot Care Clinics Thur. May 2 Young Manor Apts. 8:30 am Tues. May 7 North Star Apts. 8:30 am Thur. May 16 Sunburst Apts. 8:30 am Fri. May 24 Warroad Com. Ctr.* 11:00 am Tues. May 28 Elderbush Apts. 9:00 am *Indicates no foot care clinic
Roseau Area Cancer Support Tues. Mar 5 LifeCare 3:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	Roseau Area Cancer Support Tues. Apr 2 LifeCare 3:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	Roseau Area Cancer Support Tues. May 7 LifeCare 3:30 pm Info: Call Connie: (218) 463-2500, ext. 4145
Breast Cancer Support Group Tues. Mar 12 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	Breast Cancer Support Group Tues. Apr 9 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145	Breast Cancer Support Group Tues. May 14 Roseau 6:00 - 7:30 pm Info: Call Connie: (218) 463-2500, ext. 4145

Upcoming Classes

PRENATAL CLASSES
• PREPARING FOR CHILDBIRTH: Apr 1 & Apr 8, 6:00 - 9:00 PM
• CARING FOR YOUR NEWBORN: Apr 15, 6:30 - 9:00 PM
• BREASTFEEDING BASICS: Apr 22 from 6:30 - 8:30 PM
• DADDY BOOT CAMP: Apr 29 from 6:30 - 9:00 PM
Summer Dates: lifecaremc.org/classes

NURSE ASSISTANT CLASSES A career may be waiting for you!
TO ENROLL or ask for more info, call Heidi: 218-463-4728

CPR LifeCare offers: CPR, AED, BLS Renewal, Heartsaver® First Aid, and Heartsaver® Pediatric First Aid/CPR/AED community classes. More info and sign up: www.lifecaremc.org/classes

Register for any of these programs at www.lifecaremc.org/classes

Vaccinate.

Every year schools, daycares, athletic teams, nursing homes, and other places where people gather often see an influenza outbreak. While locally the peak flu season has passed, it can last as late as May, according to the CDC. That's why we say the best protection against serious illness from the flu is to get vaccinated.

To learn more, contact LifeCare Public Health at (218) 463-3211.

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healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

LifeCare honors LPN Bernie Dahl for 50 years of service

Seventh grade. That's when Bernie Dahl first decided to become a nurse.

Now, more than half a century later, this highly regarded LifeCare LPN has no intention of stopping.

"I enjoy being a nurse and helping people," says Bernie, who recently was honored for 50 years of service at LifeCare. "My co-workers have been awesome. They are like a second family."

LifeCare President/CEO Keith Okeson is grateful for the role Bernie has played in providing the quality care that patients have come to expect from LifeCare Medical Center.

"Bernie is an excellent nurse and has shown great loyalty and a genuine sense of caring," Okeson says. "No doubt she has been, and continues to be, an important part of the nursing team."

Today, Bernie works mostly in Cardiac Rehab, though her career has placed her in many departments, including obstetrics and LifeCare's nursery.

"I really enjoyed OB, even though much pain is endured by patients there," Bernie says. "The tears of joy are what's remem-



LEFT: A proud Bernadine Dahl is all smiles in this graduation photo taken when she first earned her degree as a Licensed Practical Nurse.

LOWER LEFT: LifeCare President/CEO Keith Okeson presents Bernie Dahl with a service award honoring her 50 years at LifeCare.

BELOW: Decked out in standard '60s nursing attire, Bernie Dahl, LPN, began a journey in healthcare that has lasted more than 50 years.

bered most."

On more than one occasion, Bernie was fortunate to be working at the time when her own grandchild was born.

"I guess it is one of the perks of the job," Bernie's job may have had its perks, but it also had its share of challenges in a changing world.

"The biggest change has been the computers," Bernie says.

Healthcare in general has undergone a huge transformation over the past 50 years. "Patients today don't stay as long in the hospital. We see more extensive tests and IV Therapy... Every day is different."

Destined For Nursing

Call it destiny or bold determination, Bernie says she knew in seventh grade she would one day become a nurse.

"I grew up riding the school bus in Warroad, and one of the students I looked up to on that bus was planning to become a nurse," says Bernie. "That's when I decided nursing is what I wanted to do, too."

Ironically, that student was Celeste Cain, a Warroad nurse who worked at LifeCare with Bernie over the years.

After graduating from Warroad High

School, Bernie went to Thief River Falls to earn her LPN from what was then known as Northland Vocational School.

Bernie began her nursing career as an aide at Roseau Area Hospital, then at St. John's Lutheran Hospital in St. Paul.

In 1968, she returned to Roseau as an LPN and over the next 50 years worked in many areas of the hospital.

"Our patients really enjoy the care she provides," says Cardiac Rehab nurse Deb Dvergsten, RN. "Bernie is very dedicated and always takes good care of her patients."

Currently working three days a week in Cardiac Rehab, Bernie has no plans of slowing down.

"I enjoy every day of work," she says, "and still feel like I'm making a difference helping people."

That you are, Bernie. That you are!



"Bernie is an excellent nurse and has shown great loyalty and a genuine sense of caring."

— Keith Okeson
LifeCare President / CEO

Partners for Health gala raises \$25K

LifeCare's annual Partners for Health gala last November reached full capacity and raised over \$25,000 to support local health related projects and programs.

The evening included fine dining, music, auctions, and an opportunity to raise dollars and awareness for the health care funds.

In 2018, the LifeCare Health Care Funds reached over \$1 million in total assets and granted over \$100,000 to local non-profits and LifeCare departments.

"We could not accomplish these things without the generous supporters in our community," says Development Coordina-

tor Auna Brandt. "Our advisory committee thanks everyone for their support of our mission: To build, strengthen, and sustain healthy communities in our service area."

The LifeCare Health Care Fund, which received the Community Philanthropy Award from the Northwest Minnesota Foundation last year, consists of several local funds, including the recently added Angel Baby Fund.

To learn more about Partners for Health and LifeCare's Health Care Fund, please contact Auna Brandt at (218) 463-4742.



LifeCare's annual Partners for Health gala at the Roseau City Center included fine dining, music, and auctions.

LifeCare MEDICAL CENTER
caring for generations
www.lifecaremedicalcenter.org

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.



ON THE COVER: Food Service Aide Gracie Drown, Cook Tara Rygh, and guest Chef Patrick Nickleson prepare special appetizers at the action station at LifeCare's Partners for Health fundraiser. Proceeds benefit the LifeCare Health Care Fund.



Are you ready for Wellness Coaching?

You may have heard about wellness coaching, or health coaching, and wondered if it's for you. Is it worth the investment? Before considering wellness coaching, it is helpful to know what it is and how it might be of benefit.

Behavioral scientists have shown that one-on-one coaching is among the most effective approaches to helping people make and sustain improvements in their lives.

The relationship between a coach and client offers a profound level of support, guidance, and encouragement to making changes.

A coach enables change by focusing on a client's stated agenda including needs, values, vision, and goals by helping to bring out his/her personal best.

Coaches do not make diagnoses and may recommend that clients seek other professional avenues if appropriate.

Wellness Coaches do not offer specific diet and exercise suggestions.

Instead, they work with their clients to create tailored plans that fit their unique lifestyle.

It is a supportive, holistic relationship that focuses on facilitation as opposed to prescription.

Wellness coaches are accountability partners, providing support and encouragement throughout the process.

In order for wellness coaching to be a success, coaches and clients honor the following principles:

- Coach**
- Attentive inquiry and listening
- Encourage realistic expectations and goals
- Through coaching inquiry, encourage clients to identify their wellness visions, motivators, and strategies to overcome obstacles

- Client**
- Ready to take responsibility to make and sustain changes in at least one area of wellness
- Ready to invest at least three months to make changes
- Open to suggestions and trying new things
- Understands that setbacks are normal on the path of change and part of the discovery process

Wellness coaching can be for anybody who desires to make a change. Coaches meet people where they are — without judgment, and at no time will a coach tell a client what to do.

The client will set goals and carve a path to achieving those goals.

When bumps in the road emerge, coaches are there to help overcome the obstacles in order to make the path easier to navigate.

LifeCare employs two licensed wellness coaches who have successfully trained through Wellcoaches, the world leader in wellness coaching.

If coaching is of interest to you, stay tuned for more details and opportunities to take advantage of this service in the future.

Source: www.wellcoaches.com

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

— LIFECARE'S EMERGENCY SERVICES —

Working together to provide the best care possible

In larger hospitals, the ER is typically staffed by physicians who specialize in emergency medicine.

They are trained specifically to handle unexpected life-threatening cases and to lead a team of medical experts in doing so.

Rural hospitals, on the other hand, rarely have this capability, and instead rely on the skill of physicians with other specialties to serve as Emergency on-call physicians.

Until recently, LifeCare fit this category. But based on direction from LifeCare leadership, changes to Emergency care are taking shape here.

"At LifeCare, like most rural hospitals, we rely on a rotating staff," says LifeCare President/CEO Keith Okeson. "Depending on the day, the on-call physician, though trained to handle emergency patients, may actually specialize in another area such as family practice, pediatrics, or internal medicine."

Part of LifeCare's strategy included hiring Dr. Andrew L. Matthews as Medical Director of Emergency Services.

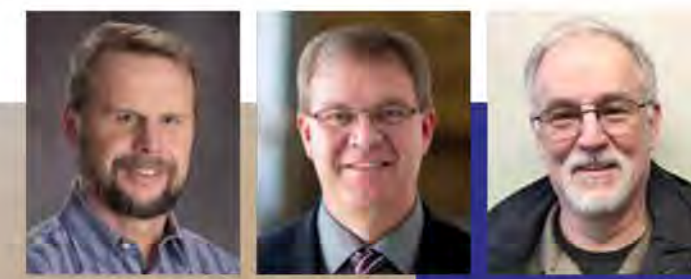
This trained Emergency Medicine physician is providing a fresh look at current emergency processes, according to Okeson. "Our plan is to equip all our physicians



LifeCare EMS works side by side with LifeCare Emergency Department staff to provide patient centered care.



Delivering Emergency Care



ABOVE (left to right): LifeCare's new Medical Director of Emergency Services Dr. Andrew Matthews, LifeCare President/CEO Keith Okeson, and LifeCare EMS Director Don Dunn.

LEFT: LifeCare EMS staff bring care to patients outside the hospital. They also provided continued care in the Emergency Department under the direction of LifeCare's newest physician, Dr. Andrew Matthews.

who provide emergent care with specific training so that no matter their specialty, they are ready to respond like Emergency Medicine physicians," Okeson says.

Training the Emergency Team

Dr. Matthews is working with all emergency staff to form a new perspective toward Emergency care.

This group includes the hospital's Emergency Department team, LifeCare Ambulance Service, Valley Med Flight air ambulance service, and other first responders.

"LifeCare's Emergency team has very skilled staff," says Dr. Matthews. "My plan is to build upon their expertise to provide an even better service."

"As with any Emergency Department, you never know what is going to walk through the door. That is why we train staff to be ready for all types of situations."

As Okeson points out, EMTs and paramedics are specially trained and have the equipment needed to provide care to the full extent of their licensure.

"Supplemental training by an Emergency Medicine physician like Dr. Matthews gives staff additional tools that they can use every day in their jobs," Okeson says.

To date, these early steps of added training have been well received by LifeCare and its leadership team.

"Our number one priority is patient safety and delivering high quality care," says Stacy Monkman, LifeCare's Outpatient Manager. "We are committed to always acting in the best interest of the patient."

First responders like LifeCare's new EMS Director Don Dunn appreciate it, too.

"The primary function of LifeCare Ambulance Service is to bring care to the patient," says Dunn, whose service area covers more than 3,000 square miles.

Having this extra training can be helpful, especially when he and his team are far from the hospital.

At the hospital, patients will soon see paramedics and EMTs working on a regular basis next to Emergency Department doctors and nurses.

According to Okeson, the community is already familiar with seeing these ambulance staff members at the scene of an accident or on-site at a patient's home.

"Moving forward, people will experience an increased presence of these professionals in the Emergency Department," he says. "This is not to replace nursing staff, but to serve alongside them."

According to Dunn, "This will allow EMS staff members to keep their skills sharp so



EMTs, nurses, and physicians know the importance of working together to provide the best patient care possible.

they are ready in all emergency situations when their help is needed."

Continuation of Care

As a Level IV Trauma Center, LifeCare Medical Center is ready to provide advanced life support prior to transferring a patient to a higher level trauma center if needed.

The Emergency team has diagnostic capabilities and is able to evaluate and stabilize patients.

"For this reason, it is essential that all members of the team are proficient in administering care based on specific processes," says Dr. Matthews. "This allows for seamless transfer of care no matter how the patient is delivered to us."

"Any changes that we make in LifeCare's emergency services will be based on improving patient satisfaction and the quality of care that the people of our community deserve," says Dr. Matthews.

To learn more about LifeCare's Emergency Department, call (218) 463-4764.

Emergency Services adds Medical Director

The impressive credentials after his name should be the first clue.

But just in case there is any doubt, let it be clear, Andrew L. Matthews, MD, MHA, FACEP is no ordinary physician.

In October 2018, Dr. Matthews was named LifeCare's first Medical Director of Emergency Services, and as a world traveler and Minnesota newcomer, this globetrotting doctor brings with him a fascinating set of true adventure stories, each delivered with a warm southern drawl.

"I call Texas home because that is where I graduated high school, met my future wife, graduated from college, raised three children, went to medical school, and completed my residency training."

That journey began, however, at the other end of the country. North, to be exact.

"I was born in the Upper Peninsula of Michigan, but moved to the Philippines when I was only six months old," he says. "From there, I moved every two years until high school. I've lived in Turkey, Virginia, Nebraska, Florida, and Texas."

Such is life for the son of a USAF chaplain. That eager pace, it seems, made its mark on the young mister Matthews, who didn't slow down after receiving his diploma.

He enrolled and completed his undergrad



Dr. Andrew Matthews was hired in October 2018 as the first Medical Director of Emergency Services at LifeCare Medical Center.

at the University of Texas at Austin, then set his sights on med school — not to mention a few other exploits.

"Part of my adventure series includes receiving my parachute badge with the USAF, cage diving with great white sharks off the coast of South Africa, and walking the Inca

Trail to Machu Picchu."

That's in Peru.

And now, he's here — with the distinction of being the first Medical Director of Emergency Services at LifeCare.

"LifeCare offered me something completely different," Dr. Matthews says. "Dif-

ferent location, different hospital size, different weather, different experiences."

Certainly this is different, when measured against his earlier medical career in large academic or community medical centers.

All these were in the southern and southeastern United States.

But northern Minnesota has its own allure, and its remoteness quickly caught the doctor's attention.

"I have a passion for Wilderness Medicine," he says. "Hypothermia, hyperthermia, exotic animal envenomation, snakes, spiders, high altitude sickness, and decompression illness are some of my interests."

He also enjoys remodeling homes, landscaping, golf, and travel. All notable pastimes to be sure, though seemingly lesser somehow in the wake of everything.

As Medical Director of Emergency Services, Dr. Matthews has the responsibility of restructuring LifeCare's collection of Emergency services into a new cohesive whole.

"Roseau County should expect the same emergency medical care at LifeCare that they would receive at any major hospital in the United States," he says. "My goal is to make that happen."

Fortunately, included in the letters after his name are MHA and FACEP, which stand for

Masters of Health Administration and Fellow in the American College of Emergency Physicians.

Yes, Dr. Matthews is also a certified health care administrator and a seasoned Emergency physician, which together, allow him to see medicine from both sides of the table.

"The business of medicine frustrates most physicians. I went back to school to get my masters degree hoping that, by understanding the business of medicine, I could be a better leader and ultimately deliver better care to patients."

And so begins this latest adventure: To formulate and deliver a reinvigorating of emergency care from LifeCare EMS and community Emergency responders.

"It's an honor to work for the sole healthcare provider in Roseau County," he says, "and we can best demonstrate our gratefulness by treating patients like family."

Life's lessons and a worldly view provide valuable insight for a task like this. What else does Dr. Matthews bring to the table?

"A passion for emergency medicine, an expertise in emergency care, and a promise that every administrative decision will always be in the best interest of the patient."

For more information, call (218) 463-2500.

Medical services available right here at LifeCare

LifeCare Medical Center believes in providing exceptional local medical care. Top notch medical professionals and support staff, excellent equipment, and new technology make LifeCare the provider of choice for our area. Thanks to an impressive number of services, most patients find no need to take long road trips for medical care. Here are just some of the services available right here on the LifeCare campus.

- Emergency Medical Services**
Services include:
 - Level IV trauma center
 - 24-hour Emergency Department
 - Advanced life support ambulance service
 - Emergency air transport, provided by Valley Med Flight
- 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** is categorized into four areas:
 - Birthing Center with Certified Lactation Counselors
 - Inpatient medical
 - Inpatient surgical
 - Sub-acute and respite care
- Outpatient services**
 - General and laparoscopic surgeries:
 - Cataract
 - Urological
 - Gynecological
 - Obstetric
 - Endoscopy procedures:
 - Gastroscopy
 - Colonoscopy
 - Foot and ankle surgery
 - Telemedicine with service by Altru
 - Infusion therapy including:
 - IV antibiotics
 - Fluid replacement
 - Infusion chemotherapy
- Women's Health**
A calming area within the Imaging Department with services that include:
 - Pelvic, breast, and 3D obstetrical ultrasound
 - Full field digital & 3D Tomosynthesis mammography
 - Bone density screening
 - Education on breast cancer awareness
- Senior Services**
 - LifeCare Greenbush Manor
 - LifeCare Roseau Manor
 - Greenbush Assisted Living
- Laboratory**
LifeCare's laboratory provides detailed, real time results to aid providers in making accurate diagnoses. Lab is available for patients and providers in these areas:
 - Blood transfusion
 - Chemistry and Immunology
 - Hematology
 - Clinical microbiology and virology
 - Urinalysis
 - PT/INR and coagulation studies
 - Rapid molecular testing
 - Drug testing
 - Pre-employment and DOT chain of custody collection
- Imaging**
Includes imaging equipment that rivals or surpasses the region's best:
 - 128-slice CT scanner
 - MRI
 - Nuclear medicine
 - General and 3D ultrasound
 - Vascular & Echo ultrasound
 - Teleradiology
 - Digital fluoroscopy
 - Interventional pain management
 - Aspiration and biopsy procedures
- Cardiac Rehab**
 - Cardiac Rehab phase II
 - Cardiac Rehab phase III
 - Stress testing studies
- Respiratory Care**
Services include:
 - Sleep studies
 - Pulmonary function testing
 - Pulmonary rehab
- Behavioral Health**
Services include:
 - Assessment, diagnosis, and treatment plans 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
- Home Care and Hospice**
LifeCare Home Care delivers in-home care to maximize an independent lifestyle through:
 - Skilled Nursing
 - Home Health Aides
 - Social Worker
 - Palliative Care
 - Rehabilitation Services: Physical and Occupational Therapy

To learn more about the services available at LifeCare Medical Center, call (218) 463-2500 and ask to speak to the department that interests you.

Shared Ventures

LifeCare Medical Center is proud to partner with Altru Health System to meet the health care needs of the community. The **Roseau Area Diabetes Center** and Altru's **Renal Dialysis** unit located on the LifeCare campus are two shared ventures that demonstrate the success of this teamwork approach.

LifeCare Scholarships

LifeCare has awarded \$1,500 college scholarships to each of two area graduates currently pursuing healthcare careers. These students have completed at least one year of study in a healthcare related program and are graduates or current resident of Roseau County.

Rose Gracza Carlson is a Roseau native currently enrolled in a Master of Physician Assistant program at Bethel University in Arden Hills, MN. She chose a career in medicine for the opportunity of caring for patients during times of need and great vulnerability. Now in her final months of clinical training, she will complete her Master's degree in August 2019.



Jordan Olson of Roseau began working at LifeCare Roseau Manor at age 17, first as a nursing assistant and currently as an LPN. He is enrolled in the RN course at Northland Community and Technical College in Thief River Falls. Work has taught him the importance of teamwork in health care and he strives to make a difference in the lives of each patient or resident.



Have you ever considered a career in healthcare? It can be very rewarding for you and the community members you serve. To learn more about LifeCare scholarships and employment opportunities, please visit: www.lifecaremc.org/careers