

LifeCare's Birthing Center offers coaching, support

The concept of a hospital maternity ward has changed a lot over the past 100 years.

From humble beginnings at Roseau's Budd Hospital in 1915 to modern day state-of-the-art private suites within LifeCare's Birthing Center, the transformation is profound.

Today, LifeCare labor and delivery nurses, along with a team of OB physicians, offer expecting mothers a calming, therapeutic experience.

Here, patients experience labor, delivery, recovery, and postpartum care without switching rooms. A labor and delivery nurse is also with the patient from the time she is admitted through delivery.

"Our philosophy is to offer moms a patient-centered birthing experience," says Roxann Kjos, RN, LifeCare's Director of Nursing, Acute Care. "Our labor and delivery nurses are at bedside coaching, monitoring, and supporting throughout the entire experience."

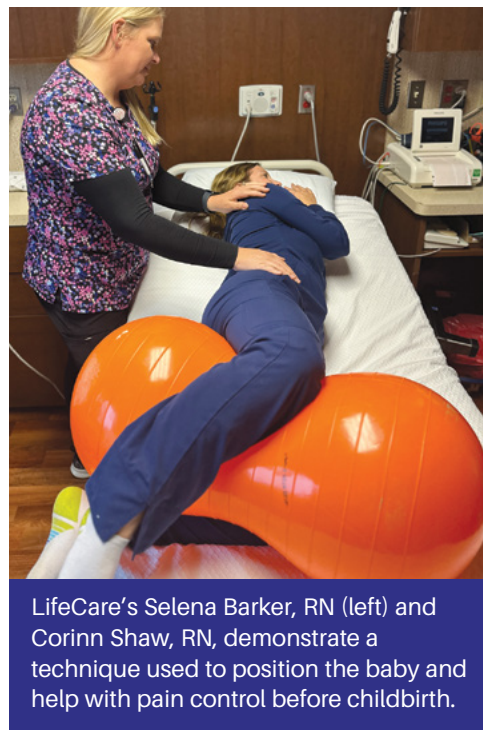
Additional Care

LifeCare Medical Center in Roseau is currently the only facility within a 70-mile radius to provide maternal care for prenatal and labor delivery. As a result, patients include those from the Northwest Angle, Baudette, and the Lancaster area.

"Roseau County is surrounded by what I call 'maternity care deserts.' Some mothers and families may drive up to two hours to receive care," says Jessica Simmons, MD, of



Team members attend workshops to expand their education in labor and delivery at LifeCare Medical Center.



LifeCare's Selena Barker, RN (left) and Corinn Shaw, RN, demonstrate a technique used to position the baby and help with pain control before childbirth.

LifeCare's medical staff.

As an investment in the region, LifeCare recently sent nine of its OB nurses to an all-day Spinning Babies® workshop.

Spinning Babies® is a physiological approach to childbirth that includes a set of maneuvers and positions for moms to use.

These actions can help with pain control and assist in properly positioning the baby in an effort to provide greater ease in delivery.

The one-on-one nurse guides the birthing mom throughout labor using special maneuvers to ease pain and provide comfort.

"Our goal is to help the mother feel comfortable, honor her wishes in her labor, and ultimately have a smooth transition into parenthood," says Alicia Huston, RN.

LifeCare also offers prenatal classes for families, education from lactation educators, and newborn home visits after childbirth.

To learn more, call LifeCare at (218) 463-2500.

AUTUMN 2023

healthmatters

Your regional healthcare publication courtesy of LifeCare Medical Center

the **inside scoop**
CONSTRUCTION IS UNDERWAY AT LIFECARE ROSEAU MANOR

INSIDE THIS ISSUE

Misuse of medication can lead to antibiotic resistance

Meet LifeCare's newest department directors

healthmatters

AUTUMN 2023
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Your regional healthcare publication courtesy of LifeCare Medical Center

Antibiotic resistance

Editor's Note: Imagine a time when getting a cut or scratch on the leg could lead to losing a limb, or a simple case of strep throat could lead to kidney failure. This is what life was like prior to the discovery and widespread use of antibiotics in the 1930s, and what it could be like in our future due to antibiotic resistance. Antibiotics have since revolutionized medicine, saving or improving the quality of life for countless individuals worldwide. Yet, ever since people began using antibiotics to kill bacteria, bacteria have developed methods to resist antibiotic effects.



Antibiotics are used to treat bacterial infections. However, misuse or overuse can lead to antibiotic resistance, a condition where bacteria develop defenses against the medication.

Antibiotics are a common way to treat bacterial infections. The treatment works by killing bacteria or by preventing it from reproducing. Unfortunately, not every treatment works 100 percent of the time.

"When bacteria survive exposure to an antibiotic, they develop defenses against that type of treatment, passing this resistance to other bacteria when it multiplies," says David Simmons, Pharmacist at LifeCare Medical Center. "The resulting infection is often harder to treat and is a classic case of survival of the fittest."

Occasionally, treatment of such resistance strains can become impossible. This process is known as antibiotic resistance, and it is a growing concern in every area of health care.

According to The Centers for Disease Control, an estimated 2 million people per year contract resistant infections, resulting in about 23,000 deaths annually.

"As part of an ongoing commitment to raise awareness and provide prevention tips for health issues facing the community, LifeCare is here to provide the facts on antibiotic resistance," says Penny Black, Infection Preventionist at LifeCare Medical Center.

The CDC says any form of antibiotic use can contribute to the rise of antibiotic resistance.

"Our role, as healthcare providers, is to use our antibiotics judiciously and only when necessary," says Simmons.

Determining Appropriate Use
The coordinated effort to promote optimal

antibiotic usage is called Antimicrobial Stewardship. The CDC reports that up to 50% of antibiotic use in hospitals, clinics, and nursing homes is unnecessary or incorrectly prescribed.

To help combat this, LifeCare has created a multidisciplinary team of physician, nurses, pharmacists, microbiologists, and infection preventionists to review the appropriate use of antibiotics for patients, residents, staff members, and families.

"Our practice for residents is aligned with the overall antibiotic stewardship mission," says Julie Pahlen, a member of the multidisciplinary team and LifeCare's Infection Preventionist at Roseau Manor and Greenbush Manor.

The team also creates policies to optimize patient care by reducing unnecessary usage and minimizing over-prescribing of antibiotics.

However, medical policy and practice is only one part of the solution.

"We work very hard to promote responsible antibiotic stewardship through improved prescribing and treatment practices within our organization, but it's not a total solution. Safe antibiotic use is everyone's responsibility," says Gordy Streiff, Director of Pharmacy at LifeCare.

How To Help
So what can the average person do to help reduce the risk posed by antibiotic resistance in the community? The Minnesota Department of Health provides the following suggestions to

help slow the problem of antibiotic resistance:

- Wash your hands (20 seconds of vigorous scrubbing), cover your cough, and stay home when sick to avoid spreading infection.
- Exercise proper food safety to help prevent infections.
- Never pressure a health care provider to prescribe antibiotics. Antibiotics don't work for viral infections like the common cold and influenza.
- Ask your provider how to feel better without antibiotics. There may be treatment available without risking antibiotic resistance.
- Take antibiotics exactly as prescribed. Do not skip doses or stop taking an antibiotic earlier than prescribed.
- Discard any leftover medication as directed.
- Stay vaccinated to prevent illnesses treated with antibiotics.

Following these guidelines can help keep the community safe from risks posed by antibiotic resistant infections. If you have questions or concerns, talk with your healthcare provider.

"Antibiotics are great, life-saving medications, but are not without risk. Antibiotic resistance is a major health concern, and it is all of our responsibility to reserve antibiotics for when they are appropriately needed," says Simmons.

To learn more about antibiotic resistance, visit: lifecaremedicalcenter.org or call (218) 463-2500.

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Community celebrates with open house at the all-new LifeCare Warroad Wellness

Members of Warroad and surrounding communities showed up in droves June 14 to celebrate an open house at LifeCare Warroad Wellness.

The state-of-the-art facility, which began seeing patients in February, officially opened its doors in mid-May.

Located at 210 Main Avenue, the 13,000 sq. ft. structure houses LifeCare's local Rehabilitation Services and Behavioral Health offices as well as the 24-hour LifeCare Fitness Center.

Those attending the open house were treated to door prizes, giveaway items, refreshments, and free tours of the facility's brand new offices and treatment rooms where PT and OT professionals assist patients and conduct pre-work screenings.

"Celebrating the opening of LifeCare Warroad Wellness comes after countless hours of research, layouts, and possibilities," says Shannon Carlson, Chief Operating Officer at LifeCare Medical Center. "We're so



LifeCare Warroad Wellness is home to LifeCare's local Rehabilitation Services and Behavioral Health offices and the 24-hour LifeCare Fitness Center, complete with workout equipment and walking track.

excited for what this offers to Warroad and the surrounding communities."

Inside the LifeCare Fitness Center space is a community room and group fitness area available to reserve and rent by community groups and local organizations.

Rehabilitation Services and Behavioral Health at LifeCare Warroad Wellness are self-referral, meaning no doctor's referral is needed when making an appointment.

"We are incredibly proud to provide these important services," says LifeCare President/CEO Keith Okeson. "We are growing our Behavioral Health Department for our communities and we are actively recruiting another provider to enhance the services we offer."

To learn more or to schedule an appointment, visit: lifecaremedicalcenter.org or call (218) 386-3155.

LifeCare

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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: Junior Volunteers Samantha Peterson (left) and Kall Wibbels (right) share a smile with professional speaker Tami Evans following her hilarious presentation "Laugh Your Glass Full" hosted by LifeCare in September.



Laughing Our Glass Full!

LifeCare's annual Wellness Speaker Event was held September 14 and featured our special guest Tami Evans and her hilarious presentation, aptly titled "Laugh Your Glass Full!"

Those who attended this fun night were treated to a master storyteller who taught us valuable lessons she learned along her life's journey.

Our goal with this event was for people to come together not only to learn, but to LAUGH, as plenty of research out there supports the act of laughter as good for our health in more ways than one.

• Laughter relaxes the whole body.

A good laugh releases physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

• Laughter boosts the immune system.

Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

• Laughter triggers endorphin release.

Endorphins are your body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

• Laughter protects the heart.

Laughter increases blood flow, which can help protect against cardiovascular issues.

• Laughter lightens anger's heavy load.

Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding bitterness or resentment, which can be detrimental to your health.

While all of this information is great, it might not mean much if you cannot find a lot of opportunities to laugh. If this is something you struggle with, here are some ways to begin to bring more laughter into your life:

• Smile.

Smiling is the beginning of laughter! It's contagious. If it's not something you do often, practice. Look at people when you pass by and smile at them. Hopefully, they will smile back. This is a good start to connecting with people.

• Count your blessings.

Literally make a list. The simple act of considering positive aspects of your life will distance you from negative thoughts that block humor and laughter.

• Surround yourself with people who make you smile and laugh.

We all know people who we might describe as "bubbly" or someone who "lights up the room" when they walk into it. While smiling and laughter is contagious, so is negativity. When you can, find the people who make you feel happy rather than down. Your chances of engaging in laughter is much higher with this group!

Laughter is just one piece of the puzzle as we work to increase our overall well-being. What a fun way to get healthier! If you can incorporate it regularly into your life, it has the potential to take you to a place where you can view the world from a more relaxed, positive, and joyful perspective.

Source: HelpGuide.org

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

— LIFECARE'S NEWEST DEPARTMENT DIRECTORS —

Overseeing daily life at LifeCare

LifeCare's department directors oversee the daily operations within the organization. Together and separately, these directors work with their teams to assess internal activities, make recommendations for improvement, and report directly to the LifeCare executive team. A recent restructuring, due to retirements and organizational structure changes, resulted in some new leaders at the director level. A warm welcome to these new directors!

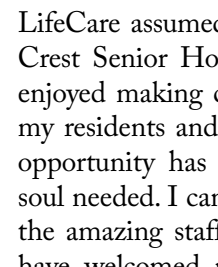
Kayla Barnum (Director of Nursing; Roseau Manor) is a Greenbush native who returned to the area after more than a decade exploring different areas of nursing outside the region. She began her career and discovered her love of nursing as a long term care nursing assistant. As an RN, she spent five years in acute care before stepping back into long term care, first as a charge nurse, followed by a managerial role in long term care. "Caring for our geriatric population is what sparked my love of nursing and, as director, I look forward to continuing my career while giving back to the residents of LifeCare Roseau Manor," Barnum says.



Jodi Beito (Director of Quality & Risk Management) joined LifeCare as an RN in 2005. A dedicated provider of patient care, she spent 13 years in LifeCare's ER, obstetrics, medical surgical floor, and Infusion Therapy. In 2018, she accepted a position in Infection Prevention and Employee Health, where she continued her love of caring for patients and employees. "As department director, I look forward to ensuring quality healthcare continues to be administered to all patients," says Beito.



Allyson Eidsmoe (Director of Senior Living) is a Roseau native who joined LifeCare's business office in 2000, focusing first on insurance billing and later transferred to an accounting assistant position a few years later. In 2016, she accepted the Director of Hospitality and Materials Management position, overseeing Food Service, Environmental Services, Laundry, and Purchasing departments in Roseau and Greenbush. In 2022 she accepted the Director of Senior Living position when LifeCare assumed ownership of Oak Crest Senior Housing. "I have truly enjoyed making connections with all my residents and their families. This opportunity has been just what my soul needed. I can't say enough for all the amazing staff and residents who have welcomed me in. I am truly blessed to be a part of this family."



Shelah Gust (Assistant Administrator Long-Term Care and Director of Homecare & Hospice) has been a LifeCare employee since 2004. Beginning as a nursing assistant at Greenbush Manor, she transferred to Roseau Manor in 2006 after becoming an RN. In 2014, she was named Roseau Manor Nurse Manager and accepted the role of Director of Roseau Manor in 2015. She recently accepted the combined role of Assistant Administrator/Director. "With my experience in long term care and leadership skills, I plan to continue leading my teams by providing quality resident-focused care and striving for the best care for our seniors," Gust says.



Allison Harder (Director of Community Relations) is a Badger native

who joined LifeCare as Digital Marketing Specialist in 2017. As director, she brings a wealth of knowledge and experience to the role. She graduated from Minnesota State University Moorhead in 2004, and has worked locally in marketing ever since. "I'm excited to creatively use new avenues to reach and educate everyone within northwest Minnesota about the hospital services and health prevention opportunities LifeCare provides," says Harder.



Paula Hedlund (Director of Community Health) brings close to 30 years of Public Health experience to her new role. As director, she oversees Public Health, Behavioral Health and Community Wellness. She began her public health career as a PHN in Sherburne County before returning to her hometown of Roseau with her family in 2006. Since joining LifeCare in 2009, she has held several roles including Public Health Nurse, Wellness Coordinator, and Behavioral Health Nurse. "I believe this knowledge and experience, along with a passion for these areas,



are valuable assets when it comes to protecting and improving the health and well-being of individuals and the communities we serve," Hedlund says.



LifeCare's Director of Rehabilitation Services, Amanda Kvien (right), says one of her goals is to continue growing services people can receive close to home.

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Kelly Hulst (Chief Nursing Officer) joined LifeCare as a Nursing Aide in 1993. The Roseau native graduated from Northland Community and Technical College and later



completed her education in health-care management at the University of Minnesota Crookston. She served in a variety of LifeCare roles including two department directorships for the past 21 years. As CNO, she is excited to continue learning with and leading her team. "It's important to know the culture and history of LifeCare and be passionate about providing high quality care to our communities," says Hulst.

Roxann Kjos (Director of Nursing; Acute Care) has been with LifeCare for over 32 years. She began her healthcare career in housekeeping where she learned about infection prevention. This created a sound base as she advanced into nursing. She earned her BSN in 1997 while



working at the hospital. She completed her Masters in Nursing Leadership and Administration in 2020 and served as a staff nurse, Public Health Nurse, teacher, and manager prior to becoming Director. Passionate about rural health care, she advocates for the nursing profession and encourages nurses to pursue their dreams. "Experience provides an understanding of the difficult situations nurses face daily. My goal is to use this knowledge to design and implement policies that continue to provide safe, quality care for all," Kjos says.



Paula Hedlund (left) brings nearly 30 years of public health experience to her new role as Director of Community Health at LifeCare. She is pictured here, coordinating with Jessica Omdahl, who recently joined LifeCare as a Psychiatric Mental Health Nurse Practitioner.

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Amanda Kvien (Director of Rehabilitation Services) has worked for LifeCare for 21 years. She joined in 2002 as a certified nurses aide and became a full-time Physical Therapist there in 2006. Growing up in Roseau, she returned to raise her family and be an active member of the community. She holds a doctorate in Physical Therapy from the University of North Dakota and continues to further her education. She holds certification in wound care, ostomy management, and lymphedema for chronic swelling. She has served her department in a managerial role since 2014. "I enjoy serving the communities and have set a goal to continue growing services people can receive close to home," Kvien says.



Jessica Severson (Director of Hospitality) grew up in Duluth, attended college at the University of Minnesota, and completed an internship through Concordia College in Moorhead before landing in Roseau. She joined

LifeCare as a Clinical Dietitian in 2013. An eager dietician with a love for food service, she worked her way from Dietitian to Manager to Director in 10 years. She enjoys using her organizational skills and continually learning from departments like Food and Nutrition Services, Environmental Services, Laundry, and Volunteer Services. "The best thing about this job is being able to support the departments that are the building blocks of such an amazing organization," Severson says.

Shirlene Wensloff (Director of Revenue Cycle) is a 25-year employee of LifeCare Medical Center and has been the organization's internal billing expert for much of that time. Over the past 12 years, hers has grown into a supervisory role as well as an advisory one regarding the hospital's electronic health record system, known as EPIC. Most recently, she led the Admitting and Health Information Management departments along with the billing team. As the Director of Revenue Cycle, she will coordinate the activities of these three departments and work behind the scenes to enhance the patient experience at LifeCare. "I'm excited to be part of the department director team and helping our patients so that they can concentrate on their health and well-being," says Wensloff.



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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 Medical Care

- All populations including pediatric

Birth Center

- Certified lactation counselors
- Spinning Babies®
- Epidural options

Sub-acute Inpatient Care

- Sub-acute Medical
- Respite

Surgery

- Obstetric
- Foot and ankle
- Gynecological
- Cataract
- General surgery, including:
 - Appendectomy
 - Breast Disease
 - Endoscopy/Colonoscopy
 - Gall Bladder
 - Hernia Repair
 - Trauma
 - Skin Cancer (lipomas, cysts, etc., involving skin and subcutaneous tissues)

Respiratory Care

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

Outpatient Services

- Gastroscopy
- Colonoscopy
- Infusion Therapy including:
 - IV antibiotics
 - Fluid replacement
 - Infusion chemotherapy
- Lactation home visits
- Altru's Renal Dialysis

Imaging

- Women's Health: Pelvic, breast, and 3D obstetrical ultrasound, full field digital and 3D tomosynthesis mammography, bone density screening
- 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
- Digital X-Ray (Roseau & Greenbush)

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

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
- LifeCare Senior Living

Cardiac Rehab

- Cardiac Rehab phase II & III
- Stress testing studies

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
 - 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 health-care 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

Major upgrade for Roseau Manor

LifeCare breaks ground on \$16.5 million expansion and renovation

Roseau Manor, one of LifeCare's two nursing home facilities, is now in the beginning phase of a major expansion and renovation project.

Construction crews officially broke ground on September 26 and will require approximately 2.5 years to complete the \$16.5 million project. When it is finished in early 2026, this state-of-the-art senior care facility will be well positioned for years to come, says Shannon Carlson, Chief Operating Officer at LifeCare Medical Center.



"We've been planning this project for three years, but it was delayed due to the pandemic," Carlson says. "We're excited to see construction and renovation have begun."

When finished, the facility will offer several new services and upgraded accommodations.

"One of the biggest changes to Roseau Manor will be the addition of a secured dementia unit," says Carlson. "The need for dementia care in our area is critical and we'll now be able to offer this level of care at Roseau Manor."

Located at the far end of the manor's north wing, the dementia care unit will offer eight private rooms for



ABOVE: A rendering of the spacious accommodations in the memory care unit currently under construction at LifeCare Roseau Manor. RIGHT: More renderings of the new and improved Roseau Manor. Images: Foss Architecture

residents, a dedicated dining area, and nurses station, all in a calming and quieter environment.

The full upgrade, which encompasses the entire facility, includes an updated heating/cooling and air conditioning (HVAC) system.

The renovated manor will feature a new main entrance with easier access as well as dedicated activity space,

a new chapel, and larger dedicated space for resident exercises. The facility also will feature new furniture and additional windows to allow more daylight into the building.

The renovated Roseau Manor will offer residents a more homelike atmosphere with private rooms, several of them with showers.

Other amenities include advanced wi-fi technology, a robust nurse call system, completely new environmental controls, and more activity space for residents, family, and employees.

Carlson describes the overall interior design as sleek, clean, modern, and calming.

"We've taken great care in coordinating the construction in such a way as to minimize noise and disruptions," Carlson says. "The project will be constructed in multiple phases so no residents will need to relocate."

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To learn more about residential living at LifeCare Roseau Manor, LifeCare Greenbush Manor, or LifeCare Senior Living, please call (218) 463-2500.



LifeCare Scholarships

LifeCare has awarded scholarships to four 2023 high school graduates currently preparing for careers in healthcare. Each received a \$1,000 scholarship:

Raegen Maahs (Badger) Social Work, *Minnesota State University Moorhead.*

Hannah Bergsnev (Greenbush) Nursing, *Northland Community & Technical College, East Grand Forks.*

Jasmine Dirks (Roseau) Nursing, *Northwest Technical College, Bemidji.*

Alexis Phommachan (Warroad) Nursing, *North Dakota State University.*

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.

Medical Student Scholarships

LifeCare also awarded \$1,500 scholarships to two college students currently enrolled in medical programs.

GINERVA JOHNSON and **ERIN LEVERINGTON** both attend the University of North Dakota. They began as LifeCare Junior Volunteers in 5th grade.

Johnson, who served as a CNA at Roseau Manor and more recently at Greenbush Manor, says her work in healthcare has helped to grow and develop the skills necessary to work toward her future as an



Raegen Maahs
BADGER



Hannah Bergsnev
GREENBUSH



Jasmine Dirks
ROSEAU



Alexis Phommachan
WARROAD

Optimetric

Leverington served as a Physical Therapy Intern at LifeCare Rehab in Warroad this past summer. Her CNA experience, she says, spurred her interest in healthcare and her future as a Physical Therapist.

For more information about scholarship opportunities or being a LifeCare volunteer, call (218) 463-2500.