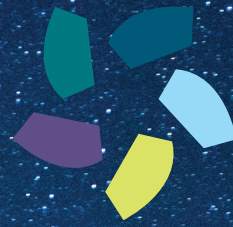


FALL 2021

HEALTHY *TIMES*



Becoming Astera Health.

PAGE 4



BUILDING THE FUTURE

Joel Beiswenger, President and CEO

In the past 18 months, we've battled the COVID-19 pandemic. We are living through a pivotal moment in history and certainly one of the most challenging situations in my 35-year career in health care. I want to take this opportunity to offer my heartfelt thanks to our staff, providers, volunteers, board representatives, committee members and the Tri-County family. We are living our mission of improving the health of the communities we serve. The effort of our healthcare professionals and staff has been exemplary. I want to ensure that everyone in our community knows what great people we have.

Unfortunately, we are not through the full experience of the pandemic. I want to assure you, Tri-County Health Care will continue to do everything in our power to combat the spread of disease in our community. We will continue to be an excellent informational resource to our local and regional partners.

In this edition of Healthy Times, we share an abundance of exciting new changes, including a building project update. Our new rural health care center of the future is progressing on schedule and budget.

If you drive by the site, you will see the building taking shape. Steel is going up! Soon, wall and roof installation will occur. The new facility should be fully enclosed by the end of 2021. We have a tentative completion date of Spring 2023.

You've probably heard about Tri-County Health Care rebranding. With our new building taking shape, we wanted to capitalize on this historic phase of growth. Some of you may recall a similar situation in 1974 when the current hospital was built on the west side of U.S. Highway 71. The Board of the Wesley Hospital Association took the opportunity to rename the organization Tri-County Hospital. We are taking a similar approach to this once-in-a-lifetime opportunity.

Additionally, this Healthy Times will be a chance to learn about our new chiropractic services. We are thrilled to have Carissa Mitchell, DC, and Brock Spandl, DC, join our team. We now have a team of providers in our chiropractic department ready to address the unique needs of our patients.

In closing, thank you for putting your trust in us. I wish you the best of health, wellness and safety. Take care, everyone – stay safe and stay strong!

"Thank you for putting your trust in us. I wish you the best of health, wellness and safety. Take care, everyone – stay safe and stay strong!"

JOEL BEISWENGER



Farewell...but not forgotten

This recurring feature will honor the commitment of recent retirees of Tri-County Health Care

PATRICIA MALVIN Respiratory Therapist

Hire date: April 2, 1975 **Retire date:** July 1, 2021

Patricia Malvin joined the Tri-County team in 1975 and worked as a respiratory therapist. Her almost 50 years of dedicated service is marked by a passion for caring for her patients and coworkers. Since retiring in July, Pat has been enjoying her life but is still quite busy. Currently, she is spending a lot of time in the garden and planning future travels. Unfortunately, COVID-19 has stifled some of her plans to visit her daughter, who recently relocated to New York State. She hopes the pandemic will eventually let up, allowing for safer visits to her family members.

Pat misses her Tri-County family, explaining that she grew up with many of her coworkers; they are truly family. Pat delayed her retirement for over a year to assist with COVID-19 operations. She even kept her respiratory license so she could help if the need arises.





Fall Building Update

The new hospital and clinic are taking shape! During the summer, the site saw cement poured and steel beams erected. Every day Mortenson and local contractors push the new facility toward completion. The building project is proceeding unhindered, with many major milestones already being met.

In September, the foundation should be completed along with all footings. Installation of structural steel will continue. Additionally, fireproofing, plumbing, and electrical installation will start in September. If all goes as planned, masonry and wall panels construction will also begin. There are even plans to start the initial phases of roofing.



Join Foundation Executive Director Ryan Damlo as he explores the construction site to share updates and exciting milestones.

Make sure to visit TCHC.org/build2023 and follow us on social media for all future episodes.

Contractor Spotlight

Wadena Ready Mix

Over the summer, concrete was poured for the framework of the new building. Tri-County Health Care wants the construction of the new facility to be an opportunity to stimulate local commerce. So far, much of the construction has been completed by local contractors. Cement for the foundation and footings has been provided by Wadena Ready Mix.

Melissa Orsello, plant manager, is responsible for maintaining the plant. She also loads and schedules a fleet of cement trucks by operating computer-controlled mixing equipment that combines sand, rock, and water into cement. She commented on the efficiency of the operation, citing good communication as the main reason for smooth concrete distribution.



Becoming Aster Health



Tri-County Health Care has served a pivotal role for almost a century. It has always been there, tending to the sick, relieving pain and always being your trusted partner for life. However, all great things change over time, Tri-County Health Care is no different. Its values of putting people first have never changed, but its size and services most definitely have. This growth has prompted remodeling and constant restructuring. When will we outgrow our current building? That question has been discussed many times over the years. The wheels of growth started turning in 2019. With the pending move to a new building imminent, many knew more could change than just the walls and roof. The door for a total brand evolution was wide open.

Legato

In the fall of 2020, the marketing team and senior leadership contracted with Legato Healthcare Marketing located in De Pere, Wisconsin. Legato specializes in healthcare marketing, with rebranding being an area of expertise. In the initial months, creative services staff led by Mike Milligan, President of Legato, attempted to dissect every aspect of Tri-County culture. They wanted to discover the innate inner workings of an organization operating since the early 1900s.

Creation

After a lengthy brainstorming process, a rebranding committee was formed and the first round of new name options was presented. Some were great, some were okay, and some were just a little off. This reaction is typical for such an important decision-making process. The next few weeks consisted of several meetings to carefully inspect each new name and logo. The group then advanced top names and narrowed the list down.

“It doesn’t change our past, our legacy, or our history. It paints the picture toward our future. The star that we already are, will be our guiding light.”

JOEL BEISWENGER

Choosing the guiding star

These meetings would eventually lead to a tough decision. The team agreed that a new logo and name was very much needed, especially one with a modern flair that thoroughly backed up Tri-County’s foundational values of family and trust. The group arrived at two options. One side wanted Astera, a name derived from guiding stars and a loose reference to Minnesota being the north star state. The other side wasn’t completely on board. A name and logo are more than just fancy fonts and vibrant colors. The story behind the nifty graphics is what really cements a brand in the minds of staff and patients. The story of Astera is one with our region and Minnesota as a whole. Organizationally, Tri-County is a guiding light for thousands of people. After some deliberation, the group came together to build a brand that represents Tri-County Health Care on a deeper level. Astera Health finally emerged the winner.

A derivative of the Greek word for star, **Astera** alludes to Minnesota’s nickname, the North Star State. For generations, stars have been used for guidance and navigation because of their constancy in the night sky. That surety is representative of how **Astera** Health is—and remains—for the communities it serves, guiding patients through health challenges, providing a resource for preventative care to maintain wellness, as well as a place for people navigating chronic conditions. **Astera** Health is known for being the guiding light for innovation, compassion and trusted care—even when times may seem their darkest for our patients.

The logo comprises five equal parts that work together to form one complete star—and represent the vital components of Astera Health. Each is an integral part of Astera Health with a separate, important identity that must work together to make Astera Health complete.



Iconography

With the name chosen, committee members were left with another tough decision, which type of logo will work best? Initial renderings showed the Astera text in a variety of fonts and styles. Some were sharp and pointy; others were more relaxed and contemporary. However, text style was not the main focus of the discussion. The majority focused on the new icon that would accompany the text. Early renditions were narrowed down to the current logo adorning the front of this newsletter and a quaint floral-like star seated atop the Astera text. A healthy debate over the two eventually veered to the current logo being selected. The chosen design encapsulated everything the Astera brand represents.

Changes shared on the big screen

The new name was revealed during an employee picnic on Aug. 19. When the sun began setting, a promotional video played, showing the renewed vision of Astera Health in a visually dynamic fashion. Its grand unveiling to staff was met with cheers and enamored stares.

Moving forward

Tri-County Health Care is now Astera Health, or rather it is becoming Astera. Over the next 9-18 months, the organization formerly known as Tri-County Health Care will see sweeping changes, internally and externally. Rebranding doesn't simply consist of releasing a new name. This type of change takes many weeks of careful revision, from legal contracts to the logo emblazoned on promotional items given out at community events.

Our heart has become a star. This doesn't mean we have no heart; that heart now rests at the center of a star that lights the way for a healthier future. Please join Astera Health on the journey to better living.

For more information, visit TCHC.org/build2023.



PHASE 1:



Tri-County Health Care,
is becoming Astera Health

August 2021 to July 2022

PHASE 2:



Astera Health,
formerly Tri-County Health Care

July 2022 to March 2023

PHASE 3:



Astera Health
March 2023

The initial months of Chiropractic Care



Chiropractic care at Tri-County Health Care is still very new but has already significantly impacted the surrounding community. As of August 5, Carissa Mitchell, DC, has completed 364 patient visits! The new service was formed out of a distinct need for skilled chiropractors in the region. The chiropractic department at Tri-County Health Care has been operating for over two months.

“I feel like I've been here for a lot longer than a couple of months, Tri-County's values resonate with my own and I'm so happy to be able to focus on patient-centered care.”
– Carissa Mitchell

Dr. Mitchell went through a lengthy onboarding process and was a pivotal force behind forming the new service. A chiropractic service has been in the making for a long time. Bringing Dr. Mitchell aboard was simply the next step toward helping people with their musculoskeletal issues.

Currently, Dr. Mitchell works in Wadena on Mondays and Wednesdays. On Thursday, she works with patients at the Sebeka Clinic. As a Sebeka native, she loves having the opportunity to assist the hardworking people she grew up with.

Chiropractic benefits may consist of:

- » Fewer headaches
- » Restful sleep
- » Less stress
- » Posture improvements
- » Back pain relief
- » More energy

After almost 400 patient sessions, Dr. Mitchell reports the primary ailment she observes is back pain. She also treats headaches and assists with pre/postnatal care. Patients that interact with Dr. Mitchell almost always leave wishing they had met with a chiropractor sooner. With so many

“ I feel like I've been here for a lot longer than a couple of months, Tri-County's values resonate with my own and I'm so happy to be able to focus on patient-centered care. ”

CARISSA MITCHELL, DC

agricultural and factory workers in the area, highly trained chiropractors are a needed resource.

With such rapid growth, Tri-County Health Care added a second chiropractor to provide even more comprehensive care. Brock Spandl, DC joined the team in mid-August. Dr. Spandl is a former Division-1 track and field athlete and brings a wealth of knowledge about sports medicine to the chiropractic team. “Brock is a great fit and I think our practice styles will blend perfectly,” said Dr. Mitchell.



No one should have to live with chronic pain

Seeing a chiropractor could be the fix for that ever-present kink in your neck or that headache that won't go away.

Call **218-631-3510** to schedule an appointment. No referral needed.

To learn more, visit TCHC.org/chiropractic.



Spine Sense with Brock & Carissa

Top 5 ways to maintain good posture

- 1. Change positions often.** Don't sit or stand for long undivided periods. Breaking static poses is good for muscles and joints. Periodic stretches are also helpful.
- 2. Maintain a healthy body weight through proper diet and exercise.** Strong core muscles are a major element in stabilizing the spine.
- 3. Put your shoulder blades back and sit up straight.** You should not have a hunched or rounded upper back.
- 4. Go for a walk!** Focus on your walking rhythm and form. Keep your eyes up; this will strengthen your postural muscles.
- 5. Proper workstation heights are critical to overall posture.** Are you constantly looking down or up at a workstation? Perhaps it's time to adjust some things. Movable sit/stand desks are great for this. Adjust your workstation, so you don't have to crane your neck or strain to see.

Banana Berry Oatmeal Muffins

Registered Dietitian Shelby Hunke loves a good muffin and this easy recipe is sure to satisfy your fruit cravings. Bananas, berries and oatmeal are the perfect combo for the autumn cooldown just around the corner.

Ingredients:

- » 2 cups of old-fashioned oats
- » 1 teaspoon of baking powder
- » ½ teaspoon of baking soda
- » ½ cup of egg whites
- » ¼ cup of unsweetened vanilla almond milk
- » 2 tablespoons of melted light butter
- » 1 teaspoon of vanilla extract
- » 1 cup of freeze-dried berries (I use blueberries!)
- » 1 cup of mashed ripe banana

Instructions:

Start by preheating your oven to 350 degrees.

Make sure to spray your pan so the muffins don't stick. Mix the oats, baking powder and baking soda in a large bowl. Add the mashed banana, egg, almond milk, butter and vanilla. Continue to stir until the ingredients are thoroughly mixed. Add the fruit into the batter and mix.

Fill the muffin pan with batter. Don't forget to smooth the top of each muffin. Bake the muffins for 22 minutes.

Let them cool and enjoy!

Recipe source: <https://www.hungry-girl.com/recipe-makeovers/banana-berry-oatmeal-muffins?ref=hp-today>



POSTAL CUSTOMER

Orthopedics: *Proven. Trusted. Consistent.*

For generations, stars have been used for guidance and navigation because of their constancy in the night sky. Much like these stars, our orthopedics team offers patients a proven and trusted source to navigate any muscle, bone and joint challenges.

Complete an easy online risk assessment for personalized results to determine if an evaluation with the orthopedics team is recommended at TCHC.org/firststep.

Tri-County Health Care welcomes **Jody Rothermund, PA-C**, to the orthopedics team of **Ben Robertson, MD**, and **Lorinda Zigan, PA-C**. To schedule an appointment, call **218-631-3510**. No referral needed.

