

SUMMER 2021

HEALTHY *TIMES*

**Imagine.
Build.
Transform.**

PAGE 2





BUILDING THE FUTURE

Joel Beiswenger, President and CEO

Hello, members of the Tri-County Health Care community. 2021 has certainly been an interesting year for us. COVID-19 continues to be a significant part of our ongoing health and wellness efforts. I'm extraordinarily proud of our staff and providers, and for the support from our Board of Directors and community members. Everyone has come together to help us achieve our mission of improving the health of the communities we serve.

In this edition of Healthy Times, we provide updates on the vaccination process in our area. Vaccinations continue to be our best hope for gaining herd immunity. Basic mitigation efforts such as masking and awareness of our social distancing are still important for maintaining the health of you and your family.

However, COVID-19 is not our only priority. Tri-County Health Care continues to work on several extensive projects that will bring even more great services to the region. The new building project progresses with our recent groundbreaking ceremony. I would like to thank everyone that made this event a success. The day will come soon when we can welcome our patients into one of

the finest healthcare facilities in the state. As we embark on the actual construction of the building, I'm proud to see a number of regional contractors and local business owners receiving the economic benefits. We will continue to provide periodic updates through our communication channels, including the local press and our website and social media.

Additionally, in this edition, readers will find a heartwarming story about a past orthopedics patient determined to get back on the field. We are nearing the end of the third year of our full-scope orthopedics program. We have been able to help hundreds of patients move from painful, limited experiences to a life of improved activity.

Now is also a great time to remind everyone about the need for emergency medical services not just at Tri-County Health Care but around the country. This is a critical service that all healthcare systems need to function. If you have a passion for life-saving excitement, consider a career in EMS.

I hope everyone has the opportunity to enjoy the summer of 2021. Please continue to stay safe and take care!

“Everyone has come together to help us achieve our mission of improving the health of the communities we serve.”

JOEL BEISWENGER

Groundbreaking Ceremony

05.21.2021

For more photos and to view the ceremony, visit TCHC.org/build2023



Guest speakers officially break ground.



Builders group representatives.



Foundation representatives and donors.



Providers who were in attendance.



A few of many employees who support the project.

Photos provided by: Impressions by Sarah and Vivid North Aerial Photography LLC

Roll up your sleeves and fight **COVID-19**



The first – Rachel Redig, M.D.

Rachel Redig, M.D. faced COVID-19 with the best weapon we have, the vaccine. On December 21, 2020, Dr. Redig took a seat in front of the world and got the vaccine. After months of following the development of the vaccine, Dr. Redig knew it was safe and volunteered to be the first at Tri-County Health Care.

“I did it for myself, my family, and the patients I see every day.”

RACHEL REDIG, M.D.

Dr. Redig is alive and well. She didn't grow a third arm or sprout wings. Instead, she gained safe resistance to one of the deadliest diseases in recorded history. She can breathe a little easier when caring for patients and family.

Schedule your vaccine today!

Getting a vaccine is easy at Tri-County Health Care. First, check tchc.org/covidvaccine for a rundown of everything Tri-County Health Care is doing to fight COVID-19.

Call 218-631-3510 to schedule your vaccine appointment.

Tri-County Health Care Vaccine Stats (5/18/2021)

Completed vaccine sequence: **2,133**

Total Tri-County vaccine injections: **4,001**

Minnesota COVID-19 Response (5/22/2021)

People with at least one vaccine dose: **2,859,019**

People with completed vaccine series: **2,506,883**

<https://mn.gov/covid19/vaccine/data/index.jsp>



Cleaner and better: **UV robot**

A medical setting needs the latest and greatest tools for keeping germs at bay. Recently, the Tri-County Health Care Foundation raised money to purchase a UV robot capable of disinfecting patient rooms. The device uses ultraviolet light to clean surfaces to ensure a safe patient experience. The robot kills COVID-19 and is a great addition to the environmental services team.

Herd Immunity

Right now, everyone can do a little good in the world. It starts with a simple decision that will heal our fractured communities, get people back to work, and bring back a normal life. Getting the COVID-19 vaccine is one of the most selfless and patriotic things a person can do. Save lives and help our community.

We need you in order to reach 70 percent of our community vaccinated. If 70 percent of our population gets vaccinated, we will achieve herd immunity. Herd immunity is when a large section of the population is resistant to a particular illness. The disease has nowhere to go and fizzles out.





Scale the mountain: Hunter Hawkins and Tri Orthopedics

Sports are more than a Friday night pastime for the people of Wadena. Every toss, kick, and catch sends fans into a cheering frenzy. This reaction is a common characteristic of small towns where student-athletes are representatives of their schools and communities. Hunter Hawkins was one of those athletes. Throughout his high school athletic career, he played football, basketball and track.

Many have donned a Wadena-Deer Creek jersey. Some remember it as the best time in their lives. Unfortunately, life has a way of testing the most dedicated. On September 28, 2018, during a homecoming football game, Hunter sustained a severe injury. During warmups, he attempted to catch the ball and hurt his knee. He was able to pick himself up and limp off the field. Later in the game, while cheering his team on, he heard a pop, an ominous sign that would lead to much pain and heartache. Hunter kept playing; his knee wasn't going to stop him. After a tackle, Hunter felt a third pop. This time it was louder, sending a tingle down his leg. He was walked off the field to have his knee wrapped. After the game, he went to the hospital to face what most athletes dread.

“ You will stand at the base of a mountain that looks impossible to climb. Some will quit, some people will zig-zag up the mountain and quit halfway up, and some will run all the way to the top. For the people that make it to the top, they will see how beautiful the world looks on top of the mountain. It is one of the best feelings. ”

HUNTER HAWKINS

Hunter tore his anterior cruciate ligament or ACL. Essentially, the ACL is an important piece of connective tissue that connects the thigh bone to the shin at the knee. Tearing the ACL typically ends the season for an athlete. The pain is terrible and usually requires surgery with a great deal of physical therapy to follow. His injury brought him to Tri-County Health Care where he met with the Tri Orthopedics team.

Ben Robertson, M.D., an Orthopedic Surgeon at Tri-County Health Care, conducted an examination after his injury. “The initial consult following a significant knee injury like Hunter’s is often challenging. There is a lot of information to review, and often the student-athlete and their family are not emotionally ready to hear and understand all of the information,” said Dr. Robertson.

“At the beginning of the recovery process, it looked like there was a mountain in front of me, but I was ready to take on the challenge ahead of me at 100 miles per hour,” said Hunter.

Dr. Robertson charged right up the mountain with Hunter. He performed ACL reconstruction surgery which involves replacing the torn ligament with new tissue. This tissue was taken from his patellar tendon and some bone from his patella and tibia.

“The goal of ACL reconstruction surgery is to restore stability to the knee joint and allow the patient to return to their preinjury level of activity. This includes returning to sports. So, I did expect Hunter to be able to play sports again,” explained Dr. Robertson.

The surgery went well but it was only the start of Hunter’s journey. Hunter had his sights on returning to the field. His reconstructed ACL needed time to heal and he had to go through intense physical therapy for several months.

After surgery, his leg was immobilized. From there, it was physical therapy two days a week at Tri-County Health Care’s rehab department to work on range of motion. By week three, he was off crutches and doing regular exercises. Strength building and muscle recovery was the end goal. Each week things got a little more intense. Hunter eventually started biking and balance training, followed by pool therapy. Finally, after weeks of conditioning, Hunter began his running program, a precursor to him running in track and playing football after a long hiatus.

Hunter credited much of his post-injury progress to Sarah Maninga, an athletic trainer at Tri-County Health Care. Sarah worked with him during his recovery and frequently met with his coach to ensure his safe rehabilitation. Sarah specifically helped Hunter with knee positioning, hip strength, and core conditioning.

He praised Dr. Robertson and his team, describing his care as “second to none.” Communication is key during recovery and Hunter commented that Dr. Robertson actively worked with his ambitious recovery plan.

Hunter did run again. He recovered and was able to compete alongside other WDC athletes. He didn't let an injury stop him and most shouldn't. His story is a testament to discipline and working with an orthopedics team that routinely goes above and beyond.



Photos courtesy of Dana Cantleberry and WDC public schools.

“The goal of ACL reconstruction surgery is to restore stability to the knee joint and allow the patient to return to their preinjury level of activity. This includes returning to sports. So, I did expect Hunter to be able to play sports again.”

BEN ROBERTSON, M.D.



Protect your back!

Back health tips from Dr. Robertson

The sun and fun are back! After a very long winter, remember to start slow and protect your back!

1. Gardening:

Stretch your body before taking on the great outdoors. Start with a five-minute walk and do some low-impact stretches before tilling the garden. Keeping a chair nearby can really help with getting up and down.

2. Traveling:

If you plan on traveling soon, go for a walk and stretch before beginning that long car ride. While on the road, take frequent breaks to loosen up. Ensure you're seated properly with good lumbar support. Also, consider placing a small pillow behind the lumbar section of the spine for increased support.

3. Lawn maintenance:

Late spring is often the best time to clean up the yard. Dr. Robertson recommends maintaining good posture when lifting heavy objects like bags of soil or leaves. Wearing sturdy shoes with plenty of support can also be a lifesaver. Pace yourself, take breaks, and stay away from sandals.

4. Sports:

Don't start with explosive activity right away. Do a brief warm-up and give your muscles time to acclimate. Take breaks often and remember to use all recommended protective gear.



EMS SPOTLIGHT



We've all been driving home from work, fumbling with the radio or perhaps hastily eating french fries and out of nowhere, an aura of flashing lights comes racing into the rear-view mirror. After pulling over to let the ambulance pass, you're back on the road as if nothing happened.

Do you ever wonder what's going on in the back of that ambulance?

What most people see as a minor inconvenience is actually a vehicle filled with lifesaving technology and the EMS staff who spend every day sharpening their emergency response skills. Next time you find yourself on the side of the road waiting for that ambulance to pass, remember what could be going on in the cabin of that vehicle. Someone is possibly fighting for their life and Emergency Medical Services (EMS) staff are their only support until they get to the hospital.

This year has revealed much about the medical landscape of our country. One thing is evident; we need more heroes. We need more people willing to put the radio on, throw the medical bag over their shoulder, and jump in the back of an ambulance to rush toward blatant uncertainty.

- » **In 2020, Tri-County Health Care EMS responded to 1,999 calls making it the busiest year to date. The calls are only going up. So far in 2021, our EMS team has responded to 242 calls.**

"All Tri-County Health Care EMS staff go above and beyond to provide the best patient care. They are constantly helping the community by teaching a variety of classes and working with

firefighters and law enforcement," said Cole Lugert, EMS Manager and Paramedic.

The COVID-19 pandemic has been the ultimate hurdle to medical staff. This disease ripped through our country, putting all eyes on essential frontline workers. EMS staff are a part of that frontline defense. When the pandemic hit, the EMS team took extensive measures to maintain the safety of staff and patients. Technical training and a heightened focus on infection control have made tackling COVID-19 more manageable for EMS.

Tri-County Health Care offers EMT training courses two times a year. This 144-hour comprehensive course covers all topics related to EMS. The coursework is comprised of a classroom section, practical and emergency room education. They cover anatomy, documentation, communications, patient assessment and much more. After completion, students can take the National Registry test and receive certification as an EMT-Basic in Minnesota.

Tri-County Health Care and the EMS department are always looking for new talent and they often need extra staff to fill the gaps. With the worldwide pandemic, we need more heroes to step up now more than ever.

For more information and assistance with registration, please contact **Tom Krueger at thomas.krueger@tchc.org** or by phone at **218-632-8738**.



Tom Krueger leads a group class.

“All Tri-County Health Care EMS staff go above and beyond to provide the best patient care. They are constantly helping the community by teaching a variety of classes and working with firefighters and law enforcement.”

COLE LUGERT, EMS MANAGER



Simple & sweet strawberry salad

Registered Dietitian Shelby Hunke has a simple recipe for a healthy summer side. This easy meal takes little preparation and offers big flavor.

Strawberry Spinach Salad:

- » ¾ cup raw pecans
- » ½ small red onion very thinly sliced
- » 10 ounces fresh baby spinach
- » 1 quart of strawberries hulled and quartered (about 1 pound)
- » ¾ cup crumbled feta cheese

Poppy Seed Dressing:

- » ¼ cup balsamic vinegar
- » 3 tablespoons extra-virgin olive oil
- » 1½ tablespoons poppy seeds
- » 1½ tablespoons honey
- » ½ teaspoon Dijon mustard
- » ½ teaspoon kosher salt
- » ⅛ teaspoon black pepper

Instructions:

The pecans: Preheat the oven to 350°. Spread the pecans in a single layer on an ungreased baking sheet. Bake for 8-10 minutes, until the center of pecan is tan when broken in half. (Do not leave the oven unattended for the last few minutes. The nuts can easily burn at this time). Transfer to a cutting board and roughly chop.

The flavor: Place the onions in a bowl and cover with cold water. Let the onions sit while you prepare the rest of the salad.

The dressing: In small mixing bowl or large liquid measuring cup, whisk the dressing ingredients—vinegar, oil, poppy seeds, honey, mustard, salt, and pepper—continue to mix until well combined.

Assemble the salad: Place the spinach in a serving bowl. Add the strawberries. Drain the red onion and add it to the bowl. Add about half of the dressing over the salad and toss it to coat the leaves. Check the amount of dressing because you want the spinach leaves to be just nicely moistened. Add the feta and pecans and toss to combine.

wellplated.com



POSTAL CUSTOMER

Adjusting to your needs with **Chiropractic Care**

Carissa Mitchell, DC is bringing chiropractic services to Tri-County Health Care's Wadena and Sebeka clinics. We are excited to share her wealth of knowledge and skills with patients in our surrounding communities. Carissa is a native of the area and grew up on a farm near Sebeka. She found her love for chiropractic medicine after accompanying her father to his chiropractic appointments. Call **218-631-3510** for an appointment. No referral is needed.

