

January 2018

Healthy Times

2018

happy new year

 Tri-County
Health Care

TCHC.org



Message from our President & CEO, Joel Beiswenger



It is my privilege to introduce the January 2018 issue of Tri-County Health Care's Healthy Times, as well as TCHC's first baby of 2018, Faren Elizabeth Lucas, born Jan. 9 (see story on Page 5).

One of the key elements of success at any health care organization such as TCHC is to have a great team of staff and providers. We have been blessed over the years with high-quality, caring and dedicated people to fill critically important roles.

In this issue, we'll introduce you to three new providers who will cover some of our satellite clinics. We are thrilled to welcome them to the TCHC family and invite you to consider them as a new part of your health care team.

Another significant change at TCHC includes increased access and a variety of offerings in our women's health and obstetrics programs. Dawn Dahlgren-Roemmich, certified nurse midwife, plans to expand our water birth program and introduce a new method of pain control. Other exciting new offerings within the obstetrics program include prenatal yoga, enhancements to our car seat safety program, the use of the Maslowski Wellness and Research Center aquatic therapy pool and other technology changes.

We continue to be extremely proud of our emergency department. We have been known as a leader in the area in emergency services for

decades, and we continue to improve these services through a new mix of providers and other improvements related to patient safety.

I am proud to announce that Tri-County Health Care has earned The Joint Commission's Gold Seal of Approval for Critical Access Hospital Accreditation by demonstrating continuous compliance with its performance standards.



The Gold Seal of Approval is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care.

This accreditation shows that Tri-County upholds national standards and uses evidence-based interventions that lead to better patient outcomes, fewer errors, shorter hospital stays, quicker recovery and fewer return visits after receiving care.

The accreditation was awarded after a team of Joint Commission expert surveyors conducted a rigorous, unannounced site review of Tri-County on Sept. 6-8.

Finally, I'd like to wish everyone a happy and healthy 2018 and invite you to kick-start your healthy new year by attending our Festival of Health on Saturday, Feb. 3, from 10 a.m. to 1:30 p.m. at M State Wadena. I look forward to seeing you at the event.

New rehab treadmill allows for expanded treatment

Thanks to funds raised through the Tri-County Health Care Auxiliary's Holiday Auction and Caring Heart Boutique gift shop, the Wadena Rehabilitation Clinic was able to purchase a \$5,000 bariatric treadmill, as well as an anatomical model of the hips and spine for Henning Physical Therapy Clinic.

The new treadmill allows Wadena rehab to work with bariatric patients up to 550 pounds, whereas the old treadmill only allowed up to 300 pounds. This opens up the opportunity for rehab to treat basically any patient, according to Curt Brown, rehab manager.

Treadmills give therapists the ability to gradually build exercise routines for patients by starting with a slow walk. It also allows the rehabilitation of conditions such as total knee or hip procedures, ACL injuries, reconstructions and more. The hope for the treadmill is that it will help people take ownership of their fitness and recovery and encourage them to continue self-directed exercise and prevention once their rehab is complete.



Those who commemorated the new bariatric treadmill added to the Wadena Rehabilitation Clinic were (left to right) Mary Jones, Auxiliary member; Joel Beiswenger, president/CEO; Curt Brown, rehab manager; Ryan Damlo, Foundation executive director; and Auxiliary members Carol Heltemes, Karen Crandall, Roxy Loser, Vonnie Perius, Judy Moratis and Darlene Leonard.

Welcome these new providers to
Tri-County's clinics!

JESSICA GRIMES, M.D. *Ottertail Clinic*



BOARD CERTIFICATION: American Board of Family Medicine

SPECIAL INTEREST AREAS: Women's health, preventive medicine

MEDICAL SCHOOL: St. Louis University

RESIDENCY: St. Louis University Family Medicine Residency, Belleville, Illinois

WHAT INSPIRED YOU TO GET INTO MEDICINE? I wanted to do something that would allow me to help people. I like getting to know my patients and their families.

WHAT IS AN INTERESTING FACT THAT MOST PEOPLE MAY NOT KNOW ABOUT YOU? I enjoy reading manga (Japanese comic books).

OFF-DUTY INTERESTS AND ACTIVITIES: Cooking, canning, hiking, lake activities and traveling

JESSICA ANDERSON, PA-C *Henning Clinic*

BOARD CERTIFICATION: Physician Assistant

OTHER EDUCATION: University of North Dakota, Grand Forks, North Dakota

WHAT INSPIRED YOU TO GET INTO MEDICINE? I have always been interested in science and "problem solving." I loved my previous career in the laboratory, but I was ready for a new challenge that gave me opportunities to provide patient care. Being a physician assistant is a great fit for me because it allows me to combine all of my interests to provide the best care that I can to my patients.

WHAT IS AN INTERESTING FACT THAT MOST PEOPLE MAY NOT KNOW ABOUT YOU? I grew up on a dairy farm just outside of Bluffton, and I went to elementary and high school in Wadena.

OFF-DUTY INTERESTS AND ACTIVITIES: My family and I like to spend time hunting, fishing and traveling together. I also enjoy gardening, trying new recipes and looking for "treasures" at flea markets and garage sales.



MARK OSHINSKY, FNP *Verndale Clinic* (Coming Soon!)



BOARD CERTIFICATION: Family Nurse Practitioner

OTHER EDUCATION: University of Detroit Mercy

WHAT INSPIRED YOU TO GET INTO MEDICINE? I chose health care as a career path because it allows me an opportunity to help people in need. For me, there is no greater joy than when you manage to help a very sick patient return to their optimal state of health.

WHAT IS AN INTERESTING FACT THAT MOST PEOPLE MAY NOT KNOW ABOUT YOU? Coincidentally, my dog Isaac was born on the same day my wife and I got married almost eight years ago.

OFF-DUTY INTERESTS AND ACTIVITIES: I enjoy spending time with my family and traveling. One of my favorite pastimes is going to different restaurants and trying different types of cuisine.



Water Births

With the new year comes a refreshed prenatal/OB program at TCHC with new offerings for mothers and babies.

Here's a look at some of the features of the overhauled program.

Certified Nurse Midwife Dawn Dahlgren-Roemmich looks forward to providing water births to interested mothers. Water births are perfectly safe for mom and baby. One might ask, "But what if baby breathes underwater?" Babies have receptors that sense air temperature and tell them when to breathe. Since the water is around body temperature, baby will not breathe until lifted out. However, if baby is in distress, the mother must exit the tub because babies in distress are born gasping for air.

Benefits:

- Buoyancy relaxes and relieves pressure on the mother's body.
- Mothers in water seem to labor much faster.
- Mothers can get out and walk around or be transferred to a bed if needed.
- Warm water and weight reduction reduce stress and allow mothers to focus.

Prenatal Yoga

Pregnant mothers now have a new way to relax and promote strength and flexibility to help with childbirth. Pam Doebbeling, RN, certified prenatal yoga instructor, teaches a weekly prenatal yoga class every Wednesday, from 5 to 6 p.m.

Benefits:

- Reduce stress and anxiety
- Increase strength and flexibility
- Improve sleep
- Decrease lower back pain
- Learn breathing techniques that will help during labor and delivery

Classes are free to attend, and women don't have to be a member of the wellness center or a Tri-County patient. Class size is limited to 10. Register at TCHC.org. Yoga mats will be provided to those who need them. All experience levels welcome.



Tri BABY beginnings

Tri Aquatics Moms Course

The Tri Aquatics Moms Course is offered to expectant mothers who are looking for a way to maintain good overall health during and following pregnancy. This one-hour session presents full-body fitness education including low-impact aerobic exercise with stretching, strengthening and range-of-motion activities.

Benefits:

- Buoyancy supports the body's weight to reduce pressure on joints and spine.
- Warm water reduces pain associated with the later stages of pregnancy.
- Learn from two aquatics therapists who recently had children themselves and know the benefits of the water.

Classes will be held quarterly on Feb. 6, May 8, Aug. 7 and Nov. 6 from 6:30 to 7:30 p.m. at the Maslowski Research and Wellness Center.

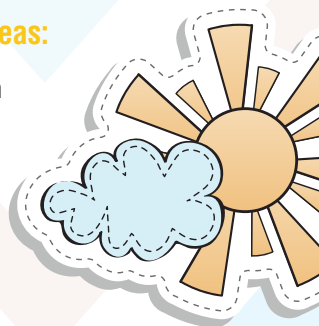
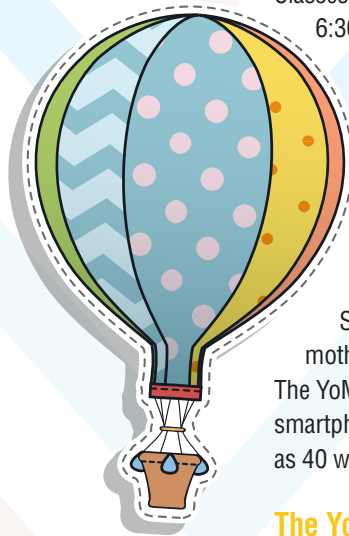
Classes are free to attend, and women don't have to be a member of the wellness center or a Tri-County patient. Class size is limited to 10. Register at TCHC.org.

YoMingo App

Set to launch early in 2018, a new app will provide information to mothers receiving care through TCHC's Tri Baby Beginnings program. The YoMingo App is free to use and will be available on desktop, smartphone and tablet. It includes text, images, videos and tools, as well as 40 weekly milestones with push notifications.

The YoMingo App focuses on these areas:

- Pregnancy
- Postpartum
- Newborn care
- Labor and birth
- Breastfeeding





Faren Elizabeth

A New Year's Adventure

With a full head of silky dark hair and a wondrous twinkle in her eye, Faren Elizabeth Lucas was the first baby to say hello to the new year at Tri-County Health Care. First-time parents Will and Krysten Lucas of Wadena were eager to meet her.

"The moment she was out, it was just so surreal," Krysten said. "You think, you just created that life and now here she is after nine long months of morning sickness and dealing with your body changing like that. It's crazy!"

Achieving the New Year's baby designation as late as Jan. 9 is quite a feat. With several of Tri-County's anticipated January babies arriving in December, the timing and circumstances proved just right for Will and Krysten.

"We joked about [having the New Year's baby] all the time because we were worried for the first baby that she would go over her due date. We had a scheduled induction date of the 15th," Will said. "What was surprising is there was another woman in labor who got here before us. Then there's the fact that it's the 9th and no babies were born yet. We honestly didn't think that it would happen."

The inspiration for Faren's name came from Krysten and Will's desire to choose something unique and gender neutral. Krysten first heard the name from a classmate's husband.

"I love it and it just fit," Krysten said. "It means adventure." Faren's middle name was chosen after Will's mother's middle name.

Throughout her entire pregnancy, Krysten received prenatal care at Tri-County, and she and Will were given the time they needed to have all their questions answered to ensure they were prepared. Faren was delivered by Dr. Bobbi Adams.

"They go above and beyond and made us feel comfortable. There was no question about care," Will said of their experience at Tri-County. "This scares the crap out of me, my first child. I didn't know what to expect, but not once was I like, 'What do I do?'"

Krysten and Will are looking forward to jumping right in to the world of parenthood. "You just can't help but think what her life is going to be like," Krysten said as she and Will gazed at their new baby girl.

"To see what kind of person she's going to turn out to be and what her interests will be, we're excited to experience it all."

Will and Krysten Lucas



New Parent Package

Welcoming new additions to your family is both exciting and exhausting. When you deliver your little bundle at TCHC, the prenatal/obstetrics staff and physicians ensure you are well looked after with high quality medical care and uplifting gifts.

Families who deliver at TCHC receive gifts such as:

- Date night on TCHC – \$40 Chamber Bucks, two movie tickets to the Cozy Theatre and 10 free visits to the Maslowski Wellness and Research Center.

- Choice of prenatal or postpartum massage.
- Choice of case of diapers OR infant car seat, along with car seat installation by a certified car seat technician.
- Meals for birth partners.
- Complimentary home visit by a TCHC nurse.
- A visit from a lactation counselor, if desired.
- Free, individualized one-to-one birthing classes.



What goes on in the emergency department?

Tri-County Health Care's emergency department (ED) is filled to the brim with life-saving personnel, equipment and designations, all with the purpose of keeping its communities safe and providing timely, quality care.

Here's a look at exactly what goes on in the TCHC ED:

CAPACITY

The ED has seven patient care rooms, four clinical exam rooms and three trauma bays. Each of the clinical exam rooms have different specialized equipment geared for specific injuries and/or illnesses. The trauma bays are equipped to care for the sickest and the most injured patients.

PHYSICIANS AND STAFF

The ED is staffed almost exclusively by physicians and registered nurses. Currently, the ED has three full-time physicians and a fourth that is part time. The goal is to have the ED staffed by a roster of TCHC's own physicians to improve continuity of care as well as build positive working relationships with other health care professionals and providers.

TCHC's ED is also fully staffed by registered nurses, all of whom have taken certification courses for trauma in adults and children, advanced cardiac life support, and neonatal resuscitation.

There is also 24-hour on-call nurse anesthetist coverage for complex procedures such as intubations, conscious sedation, advanced line placement, traumas and cardiac arrests.

CALS DESIGNATION:

COMPREHENSIVE ADVANCED LIFE SUPPORT

There are only 13 hospitals in the state of Minnesota that are CALS-designated facilities, and TCHC is one of them!

What does this mean? CALS stands for Comprehensive Advanced Life Support. CALS-designated hospitals embody the four elements of success in emergency medicine.

1. Emergency skills and knowledge
2. Effective provider teams
3. Patient-focused care and systems
4. Appropriate equipment

CALS facilities use the proper up-to-date equipment that is required for advanced life support situations. Additionally, the physicians and nurses working in CALS EDs have all taken and completed the CALS curriculum and must re-certify every four years.

For more information, visit calsprogram.org/program.

LEVEL IV TRAUMA CENTER

Did you know that for Minnesotans ages 1-44, trauma is the leading cause of death? In its continuous effort to lower this statistic, TCHC is designated a Level IV Trauma Center. Level IV trauma programs are run by a trauma program manager and a trauma program medical advisor.

THE RIGHT CARE.
Right Here.





Together with a multidisciplinary team, they systematically review each trauma patient who comes to the ED and identify areas of success and improvement.

TCHC's ED follows the strict and regimented guidelines set forth by the Minnesota Department of Health to help improve the trauma care and services that are offered to its service area. Since its inception, the Minnesota trauma program has seen a 9 percent decrease in motor vehicle crash deaths, 15-20 percent increase in the survival rates of seriously injured patients, an increase in productive working years, and an improvement in disaster preparedness.

TCHC maintains positive working relationships with large facilities that offer specialty care such as St. Cloud Hospital, Hennepin County Medical Center and North Memorial so that, if needed, it can stabilize and transfer anyone who is severely injured or ill.

HELIPAD AND FLIGHT EMS SERVICES

TCHC has access to a helipad just north of the ED parking lot. By having an on-site helipad, TCHC is able to quickly transport patients to larger tertiary care facilities if needed.

Primarily, TCHC uses two helicopter ambulance services, Life Link III and North Memorial Air Care. Both companies have bases in Brainerd, and Life Link III also has a base in Alexandria. This allows quick response times from either base so that patients don't have to wait long for a transfer.

EMS AMBULANCES

Tri-County has full-time Advanced Life Support staffed ambulances. This means that each ambulance has a paramedic and an emergency medical technician (EMT) ready to attend to patients. TCHC's accomplished paramedics and EMTs are recognized as regional leaders, and its response model has garnered a statewide reputation for innovation and excellence in out-of-hospital emergency care.

TELESTROKE

TCHC's ED provides Telestroke services in conjunction with St. Cloud Hospital Stroke Center. If a patient comes in with a stroke or stroke-like symptoms, the ED can evaluate that person and connect within minutes to a stroke intervention specialist at St. Cloud. This leads to rapid care, and with a stroke, time is key. The longer a stroke victim goes without care, the more damage is caused to brain tissue. Telestroke has led to quicker care for stroke patients, including clot-busting medications and follow-up with or transfer to St. Cloud.

Meet our ED Physicians...

Dennis Faith, M.D.

Medical School: University of Minnesota

Residency: University of Minnesota – St. John's Family Medicine Program

What inspired you to get into medicine?

I had always loved to work with kids and teach. I am a tinkerer/fixer and had a prior career in research. Medicine allows me to combine all of those interests together.

Why choose Tri-County Health Care?

Great physician group, leadership and fantastic nursing. Very supportive community. One of the few places I've worked where everyone seems to be naturally on the "same page."



Dennis Faith, M.D.

Amadin Osayomore, M.D.

Medical School: College of Medicine, University of Benin

Residency: Cook County, Loyola University Medical Center

What inspired you to get into medicine?

It was the one place that I found it easiest to serve my fellow human beings.

What is one interesting, unique or fun thing that most people may not know about you?

I love singing...but have been encouraged to keep my day job!



Amadin Osayomore, M.D.

Rachel Redig, M.D.

Medical School: University of North Dakota School of Medicine and Health Services

Residency: Grand Rapids Medical Education Partners

What inspired you to get into medicine?

I chose emergency medicine as my specialty as each day brings new challenges and to have the opportunity to help patients and their families in their time of greatest need.



Rachel Redig, M.D.

Ryan Scott, D.O.

Medical School: Lincoln Memorial University

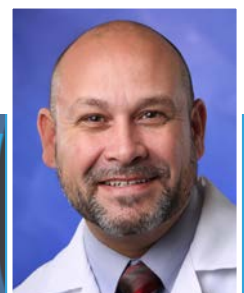
Residency: University of Minnesota, St. Cloud

What inspired you to get into medicine?

A love of science and physiology with an opportunity to help improve and support the health of my community.

Why choose Tri-County Health Care?

Tri-County is a comfortably sized hospital that is big enough to offer advanced services yet small enough to have a hometown feel.



Ryan Scott, D.O.



Tri-County Health Care

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FEBRUARY FESTIVAL OF HEALTH

Cultivating Healthy Communities

FEATURING:

- HEALTH-RELATED AND INTERACTIVE BOOTHS
- PUBLIC SAFETY
- HEALTH SCREENINGS
- FACE PAINTING BY BETH KERN
- LIGHT STRETCHING/YOGA
- CARICATURES BY DOUG CURTIS
- TAE KWON DO DEMONSTRATION
- DANCE PERFORMANCES
- DOOR PRIZE GIVEAWAYS
- DEMONSTRATIONS
- AND MUCH MORE!

FREE ADMISSION!



Join us!

Saturday, Feb. 3
10 a.m. – 1:30 p.m.

M State, Wadena Campus • 405 Colfax Avenue SW, Wadena