

July 2017

Healthy Times

Walk to wellness

A new season, a new you!

 Tri-County
Health CareSM
TCHC.org



Message from our President & CEO, Joel Beiswenger



As I write to you for this edition of Healthy Times, we are facing a great deal of potential change and uncertainty in health care coming from legislative and regulatory endeavors at both the national and state level. Efforts to repeal and replace the Affordable Care Act, also known as “Obamacare,” with the American Health Care Act are creating challenges for organizations like Tri-County Health Care as we attempt to predict and plan for the future, which is greatly unknown.

Unknowns come in the form of questions about what coverage will be provided for those in our area who are currently on Medical Assistance or Medicaid. Will federal budgets impact Medicare coverage? Will the proposed changes make a difference in insurance premiums for those not on public programs? Will new regulations force changes in the work that we do to enhance our accountability and responsibility toward our mission of improving the health of the communities we serve?

One thing that we are certain will not change is that we will continue to work hard to be an organization that is responsive and responsible to those that we serve. We will continue to do the right thing from a perspective of caring for you, our patients, our community as a whole, our staff and our providers.

In this publication, you will read stories that display our commitment to our mission and the important work associated with it. This includes a success story about a patient who completed our I CAN Prevent Diabetes class, which helps those with pre-diabetes regulate their diet, exercise and self-care to prevent developing a more acute state of the disease. Diabetes is one of the leading causes of unhealthy status and disability in

the country and one of the more costly diseases to our society. The work we do to help prevent this is beneficial for all involved. I’m extremely proud of the work that our providers, nursing staff, clinical dietitians and support staff do in valuable programs such as this.

Along with providing diabetes classes and services, we also support the American Diabetes Association through dollars generated by voluntary auxiliary services, such as our Caring Heart Boutique, and through staff fundraisers. Because of the success of our last fundraiser, an initiative the staff dubbed “Toss the Boss,” I agreed to rappel off the Hyatt Regency in downtown Minneapolis this September. Stay tuned for future updates.

This Healthy Times will also talk about some of our specialty and innovative programs, including a story highlighting the Tri Aquatics course for expecting mothers and the work we do in conjunction with the Maslowski Wellness and Research Center and warm water therapy pool.

Lastly, we’ll announce one of our more exciting and rewarding events – the annual Tri-County Health Care Block Party. Held in July, this event is our chance to thank you and the whole community for supporting Tri-County Health Care and our ongoing commitment to giving back.

I want to take this moment to wish everyone a safe and enjoyable summer. We know that our Minnesota summers are short, so we hope you’ll have the opportunity to enjoy it with your family and friends. Have fun, be safe and here’s to your health!

Did you know that by making purchases at Caring Heart Boutique, you not only acquire beautiful, unique items, but you’re also shopping for a cause?

Profits from the gift shop go toward the Tri-County Health Care Auxiliary Wish List, which awards annual grants to various departments throughout TCHC that may not have the funds to buy supplemental resources. This past year, the Rehab Department was granted \$5,350 to purchase a pelvis model for patient education and a brand-new bariatric treadmill. The new treadmill will arrive in Wadena in August and can accommodate patients who weigh more than 300 pounds for treatment and exercise.



Caring Heart Boutique

Unique items for yourself, your loved ones and your home.

Located inside Tri-County Health Care

HOURS: M-F: 8:30 a.m. – 4:30 p.m.

415 Jefferson St. N., Wadena, MN | **218-631-7554** | TCHC.org

Moms Course



Expectant mothers now have a new way to relax and build core muscle strength with Tri-County Health Care's Tri Aquatic Therapy Moms Course.

Put simply, Tri Aquatic Therapy is exercise done in the water. It's led by trained physical and occupational therapists at a warm water therapy pool at the Maslowski Wellness and Research Center in Wadena, the only warm water therapy program within a 50-mile radius.

It's not just for pregnancy. In fact, aquatic therapy benefits all kinds of diagnoses, from chronic pain, fibromyalgia and balance issues to ACL injuries, multiple sclerosis and sensory issues.

"It's a safe environment to start treatment for people who are hesitant to try things on land because they have the support of water and are more protected," said Andrea Pettit, physical therapist assistant.

Even if people are nervous about being in water, they need not fear.

"A lot of people say, 'I can't swim,'" said Stacey Callahan, physical therapist. "It's OK if you can't swim. We're just standing in the water. It's rarely swimming."

Right from the beginning of Tri-Aquatics in 2015, therapists considered expanding outreach to include community classes that focus on specific areas, such as joints, arthritis or pregnancy.

After experiencing the benefits of water therapy while treating patients during their own pregnancies, Pettit and Callahan realized that a place where pregnant women could build strength and find relief from aches and pains is just what the community needed.

Enter Moms Course.

The first thing women will encounter in the class is a warm, inviting pool typically kept at 90 to 92 degrees. The warmth promotes relaxation and allows muscles to loosen up for ease of movement.

Once mothers enter the water, buoyancy and hydrostatic pressure take over, decreasing the strain on joints and easing swelling in the legs and ankles.

The first class was held in November, and Pettit and Callahan recently hosted the second course in May, welcoming women in any stage of pregnancy.

Class begins with a warmup and then transitions into a mix of exercises and stretches. It also consists of strengthening the hips, core and shoulders.

"Moms Course is an easy place to change up your workout and make it easier or harder depending on how far along you are," Callahan said.

Mothers who completed the class expressed satisfaction and excitement at being able to learn stretches and exercises that are safe for them to do.



"You got a good exercise in, but you weren't in pain because the pool is so warm and comfortable to be in when you're pregnant," said class attendee Shelby Hunke. "I loved it because I learned a lot of stuff that I'm going to use during the rest of my pregnancy, for sure, such as the core exercises, just to keep your core strong for not only the pregnancy, but for labor and delivery and post-partum."

Going forward, Pettit and Callahan said the goal is to hold a quarterly Moms Course, with the possibility of trying it as a once-a-week continuing class – all with the purpose of giving mothers some safe, quality exercise as they anticipate their baby's arrival.

To learn more: www.tchc.org/what-we-offer/rehabilitation-services/aquatic-therapy.

"It's a safe environment to start treatment for people who are hesitant to try things on land because they have the support of water and are more protected."

Andrea Pettit, TCHC
Physical Therapist Assistant



Linda Fry maintains her healthy lifestyle by walking daily with her dogs.

Local woman lowers her risk of Type 2 diabetes through weight-loss journey

Though nearly 29 million Americans battle diabetes, Linda Fry of Verndale recently took a stand and committed to lowering her risk of developing Type 2 diabetes by tweaking the way she lived.

The problem began when Fry and her husband retired and moved back home to Minnesota after living for 28 years in Auburn, California.

Fry had worked as a rural mail carrier, but after retiring, she continued to eat like she was still active and soon gained weight.

A blood test revealed that she had pre-diabetes, which means blood sugar levels are higher than normal but not yet high enough to be diagnosed with Type 2 diabetes.

"They generally say for people who have pre-diabetes, if you don't change anything within five years, you will usually develop Type 2 diabetes," said Shelby Hunke, dietitian and trained lifestyle coach. "Unfortunately, a lot of people don't even know they have it because there aren't a lot of typical symptoms."

Fry's provider at Tri-County Health Care's Verndale Clinic suggested the new I CAN Prevent Diabetes course taught by Hunke.

Offered by Tri-County Health Care, this course is a community-based, lifestyle change program that offers diabetes prevention education and support for people with pre-diabetes and those at high risk for pre-diabetes.

The class uses curriculum from the Centers for Disease Control and Prevention and is taught by certified instructors. Held continuously for one year, it runs once a week for 16 weeks and once a month thereafter.

Participants learn how to make simple lifestyle changes, such as diet and moderate exercise, to delay or prevent Type 2 diabetes. Those who complete the course have the potential to lose 5-7 percent of their bodyweight and cut their risk of developing Type 2 diabetes by 58 percent.

At the start of the course, Hunke handed out journals with which participants could track food intake and count fat grams, carbs and calories.

"I had never counted calories before," Fry said. "It just amazed me when I started looking at the calories and the fat grams. Like crackers – I thought they were OK, but oh, my goodness, they have a lot of fat grams in them."

Hunke utilized a positive reinforcement strategy and facilitated meeting discussions so that participants could learn not only from her but from each other.

She also taught them how to deal with outside influences, such as how to order at a restaurant or what to do at a large holiday meal.

This constant accountability is what motivated Fry.

"Sometimes I'd say, no, I don't want to eat that because I don't want to write it down because I don't want Shelby to know I ate it!" Fry said, laughing.

In total, Fry lost 64 pounds, went from a size 18 to a size 12, and her fasting blood sugar dropped to 90, well within the healthy range.



GRILLED ATHENIAN BURGERS

Recipe by Steve Petusevsky, Diabetes Forecast
Serves: 4 | Serving Size: 1 patty, 1 bun | Prep Time: 15 minutes | Cooking Time: 15 minutes
Per Serving: Calories 270, Total Fat 8 g (Sat. Fat 3 g), Cholesterol 70 mg, Sodium 300 mg, Potassium 510 mg, Total Carbohydrate 23 (Fiber 3 g, Sugars 4 g), Protein 28 g, Phosphorus 320 mg

1 lb. 95% lean ground beef
4 tsp. fat-free Greek yogurt
1 clove minced garlic
1 tsp. fresh oregano

2 Tbsp. flat-leaf parsley, chopped
1/2 tsp. lemon zest
1/4 tsp. ground black pepper
4 whole-grain hamburger buns

In a large mixing bowl, combine all ingredients, except the buns, and mix until just combined. Divide mixture into four equal parts and form four burgers. Place on a plate and refrigerate until ready for grilling. Coat a grill or stove-top grill pan with high-heat olive or canola oil spray. Heat the grill to a high temperature (450 to 500 degrees). Grill the burgers for 6 to 8 minutes. Flip and cook for an additional 4 to 5 minutes. Check for doneness with a thermometer. The internal temperature should be about 160 degrees; burgers will continue to cook after they're removed from the grill or pan. Top with fresh romaine leaves, sliced tomatoes and red onion, if desired, and place on a bun. Serve with Greek Yogurt Spread, if desired.

Greek Yogurt Spread: 1 cup fat-free plain Greek yogurt, 1 1/2 tsp. Montreal steak seasoning (spicy or regular), 1/4 cup chopped parsley or mint, 2 Tbsp. crumbled feta cheese. In a small bowl, combine all ingredients and mix well.
Serves: 10 | Serving Size: 2 Tbsp. | Prep Time: 5 minutes | Per Serving: Calories 20, Total Fat 0.5 g (Sat. Fat 0.3 g), Cholesterol 1 mg, Sodium 140 mg, Potassium 45 mg, Total Carbohydrate 1 g (Fiber 0 g, Sugars 1 g), Protein 3 g, Phosphorus 40 mg



The impact of her weight loss first sank in when she went on a vacation to visit her children and grandchildren.

"When I picked up my granddaughter, who was 2, my thought was, oh, my goodness, I was carrying around more weight than my granddaughter," she said.

Though the class ended in February, Fry has maintained her new lifestyle, primarily through watching what she eats and exercising for 30 minutes per day. Her favorite method is walking, usually accompanied by her two black labs.

"I sleep better. I can keep up with people. I am happier. I feel better all the way around," she said of her transformation. "I just don't have the aches and pains. It's so much more fun when you feel like you look good."

"I'm proud of her," Hunke said. "She worked really hard and deserves so much credit. You can't do this class without being self-motivated."

Two new classes are already in session this year, and the goal is to start another class in the fall.

When Hunke invited previous participants to speak to some of the new recruits, Fry jumped at the chance.

"I said to that new class, 'You might feel like you're doing this for Shelby, but really, you're doing it for yourself, and if you really want to get healthy and stay healthy, this is a great way to get yourself on the right track,'" she said.

In fact, Fry extends that same advice and more to others who might think they are pre-diabetic or at risk for developing Type 2 diabetes.

"If you are pre-diabetic, you should talk to your doctor about getting into this program," she said, "because it really is life-changing."

Tossing the boss for a cause

Diabetes prevention and education is one of TCHC's major passions. In continuing its support of this mission, it hosted three employee fundraising events in April and May for the American Diabetes Association. The goal was to raise at least \$1,000.

But there was a bonus. If TCHC employees could meet that goal, Joel Beiswenger, their courageous president and CEO, vowed to rappel from the Hyatt Regency in downtown Minneapolis. That's more than 20 stories, by the way.

Dubbing the mission "Toss the Boss," employees set out with gusto, fueled by the chance to see their boss climbing down a high-rise.

Their strategy involved Jeans Day, Penny Wars and Get Fit Don't Sit Day. On Jeans Day, employees donated money to wear jeans for the day. Penny Wars pitted co-worker against co-worker in a clash of coins. Each penny donated to a team's jar equaled one point, and sabotage was encouraged, as all other forms of currency counted as negative points. Get Fit Don't Sit Day allowed employees to participate in yoga, dance and a community walk in exchange for freewill donations.

Together, employees raised a total of \$1,216, which means Beiswenger will soon have a chance to fulfill his promise.

"I am very proud of the TCHC family for supporting this great cause of the American Diabetes Association and happy that I get to be part of it," Beiswenger said. "I have no reservations about the event, as I know it will be safely done, but I do expect that the first step off of a tall building will be not only exhilarating but also frightening."

On Sept. 29, Beiswenger will lower himself over the edge of the Hyatt Regency roof and descend until he reaches the bottom.

For more information on future classes, contact Shelby Hunke, TCHC dietitian, at shelby.hunke@tchc.org.

For more information, visit main.diabetes.org/goto/tchctossboss.



Beth Helgerson, M.D., OB/GYN

Beth Helgerson, M.D., OB/GYN

SPECIALTY: OB/GYN

BOARD CERTIFICATION: American Board of Obstetrics and Gynecology

MEDICAL SCHOOL: University of North Dakota School of Medicine and Health Sciences

RESIDENCY: University of Missouri-Columbia Hospital and Clinics

WHAT INSPIRED YOU TO GET INTO MEDICINE? In my career as a physical therapist, I developed an interest in advancing my education. There was just so much more to learn.

WHY CHOOSE TRI-COUNTY HEALTH CARE? At Tri-County, I will be able to practice general obstetrics and gynecology and support the practices of other physicians, all while living in the beautiful Minnesota lakes country.

OFF-DUTY INTERESTS AND ACTIVITIES: On a day off, I might like to try a new recipe or, better yet, a new restaurant.

Welcome, new providers!

Tri-County Health Care is excited to announce the addition of two new providers as full-time members of Tri-County's medical staff – Rachel Redig, M.D., and Beth Helgerson, M.D., OB/GYN.

Rachel Redig, M.D.

SPECIALTY: Emergency Medicine

BOARD CERTIFICATION: Emergency Medicine

MEDICAL SCHOOL: University of North Dakota School of Medicine and Health Sciences

RESIDENCY: Grand Rapids Medical Education Partners in Grand Rapids, Michigan

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.

WHAT IS ONE INTERESTING THING THAT PEOPLE MAY NOT KNOW ABOUT YOU? I'm married to my husband, Dan, and have 9-month-old twins, a boy and girl. Both of our parents and siblings live in the area.

OFF-DUTY INTERESTS AND ACTIVITIES: Raising our twins and seeing them reach their milestones. I also enjoy spending time with family and friends at the lake during the summers.



Rachel Redig, M.D.

THE RIGHT CARE. *Right Here.*



Urologists added to visiting specialists

Thanks to a new partnership with Essentia Health in Brainerd, Tri-County will welcome a brand new team of urologists to its specialty services starting in August. The team's lineup includes Eric Chapman, M.D.; Scott Wheeler, M.D.; and Bradley Qualey, M.D.

Urological concerns are often sensitive matters. That's why we treat each patient – male and female from infancy to adult – with the utmost respect and discretion, taking the time to listen and explain options. Giving patients back their confidence and freedom is what the urology team can offer.

TCHC's goal is to keep care local to reduce travel times and inconvenience for patients. These specialists will help meet this goal by providing excellent consultative care in the clinic and performing treatments and procedures in Wadena. They will be available four days per month at TCHC.

To schedule a urology appointment at TCHC, please call 218-631-1100.



Eric Chapman, M.D.



Scott Wheeler, M.D.



Bradley Qualey, M.D.



Foundation Golf Classic

Preparation is underway for the 21st annual Tri-County Health Care Foundation Golf Classic. This event benefits local nonprofit organizations, businesses and students. A goal has been set to raise more than \$15,000 with proceeds to support grants and high school scholarships for individuals in the communities Tri-County serves.

The tournament will take place at Whitetail Run Golf Course in Wadena on Monday, Aug. 14. Activities will begin at 9:30 a.m. with registration and a brunch buffet. A shotgun start will begin the tournament at 11 a.m., and an awards dinner will follow the conclusion of this year's event. Prizes will be awarded for closest to the pin, longest drive and lowest team score. The hole-in-one contest will also be held on designated holes.

Last year, 160 golfers enjoyed a great day of networking, fun and, most importantly, raising money for a great cause. This year, we anticipate the day will be even bigger and better!

The cost is \$150 per person. Reserve your space today to guarantee your spot in a contest-packed, best-ball scramble at one of the most scenic courses in the area. If you can't attend but would like to support this event and the Tri-County Health Care Foundation, consider sponsoring a hole for \$250 or donating a gift certificate, product or service for the raffle.

We hope to see you there!

To register or for more information, contact Holly Weller, Foundation coordinator, at 218-632-8777 or holly.weller@TCHC.org.



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*Our patients are our priority,
and award-winning quality health
care is what they deserve.*

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TCHC Block Party

Tuesday, July 18

Join us on the Wesley lawn from 4 – 7 p.m. for:

- Food
- Entertainment
- Music
- Relay for Life
- Kids' Games
- Plus Much More!
- Dunk Tank
- Inflatables

