

SUMMER 2022

HEALTHY*TIMES*



Praising Primary Care

PAGE 4



Reflections and the future

Joel Beiswenger, President and CEO

“As we embark on the summer of 2022, I hope you are in good health, both physically and emotionally.”

JOEL BEISWENGER



Greetings to everyone in the Tri-County Health Care service area. As we embark on the summer of 2022, I hope you are in good health, both physically and emotionally. Obviously, the past two and a half years have been a stressful and challenging time. COVID-19 put our resolve to the test, and I'm proud to say we continued to improve and safeguard the health of the communities we serve. Unfortunately, COVID-19 has not been eradicated and continues to impact people around the globe. We expect to see recurring waves of COVID-19. We are working hard to normalize the management of this virus, like any other illness that we deal with. The continued existence of COVID-19 should not impede you from accessing quality healthcare.

Don't forget to take care of yourself and your loved ones. Don't let COVID-19 immobilize you. If this pandemic has taught us anything, it's the importance of staying in contact with your primary care provider. Our history heavily focuses on a family practice-based health care system, and it will continue to be. We have grown over the years to include specialty services, but primary care continues to be our base. One of the many challenges

stemming from the pandemic is the avoidance and deferral of care. At the beginning of the pandemic, we were immersed in the unknown. Fear is an understandable reaction to the unknown, but since then, we have dissected this virus. We know how to manage the risks of COVID-19. The spread of COVID-19 has many avoiding hospitals and clinics and this has created an atmosphere of medical decline in our community. Skipping your annual physical can lead to more serious complications.

In other news, the new building is coming along nicely! It is finally taking shape after months of hard work. In less than a year, the Astera Health Campus will be a reality. It is very satisfying to tell you that our project is on time and trending under budget even during these challenging economic times. Substantial work on the exterior, the parking lot, landscaping, and utilities is happening right now. As of now, we plan to open in March 2023.

I want to thank you for reading this edition of Healthy Times, and I wish you the best of health and happiness throughout 2022. Best wishes and stay safe.



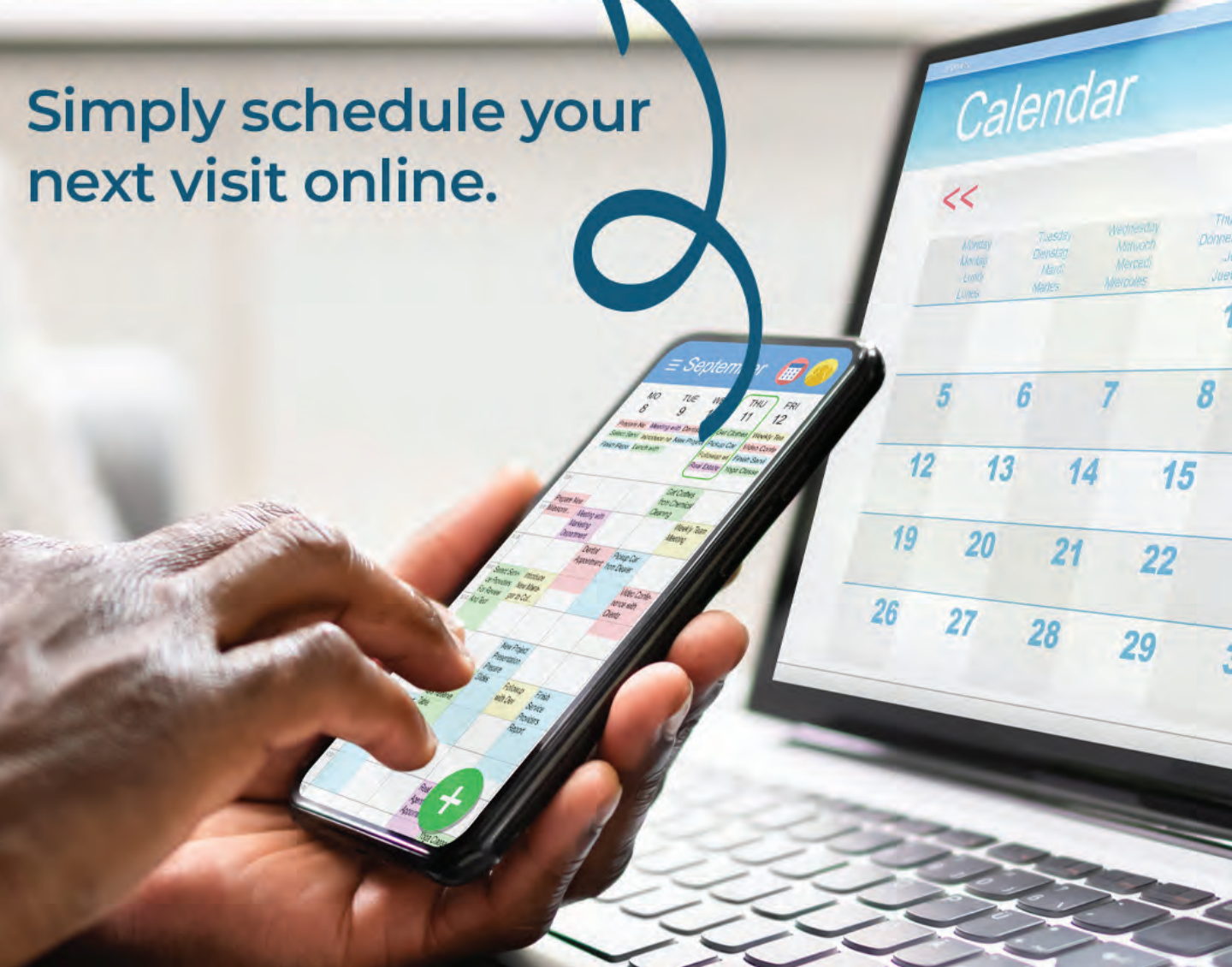
Where convenience and care go hand in hand!

Make it easy!

Schedule an appointment

 **Tri-County Health Care**
is becoming
Astera Health

Simply schedule your next visit online.



Dislike phone calls?

Do you want a quicker way to schedule your chiropractic or orthopedics appointment? We've heard your suggestions and open scheduling is here! You do not need a referral to meet with a chiropractic or orthopedics provider.



Primary Care – caring for you and your family

You may have noticed some familiar faces representing Tri-County Health Care lately. You've seen them on billboards and mailers, but although a picture is worth a thousand words, it's nice to have a little backstory.

Tabitha Petrowski

Tabitha puts family first and when she wants to ensure the highest level of care, she goes to Tri-County Health Care. Since 2005, Tabitha has utilized Tri-County for everything from simple checkups to childbirth. Tabitha chose to have all three of her kids at Tri-County Health Care. She described her experience as fabulous and had nothing but praise for the nursing staff that helped her through one of the most challenging things a woman can go through.

When Tabitha says she uses everything Tri-County has to offer, she means it. Last fall, during a friendly game of football.

The energetic mom intercepted a pass to win the game but unfortunately fell, injuring herself. The fall caused her to detach a ligament in her thumb. It's an injury Tabitha joked about as being a legitimate "sports injury" that ended her football career.

Luckily, Tabitha was not alone. Not long after hurting her hand, she met with Ben Robertson, MD. This consultation led to surgery, then three months of therapy. Although not the best way to end a Thanksgiving, Tri-County staff were able to help Tabitha, and hopefully, she can play ball again soon.

“ I had all three of my babies at Tri-County Health Care. Couldn't imagine having them anywhere else. ”

TABITHA PETROWSKI



Primary Care You Can
Feel Good About

Visit tchc.org/primarycare

 **Tri-County Health Care**
is becoming **Astera Health**

Sydney Schissel

Being a mom is hard enough. Now imagine looking after an entire classroom of kids! That's the daily adventure of Sydney Schissel, a 1st grade teacher at Wadena-Deer Creek elementary. With her busy schedule, she needs a dedicated wellness team to help on those days when the sniffles become too much to bear. Sydney chose Tri-County because she loves going to a small-town healthcare facility where care goes beyond waiting rooms and hospital gowns.

Sydney's journey with Tri-County began right at the beginning when she was born. Fast forward and she then chose to give birth to her son Jaxton there as well. She was helped through the birthing process by Laura DuChene, MD. Sydney had nothing but praise and compliments for Dr. DuChene and her entire care team, explaining that they went beyond the call of duty to help her feel relaxed at such a stressful time. Her experience has been so positive that she recommends Tri-County Health Care to her friends and family.

To view our providers' introductory videos, visit tchc.org/primarycare

To make an appointment, call **218-631-3510**



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My entire family utilizes primary care. They take the best care of all of us.

SYDNEY SCHISSEL



Now That's Something to **Feel Good About**

At Tri-County Health Care, we offer a better approach to primary care: We focus on building a life-long relationship with you and your family. We specialize in care for all ages - but what sets us apart is how our team coordinates your family's care as your needs evolve. Trust compassionate care from a team of providers who remain focused on what matters most: helping you—and your family—live stronger, healthier lives.

 **Tri-County Health Care**

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Give your family the best chance for a happy, healthy future together:

Call **218-631-3510** to schedule a Primary Care appointment or visit tchc.org/primarycare

Why You Should Stay Up to Date with Your COVID-19 Vaccines



Getting vaccinated and boosted greatly reduces your risk of severe illness, hospitalization, and death.



COVID-19 vaccines, including boosters, are effective against known variants, including Omicron.



All COVID-19 vaccines currently approved or authorized in the U.S. are proven to be safe.



FIND A VACCINE NEAR YOU: WWW.VACCINES.GOV



Understanding the second COVID-19 booster

COVID-19 continues to carry on. With pandemic fatigue at an all-time high, even the most careful are taking off their masks and venturing out. According to all major medical institutions, vaccination is the best defense against severe COVID-19 infection. The COVID-19 vaccine is readily available at clinics and pharmacies in virtually every community across the nation.

Unfortunately, the immunity granted through vaccination does wane after several months. This has prompted the use of boosters in the elderly and immunocompromised communities. In the fall of 2021, the Food and Drug Administration authorized the use of a booster dose in certain populations of at-risk individuals. Almost a year later, scientists and doctors are now encouraging a second booster for the at-risk.

Determining need

The Centers for Disease Control has released guidelines for distributing this booster dose. The following people should consider receiving a second booster of mRNA vaccine at least four months after the first booster:

- » People ages 50 years and older
- » People ages 12 years and older who are immunocompromised
- » People ages 18 years and older who received Janssen COVID-19 Vaccine as both a primary and a booster dose

Vaccination and timing should be discussed with a trusted medical professional. People with an increased risk of COVID-19 infection should receive the booster as soon as possible after the four-month window.

Some individuals may also consider waiting to receive the booster based on personal circumstances. The CDC recommends people wait if:

- » They were infected with COVID-19 in the last three months.
- » They are hesitant about receiving the COVID-19 vaccine now when it might be more important in the fall/winter.

The plan at Tri-County Health Care

Tri-County Health Care began administering second boosters on April 1, 2022. The affected individuals should discuss the need for a second booster and what makes the most sense for their care plan. The booster can then be administered in the clinic via normal scheduling or during a check-up.

“ I suspect there will be more boosters in the future and potentially a seasonal booster much like influenza. Like everything with COVID, it's unpredictable, and time will tell. ”



MARK CARLSON, PHARMACIST



Summertime tips for ticks and Lyme disease

The vast Minnesota wilderness is one of the main reasons so many people choose this state as their home. Living in Minnesota is like being one with nature. However, nature also includes ticks and the bacteria they may or may not be carrying. Ticks are out in full force and Tri-County Health Care wants you to enjoy the outdoors safely this summer.

What is Lyme disease?

According to the Minnesota Department of Health, Lyme disease is a bacterial infection spread by tick bites. Primarily this disease is spread by blacklegged ticks, more commonly referred to as deer or bear ticks.

In the spring and summer, ticks begin searching for their first blood meal, which usually consists of rodents. Although commonly associated with wilderness, ticks can easily find their way into residential neighborhoods on the backs of mice and even pets. Luckily a tick needs to be affixed to the skin for several hours to transmit Lyme disease.



Symptoms and treatment

Symptoms usually appear within 30 days of the initial bite. One of the most common symptoms is a rash at the site of the bite. Sometimes it may appear to be a bullseye with a raised red sore in the middle and a circular patch of red skin around it. A person may also experience chills, muscle pain, headaches and fatigue.

If these symptoms appear, seek medical attention immediately. The chances of treating Lyme disease are better with early detection. After thorough examination and testing, Lyme disease is treated with antibiotics.

Prevention

The best way to avoid Lyme disease is to avoid ticks. Wear appropriate clothing that covers your body when exploring the outdoors. Also, make sure to use insect repellent. When you return home, inspect yourself for ticks. Use a mirror to examine your body for the tiny pests. If you discover one that is attached, remove it with a tweezers. Ticks can be killed by submerging them in alcohol.

Tri-County Health Care is devoted to making this summer safe for everyone.

If you suspect you might have Lyme disease, contact your primary care provider as soon as possible.

Schedule an appointment by calling **218-631-3510**.



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The countdown is on!

We are excited to announce that a date has been set to celebrate the Grand Opening of our new facility and our transition from Tri-County Health Care to Astera Health.

Scan the link below to visit TCHC.org/build2023 and follow us on social media for photos, videos and updates on our building and rebrand.



SCAN ME



Save the Date!

GRAND OPENING
March 18, 2023

Full details to follow:
TCHC.org/build2023

#AsteraArrives