

OCTOBER 2022

# HEALTHY *TIMES*



**OB  
grows  
with  
you!**

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# Reflections and the future

*Joel Beiswenger, President and CEO*

**We are experiencing** one of the most exciting times of my 37-year career. This is possibly the most monumental point in the history of Tri-County Health Care, soon to be Astera Health.

**First, the progress of our new building.**

It is sometimes hard for me to believe that we have been planning this project for eight years. Eight long years of planning, overcoming obstacles, and going back to the drawing board more than once. We finally broke ground in May 2021, and after nearly 19 months of construction, the contractor will complete their work in late December of 2022. Currently, the exterior of the building is taking shape. Parking lots and landscaping are also underway.

Construction is only phase one of this project. In early 2023, our staff will begin orientation. We have a comprehensive training program planned to ensure staff can safely and effectively deliver the best possible care in our new environment. Please look for information about the grand opening in your local newspaper and on social media.

**Another point of great excitement** are all the changes coming to our obstetrics team. Prenatal care, postnatal care and a safe birthing experience is of paramount importance to Tri-County Health Care. Our OB services are growing to meet the needs of our surrounding community. Please look for these new services as we transition to the new building.

**We were excited to host** the Starlight Gala fundraiser at Whitetail Run Golf Course. Events like this support our mission and I would like to thank all donors and organizers. The funds raised are going toward a very worthy cause. Creating an environment for our youngest patients is critical to our long term success.

I hope everyone has a healthy and happy autumn. I look forward to seeing you at our grand opening in March of 2023.



“This is possibly the most monumental point in the history of Tri-County Health Care, soon to be Astera Health.”

JOEL BEISWENGER



Photos by Vivid North Aerial Photography. Follow our construction project at [tchc.org/build2023](https://tchc.org/build2023).



## 2022 Starlight Gala *Fundraising efforts of Tri-County Health Care Foundation*

After a long hiatus, the Foundation Gala returned in grand 1920's fashion at Whitetail Run Golf Course. The long-awaited event had been rebranded from the All-Heart Gala to the Starlight Gala to coincide with the upcoming Astera Health rebranding.

On a cool autumn evening, droves of flappers and wise guys attended the swanky event in support of the Tri-County Health Care Foundation. This year, the Foundation raised money for a pediatric sensory gym to be installed in the rehabilitation area at the new Astera Health Campus.

### Roaring generosity!

The evening kicked off with delectable food and live music. Foundation Executive Director Ryan Damlo addressed the crowd. He thanked everyone for attending the event and recognized a very special member of the Foundation, Alvida Browne. The Browne family has supported Tri-County Health Care for decades. Alvida has worked alongside the Foundation for much of that time, helping with events and facilitating generous donations for a wide range of projects that benefit the community at-large.

Rehab Manager and Speech-Language Pathologist Meghan Current-Cary, shared more about the need for the sensory gym at the new facility. She showed diagrams displaying the new equipment along with a video explaining just how important an updated gym would be for the pediatric rehab department. During her presentation, she explained how the current space is not ideal for kids. After applause, Foundation members were able to continue to bid on the silent auction and take a closer look at the live auction items.

After a night of fun and flair, the event winded down with a cooling rain. The Tri-County Health Care Foundation would like to thank everyone who attended this year's Starlight Gala. Generous donations to the Foundation are essential and used to improve the health and safety of our communities.





OB Providers L-R: Ross Anderson, MD, OB/GYN, Dawn Dahlgren-Roemmich, CNM, Shaneen Schmidt, MD, Laura DuChene, MD, Julie Meyer, MD, Bobbi Adams, MD

## OB changes bring good things to life!

Tri-County Health Care is becoming Astera Health. This transition has prompted drastic change inside and out. Obstetrics and birthing services are currently being revitalized so our providers can better care for life's little miracles.

Like other departments, the transition to the new facility will be a multi-step process designed to put employee and patient safety and education first. This will be especially important for Obstetrics Supervisor Sarah Riedel. In early spring, she and her staff will have to acclimate to new surroundings, complete with new equipment, new procedures, and likely new patients.

“ I look forward to seeing our patients benefit from all the upgrades we've made recently. I know the new equipment and rooms will serve mothers and babies for decades to come. ”

**SARAH RIEDEL, OBSTETRICS AND PRENATAL EDUCATION SUPERVISOR**



### *The new rooms*

The new and improved OB department will come equipped with spacious rooms designed with natural light and soothing, modern decor. Each room is identical with safety and comfort as the highest priority.

### *Water births*

One change of note would be the inclusion of birthing tubs in each room. Just recently, crews at the new facility began installing tubs. Water births will be available with select providers when the new Astera Health campus opens in the Spring 2023. Mothers will have the option to have a traditional birth or while partially submerged in water. This offering is rare in our area. Mothers often enjoy this option because it takes the tension off their muscles during delivery. It also tends to be a more therapeutic environment.

Each room will also come equipped with a birthing sling. This sling allows pregnant mothers to be upright during the initial phases of birth.

### *Upgrade all-around*

Even now, the obstetrics department is in a state of constant improvement. Recently, a portable hearing screener, new bassinets, special birthing beds, and a stretcher designed for pelvic exams were added. The growth of obstetrics was an anticipated and calculated occurrence because birthing is such a necessary and vital service for the community.

"I look forward to seeing our patients benefit from all the upgrades we've made recently. I know the new equipment and rooms will serve mothers and babies for decades to come." – Sarah Riedel, Obstetrics and Prenatal Education Supervisor.

### *Pushing forward!*

Our team is excited for the move to the new building. Our strength has always been innovative collaboration, and one thing we are excited about are the beautiful new rooms! Each birthing suite will have adequate space for patient support, personal care, and large labor tubs. We will also have all pain control options available in the birthing rooms. We have delivered hundreds of babies in the current facility and will remember those moments fondly as we continue to grow that number in the Astera Health Campus.

**Grand opening of the new Astera Health campus is set for March 18, 2023. Updates and more information can be found at [TCHC.org](http://TCHC.org) and on social media.**



### *From the cover - meet Jessica*

In this edition of Healthy Times, Jessica Kimball graces our cover. Jessica is from the Park Rapids area and has been routinely blown away with the care her family receives at Tri-County Health Care, especially birthing services.

“It's been the best care that my family has received out of any facility we've ever gone to.”

**JESSICA KIMBALL, PATIENT**

Jessica has three kids, Josie, Maggie, and most recently, Billie. She's been through everything motherhood can throw at her! She had all three kids at Tr-County Health Care and was so impressed with each birth, that she wanted to share her positive experience.

Jessica trusted Laura DuChene, MD, with the delivery of her children. She immediately knew that she was in good hands after meeting Dr. DuChene. Our entire OB team prides themselves on providing the best patient care and experience. You can have a similar experience too.

**For an appointment or consultation, call 218-631-3510.**



A glimpse at the spacious labor and delivery rooms currently under construction at the Astera Health Campus, opening in March of 2023.



# October

Sunday

Monday

Tuesday

Wednesday



## Breast Cancer Awareness Month



## Karen's unexpected cancer fight

Just one small stone can create a ripple, yet the ripple reverberates the entirety of the pond. In Karen Goeller's case, the ripple didn't care that she had four children, a marriage of 39 years, a workplace of 43 years; the cancer didn't care one bit.

How ironic was it that she had a typical annual physical scheduled on April Fool's Day: April 1, 2020? How ironic was it that everything needed to be postponed due to a pandemic? All of this seemed unreal; it seemed like a practical joke.

Finally, on May 20, she was able to get a physical, blood work and a mammogram. Another year down, or so she thought, until she received a call from the radiologist regarding her mammogram.

On June 8, she received the breast cancer diagnosis – ductal carcinoma in-situ. The surgeon said her preliminary work could be done in one week – which is highly unheard of, especially during a global pandemic.

The biopsy dictated that Karen now needed to see the oncologist. All these life-changing, ripple-making events occurred by Friday, June 12.

In less than a month, Karen's life had drastically changed.

### *Triple negative and a crucial 3D mammogram*

In medicine, there are so many odd phrases and complex procedures. In this case, it was "triple negative." Karen's tumor was called a triple negative tumor as it was not estrogen fed or estrogen positive. Estrogen fed is easier to treat and offers more treatment options. Her tumor was contained within a breast duct, where it was also eroding the wall that contained it.

### *1 in 8 women will be diagnosed in their lifetime.*

The tumor was smaller than what is normally detected, and a regular mammogram wouldn't have discovered this tumor. Karen wouldn't have found it through monthly self-exams. The saving grace to this was the 3D mammography that was used. Without the annual 3D mammography, the twists and turns of this story might have been ignored only to re-emerge later.

### *The ripples that followed:*

- » 4 sessions of chemo, 21 days apart
- » Treatment plans
- » Lumpectomy (breast-conserving surgery)

### *Support through the Fight*

October is Breast Cancer Awareness Month and Karen wanted her story told. This experience thus far has created in her a sense of thankfulness. She is thankful that Jill Wilkens, Physician Assistant, got her in for an appointment during the midst of a pandemic. She is incredibly thankful for the 3D Mammography technology that Tri-County Health Care has and that her insurance covered that type of mammogram. She is thankful for Family Practice Physician, Bobbi Adams, MD, for guiding her through this process. She's also thankful for her surgeon, David Kloss, MD and his attention to providing the best support.

When Karen was first diagnosed, she said it felt like her life had come to a standstill. It was as if she was watching other people live their lives while hers was on hold. Then, she found out that a friend of her brother was only two months ahead of her in breast cancer treatment after diagnosis. She reached out and they became a two-woman support system for each other.

If one stone creates the ripple, perhaps one person can create the waves. Karen's story is the start, an awareness of one's journey being the first step.

### *Breast cancer awareness event*

Tickets are available to attend an evening of education and empowerment. Refreshments, cash bar, speakers and more!



Scan for details:



# Preventing Setbacks Providing Comebacks



Orthopedics &  
Sports Medicine at:

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

## Patient Survey Rating:



According to a survey of recently discharged patients, Tri-County Health Care has been awarded a 5-star patient survey rating.

**We're committed to maintaining this high standard of care!**



**SARAH  
MANINGA, ATC**

ATHLETIC TRAINER



## Back to school burn

### *Athletic trainer recommended warmups*

The best kind of warmup is a dynamic warmup. A dynamic warmup is a series of controlled movements that prepare you for physical activity. Warming up like this decreases your chance of injury, prepares your muscles by increasing blood flow to them and increases your mobility.

Here are three of my favorite warmups:

### CARIOCA

- » Stand sideways to the direction of travel.
- » Cross your right foot over your left.
- » Step with your left foot to uncross your legs.
- » Cross your right leg behind you.
- » Step again with your left foot to return to the starting position.
- » The goal of a carioca exercise is to perform the steps in a chain multiple times. Repeat steps as many times as you wish to continue the drill from this point.



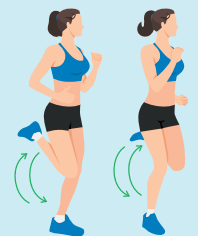
### HIGH KNEES

- » Stand with your feet hip-width apart. Lift up your left knee to your chest.
- » Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a sprinting or running pace.



### BUTT KICKERS

- » Bring one heel off the floor toward your glutes. At the same time, match this movement with the opposite-side hand coming up towards your shoulder, like you're running.
- » Repeat this movement on the other side, again with the opposite arm coming up towards your shoulder. Continue the exercise at your desired speed.





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