

FEBRUARY 2023

HEALTHY *TIMES*



A new
era of
health

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A new era of healthcare

Joel Beiswenger, President and CEO

With the new year, I realize the magnitude and the distinction 2023 will have for our organization. Our new rural health center of the future is nearing completion. We are only a few short weeks away from our grand opening festivities and moving into the new facility.

This project has taken nearly nine years of significant, steady, sometimes frustrating, but greatly rewarding efforts by hundreds of individuals. From reviewing options to renovate the current campus to the eventual conclusion that a new facility was in the best interest of providing excellent healthcare in the future for our region, it has been a herculean task shared across dozens of gifted professionals. These people took on every challenge thrown at them, supply line delays, the COVID-19 pandemic, and going through a reimagining of our brand, all while building a state-of-art facility that will change the lives of thousands.

The next stage of work may be the most important. We must ensure that our operations beginning in March 2023 are safe and efficient. The extent of the training and orientation efforts will be a full two months of effort. Rest assured that we will contemplate every possible

scenario and train accordingly to ensure our patient experience is exemplary.

In addition to opening our new facility, we will officially rebrand as Astera Health. There needs to be some clarification in our communities that Astera Health is not the result of a sale or integration with a regional partner. I want to make this very clear – Astera Health is simply a renaming of Tri-County Health Care. We continue to be an independent, locally governed, private, not-for-profit organization, just as we have been for the last 98 years. The new building is an opportunity to rebrand, much like what occurred in 1974 when the Tri-County Hospital campus was built to replace the Wesley Hospital. The renaming does not change our quality of care.

The ribbon cutting and open house will take place on Saturday, March 18. Please join us for this celebration and a special look at the new facility. We look forward to seeing you at the event.

I want to take this opportunity to say thank you for your ongoing support of Tri-County Health Care and our rebrand to Astera Health. Our future is bright, and I hope you all have a very happy new year. Please be safe and take care.

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JOEL BEISWENGER



Photo by Vivid North Aerial Photography. Follow our construction project at TCHC.org/Astera.



Chiropractic care in Verndale and beyond

Say goodbye to that sore back! Brock Spandl, DC, will soon be offering chiropractic services at the Verndale Clinic. This addition is a part of an organizational-wide shift to offer chiropractic care at several Tri-County Health Care facilities.

Brock is a native of the Staples area and knows a thing or two about rural living. He also knows the toll it can take on spinal health. Brock is now available for scheduling.

Brock offers fully diversified hands-on chiropractic care, along with myofascial work, activator adjustments, and full spine/extremities. With this addition to our care services, patients in the Verndale area will no longer have to travel long distances for adjustments and consultations. Everything will be available in one convenient location.

“Joining the team in the summer of 2021 allowed me to work hand in hand with the other providers to unify care, and this has been a great benefit to patients! If there is ever a question regarding treatments, feel free to give the Verndale Clinic a call.” – Brock Spandl, DC

In addition to Verndale, we currently offer chiropractic services at our Wadena, Sebeka, and Ottertail locations!



Scan to learn more and schedule your next appointment!

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BROCK SPANDL, DC



Your new home for healthcare!

Tri-County Health Care is on the cusp of change. Nearly a decade of planning is about to come to fruition. What was once a thicket of trees flanked by green hills and a farmhouse has transformed into a wellness oasis. The place you will go, not just to heal but to grow. Everything you are, everything you will be, it all depends on the strength of mind, body, and spirit. Tri-County Health Care, soon to be Astera Health, understands this truth intimately. That is why we spared no expense in the construction of this project. We know that a hospital is more than lab coats and pill bottles. It's a pillar of the community.

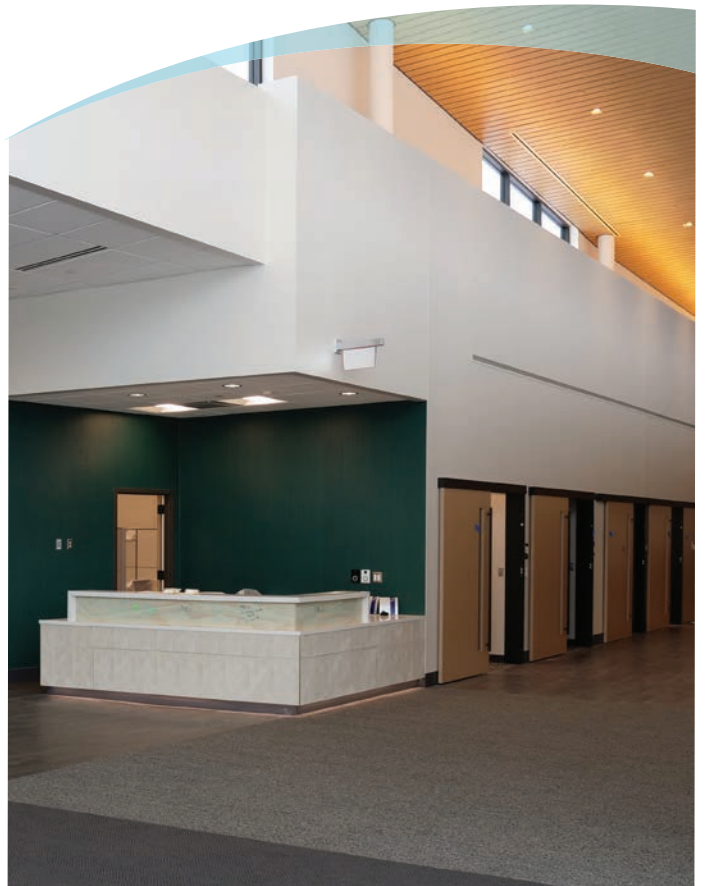
More than a hospital

While traveling on Highway-10 toward Detroit Lakes over the last year you were likely greeted by a billowing of dust and the noise of heavy equipment. As you left the City of Wadena, you may have wondered, "what is that going to be?" as people often do when they pass a construction site. It isn't just a new building. It is a beacon to the world. It is a sign that Wadena and Astera Health put wellness first.

With only a couple short months to go, the culmination of hundreds of hours of intense labor will yield our new home. When you take a tour of the new building, you quickly notice that it has taken shape. Flooring, paint, and amenities have been installed. Walking through the atrium, you will see the new North Star Cafe, conference rooms, along with beautiful furnishings and decor throughout the atrium. From the infancy of its design, it was meant to be more than a hospital. That goal has been realized.

How it started

In late March 2019, the community was invited to a public forum on the topic of a new facility. Such meetings are usually sparsely attended, but this one was different. The venue was packed with engaged citizens eager to weigh in on the addition of a new hospital. Some people shared gleeful





excitement, while others voiced criticism. Fears of rising costs and taxes dominated the meeting. Tri-County Health Care staff quickly assured the attendees that services and prices would largely be unaffected.

This meeting did show one thing very clearly. The people of this region rely on Tri-County Health Care and its services. These fears were considered and closely inspected. After some reworking, it was decided the project would move forward, but a new earnest was fueling the construction. We needed to create a place that put these people first, even those that vehemently opposed it. We must show by example that ushering in the new is a time for momentous joy, not fear.

A bright future awaits

In March 2023, we welcome everyone to walk the halls of the new building. Please tell us what you like. Tell us your hopes for the future, and your criticisms. This is our healthcare facility, and its maintenance and future success should be driven by the community it serves.



INVITES YOU TO A

Public **GRAND OPENING EVENT**

Saturday, March 18, 2023
Noon – 4 p.m.
421 11th St. NW, Wadena, MN 56482

Join us as we celebrate the grand opening of Astera Health.

We are excited to officially open our doors and welcome everyone to view the future of healthcare in our communities with:

- *Facility Tours*
- *Demonstrations*
- *Light Refreshments*

2022 REVIEW

We have much to be thankful for as we begin the new year. As our legacy as Tri-County Health Care draws to a close, it is important to look back and reflect on a few triumphs and victories of 2022.

500 Joint Replacements



The orthopedics program celebrated an incredible milestone in early 2022 with 500 Joint replacements. The procedure was completed on a Tri-County Health Care nurse suffering from joint pain that affected her personal and professional life.

Donate Life Event



Supporting and facilitating organ donation has become an important tradition at Tri-County Health Care. Speakers are welcomed to celebrate the lives of those touched by organ donation. Dawn Kemper and Julia Snyder shared their intertwined story of kidney donation. The ceremony is punctuated by raising the Donate Life flag.

EMS Night



Tri-County Health Care takes pride in the constant vigilance of our emergency medical staff. Regular training sessions are a strong component of their success, and every year they conduct a very important educational session for groups in the region.

Foundation Golf Classic



The popular annual golf scramble was moved to early June to much fanfare. The beautiful morning drew golfers in droves to enjoy the beautiful greens of White Tail Run Golf Course while raising money for a good cause.

Final Brick Ceremony



The construction of the new Astera Health Campus, the largest in the history of the organization, has been an all-encompassing project. In Aug. 2022, the structure of the new building was finally completed, leaving only internal finishing tasks. Select staff members were chosen to place the final commemorative bricks.

A Piece of History



Remembering the past is an important piece of forging the future. This undeniable truth led staff to devise a special time capsule containing important articles of Tri-County Health Care history. The capsule was buried just a short distance from the new building's grand entrance. In 50 years, the capsule will be unearthed for future generations to see what was going on at one of the most transformative times in Tri-County history.

A Special Visit



As the summer months drew to a close, U.S. Senator Tina Smith and representatives from the U.S. Department of Agriculture stopped by for a special tour of the new Astera Health Campus. Mortenson crew members guided them through the newly constructed corridors of the building and pointed out numerous details about the state-of-the-art facility.

Chief Ambulatory Officer



Tri-County Health Care named Medley Shamp as the new Chief Ambulatory Officer in October 2022. Medley came to the position with more than 20 years of experience in various clinical and nursing roles at Tri-County Health Care. Throughout her career, she has worked closely with orthopedics, satellite clinics, and virtually every department within the hospital system.



Celebrating a milestone

Lois Miller, RN, retires after recording 52 years of service

Lois completed her final day at Tri-County Health Care on Jan. 1, 2023, after faithfully serving patients for over half a century. She began her career on June 11, 1970, as a candy striper. In 1976 she obtained her Registered Nursing License, and in 1993 she received her Public Health Nurse registration. Later, she became the cardiac rehab manager. Her entire career took place at one organization.

To date, Lois Miller is the longest-serving member of Tri-County Health Care staff with 52.5 years of dedicated service and is an example of our philosophy of being your trusted partner for life. Additionally, she plans to continue volunteering at Tri-County Health Care during retirement.

Thank you Lois, for your continued commitment and dedication to living our mission!





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New Name, *Same Exceptional Care*

Since 1925, Tri-County Health Care has been committed to improving the health of our communities through innovation – while maintaining a family-focused, patient-centered environment.

Astera Health is committed to upholding this promise.

We remain dedicated to improving the health of the communities we serve – and pride ourselves on remaining your trusted partner for life.

Visit TCHC.org/Astera