

SUMMER 2023

HEALTHY *TIMES*



Our
growth
continues

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Our growth continues

Joel Beiswenger, President and CEO

Hello, and thank you for reading. I hope the summer was a great reprieve for those still feeling the lingering fatigue of the last few years. I'm excited to be sharing the first edition of Healthy Times under our official new name – Astera Health.

This is a very special edition of Healthy Times for many reasons. Our organization is doing incredible things every single day. Our positive impact is felt far beyond our service area, and we're excited to share that work on these pages. The life-changing work of our providers and staff is so selfless and without ego. I'm proud to be a part of the Astera Health family.

Astera Health and CentraCare partner to build Cancer Center

Battling cancer is a concern for many patients and families around the world. The National Cancer Institute reports that 609,820 people will die of cancer in the United States this year alone. We are always searching for ways to refine care to better suit the needs of patients. Astera Health has partnered with CentraCare to open a new cancer center to provide care close to home.

The 20,000-square-foot addition will be added to the west side of the Astera Health Campus. It will cost an estimated \$23.7 million and be completed by Spring 2025. The new cancer center will be devoted to every aspect of cancer care. Services will

include infusion, radiation oncology, and supportive care.

A team consisting of CentraCare and Astera Health leaders will be overseeing the design, construction, and services implemented in the new facility.

We're confident that our partnership will help those fighting the disease across central Minnesota. Cancer is a challenging diagnosis for patients and their families, and the more resources and tools we have to combat it, the better. This expansion of services is just one of many examples of how Astera Health is expanding care in our area.

With this exciting news, I want to remind everyone that Astera Health remains independent and is still your trusted partner for life. There has been some confusion in the community regarding our new name. Some still think Astera Health is the product of a merger, but that's not true. We elected to rebrand along with opening our new health center in Wadena.

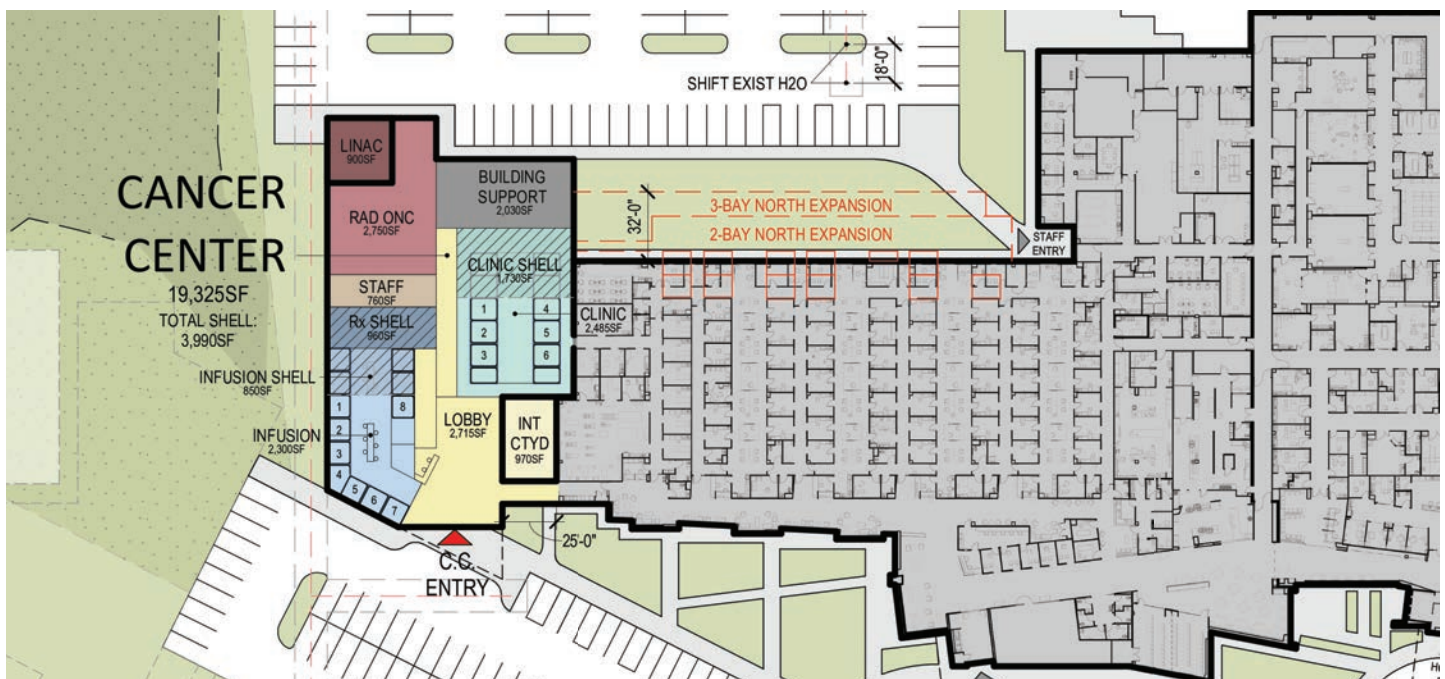
Our partnership is specific to the Cancer Center addition. CentraCare is not taking over Astera Health. We will continue to be an independent facility.

Please enjoy your autumn and all the good things that come with the changing seasons. Thank you for supporting Astera Health.

“Our organization is doing incredible things every day. Our positive impact is felt far beyond our service area, and we're excited to share that work.”



JOEL BEISWENGER





Knees not what they used to be?

Learn how the ROSA Knee System can benefit you

The ROSA Knee System is cutting-edge technology fused with the skill of a highly trained surgeon. Since adding ROSA in early 2023, the orthopedics team at Astera Health has improved the lives of dozens of patients.

With the ROSA Knee System, our surgeon is equipped with an automated tool that tailors each surgery to the unique features of the patient. The ROSA Knee System allows for real-time feedback on soft tissue tension so that each knee is balanced optimally. This precise surgical intervention allows for better range of motion and patient outcomes.

Meet ROSA

Astera Health is hosting a joint health event that focuses on nutrition, therapy, and robotic knee replacement. The event will take place on Sept. 20, at 6 p.m. at the Astera Health Campus. Attendees will also receive a complimentary gift.



ROSA KNEE KEEPS US MOVING.

Join us for a FREE Joint Health Event

- Dr. Ben Robertson, Orthopedics
- Jeremy Meyer, PT
- Michaela Rausch, Dietitian

Wednesday, Sept. 20 at 6 p.m.

Register Today!
You could win an Amazon Gift Card

Astera Health **ZIMMER BIOMET**
Your progress. Our promise.

Scan for details and to attend the event!



Outreach program supports Amish heritage

The residents of rural Minnesota typically have an appreciation for yesteryear. With every car ride, you see dozens of old buildings and back roads that hold decades of history. This appreciation is woven into the fabric of each small town, which is especially true in many Amish communities. Their traditions are familiar to all of us, from horse and buggy to their clothing. This heritage remains unchanged. Even while surrounded by industry and technology, their commitment to their beliefs is something to marvel at.

Trusted partnership

The Amish communities around Wadena are often served by dedicated midwives within their own communities. However, many of those midwives have moved on or passed away, leaving those communities in a dire situation. Many expecting mothers are approaching their big day with no one to help them. To complicate matters further, they do not have modern amenities to support a complicated birth process. This situation prompted the OB team at Astera Health to begin an outreach program for Amish mothers. Midwives visit their homes to do a routine health check and provide basic education.

As an organization, Astera Health understands that not everyone has access to the care they need. The Amish are an example of this lapse in equity by the nature of their lifestyle. When this project was initially explored, it was met with resounding support. "Yes! Buy whatever you need, and we will make it work," said President and CEO of Astera Health, Joel Beiswenger. He and other staff members were so on board with the project that word quickly spread throughout the organization. This was a golden opportunity to live out the values of Astera Health.

Passing wisdom on

Soon, the visiting staff members would be equipped with a portable massage bed, a handheld ultrasound computer, and a compact printer. The program garnered great interest from the Amish people in Wadena, Deer Creek, Sebeka, Bertha and the Eagle Bend area. Members of the OB team worked to find a solution so they could help more efficiently. A plan was developed to start a program to replenish Amish birth



Bobbi Adams, MD, and Dawn Dahlgren-Roemmich, CNM, taught a class on birthing techniques and preparations



attendants in the Amish communities. Staff organized a special class for Amish residents to center on the birthing process. This class was heavily attended by the Amish grandmothers who took over helping with deliveries.

Bobbi Adams, MD, and Dawn Dahlgren-Roemmich, CNM, taught the class on birthing techniques and preparations. The class was quite in-depth, with students learning about a wide variety of birthing techniques.

The outcome

The home visits and classes have led to a positive change in the Amish communities in our region. Outreach has improved access to care and health equity for a group of people that often get left behind. Sharing knowledge is just as important as sharing services. The Amish are well on their way to having self-sustaining traditional midwives that can deliver babies successfully. They are no longer afraid to seek help or visit the hospital. The OB department at Astera Health hopes these efforts will help the Amish flourish while reducing the risks for their expecting mothers.



Astera Health's mission is to improve the health of the communities we serve. Providing OB care is just one way that we do this as we welcome our newest family members, including the Amish community. To learn more about our OB services, visit asterahealth.org/OB

What is a patient financial advocate?

Astera Health is dedicated to you. Our top priority is the care you receive from the moment you walk in the door to the moment you leave. We believe the balance of customer service and top-notch medical care should be uncomplicated. That's why Astera Health has added financial advocates to our team of professionals to serve you.

A patient financial advocate can assist you with billing and financial matters related to your care. They serve as a liaison between clinical services and the finance department. Their addition was prompted by a desire to make the billing process even more transparent and efficient for patients.

A patient financial advocate can help with:

- » Arranging payment methods and determining eligibility for Astera Health's Uncompensated Care and other financial assistance programs.
- » Assisting with finance-related customer service and documentation.
- » Questions related to post-care payment.
- » Providing patients with estimated procedure pricing and quotes.

Patients are able to speak to a representative by calling **218-631-3510**, and asking for a **Patient Financial Advocate**.





Improving healthcare equity through donations

It's difficult to imagine a shortage of information in the modern world. Billions of people carry a mini supercomputer in their pocket. Smartphones are packed with the latest social media and news apps and equipped with Google and several AI-assisted programs, making us more informed than ever. But the information superhighway is not open to all. In some countries, people dream of the resources that more developed nations have.

Alfredmy Chessor, MD, is a family medicine doctor serving patients in the Wadena Clinic. Prior to her work in Wadena, she found herself working in multiple places across the globe. Her adventures took her from Western Africa to the Middle East. She ultimately landed in Minnesota but kept her global mindset.

Prior to returning to Minnesota, Dr. Chessor operated a missionary hospital and built her own practice in Liberia, a small West African nation. The practice would grow until it was the premiere medical clinic in the capital, frequently used by United States embassy staff and American visitors.

She has since left Liberia to work at Astera Health but her time there along with the connections made have remained an important part of who she is and what she does as a provider and healthcare educator. The divide in medical coverage between the United States and Liberia was strongly apparent. Liberia struggles with access to quality medical supplies and tools, as well as access to education. Helping Liberia has always lingered in her mind. Their health status is a matter of equity, one Dr. Chessor could aid, even while overseas.

During the transition from the Legacy Campus to the new Astera Health Campus, providers found slightly outdated but still usable medical supplies, including textbooks. These books had been underutilized in offices throughout the sprawling building for several years, with many providers moving to digital means of reference. Dr. Chessor saw their potential and

knew the healthcare personnel in Liberia would find them invaluable, especially in medical and nursing schools. There was no book too specific or too broad. Every worn spine and well-read page represented knowledge that could be passed to another in need.

For this project, Dr. Chessor started a solo charity to benefit the people of Liberia. Additionally, she works with Community of Angels, a Minnesota-based nonprofit that focuses on medical education. She works with this organization on various missions to improve medical awareness in underdeveloped areas.

The search for viable medical supplies continues. Dr. Chessor is still gathering medical supplies and books with plans to ship them to West Africa later in 2023. Her initiative is just one example of an Astera Health provider going above and beyond to improve healthcare equity, not just at home but for the world.

Alfredmy Chessor, MD
Family Medicine – Wadena Clinic



Thrifty White Pharmacy

We are excited to team up with Astera Health!

At Thrifty White Pharmacy, our pharmacists go beyond just filling prescriptions. Thrifty White helps you reach your health goals with prescription monthly appointments. Did you know the average patient visits their pharmacy 11 times a year? That frequency allows our pharmacists to conduct convenient check-ins between your existing doctor visits. We partner with Astera Health providers to help achieve your health goals.

We are excited to be located on Astera Health's beautiful new campus! We have several other sites located in clinic settings, and we know this partnership will foster new collaboration opportunities between your pharmacists and the Astera Health team. Our goal is to create the best patient care experience possible. We look forward to being part of your care team!



Meet our New Providers



Paige Selvey, MD

Paige Selvey, MD, provides family medicine services and obstetrics care. Dr. Selvey started in August 2023. She graduated from Concordia College in Moorhead and attended the University of Minnesota Medical School.

She has been a part of hundreds of births and looks forward to serving the residents of Wadena and beyond. Dr. Selvey and her husband are natives of the area, having grown up in Eagle Bend, Minnesota.



Hala Madi, MD

Hala Madi, MD, joined the Astera Health family as our new OB/GYN in August 2023. Dr. Madi received her training at the University of Balamand in Lebanon.

Dr. Madi has a strong passion for helping women and credits her sisters for instilling feelings of strength and confidence in her. She can help with family planning, pregnancy care, menopause, cycle irregularity, urinary incontinence, and more. In her free time, she enjoys cooking, gardening and traveling.

POSTAL CUSTOMER

Mark your calendars!

Upcoming Events

Bite Size Conversation – Dr. Hala Madi – What Your Mama Never Taught You

September 18 at 6 p.m. at Astera Health Campus

Joint Health Event – Dr. Ben Robertson, Jeremy Meyer, Michaela Rausch

September 20 at 6 p.m. at Astera Health Campus

Foundation Starlight Gala

September 23 at 5 p.m. at Astera Health Campus

Pink Flannel and Fizz – Breast Cancer Awareness Event

October 6 at 6 p.m. at Astera Health Campus

Bite Size Conversation – Dr. Alicia Elliot – Mental Health and the Holidays

November 20 at Astera Health Campus – time to be determined

Auxiliary Holiday Auction

November – date to be determined

