

WINTER 2025

HEALTHY *TIMES*





100 Years of Healthcare Excellence!

Joel Beiswenger, President and CEO

Astera Health has reached another truly great milestone. On January 30, 2025, we will celebrate our centennial. The changes in the care we provide over the years is, of course, substantial. Whether it is about the building, equipment, people, or processes, we constantly strive to improve our safety, quality, and experience for our patients. I'm proud to contribute to the health of our communities, building on decades of improving the lives of people who call Central Minnesota home.

This milestone was not achieved without challenges and hardship. I recognize the tireless efforts of staff members, providers, nurses, and business partners who helped Astera Health become a premiere home for healthcare.

In the last few years, we have welcomed many moments of growth, from our new building to the many new faces that grace our hospital halls. Our Foundation celebrated 30 years of giving and is

currently on a mission to raise funds for our new cancer center. Our orthopedics team recently completed its 1,000th joint replacement. These are all just numbers, but they represent the people we have served, which makes these numbers very special.

As you flip through the pages of this special edition of Healthy Times, remember the impact rural hospitals have on people in small towns across the United States. Without them and the care they provide, there would be more miles to travel for care and fewer peaceful nights. Also, remember the people who care for you and your family. Many of them make sacrifices every day to keep our quality of care high and their patients at Astera Health safe.

Thank you for your support of Astera Health through the past 100 years. I am confident that our traditions and efforts will last for many generations to come.

“ I recognize the tireless efforts of staff members, providers, nurses, and business partners who helped Astera Health become a premiere home for healthcare. ”

JOEL BEISWENGER

Progress Update: Astera Health CentraCare Coborn Cancer Center



Astera Health staff broke ground on a new cancer center in May 2024. Construction has steadily moved forward with the main structure now completed. Interior work is fully underway. The new facility is set for grand opening in July 2025. The Cancer Center is a joint project between Astera Health and CentraCare.

Fundraising for a Better Tomorrow

Introducing a cancer center to rural Minnesota has been a huge project with funding being one of the main objectives. The Astera Health Foundation is working to raise two million dollars for the new facility. This fundraising effort will be in place for several years and will focus on programs and comfort for patients.

“We have raised over \$200,000 since the campaign began in 2024. We are so grateful to all of our donors,” stated Kim Beiswenger, the Foundation Lead overseeing philanthropic

projects at Astera Health.

The cancer center will breathe new life into the region and be a source of hope for patients suffering from cancer. This facility will offer a range of services not previously accessible in rural Minnesota. With on-site radiation therapy and access to some of the best oncologists around, the journey with cancer will be much easier for hundreds of patients.

Currently, Beiswenger is developing a pantry where food will serve as medicine to support the new cancer center. This pantry will offer nutritious foods that aid in the healing process for people suffering from cancer. Often cancer patients will have sensitivity to certain foods and require a very special diet. This food pantry will be the central theme for much of the fundraising over the coming months.

Please help Astera Health improve cancer care for the region. Every donation counts and could potentially save a life. Please visit AsteraHealth.org/Foundation for more information on how to donate. Also, please follow Astera Health on social media for important updates on the Foundation and its events.

Scan to make a donation!





The right care for your needs

Clinic

The clinic is for appointments with your established family medicine provider. Appointments can be made by calling 218-631-3510.

- Biopsy skin lesions
- Foot care
- Medication management
- Geriatric care
- Infant and childcare
- Laboratory testing
- Laceration repair
- General medical care for any illness or injury
- Remove skin tags and cysts
- Routine physicals
- Wart care
- Weight management and nutritional guidance

ReadyCare

ReadyCare is used for walk-in and same-day care for illnesses and injuries that do not require emergency room care. These issues could worsen if treatment is delayed.

- Abscesses
- Bronchitis
- Cold, cough, and the flu
- Earaches
- Fever
- Headaches
- Minor burns, lacerations, and traumas
- Muscle aches and pains
- Pink eye
- Seasonal allergies
- Sinus infections
- Skin rashes and infections
- Sore throats
- Sprains and strains
- Urinary tract infections

Emergency Room

The emergency room is used for situations that require immediate critical care and can be accessed 24 hours a day, seven days a week.

- Chest pain or pressure
- Dehydration
- Dizziness or weakness
- Poisoning/overdose of drug or alcohol
- Seizures
- Severe burn
- Severe pain/injury/amputation
- Stroke symptoms
- Sudden/new abdominal pain
- Suicidal thoughts
- Trouble breathing/severe shortness of breath

Ortho Walk-In Clinic

The Ortho Walk-In Clinic is used for unexpected bone, muscle, and joint-related injuries.

- Sudden back and neck pain
- Simple dislocations and concussions
- Injuries in the hand, wrist, forearm, elbow, shoulder, foot, ankle, knee, hip
- Joint swelling or pain
- Lacerations
- Non-compound fractures (broken bones without an open wound)
- Sports-related injuries
- Sprains and strains



Walk-In clinics are not a substitute for the emergency room. If your symptoms are severe or life-threatening, call 911 or seek emergency medical attention in the Astera Health emergency department.

WESLEY HOSPITAL
 TRI-COUNTY HEALTH CARE
 100 years!
 ASTERA HEALTH



For 100 years, Astera Health has been a trusted partner, offering compassionate care and support to our community. We've overcome challenges with resilience and determination. Here are some key milestones from our journey:



Jan. 30, 1925

Wesley Hospital opens

1958

Wesley addition to expand rooms and multiple service areas.

1969

First pharmacist is hired



Nov. 14, 1973

Construction begins on Wadena Medical Center

May 1986

Tri-County Hospital expansion begins



Dec. 29, 1988

Multi-County Ambulance Service purchased



1994

Foundation is established

Dec. 21, 1950

A small chest x-ray machine is installed in Wesley Hospital

April 17, 1975

A nuclear radioisotope scanner is used

June 1987

Home Health Services first offered

Jan. 18, 1995

Sebeka Clinic joined TCHC



Aug. 2, 1972

Construction begins on Tri-County Hospital



Nov. 11, 1993

Bertha Clinic opened





Feb. 10, 1995

Henning Clinic joined TCHC



April 8, 2012

Ottertail Clinic opened

March, 2014

Henning PT clinic opened

Sept. 2018

Full spectrum orthopedic services added



May 21, 2021

Staff members break ground on new hospital and clinic



Mar. 18, 2023

Services moved to new facility

2008

WMC and Tri-County Hospital merge into Tri-County Health Care

July, 2012

Aquatic Therapy started

March 2020

Incident Command is activated to manage COVID-19 pandemic



May 7, 2024

Cancer Center breaks ground



Mar. 15, 2015

Verndale Clinic opened



Mar. 1, 2023

Rebrand to Astera Health



“ My philosophy of care is bound by the trust between a provider and a patient alone. ”

TIMIYIN E-NUNU, MD
UROLOGY



From Army to Astera

Dr. Timiyin E-Nunu offers skilled urological care

Timiyin E-Nunu, MD, has joined the Astera Health care team. Dr. E-Nunu has over a decade of experience in the medical field and specializes in urological care. Urology is the study of the kidneys, ureter, and bladder. These organs are vital to the human body and typically require the care and consultation of a urologist like Dr. E-Nunu.

Dr. E-Nunu is a United States Army Urologist, her in-demand skills take her all over the world treating America's best and bravest. Right now, she is stationed in Texas but visits Astera Health monthly to lend her knowledge to a population of people who are always in need of urological care.

Dr. E-Nunu has always been fascinated with helping others. From a young age, she knew she wanted to be a doctor after her younger brother was diagnosed with juvenile diabetes. Additionally, her mother is a registered nurse in an ICU and her experiences really showed the gratification that comes with full spectrum care.

Being a California native, Dr. E-Nunu loves the outdoors and can often be found riding her bike. She also enjoys binge-watching television. Some of her favorite shows are The Diplomat, Luther, BBC America, and Game of Thrones.

"My philosophy of care is bound by the trust between a provider and a patient." – Timiyin E-Nunu

For Men and Women

Many people attribute urology to women's health issues. However, urology focuses on both genders. Incontinence and kidney-related issues can affect everyone. Additionally, issues stemming from low testosterone and erectile dysfunction can usually be addressed by a urologist.

When should you see a urologist?

- » When blood is found in the urine
- » Kidney issues and infections
- » Difficulty emptying the bladder
- » Kidney Stones

Schedule today!

For more information about Dr. E-Nunu, Dr. Chapman, Dr. Cook or Tina Hulse, visit AsteraHealth.org. Follow Astera Health on social media for important wellness updates.

Live life without limits



UROLOGY SERVICES

 Astera Health





Meet Kim Beiswenger Astera Health's Foundation Lead

In September 2024, Kim Beiswenger was named the new Foundation Lead for Astera Health. Previously, Kim served as the volunteer coordinator and community relations committee chair for the Foundation. Her deep community ties and constant drive to support others made her a perfect fit for Astera.

Additionally, Kim has a wealth of experience spanning decades. In past roles, Kim has supported healthcare organizations in clerical, financial, and nursing capacities. She understands the great challenges of providing top-notch care and how departments need to work together to create a cohesive care plan. She is excited to support that care with philanthropic projects going forward.

Changes on the horizon

As committee chair of the Community Relations Committee of the Foundation, Kim successfully revamped the longstanding Astera Health Golf Classic. Her changes created a fun event focused on raising funds for the hospital. She believes that the Astera Foundation belongs to the community, employees, and volunteers and welcomes feedback so that there is ownership in the events that raise funds and awareness of our projects.

Right now, the Foundation is focusing on raising funds for the new cancer center. The cutting-edge facility will offer cancer care close to home, making the cancer journey for thousands just a little easier. This new facility will house technology including radiation therapy. The cancer center is planned to open in July 2025. For more information on how to donate, visit AsteraHealth.org/Foundation.

Become a volunteer and give the gift of time!

Kim also recruits and coordinates volunteers. Her efforts resulted in recruiting 26 active volunteers and revitalizing the program. Volunteers play a pivotal role in enhancing patient

care and successful hospital and Foundation events. According to Harvard Health, there are many life improving benefits to volunteering. Benefits include living longer, improved mental health and increased dexterity. Its also a great way to meet new people while giving back to the community.



Scan the code to apply online to be a volunteer or call Kim Beiswenger with questions at 218-631-7499.



Volunteers often help out during Astera events like Pink Flannel and Fizz.

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Pink Flannel and Fizz was a huge success with 126 women attending!

For future events, visit:
asterahealth.org/events

