

# Healthy Living

FALL 2016

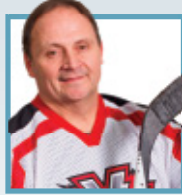
Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

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## Proven treatment for overactive bladder



Minnesota Center for Obstetrics and Gynecology: Dr. Rachel Cady and Dr. Michael Cady

As we age, the nerves and muscles that control the bladder may not work as well as we want, causing leakage.

In some patients, bladder control problems are caused by miscommunication between nerves. More specifically, the brain and sacral nerves, which control the bladder, do not communicate properly, causing the nerves to tell the bladder when to release urine at the wrong time. Pregnancy and childbirth, obesity, weak pelvic muscles, diabetes, bladder cancer or stones and neurological disorders can contribute to overactive bladder.

Fortunately, there is a proven treatment option for women who have not had success with other overactive bladder treatment options, such as medications and behavioral therapy.

**Drs. Michael and Rachel Cady**, obstetrics and gynecology specialists with the Minnesota Center for Obstetrics & Gynecology, are among only a few surgeons locally offering a new high-tech solution to help women regain bladder control. They can implant a nerve-stimulating device called InterStim, which stimulates and quiets the nerves of the bladder.

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## Two new providers join Riverwood



**Faith Nyberg**, physician assistant, joined Riverwood's Internal Medicine provider team of **Dr. Joselito Burgos** and **Dr. Sweety Prethish** in May. She will practice in a

blended role of both hospital and clinic patient care in Aitkin.

Nyberg brings nine years of experience working with several larger health facilities, Minnesota Gastroenterology for three years, and the past six years with Essentia Heart and Vascular in Duluth. She completed her master's degree in Physician Assistant Studies at the University of Nebraska Medical Center in Omaha, graduating with honors.



**Dr. Erik Bostrom** joined the Family Practice medical staff at Riverwood the last week in August and will be seeing patients primarily at our Aitkin clinic. He will care for patients

of all ages across the entire spectrum of family medicine, including obstetrics.

Earning his doctor of medicine degree at the University of Minnesota Medical School, he recently completed a three-year University of Minnesota Family Residency in St. Cloud. A native of Mora, Minn., he looks forward to practicing medicine in a rural area close to home.

For an appointment with Faith Nyberg or Dr. Bostrom, call Riverwood's clinic line at (218) 927-2157 or toll-free at (888) 270-1882.

## Proven treatment for overactive bladder

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The InterStim procedure has several benefits, including freedom from the embarrassment of leaks. It may also help reduce the need to interrupt sleep due to waking many times during the night to urinate.

"Patients who have had this procedure have used the term life-changing," Dr. Michael Cady says. "It allows them to need a toilet less often, have less urgency, and more control of their bladder."

One 42-year-old patient who recently received the implant at Riverwood Healthcare Center with Dr. Michael Cady has been "thrilled" with the improvement she's experienced.

"I was having to urinate every 15 to 20 minutes," says Paula Mitchell. "Sharing one bathroom with my husband and two girls was very difficult as I could not hold it. After I had the InterStim implant, I'm so relieved to have control over my bladder again and I would recommend this procedure to anyone. Dr. Cady explained everything so well and the support from the nursing staff at Riverwood and the device company was great."

Dr. Michael Cady adds: "Other patients have told me that the procedure has 'given them back their lives.' They can once again go

places and do things they've not been able to do for some time while no longer constantly searching for the nearest bathroom. Some are now pad-free for the first time in years."

Anyone who has a urinary problem should address the issue as soon as possible, according to Drs. Michael and Rachel Cady. There is very effective treatment for people with overactive bladder leakage (also known as urge incontinence) and for whom medications have failed to help.

**For a consultation on overactive bladder treatment, call Riverwood's Specialty Clinic at (218) 927-5566.**

### FECAL INCONTINENCE

Fecal incontinence is the inability to control bowel movements, causing stool (feces) to leak unexpectedly from the rectum. Also called bowel incontinence, fecal incontinence ranges from an occasional leakage of stool while passing gas to a complete loss of bowel control.

The InterStim nerve-stimulating device may also be used to treat fecal incontinence. **Talk with your doctor about your symptoms and how to proceed with evaluation and treatment of this condition.**

## Riverwood News



### Kidney program coming to Aitkin

Riverwood Healthcare Center and CentraCare Health, headquartered in St. Cloud, have signed a letter of intent to collaborate on a new dialysis facility to serve residents of Aitkin County and the surrounding area.

"The need for comprehensive kidney care, including a kidney dialysis facility closer to home, has emerged as a growing community health need in recent years," said Chad Cooper, Riverwood chief executive officer. "This partnership is a reflection of several years of ongoing conversation with CentraCare and a mutual commitment to provide access to high-quality kidney care as close to home as possible."

**CENTRA CARE Kidney Program** The CentraCare Dialysis facility will provide outpatient renal dialysis services featuring the most state-of-the-art technologies and personalized patient comfort to serve local patients who need dialysis treatments. Patients will receive their hemodialysis treatments in a clinical environment that is cheerful and home-like. Preliminary discussions regarding the location and timeline of the future dialysis facility in Aitkin are currently underway.

"Access to local dialysis services allows patients with chronic and end-stage kidney disease to live longer and have an improved quality of life," said **CentraCare Nephrologist Ben Parker, MD**. Beginning in October 2016, Dr. Parker, board certified in both internal medicine and nephrology, will provide local nephrology outreach services on a routine basis at Riverwood's specialty clinic. He will also oversee the clinical direction of the new dialysis facility in Aitkin.

### Riverwood taps local farmers for fresh food

As part of its ongoing commitment to wellness programming for improving health, Riverwood will begin participating in a Farm2Riverwood program in September. Riverwood, along with Rippleside Elementary School and Hill City School District, is contracting with eight Aitkin County farmers to offer nutrient-dense, minimally processed, farm fresh foods such as potatoes, eggs, chicken, beef and apples for special monthly meals for its staff and hospital patients for the 2016-2017 year. This program is made possible through Healthy Northland (Statewide Health Improvement Program) and the Aitkin County Health & Human Services Public Health Unit.

"We are excited for the opportunity to partner with local farmers," said Cindi Hills, Riverwood human resources director, who served on the project

committee. "Together, we will support the health, wellbeing, and growth of the communities we serve."

**Kudos to Amy Wyant, Aitkin County health educator, for leading the development of this project.**

### Get routine foot care at Aitkin clinic

Do you have a hard time reaching your feet, trimming your nails or doing routine foot care? Riverwood now offers a Foot Care service in our Aitkin Outpatient clinic. Get your toenails clipped, nails filed and a foot massage by Jamie Lamke, a licensed practical nurse, at a cost of \$25 per visit. Insurance does not cover this service and payment is required at the time of check-in.

**For an appointment, call Riverwood's Outpatient clinic at (218) 927-8281.**

## Foundation News

### Joel's story: Pain-free active living with new hip joint



**Joel Hyytinen**, owner of Hyytinen Hardware Hank in Aitkin, had a hip replacement at Riverwood Healthcare Center with Dr. Erik Severson in January 2015. His story on his outstanding outcome is also posted at [www.riverwoodhealthcare.org/foundation/stories](http://www.riverwoodhealthcare.org/foundation/stories).

"When my son was younger, I coached peewee hockey. In fact, I actually coached Dr. Erik Severson! I was a real sports guy, playing three sports most of my life.

Eventually though, because of my hip pain, I was unable to play anymore and I had to quit hockey. The pain got to the point where, when we were in the car, we'd have to stop every 20 minutes just so I could move around.

I first met with Dr. Severson to have x-rays in 2010, but it took five more years until I finally decided to have the surgery in January 2015. The whole process was amazing – from the time I committed until it was all done!

The pre-op education session was very helpful. Everyone who is going to have a joint replacement during the month comes together in a meeting to learn what will happen. It was really comforting to have a community that came out of that meeting. Now, many of us who had similar surgeries still connect.

**From the second I came out of surgery, I had no pain. I did the exercises – even did extra exercises – but I never took any pain meds.** I know I was lucky because it took others longer, but for me, it was incredible!

Now that I'm walking pain-free again, I got to go pheasant hunting for the first time in 15 years!"



If you have a patient care story to share, contact us at **(218) 927-5589** or [healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org)

## Riverwood Gala offers night out with 50's theme



Enjoy an evening of fine dining with a "Back to the 50's" theme and live band, all to support health and healing in Aitkin and surrounding communities.

Join us for our annual Riverwood Gala on **Saturday, September 17**, at the **40 Club Banquet Center** in **Aitkin**. This event, which begins at **5:30 p.m.**, will feature a wide variety of delicious entrees, side dishes, beverages and desserts.

Entertaining gala guests will be the Holy Rocka Rollaz, a 3-piece high energy trio band from Minneapolis that plays rock 'n roll music from the 1950's. Adding to the fun of the evening will be silent and live auctions and games of chance.

**Individual tickets are \$85.** A variety of sponsorship opportunities are available as well.

Proceeds from the event will be used to purchase high quality, long-lasting hospital bed mattresses that have a number of patient-friendly features.

For tickets, sponsorship and donations inquiries, contact Riverwood Foundation at **(218) 927-5158** or [Foundation@RiverwoodHealthcare.org](mailto:Foundation@RiverwoodHealthcare.org)



## Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here.

Donations from April 1 - June 30, 2016

### In Memory of:

Carol Ann Bipes

Larry Eklund

Jon & Linda Gillette

Richard Holzinger

George Ince

Henry & Ann Janzen

Marge Johnson

C. J. Meacham

Linda Lou Newman

Brent Sherman

Chuck Thompson

Jack Wagner

Roger Wilson

### In Honor of:

Callahan/Winegar Family



To make a donation in memory or honor of a loved one, visit [www.riverwoodhealthcare.org/foundation/donationform](http://www.riverwoodhealthcare.org/foundation/donationform)  
All gifts recognized in newsletter.

**JOIN RIVERWOOD!**

**Hospital needs VOLUNTEERS**  
in variety of roles

Share your time and talents. Meet new friends. Have fun. Make a difference for your local health system.

These are just a few reasons to volunteer with our Riverwood Healthcare Auxiliary, which has been supporting Aitkin's hospital since it opened its doors in 1955.

Some of the volunteer roles include front desk greeter, gift shop salesclerk, inpatient assistant (delivering items to hospital patients), orthopaedic department assistant (guiding patients to locations within the hospital) and fundraising events (cookie, plant sales).

Volunteer time commitments are flexible. Contribute your time and talents weekly, monthly or occasionally for fundraising events. Some volunteers go south for the winter and volunteer only during the spring and summer months. Whatever works time-wise, there is a volunteer role waiting for you.

Auxiliary volunteers have made substantial financial contributions over the years for hospital equipment, facility expansion projects, and scholarships to high school graduates pursuing healthcare careers.



*Jeanie Christian,  
Auxiliary Member*

**Jeanie Christian**, an Auxiliary member for about 15 years, comments on her volunteer role.

"I joined the Auxiliary before the new hospital was built, serving as president now for the third time. In addition to working as a greeter at the front desk, I coordinate the quilt raffle every year and also serve on other committees. I love what we can do for our great hospital. I like helping people and just being part of this wonderful group. It is totally amazing what the Auxiliary is able to accomplish! We are able to give so much to the hospital, which in turn helps everyone in our community. I've made so many new friends volunteering; it's just like one big family. I love it!"



**WELLNESS CALENDAR**

**Education & Support**

*Registration for these programs is required. Light meal served at no cost. Contact (218) 927-5188 or healthyliving@riverwoodhealthcare.org*

**Orthopaedic Solutions**  
Dr. Jon Herseth, Orthopaedic Surgeon  
Adam English, Nurse Practitioner  
September 20, 12:00-1:00 PM  
**Aitkin:** Riverwood Healthcare Center

**Grief Support Group**  
Thursdays, 4:30-6:00 PM  
September 22 - October 27  
**Aitkin:** Riverwood Healthcare Center  
Social Services: (218) 927-5524

**Reflux & Heartburn**  
Dr. Shawn Roberts, Reflux Specialist  
October 19, 12:00-1:00 PM  
**Aitkin:** Riverwood Healthcare Center

**Prenatal Education Classes**  
Tuesdays, 6:30-8:30 PM  
November 1, 8, 15, 22 & 29  
**Aitkin:** Riverwood Healthcare Center  
To Register: (218) 927-5552

**Events**

*For more information on events below, call Riverwood Foundation, (218) 927-8286.*

**Riverwood Gala "Back to the 50's"**  
September 17, 5:30 PM  
**Aitkin:** Forty Club Convention Center  
For tickets: Riverwood Foundation, (218) 927-8286.

**Being Mortal Film & Discussion**  
Advance care planning, healthcare directives  
September 22, 5:30-7:30 PM  
**Crosby:** Heartwood  
September 29, 5:30-7:30 PM  
**Aitkin:** Public Library  
To register: (218) 927-5188 or healthyliving@riverwoodhealthcare.org

**Mindfulness Class Series**  
Thursdays, 9:00-11:00 AM  
September 29, October 6, 20  
9:00 AM-12:00 PM, October 13  
**Aitkin:** Public Library  
**Cost:** \$75  
To register: (218) 927-5188 or healthyliving@riverwoodhealthcare.org

**WE INVITE YOU TO JOIN OUR TEAM!**

For information or an application, contact Katie Nelson, Auxiliary advisor, at (218) 927-5158 or knelson2@riverwoodhealthcare.org



*Terry Stein delivers water jugs to hospital patients.*



*Cathy Wilke clerks at the Auxiliary gift shop.*



Riverwood Healthcare Center  
200 Bunker Hill Drive  
Aitkin, MN 56431  
www.RiverwoodHealthcare.org

Contact any Riverwood Healthcare Center facility toll-free at (888) 270-1882

This institution is an equal opportunity provider and employer.

- Hospital - ER - Urgent Care** 218-927-2121
- Aitkin Clinic** 218-927-2157
- McGregor Clinic** 218-768-4011
- Garrison Clinic** 320-525-3400
- Specialty Clinic** 218-927-5566