

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

WINTER 2016-17

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Minnesota Center for Orthopaedics (MCO): Dr. Jonathan Herseth and Dr. Susan Moen

In September, orthopaedic surgeons Jonathan Herseth, MD, and Susan Moen, MD, joined Minnesota Center for Orthopaedics (MCO) in Aitkin and in Crosby.

Dr. Jonathan Herseth uses both surgical and nonsurgical means to diagnose and treat ailments affecting muscles, bones and joints, degenerative diseases, infections, tumors, and congenital disorders. He has special interests in treating sports related injuries.

A graduate of the University of Minnesota Medical School, Twin Cities, Dr. Herseth also completed the U of M's orthopaedic surgery

residency program in 2015 and recently finished a one-year fellowship in sports medicine.

Dr. Susan Moen, the area's only hand surgeon, will diagnose and treat all problems related to the different structures in the hand, wrist and elbow.

An orthopaedic surgeon who has additional training in surgery of the hand, Dr. Moen cares for problems without surgery and is specially trained to operate when necessary. She is also an expert in diagnosing and caring for wrist and elbow problems.

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Introducing a new Family Physician



Dr. Melissa Herbranson joined the Family Practice medical staff at Riverwood in early October and will be seeing patients primarily at our Aitkin clinic. She will care for patients of all ages across the

entire spectrum of family medicine, including obstetrics and a special interest in women's health.

Earning her doctor of medicine degree at the University of Minnesota Medical School, she recently completed a three-year family medicine residency at St. Joseph's Hospital in St. Paul. She earned her bachelor's degree in cellular biology and genetics at the University of Minnesota, Minneapolis.

Growing up, she lived in several communities in Minnesota and Wisconsin and has family ties and connections in Aitkin County. For more information, see her bio at www.riverwoodhealthcare.org/providers/familymedicine

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

Kidney Dialysis to be built in Aitkin

Earlier this year we announced that Riverwood Healthcare Center and CentraCare Health will collaborate on a new kidney dialysis facility to serve residents of Aitkin County and the surrounding area.

Riverwood is in the early phases of some master facility planning focused on growth and expansion of its clinics, as well as the eventual addition of a new dialysis facility to be located on the hospital campus. 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.

Dr. Ben Parker, nephrologist with the CentraCare Kidney Program, will oversee clinical direction of the new dialysis facility. He began providing local nephrology outreach services at Riverwood's specialty clinic this fall.

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Two orthopaedic surgeons join MCO team

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A graduate of Creighton University School of Medicine in Omaha, Neb., Dr. Moen recently completed a fellowship in hand surgery at HealthPartners Institute for Education and Research in St. Paul. She also completed an orthopaedic surgery residency at Summa Health Systems in Akron, Ohio.

MCO is located at Riverwood Healthcare Center in Aitkin and Cuyuna Regional Medical Center in Crosby. The MCO team is led by Dr. Erik Severson, orthopaedic surgeon who specializes in total joint replacements and revisions for hip and knee, and introduced the Rapid Recovery program in 2013. The team also includes Dr. Austin Krohn, a family physician who is fellowship trained in sports medicine, and three advanced practice clinicians—Physician Assistants Matthew Fleming and Tom Lewandowski and Nurse Practitioner Adam English.

For an orthopaedics appointment in Aitkin, call (218) 927-5566.

Getting you back in the GAME

Common sports injuries include sprains and strains, knee injuries, swollen muscles, Achilles tendon injuries, pain along the shin bone, rotator cuff injuries, fractures, and dislocations. Treatment can range from immobilization, pain relief medication, or physical therapy to surgery. Dr. Jonathan Herseht treats a wide range of sports-related injuries and conditions. He is experienced in performing shoulder and knee arthroscopic surgery, two of the most common surgical procedures for sports injuries.

HAND is connected to the wrist bone ...

Injury or diseases affecting the hand and wrist are delicate and sensitive to repair. Filled with tiny blood vessels and a network of carefully woven nerves, these tiny spaces require the skilled touch of a professional. Your hands are your lifeline—from threading a needle, to throwing a ball or simply holding your loved ones, you count on your hands. At MCO, patients with hand, wrist or elbow conditions will be in good hands with Dr. Susan Moen.

Patient Success

Knee Replacement Success Story: Jeanie Christian



“Although I’ve reached retirement age, I’m not ready to slow down. I manage a 51-unit senior apartment complex called Blackrock Terrace in Aitkin and volunteer one day a week at Riverwood Healthcare Center, greeting patients as they come into the hospital or clinic. I also support fundraising projects for the hospital such as an annual quilt raffle and Lights of Love.

In 2014, when my right knee became so painful that it was hard to walk, I knew it was time for another knee replacement. My first one on my left knee was 16 years ago. I couldn’t believe how fast the recovery was this time after my surgery at Riverwood. Dr. Erik Severson is a miracle worker! He did a terrific job of controlling my pain after surgery.

I’m happy again because I can move more! Being able to walk without pain has made such an improvement in the quality of my life. Last fall on a trip to Las Vegas, I was even able to walk on rocky ground—something I could never have done before my knee replacement.

I was so pleased with my hospital stay at Riverwood. The nurses went above and beyond to be kind and considerate. The care was simply awesome!”



Fresh local produce supports good nutrition

On September 15, Riverwood’s food service staff served its first Farm2Riverwood meal—Chicken Fajitas on Whole Grain Tortillas and SweeTango apples—in its cafeteria and to hospital patients. The meal featured chicken from Grimsbo Family Farm and apples from Gilby’s Orchard, both near Palisade between Aitkin and McGregor.



Through the next year, Riverwood will serve monthly meals featuring fresh farm produce from eight local farmers in the Aitkin County area.

Dr. Sweety Prethish, internal medicine physician, enjoyed her farm fresh meal and looks forward to enjoying more Farm2Riverwood meals in the months ahead.

Foundation News

Gala raises \$45,000 for new hospital beds



Dr. Don Hughes, dressed as a 1950s character, and Dr. Joselito Burgos



Riverwood Chief Nursing Officer Kristine Layne demonstrates the new IsoFlex mattress with Steve Wilson, Riverwood board member, and Jan Hegman, Riverwood nurse practitioner who volunteered as a mock patient.



Gala guests enjoyed dancing to the 1950s music of the Holy Rocka Rollaz band.

Our annual Gala event, which raised \$45,000 in September, drew 140 people who enjoyed a delicious assortment of food served by 10 participating restaurants and food vendors. The 1950s theme inspired guests to come in vintage dress and hairstyles.

Steve Wilson, Riverwood board member, gave an overview of this year's cause—enhancing patient comfort with new IsoFlex LAL hospital bed mattresses. This mattress is designed to reduce moisture, relieve pressure and reduce the risk of skin ulcers while supporting better sleep—all essential elements in the healing process.

"We're trying to create the best patient experience possible at Riverwood," Wilson explained. "Hospital patients spend 90 percent of their time in bed and a good night's sleep is a fundamental part of healthcare. The new

mattresses are expensive at \$5,000 each but they will last much longer and result in a huge payoff in terms of patient care."

A panel of judges selected these chef winners: Forty Club for best entrée, hamburger sliders, Northwoods Catering for best side dish, au gratin potatoes; Grandma's Pantry for best appetizer, specialty cheeses; and Riverwood Food Service for best dessert, chocolate fruit fondue. Northwoods Catering also won the People's Choice award for its stuffed pork tenderloin.

"Each year our goal is to make this a fun evening out while supporting a great cause," said Katie Nelson, Riverwood Foundation director. "We are grateful for all the terrific support that came in through sponsorships, individuals and organizations."



For information on ways to give to support your local hospital, contact **Katie Nelson at (218) 927-5158** or knelson2@riverwoodhealthcare.org

Riverwood recertified as CALS hospital



Pictured, from left, are Paul Lakeman, Riverwood CEO; Chad Cooper, Jeanine LeBlanc, Emergency Department manager; Dr. Mark Heggem, chief medical officer; Kristine Layne, chief nursing officer; and Stephanie LeBlanc, nurse educator

In 2016, Riverwood Healthcare Center has been recertified as a Comprehensive Advanced Life Support (CALS) Hospital. CALS is a national program designed to provide lifesaving emergency medical education for rural healthcare providers. In 2008, Riverwood became the third hospital in Minnesota to receive certification of excellence in emergency care.

Since 2001, Riverwood has hosted 10 CALS classes, which are attended not only by Riverwood physicians and nurses but other area healthcare professionals too.

At Riverwood's September 17 Gala, Paul Lakeman, executive director for the CALS Program, presented the CALS Hospital recertification plaque to Riverwood with these comments:

"Riverwood is a role model for other critical access hospitals in Minnesota. With a great medical team and a strong commitment from the hospital's administration, it is providing truly excellent healthcare services that the Aitkin County community deserves. We are very proud to designate Riverwood as a CALS Hospital."



Honoring and Remembering Loved Ones

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

Donations from July 1 - September 30, 2016

In Memory of:

Larry Eklund

Betty Fossen

Marge Johnson

Pat McDonnell

Mel Rasmussen

Mary Slade

Gene Wayrynen

Dale Wayrynen

Randy Wayrynen

Bev Leonard

In Honor of:

Dave & Linda
Hommes



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



MINNESOTA REFLUX
& HEARTBURN CENTER

REFLUX NEWS

UPCOMING REFLUX SEMINARS

The Minnesota Reflux and Heartburn Center (MRHC) is continuing community outreach education on solutions for reflux and heartburn. One of four highly skilled and experienced reflux specialists—**Dr. Tim LeMieur, Dr. Howard McCollister, Dr. Shawn Roberts and Dr. Paul Severson**—will do the presentation for each seminar.

See the seminar schedule for 2016-2017:

RSVP to Riverwood at (218) 927-5188

- Jan. 24, 6 PM - McGregor, Fireside Inn
- March 28, 6 PM - Grand Rapids, Blandin Foundation Community Room
- May 18, 12 PM - Garrison, Light of the Cross Church

RSVP to CRMC at (218) 546-2876.

- Nov. 15, 6 PM - Nisswa/Pequot Lakes, Timberjack
- Feb. 28, 6 PM - Crosslake, Manhattan's
- April 25, 6 PM - Little Falls, The Black and White

UPDATES for Reflux, Heartburn Care



Dawn Harcey is now the MRHC Nurse Coordinator at Riverwood Healthcare Center in Aitkin.

In this role, she helps patients experiencing gastro-esophageal reflux disease (GERD). These symptoms may typically be heartburn, but some patients have no heartburn. They might experience coughing, hoarseness, throat clearing, burning tongue or difficulty swallowing. Many patients have either treated themselves with anti-acid medications or been on long-term prescription medication (proton pump inhibitors).

Dawn can not only answer questions about GERD, but can also arrange tests with the MRHC reflux specialists to complete a comprehensive evaluation and an improved treatment plan. She will make it simple for the patient, coordinating communication with the reflux team and the primary care provider while guiding the patient every step of the way.



For an appointment for reflux and heartburn care in Aitkin, call **Dawn Harcey** at (218) 429-3930, or for **Crosby** appointments call **Lea Carlson**, MRHC Nurse Coordinator, at (218) 545-4343 or toll free at (888) 546-4343.

ADVANCED DIAGNOSTIC TECHNOLOGY AVAILABLE HERE

The American Society of General Surgeons has recently endorsed the key benefits of using Cellvizio confocal laser endomicroscopy in patients suffering from GERD and/or Barrett's Esophagus. This break-through technology, which helps physicians obtain a comprehensive assessment of the extent of disease and to make real-time therapeutic treatment decisions, has been used by reflux specialists at Riverwood and Cuyuna Regional Medical Center since 2015.

Cellvizio, the world's smallest microscope, is an endomicroscopy system that generates optical biopsies, providing physicians with microscopic images of tissue instantly in a minimally invasive manner. This diagnostic tool offers better decision-making, improved patient management and detects Barrett's esophagus. Those with Barrett's esophagus are at increased risk for esophageal cancer, and Cellvizio can improve both the detection and monitoring of this pre-cancerous condition.

Ardy Akerson Success Story



For more than 20 years Ardy Akerson suffered with gastroesophageal reflux disease, undermining her enjoyment of life and retirement.

"I was very uncomfortable," Ardy explains. "I couldn't eat a lot of foods I liked such as watermelon, cucumbers, green peppers, gravy, onions and garlic. My stomach was bloated all the time. I had trouble

sleeping and was taking two ibuprofen at bedtime. I also took antacid pills for many years."

Ardy learned from several friends and neighbors who have been successfully treated for GERD through the Minnesota Reflux and Heartburn Center in Aitkin and Crosby that there was a surgical solution for reflux.

In June 2016, she underwent a laparoscopic Nissen fundoplication at Riverwood Healthcare Center in Aitkin. This is a surgical procedure in which the upper part of the stomach is wrapped around the lower end of the esophagus and stitched in place, reinforcing the closing function of the lower esophageal sphincter.

"I had no pain with this surgery and my heartburn is gone," Ardy adds. "Now I can eat almost anything I want, taking smaller bites at a slower pace. I've lost 17 pounds and I feel better than I have in 20 years!"

At age 76, Ardy lives with her husband, John, on a lake north of Aitkin. Since her surgery, she has enjoyed more active living, such as caring for her lawn without becoming short of breath.

"I truly never thought this day would come where I can feel like a normal person again. I would highly recommend this surgery to anyone suffering from reflux disease."



Together we will.

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

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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