



Together, we will
deliver joy.

Birthing Center

 **Riverwood**
HEALTHCARE CENTER
Together we will.

Aitkin + Garrison + McGregor
www.RiverwoodHealthcare.org



Together, we will focus on quality of care.

During your birthing experience, take comfort that you have chosen Riverwood Healthcare's Birthing Center, where you will be cared for by physicians and nurses who are highly experienced specialists. They will provide you and your family with support, compassion, privacy and the comfort and care you deserve.

We want your baby's birth to be the experience you desire with individualized services, comfortable surroundings and state-of-the-art technology – all in a new family-centered environment.



The Road to Parenthood

Riverwood Healthcare's Obstetrics and Family Medicine staff is here for you every step of the way, from conception, understanding your pregnancy, preparing for your child's birth, and watching your child grow. We offer prenatal education programs, lactation consultations and partnerships to ensure all of your needs are met.



Your baby's birth. Everything you want it to be.

Arriving

Upon your arrival at the Riverwood Healthcare Birthing Center, you will be greeted by our professional and friendly team who are available 24/7. You will be evaluated and escorted to your private birthing room where we will make you as comfortable as possible, including personalizing your labor management plan and using comprehensive technology to monitor you and your baby's health. We honor the needs of each woman and her family by providing a caring, supportive environment where everyone can experience the miracle of birth.

Labor

Our birthing suites are designed to support your entire birth experience and ensure that you're able to share it with family and friends in whatever way you choose. We make every effort to be respectful of your wishes and traditions. Birthing Center staff members are supportive of each woman's needs and choices around pain control in childbirth. If you choose to have pain medicine, anesthesiologists are available around the clock for all your pain management needs.

Post-Labor

We encourage uninterrupted time for your family to bond with your bundle of joy by providing 24-hour care for you and your baby, including sleeping accommodations for your baby's father or loved ones. Experienced nurses, supported by highly qualified physicians care for your newborn around the clock. In addition, our staff will guide you through feeding techniques and bonding with your newborn in a quiet home-like atmosphere.

Our new birthing suites are designed to support your entire birth experience and allow you to share it with others.





Designed for your comfort. All new birthing suites.



Birthing suite and personalized birth plan features:

- » Private, secure and comfortable labor and delivery rooms
- » Large bathroom with whirl pool tub and shower
- » Comfortable family waiting area
- » Nursery for babies who need monitoring and nursing care
- » Complimentary meals for mom and dad
- » Wireless internet available

We invite you to visit

We invite you to schedule an on-site visit or go to RiverwoodHealthcare.org for a virtual tour of our all new Birthing Center. To schedule your tour call (218) 927-2121.

Your team of experts. Obstetrics and Family Medicine staff.



Timothy Arnold MD

Obstetrics & Family Medicine

Dr. Tim Arnold began his family practice at Riverwood in 2001. His education includes St. John's University, Collegeville, MN, BA in Biology and minor in Philosophy; University of Minnesota Medical School, Duluth and Minneapolis. His previous experience includes a Duluth Family Practice Residency, working at St. Luke's Hospital and St. Mary's Duluth Clinic in Duluth, MN.



Jeffrey Ehnstrom MD

Obstetrics & Family Medicine

Dr. Jeffrey Ehnstrom began his family practice at Riverwood in 2002. His education includes the University of Minnesota, BS degree, and the University of Minnesota Medical School, Minneapolis. His previous experience includes a residency at University of Minnesota North Memorial Family Practice.



Donald Hughes MD

Obstetrics & Family Medicine

Dr. Donald Hughes began his family practice at Riverwood in 1992. His education includes a BA in Biology, Cornell College; University of Iowa College of Medicine, and Adjunct Professor with the University of Minnesota Medical School and instructor/mentor for medical students and resident physicians. Previous experience includes a Family Practice residency-training program at University of Iowa Hospitals and Clinics.

Childbirth may be one of the best moments of your life. Our new Riverwood Birthing Center has been designed to give you the most personalized and special birthing experience possible. You and your baby will be cared for by our team of experts during all phases of childbirth, from the moment you learn you're in labor until you are home again with your new baby.



Aaron Jordan MD

Obstetrics & Family Medicine

Dr. Aaron Jordan began his family practice at Riverwood in 2013. His education background includes graduating Summa cum Laude with a BS degree at College of St. Scholastica, Duluth, and the University of Minnesota College of Medicine, Duluth. His previous work experience includes a Duluth Family Medicine residency and an internship at the Moose Lake, MN health system, and the U.S. Air Force, Minnesota Air National Guard.



Jessica Hodson DO

Obstetrics & Family Medicine

Dr. Jessica Hodson began her family practice at Riverwood in 2012. Her education includes a BS in Biopsychology, University of Michigan and a Doctorate of Osteopathy from Lake Erie College of Osteopathic Medicine, Brandenton, FL. Her previous experience includes an osteopathy internship at Duke Southern Regional Area Health Education Center, Fayetteville, NC; and a residency at Cabarraus Family Medicine, Concord, NC.



Megan Workman DNP/CNM

Obstetrics & Womens' Health

Megan Workman began her nurse midwife/women's health practice at Riverwood in 2013. Her education background includes a BS degree in Nursing, St. Anthony College of Nursing, Rockford, IL; and Doctor of Nursing Practice and Certified Nurse Midwife, University of Minnesota, Minneapolis. Her previous experience includes 10 years nursing experience in clinic and hospital settings, including labor and delivery/antepartum/nursery/postpartum experience at several hospitals and as a GI/endoscopic clinic nurse.

Together, we will build strong connections with our patients.



Michael Cady MD

Obstetrics & Gynecology

Dr. Michael Cady has been practicing obstetrics and gynecology in the Aitkin-Crosby area since 2003. He received his undergraduate degree from St. John's University and his medical degree from the University of Minnesota. He completed his residency in Obstetrics and Gynecology at Spectrum Health in Grand Rapids, MI.



Rachel Cady MD

Obstetrics & Gynecology

Dr. Rachel Cady has been practicing obstetrics and gynecology in the Aitkin-Crosby area since 2003. Her education includes graduating with honors from the University of Georgia and receiving her medical degree from the University of Minnesota. She completed her residency in Obstetrics and Gynecology at Spectrum Health in Grand Rapids, MI.



The Riverwood team of Obstetrics and family practice physicians and staff **get to know each patient on a more personal level** to provide the best healthcare and overall birthing experience for your individual needs.



Christina Kramer MD

Obstetrics & Gynecology

Dr. Christina Kramer began her OB/GYN practice in Aitkin and Crosby in 2014. Her education background includes graduating summa cum laude with a BS degree in biochemistry at the University of St. Thomas, St. Paul, and earning her medical degree from the University of Minnesota, Minneapolis. Her previous experience includes a 4-year residency at Sisters of Charity Hospital Obstetrics and Gynecology, University at Buffalo, New York.



Our OB team also includes practitioners who offer prenatal care during the first two trimesters of pregnancy.

Janelle Trueblood MD

Lisa Heikkila CFNP

Jennifer Burgos CFNP

Together, we will make a difference.



Aitkin Hospital

200 Bunker Hill Drive
Aitkin, MN 56431
(218) 927-2121

Aitkin Clinic

200 Bunker Hill Drive
Aitkin, MN 56431
(218) 927-2157

Aitkin Specialty Clinic

200 Bunker Hill Drive
Aitkin, MN 56431
(218) 927-5566

Garrison Clinic

27278 State Highway 18
PO Box 426
Garrison, MN 56450

Clinic

(320) 525-3400

Pharmacy

(320) 525-3401

McGregor Clinic

2 East Center Avenue
McGregor, MN 55760
(218) 768-4011

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

Nurseline (800) 630-2200



Aitkin + Garrison + McGregor

www.RiverwoodHealthcare.org



This institution is an
equal opportunity provider
and employer.