

Circles of Care



Big City Specialists Close to Home

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(320) 523-1261 • www.rchospital.com



Jan Dixon, Director of Nursing

Jan Dixon Is The New Director Of Nursing

Renville County Hospital is happy to welcome Jan Dixon, DNS, as our new Director of Nursing. Jan has been in nursing administration for 15 years. She completed her nurses training at the Lutheran Deaconess School of Nursing in Minneapolis.

Before coming to RCH, Jan worked five years as Director of Nursing for Beverly Healthcare. She worked as Health Coordinator and Program Director for Heartland Community Action Agency Head Start Program for five years. She also was the Clinical Manager and Assistant Director of Nursing at the Meeker County Memorial Hospital for six years. Her background in clinical nursing includes work in obstetrics and in the emergency room.

Jan and her husband, Dan, have been married for 35 years. They live on a farm between Cosmos and Litchfield where they have a dog, a cat, horses, sheep, and buffalo. They have four daughters and seven grandchildren, ages one to ten. Jan is a pianist and also enjoys painting, sewing, doing crafts, and reading.

"I am thrilled to be a part of the Renville County Hospital team. I have never had such a warm welcome, nor helped to feel so at home so quickly in my past career. It's a great place to be!" stated Jan.

Welcome, Jan! RCH is glad you are here.

Giving Back To Your Community Through HSF

Since 1998, Health Services Foundation (HSF) has assisted Renville County residents who need access to medical care at a time of financial crisis. When the Health Services Foundation was initiated, founders believed there was a need to assure that Renville County citizens could continue to choose quality medical care locally ... no matter what changes occurred outside our county. Their vision was commendable. Their funding was zero.

The changes in health care were even greater than the Foundation anticipated. More people are uninsured and underinsured because of skyrocketing insurance premiums. Our rural health care providers are reimbursed at some of the lowest rates in the nation which puts them under extreme stress and threatens the continuity of their services.

With RenCare, a quiet, win-win program, the Foundation is making a start.

RenCare is designed to confidentially help people who "fall through the cracks". Perhaps someone is in-between jobs or needs time-critical medical attention and doesn't qualify for other programs. Recipients include children as well as adults, with the majority in the 25-60 age group. They have come from throughout the county.

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100% Of Donations Benefit Renville County



Health Services Foundation picks up where others leave off. In 2006, HSF has helped community members from:

- Hector
- Danube
- Bird Island
- Renville
- Olivia

Thank you to the Renville County providers who share in this endeavor!

- Family Eye Center
- Health Enhancement
- Leah's Pharmacy & Gift's
- Page Snyder Drug
- Prairie Family Practice
- Renville County Hospital

Sara Maber, Health Services Foundation Director



Letter from the Administrator



During the last few months, we've had some comings and goings of employees here at Renville County Hospital.

After more than 30 years of dedicated service to the patients and staff of Renville County Hospital, Louise Sjogren has retired as Director of Nursing. Louise has had a tremendous impact on Renville County Hospital over these many years. She has given tirelessly of herself to others and will be greatly missed. Jan Dixon, profiled elsewhere in this edition, has succeeded Louise as Director of Nursing.

Nancy Loge has begun her new position as Radiology Manager. Nancy developed the mammography services while serving as Radiology Technologist for our hospital. Nancy brings an upbeat and friendly attitude to her new job. With Nancy moving to this management role, we welcome Jessica Dolezal, who along with Bill Dykstra, rounds out our Radiology Department staff.

We say farewell to Barb Krogstad who retired after developing and leading our Heart-to-Heart Adult Day Services Program. Barb has a huge heart for her clients and she grew the Heart-to-Heart Program from the ground up. She passes on the reigns to Jessica Neitzel, LPN, from Renville.

It is hard to say goodbye to such dedicated people. But each retirement is a new beginning for someone else and an opportunity for them to continue to serve our communities' health needs in new and special ways.

Thanks to Barb and Louise for all you've done over the years! Welcome Jan, Nancy, Jessica, and Jessica to your new roles.


Tim Middendorf
Administrator



Hats Off To Hospice

An elated hospice staff poses with Linda Miller, HFE-Nursing Evaluator II from the Minnesota Department of Health. Linda Miller made a surprise survey visit to Renville County Hospice on Tuesday, September 26. A complete 2-day survey was done auditing hospice medical records, statistics, personnel files, volunteer files, contracts, and policies & procedures. The surveyor also made three hospice patient home visits to assess the care they were receiving. At the exit interview, Renville County Hospice was given a "Clean Bill of Health" with no deficiencies.



Seated, left to right: Marilyn Hatch, Administrative Assistant; Linda Miller, HFE-Nursing Evaluator II; Sheila Steffel, Hospice R.N. Standing (left to right) Paulette Sroboda, Hospice Social Worker; Gail Wenner, Director; Marilyn Sammons, Hospice R.N.; Lynn Wiger, Hospice R.N.

Giving Back To Your Community Through HSF from page 1

Fortunately, we have local provider partners who gift their professional time and expertise to match Foundation dollars used for "hard" costs, often discounted. People needing insulin, eyeglasses, x-rays, blood work and, most frequently, prescriptions have received assistance. Guidelines include maximums of \$500 and three months' time.

Although RenCare was discontinued for a few months in 2005 for lack of funds, the Foundation is hopeful that ongoing fundraising is successful enough to continue the program without further interruption. American Bank Foundation gave the effort a

tremendous "shot-in-the-arm" with their underwriting as well as willing, competent workers for the Lois Thompson Memorial Golf Tournament this past June.

A Cowboy Auction on Friday, November 17th at Max's Grill in Olivia (see page 8 for details) promises fun for funds. Participants bring enticing items or services for the auction. Join us to make sure your auction item is fully appreciated and look for some "must-haves" or "wanna-haves" for yourself. We will also be recognizing special donors to the Foundation. Tickets include dinner and are available by calling (320) 523-3526.

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Perspective On Hospital And Clinic Integration

By David Dunn, Administrator, Prairie Family Practice



David Dunn, Administrator,
Prairie Family Practice

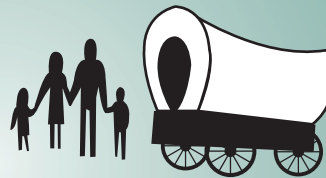
Integrate – to make whole by bringing all parts together. What a concept. With the ever-changing world of healthcare, why not bring the talents of so many people at Renville County Hospital and Prairie Family Practice together?

Healthcare is an ever-changing environment and as healthcare providers, we need to ensure we keep up with the changes.

My take on integration is that it is a long time coming and for the betterment of healthcare services offered to Renville County residents. With Medicare and Medicaid reimbursement cuts, it is very difficult for a stand-alone clinic to survive in the world of big hospital/clinic conglomerates.

Prairie Family Practice prides itself as being a clinic that cares about every patient who walks in the door. On occasion, our providers have even made house calls to patients they have served for almost 30 years! Prairie Family Practice is a unique clinic

**Renville
County
Hospital**



**PRAIRIE
FAMILY
PRACTICE**

“By integrating with the hospital, we can attract physicians who have an interest and desire to practice medicine in a rural community setting.”

because we are one of very few clinics that have owner-operators as practicing physicians.

The difficulty with this is that two of our providers are within five years of retirement. Prairie Family Practice must replace them. Research has shown that new physicians coming out of medical school don't want to be involved in the business side of a clinic. They want to see patients and not have the headaches of the day-to-day operations that come along with owning a clinic.

This means recruiting new physicians is very difficult. By integrating with the hospital,

we can attract physicians who have an interest and desire to practice medicine in a rural community setting. This could possibly give the clinic an opportunity to open an urgent care clinic after hours to serve people who are busy working 9-5 and need periodic healthcare after normal clinic hours.

With travel being so accessible, community members drive to Willmar or Hutchinson to see a physician. It makes more sense to me to keep healthcare in Renville County and to maintain a sense of continuity in healthcare. It is a blessing to our residents to have access to good healthcare right in our own backyard.

The survival of the clinic is tied to the survival of the hospital. Does integrating Prairie Family Practice and Renville County Hospital make sense to me? For the success, the ease of access, and the longevity of healthcare in Renville County, it most certainly does.

You probably know:

- Health insurance premiums have skyrocketed, resulting in more uninsured and underinsured and fewer small business employers who can afford to offer health benefits.
- Meanwhile, healthcare spending is increasing because more people are getting treated for more things. Spending triples for people from age 35 to age 75.
- Rural health care providers serve a higher than average percentage of Medicare patients and rural medicare reimbursements are so low that many providers experience significant hardships.
- Most health care consumers are mystified by costs and dramatically underestimate them.

There is an ever-expanding work plan to meet the Foundation's original access vision. It includes recruiting more RenCare provider partners, developing a coordinated focus on health and well-being for Renville County residents, exploring hardship assistance for those who must travel frequently for specialized treatments and, when possible, assist in recruitment of needed healthcare professionals to practice in Renville County.

In addition to project funding, the Foundation is also seeking endowment funding to create self-sufficiency.

RenCare Board

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Human Services

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Human Services

Paul Thompson, MD

Prairie Family Practice

Kathy Schmoll

Heartland Community Action Agency

Kathy Hungness

PrimeWest Health System

Sara Maher

Health Services Foundation

Pastor Ruth Edberg

St. Paul's Lutheran Church

To find out how you can support the Health Services Foundation of Renville County, contact Sara Maher at the Renville County Hospital (320) 523-3526 or mahers@rchospital.com or online at www.rchospital.com/rchhealth.html

**We're Close
To Home
When You
Need Us**

We're here as a community hospital. We provide a full range of services to meet your personal healthcare needs and to improve the overall quality of health in our area communities.



RCH Welcomes New Faces

Jessica Neitzel New Heart-To-Heart Director



Jessica Neitzel is the new director of the Heart-to-Heart Adult Day Services Program. Jessica lives

in Renville with her husband and three children. She is originally from Windom, Minnesota, and graduated from the LPN program at Ridgewater College.

Jessica enjoys reading and taking care of her three dogs and two cats. "But most of my time," commented Jessica, "is spent with my kids doing various activities with them."

Jessica enjoys working with older adults. She worked for several years in nursing homes and assisted living facilities. "By working here at RCH, I am able to see a different type of service available for older adults," stated Jessica.

Jessica Dolezal Joins Radiology Department



Renville County Hospital welcomes Jessica Dolezal to the radiology department. Jessica is a

Radiology Technologist. She completed her training at the North Memorial School of Radiology Technology in Robbinsdale, Minnesota where she also did her internship.

Jessica lives near Morgan and plans to be married next summer. Her fiancé Scott, is a farmer. Jessica loves to play volleyball and is in a kickball league. She is also a big Twins fan.

Jessica says she "loves it here" and thinks that RCH is the friendliest hospital around!

Lance Lothert Is New Respiratory Manager



Lance Lothert comes to RCH as our Respiratory Therapy Development Manager from the Redwood

Area Hospital in Redwood Falls. Lance is originally from Redwood Falls, Minnesota. He has an AS Degree in Respiratory Therapy from the California College of Health Sciences and an AAS Degree in Marketing Management from Ridgewater College.

Lance is credentialed by the National Board of Respiratory Care as a Registered Respiratory Therapist (RRT) and as a Certified Pulmonary Function Technologist (CPFT). He is registered by the Minnesota Board of Medical Practice as a Respiratory Care Practitioner (RCP).

Lance is certified in Basic Life Support, Advanced Cardiac Life Support and as an Emergency Medical Technician-Basic. He is an instructor in AHA Basic Life Support and AHA First Aid.

He currently works at the Redwood Area Hospital and Immanuel St. Joseph's - Mayo Health System in Mankato, Minnesota.

Emergency Room

24 hours a day - 7 days a week
Local doctors working E.R.

Consulting Specialists

Cardiology	Orthopaedics
Gastroenterology	Otolaryngology
Pathology	Podiatry
Radiology	Surgery
Urology	

Support Services

Swing Beds	Lifeline
Nutritional Counseling	

Rehabilitation Services

Physical Therapy
Speech/Language Pathology
Occupational Therapy
Cardiac Rehabilitation

Surgical Services

Same-Day Surgery
General & Specialty Surgery

Maternity Services

Birthing Options	Prenatal Education
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Emergency Services

24-Hr. Emergency Room

Diagnostic Services Offered

Mammography	Respiratory
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Therapy

Nuclear Medicine	C.T. Scanning
Fluoroscopy	MRI
Stress Test	Echocardiogram
Laboratory	Ultrasound

Pacemaker Clinic

Electrodiagnostics (EMG, EKG)

Neonatal Hearing Screening

Bone Density Screening

Audiology Services

Hearing Testing

Outreach Services

Hospice	Weight Loss
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Diabetic Counseling

Health Services Foundation

Program

Community Education	Elderly Day Services
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Caregivers Support Group	Sleep Studies
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Monitored Beds & Coronary

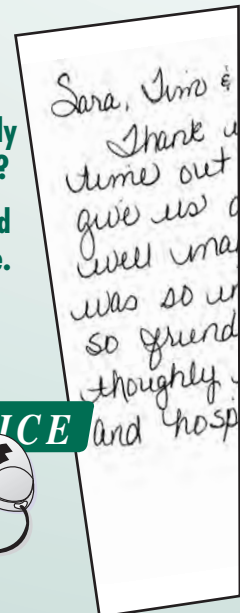
Care Unit

Know someone in the hospital at RCH?

Why not send them a daily email to lift their spirits?

Go to rchospital.com and click on the stethoscope.

Patient Email SERVICE



So What Does A Respiratory Therapist Do?

By Lance Lothert, Respiratory Therapy Development Manager

Respiratory therapists, also known as respiratory care practitioners, evaluate, treat, and care for patients with breathing or other cardiopulmonary disorders. Practicing under the direction of a physician, respiratory therapists assume responsibility for respiratory care therapeutic treatments and diagnostic procedures. Respiratory therapists evaluate and treat all types of patients, ranging from premature infants whose lungs are not fully developed to elderly people whose lungs are diseased. Respiratory therapists provide temporary relief to patients with chronic asthma or emphysema, as well as emergency care to patients who are victims of a heart attack, stroke, drowning, or shock.

To evaluate patients, respiratory therapists interview them, perform limited physical examinations, and conduct diagnostic tests. For example, respiratory therapists test patients' breathing capacity and determine the concentration of oxygen and other gases in their blood. To evaluate a patient's lung capacity, respiratory therapists have the patient breathe into an instrument that measures the volume and flow of air during inhalation and exhalation. By comparing the readings with the normal predicated values for the patient's age and height, the respiratory therapist can provide information that helps determine whether the patient has any lung deficiencies.

To treat patients, respiratory therapists use oxygen or oxygen mixtures, chest

physiotherapy, and aerosol medications. When a patient has difficulty getting enough oxygen into his or her blood, therapists increase the patient's concentration of oxygen by placing an oxygen mask or nasal cannula on the patient and setting the oxygen flow at the level prescribed by a physician. Therapists also connect patients who cannot breathe on their own to ventilators that deliver pressurized oxygen into the lungs.

Respiratory therapists perform chest physiotherapy on patients to remove mucus from their lungs and make it easier for them to breathe. For example, during surgery, anesthesia depresses respiration, so chest physiotherapy may

be prescribed to help get the patient's lungs back to normal and to prevent congestion. Chest physiotherapy also helps patients suffering from lung diseases, such as cystic fibrosis, that cause mucus to collect in the lungs. Therapists place patients in positions that help drain mucus, and then vibrate the patients' rib cages and instruct the patients to cough.

Respiratory therapists also administer aerosol medications which help open up the patient's breathing tubes. This improves ventilation and helps the patient to breathe easier.

Respiratory therapists work very closely with nursing staff to ensure the best care is delivered to the patient.



Ultrasound Available 24-7 By Dr. Paul Bubr

The newest medical tool at Renville County Hospital is a state-of-the-art portable ultrasound machine. It is available 24 hours a day, 7 days a week. Among other things, the ultrasound can locate gallstones, determine fetal positions,

measure the amount of urine left in the bladder, and detect free blood in the abdomen of trauma victims. It can be used at a patient's bedside, in obstetrics, in the outreach department and in the emergency room. We are pleased to have the new equipment that enables us to get accurate information more quickly. The hospital will continue to use mobile ultrasound for more complete exams such as pregnancy evaluations and echocardiograms to measure heart function.

Dr. Paul Bubr standing next to the state-of-the-art portable ultrasound machine

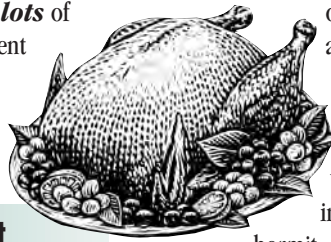
Staff -
ou so much for taking
of your busy schedule to
hour of your efficient
aged hospital. Everything
testing and your staff
up and knowledgeable. We
enjoyed the lunch you served
today. Thanks again.
Adeline Roiger, Sec.
Sawyer Civic League

Nutrition Notes

Thanksgiving Calorie Count..... How Does Your Dinner Add Up? *By Stacey Heiling RD,LD*



It is that time of year again! As the holidays approach, we anticipate parties and dinners with family and friends and *lots* of food! If we think of our daily allotment of calories as a budget, just how far does the typical Thanksgiving dinner set us back? Check out the numbers:



Overall, this is disturbing, especially since this is just one meal. Also, take special note of the portion sizes listed as yours may vary.

So what is the solution? Start a strict diet and deprive yourself of the whole meal? Lock yourself in your room, become a

hermit, and forget about attending

all holiday events? Nothing that drastic is in order. There are a few simple options and tips to help maintain a healthy balance throughout the holiday season.

First of all, take a look at the calorie counts for each item in the Thanksgiving dinner. Plan ahead and ask yourself which foods you cannot live without and which ones you can cut back on or cut out completely. In other words, treat your dinner as you would (or should) treat your budget and cut out the things you don't really need.

About.com is a website that offers a Thanksgiving Calorie Calculator. The site has a simple checklist of foods and portions that you can select. It does the math and totals up

your calories. Once this is done, the site actually tells you how far you will need to walk (measured in steps or miles) to work off your holiday feast!!! Do this before you eat to help you make better choices or do this after dinner to come up with a walking program to help you combat calories already consumed.

If you are not Internet savvy, there is no need to worry. There are some basic holiday cooking and eating tips that can help you "lighten up" your Thanksgiving dinner:

Try a low fat soup or coffee and tea as a first course. Warm liquids empty from the stomach slowly and you will feel less hungry during the rest of the meal.

Try a simpler sweet potato recipe. Instead of the casserole with the marshmallows, try a baked yam or sweet potato. If you still crave the extra sweet, slice yams in a casserole dish with a little water and drizzle with real maple syrup.

Try a plain vegetable or a green salad with light salad dressing instead of the green bean casserole.

Try reducing the sugar in your fruit pies. You can reduce the sugar by a third to a half in most fruit pie recipes. Experiment with reducing by a 1/3 first and see if it is to your taste. There are actually many recipes that you can easily reduce the sugar and no one will notice.

Find alternatives to heavy fats in recipes. For pumpkin pie, use an egg substitute and condensed milk instead of eggs and milk. Try using nonfat sour cream or light sour cream and half the butter in your mashed potatoes. In your stuffing recipe, add a little less butter and a little more chicken broth.

Whether you choose to walk more or eat less, reducing overall calories is an excellent way to feel better, maintain weight, reduce stress, and have a holiday meal you can be thankful for! **Happy Thanksgiving!**

Thanksgiving Dinner Count

6 oz	turkey	340 calories
½ cup	mashed potatoes	150 calories
½ cup	stuffing	180 calories
½ cup	gravy	150 calories
½ cup	green bean casserole	225 calories
½ cup	cranberry sauce	190 calories
½ cup	candied sweet potatoes	150 calories
1	dinner roll	100 calories
1	pat butter	45 calories
1/8 slice	9" apple pie	410 calories
½ cup	whipped topping	75 calories
1 glass	wine	120 calories
1 cup	coffee	0 calories
	(with cream and sugar)	50 calories
Total Calories		2185 calories

A Heart Felt Good-bye To Barb Krogstad

Barb holds a special place in our hearts and in the hearts of all the clients that she served these past ten years. Best wishes!



Above: Barb Krogstad.
Left: Heart-To-Heart
Nativity play.

Haakensons Return To Ethiopia

Michal Ann and Bob Haakenson met in high school and shared an interest in foreign medical missions. They were married in 1964 when Michal Ann completed her nurses' training. When Bob graduated from LSU Medical School in 1966, they went to Ethiopia for the summer on a drug company fellowship. Five years later, after more training and experience, they left for Ethiopia under an American Lutheran Church program. Bob was the Medical Director of a 70-bed church-owned hospital in Wollo Province. Michal Ann supervised a cotton industry that provided work for about 50 people during the famine. They returned to the United States in 1976 after a communist revolution deposed Emperor Haile Selassie and their work in Ethiopia was hindered.

The Haakensons lived and worked in Forest City, Iowa, for 15 years and in 1992, Bob accepted the invitation of Dr. Paul Thompson to join the Prairie Family Practice clinic in Olivia. Bob retired from the clinic a year ago.

Then an opportunity developed for Bob and Michal Ann to return to Ethiopia as volunteers with Medical Ambassadors International. Instead of traditional curative medicine and surgery, Medical Ambassadors International provides education and

development to the world's poor. It provides holistic classes on a variety of topics including disease prevention, sanitation, nutrition, HIV/AIDS, micro-enterprise, and animal husbandry along with spiritual lessons from the Bible (or "moral lessons" in Muslim or communist cultures). The motto is "Transformed Lives Transform Communities". With this change, Medical Ambassadors recently changed its name to Life Wind International.

The MAI program provides training for whatever community, church, or group that wants to implement this education and development program. MAI will train the teachers who in turn will train the volunteers (called Community Health Educators) who are responsible for teaching each lesson they learn to their neighbors. The task of the MAI facilitator in Ethiopia is teaching and arranging classes as well as promoting the program to church leaders, government, and non-government groups.

The Haakensons spent two months in the Philippines this summer in a training



Michal Ann and Dr. Bob Haakenson, pack up for another adventure to Ethiopia.

program to learn to implement and supervise the program in Ethiopia. They left October 10th, attended a Regional Conference in Nairobi, Kenya, for the East African MAI teams and then traveled to Ethiopia on October 23 to "get settled" somewhere, probably in Addis Ababa, the capitol of Ethiopia. A tour is planned that will orient Bob and Michal Ann to the area of the country where many of the project communities are located.

The Olivia Lion's Club held their Fall Breakfast as a fundraiser for the Haakensons. Thank you Bob and Michal Ann for your dedication to helping others.

Reindeer Run & Walk



The 2005 Reindeer Run & Walk was a heartwarming success for Santa's Closet. Call Sara at (320) 523-3526 to join the fun on December 2nd!

Left: Jayme Ryan from Bird Island and Nancy Elbert from Olivia take part in the 2005



Top: Michelle and John Brown walked through the 2005 winter wonderland.

Left: Lyn Knoke of Dirk's Furniture, stuffs another toy in to Santa's Bag.

Renville County Hospital

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Tim Middendorf

Editor

Sara Maher

Events At RCH

HSF Cowboy Auction

November 17th, 5-9 p.m. at Max's Grill in Olivia.

Reindeer Run & Walk

Saturday, December 2nd. Join us for hot chocolate and a heartwarming run or walk. Entry fee: a nice unwrapped Christmas gift for a child. For more information and entry form visit our website at www.rchospital.com

Prenatal Education Classes

Beginning in January 2007 on Thursday evenings at the Hospital Conference Room. Register by calling (320) 523-1261, cost \$25

Diabetes Education

Certified by the American Diabetes Association, diabetic education is ongoing, every other Thursday. Appointments may be made at RCH following your physician's referral.

Caregiver Support Group

3rd Tuesday of each month from 1:30 to 3 p.m. Hospital Conference Room. Leave your loved one at Heart-To-Heart while you attend the meeting.

Visit us online at www.rchospital.com

Cowboy Auction

2005 auction
 item Pregnant
 Skeleton painting
 by Rick Vogt.



Max's Grill
Friday
November 17th
5 - 9 pm \$15

BBQ Pork & all the
 fixins!
 Y'all come & have a
 great time! Yee haa!

To purchase tickets
 call Sara Maher at
 523-3526

HEALTH SERVICES
 FOUNDATION

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