

HOSPITAL

OLIVIA SITE

HECTOR SITE

RENVILLE SITE

Vol. 24 • No. 1  
Summer/Fall 2007  
www.rchospital.com



## RC Hospital & Clinics...



### History Of Our Clinics

- 1978 ■ Dr. Paul Buhr joins Dr. Paul Hanson in private practice.
- Clinic is located at corner of Highway 71 South and Highway 212 in Olivia.
- 1980 ■ Dr. Hanson leaves the practice.
- Dr. Paul Thompson joins Dr. Buhr.
- 1982 ■ New clinic building is built at current site in Olivia.
- 1983 ■ Dr. Ahlquist works as medical student in the practice.
- 1985 ■ Hector clinic opens.
- 1986 ■ Renville clinic is staffed by Prairie Family Practice.
- 1988 ■ Dr. Ahlquist joins the practice.
- 1989 ■ New Hector clinic opens.
- 1992 ■ Dr. Haakenson joins the practice; retires in 2006.
- 1996 ■ Dr. Tilby joins the practice; retires in 2005.
- 2005 ■ Dr. Nazita Adili-Khams joins the practice.
- 2007 ■ Prairie Family Practice integrates with Renville County Hospital and becomes RC Hospital & Clinics.



### Ensuring High Quality Medical Care, Close To Home

The business signs have changed outside the former Prairie Family Practice clinics to reflect the integration of the Hospital and Clinics into RC Hospital & Clinics, but inside the three clinic sites: Olivia, Renville, and Hector, customers still find the same dedication to providing medical care, close to home, of the highest quality. Brenda Miller, RN, and clinic nurse manager, has been a nurse for 28 years. "I have never worked with a better group of physicians than here. They are kind, compassionate, and committed to finding the best outcomes for everyone." The doctors Miller refers to are Dr. Paul Buhr, Dr. Paul Thompson, Dr. Mark Ahlquist, and Dr. Nazita Adili-Khams. And recently retired doctors, Dr. Brian Tilby and Dr. Robert Haakenson certainly fall within this category, as well.

The clinics have always focused on family practice, providing all aspects of healthcare from birth to death, babies to seniors. "We provide so many services," said Miller, "such as pre-natal, well-child, physicals, referrals, cast care applications, mole removals, skin biopsies, x-rays, toe nail and skin tag removals, DOT and non-DOT drug testing, and of course, high complexity lab and chemistry

testing including cholesterol, PSA (prostate specific antigen) and blood sugars." A few clinic services people may not be aware of are weight-loss counseling and ADHD and ADD diagnoses. Staff are also certified as breath-alcohol technicians and Miller is certified to perform OHSA lung-capacity testing.

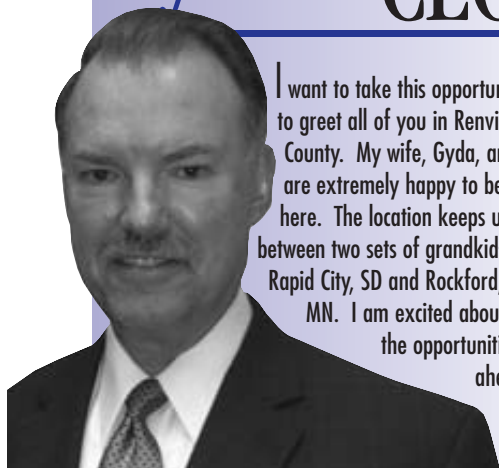
Besides the doctors, the clinics are staffed by two Nurse Practitioners, one Physician Assistant and one Registered Nurse. Support staff includes two LPN's, six medical assistants, and six office staff. Staff has regularly assigned days in the three clinics, but have the flexibility to be able to work in all three locations.

Behind the scenes, the integration of the clinics and hospital is beneficial for ensuring the long-term viability of the clinics.

Administration is now under one roof and, in some instances, the need to duplicate expensive medical equipment is reduced. Doctors will be able to concentrate on practicing medicine rather than running a business and, according to Miller, this will help in recruiting doctors since new doctors today are often financially unable to support a private practice.

For more information about the RCH&C medical staff and clinics visit our website at [rchospital.com/rchmedstaff.html](http://rchospital.com/rchmedstaff.html)

# Letter *from the* CEO



I want to take this opportunity to greet all of you in Renville County. My wife, Gyda, and I are extremely happy to be here. The location keeps us between two sets of grandkids in Rapid City, SD and Rockford, MN. I am excited about the opportunities ahead

with RC Hospital & Clinics. I am in my fourth week on the job and still making discoveries. Those discoveries are turning out to be overwhelmingly positive. There have been many decisions made and steps taken to assure that our organization is positioned to provide you with top quality healthcare now and into the future.

One positive step that has recently been completed is the integration of Prairie Family Practice Clinics and Renville County Hospital into RC Hospital & Clinics. There are many positive reasons for doing this integration such as recruiting, efficiency, and Medicare reimbursement. The biggest reason, though, is to be able to plan and coordinate services for you, our customers, as we move forward.

We offer a lot of in-house services here that are uncommon for a facility our size. I was surprised to learn that we had a Registered Dietitian and CRNA (Nurse Anesthetist) on staff. In radiology, the PAC system, bone densitometry, CT, and mammography equipment are impressive. Our therapy department and lab are extremely comprehensive. Our clinics are ahead of the curve in the implementation of electronic health records.

We will be undertaking a comprehensive master facility planning project to enable the best facility utilization plans. We will consider remodeling, construction, or a combination in order to provide the best service delivery possible.

Our biggest asset is our staff. We have a dedicated, caring, professional group of people who are working hard to provide the best care available. My goal is to provide service that will entice everyone in the county to use our services.

Glenn Haugo, RC Hospital & Clinics CEO

## 34 Years Of Dedicated Service

After nearly 35 years of making sure things run smoothly at Renville County Hospital and most recently at RC Hospital & Clinics, Dave Lofgren retired on October 1. After working at the courthouse, Dave continued as a county employee and moved to RCH in 1973. He has been the head of the hospital maintenance department since 1975.

When asked what he plans to do in retirement, Dave answered "nothing but relax for the first few months, then we'll see what happens."

Congratulations on your retirement, Dave,



Retired Hospital Administrator Dean Slagter, congratulating Dave on his 34 years of service.

and best wishes! We appreciate your many years of dedicated service and we'll miss you!



## On The Radio

Summer Interns: Mandi Schmoll and Missy Benson team up with Chuck Blum and Elsa Skeie to do a radio gig together on nursing.



## RCH&C Fall Mammography Clinic

October 2007

Call the hospital at (320) 523-1261  
to set up an appointment.



# RCH&C Sponsors Tonic Sol-fa Holiday Concert In Willmar

**T**onic Sol-fa has spent the past decade carving their niche as the nation's top vocal group. This quartet has been named one of the top five "must see" groups in America, has been awarded numerous original song and album awards in pop, gospel and holiday genres, appeared on NBC's Today Show, and in the pages of Newsweek magazine. Outings with Jay Leno, Shawn Colvin, Lonestar, and Garrison Keillor have propelled album sales to more than 1,000,000 copies (mostly sold from the back of their trailer!) and have earned the group thousands of intensely loyal fans.

The New York Times describes Tonic Sol-fa's sound as "a vocal kaleidoscope... unique to the human voice." Improvisational

and passionate music combined with cutting-edge stage presence is the benchmark by which critics and fans agree: nobody does it like Tonic Sol-fa.

In 2000, the quartet was voted into the Midwest Music Hall of Fame. 2005 brought the group's music to radio stations and retail stores nationwide. And in 2006, Tonic Sol-fa's first public television Christmas special was broadcast to over 1,800 stations across the United States, with an international launch to begin this year.

TSF performs approximately 150 concerts each year across 48 states to a combined audience of more than 250,000 people. Don't miss this RCH&C Holiday sponsored concert on December 8 at



7:30 pm and December 9 at 2 p.m. at the Willmar Education & Arts Center, 611 5th St. SW in Willmar. Tickets are \$20, general admission, and are available at RC Hospital & Clinics Business Office in Olivia.



## Seniors Have Fun... Volunteer At Heart-To-Heart

Are you a whist or other card game player looking for partners? Are you someone who loves to read and likes to read to others? Are you a craft lover who likes to share your time and skills with other crafters?

If one or more of the above activities sounds like something you enjoy doing, **we have an opportunity for you!** RC Hospital & Clinics is looking for dedicated and fun seniors to volunteer in our Heart-To-Heart Adult Day Services program. If you are interested in finding out more about this great opportunity, call Jessica at (320) 523-3434. We will be waiting to hear from you!

### Merci!



Thank you to Christie Marks of Danube for her donation of stuffed animals to RCH&C. Thanks for making a difference Christie! RCH&C is always looking for new toys and games and used or new DVDs.

View the new arrivals online  
[www.rchospital.com](http://www.rchospital.com)



### BOLD ECFE Fall Tour

The BOLD ECFE Class enjoyed a tour of RC Hospital & Clinics this fall.



# Grow Health Communities



## **“Just For The Health Of It” Fun Run/Walk**

*80 area participants registered for this year's event. A big thank you to the generous sponsors: Health Choice of Olivia, Rural American Fitness, Health Enhancement and RC Hospital & Clinics.*





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## Kids Triathlon

*The 1st annual Kids Triathlon was an instant success. Swimming, biking and running was the perfect event to keep the kids in shape during the Summer of '07.*



## Area Parades

*Hector Corn Chaff Days, Danube Fun Days and Corn Capital Days were where the parties were this summer. The RCH&C team had a blast participating in the parades and promoting our "Growing Healthy Communities" byline.*



Hi, I'm Mandi Schmoll from Olivia. I am starting my first year in the nursing program at Minnesota State University, Mankato, and I can't wait!

This summer, I did an internship at RC Hospital and

Clinics. I was involved in a few different departments throughout the hospital and clinics. I helped with the Corn Capital Days Parade, the Renville County Fair, the *Just for the Health of It* Run, radio ads, name badges, and paper work. I was involved with a dietary counseling session and I explored the lab. I was even able to sit in on a surgery, which was an incredible experience as I plan to go on after I get my nursing degree to become a nurse anesthetist. The integration of the hospital and clinic was a real learning experience for me. Thank you to Sara Maher, Lynette Bernardy, and all the other caring employees for taking care of us (the interns) this summer and giving us the chance for this great experience!

# Summer Interns



My name is Kelly Hannah from Renville and I am a senior at Renville County West High School. During my internship, I had many opportunities to

work in various departments within the hospital and clinic. In the Business Office, I helped register patients, made key charges, and labeled various documents. In the Marketing Department, I helped Sara organize parades and a variety of other events and worked on writing radio ads.

My internship at RC Hospitals and Clinics was an excellent way for me to see and learn about all the different job opportunities a hospital offers. Thank you to everyone who made this internship an awesome experience this summer!



Growing Healthy Communities



My name is Missy Benson from Olivia and I am currently a sophomore at South Dakota State University pursuing a degree in nursing. This summer I had the

opportunity to be involved with the many changes that took place during the integration. One project we tackled this summer was taking pictures and making new nametags for all the employees. What a challenge it was!

Throughout the summer I was also involved with many other activities and events such as the *Just for the Health of It* Fun Run/Walk, parades, the Renville County Fair, radio commercials, job shadowing experiences and much more. I was even able to observe the miracle of birth along with several other surgeries!

A special thanks to Sara, Lynette, and the rest of the friendly staff at RC Hospital & Clinics for making this internship such an incredible experience.



## RCH&C Tours

Left: Annette Raitz' First Grade class from St. Mary's Catholic School in Bird Island sent us a photo of the class wearing their new surgery masks and caps.

Right: They also sent a big thank you to RCH&C for the tour.



Each year RCH&C gives hospital tours to 175 first graders from around the area.

## Bringing Healthcare to the Next Level for Our Patients



Board certified otolaryngologist - head and neck surgeon

Trust your family's care with the most experienced ear, nose and throat doctor in the area, Dr. Marty Janning. Dr. Janning provides medical and surgical treatment of head and neck disorders for patients of all ages. He has more than 15 years of experience and is one of the growing team of physicians and surgeons at the Family Eye and ENT Center in Willmar.



Make an appointment today by calling **523-1261**

RC Hospital & Clinics | [www.rchospital.com](http://www.rchospital.com) | (320) 523-1261

# RCH&C's DON Gives Her Time And Talent To Help Others

Jan Dixon, Director Of Nursing (DON) at RCH&C, spent a week this summer dedicating her time to helping others enjoy the great outdoors. For six days, Jan assisted at Northern Pines in Park Rapids at the Eccumenical Friendship Camp for Developmentally Delayed Adults. Some of the campers have experienced developmental delays or mental illness.

The goal for the week was to experience a normal life in the north. There were crafts, boating, and swimming during the day, with music and campfires in the evening. They went home with great feelings of accomplishment having spent an educational and relaxing week in the woods. Thanks, Jan, for sharing your time and talents!

## Diabetes Facts and Fiction

RC Hospital & Clinics  
Monday October 29  
6:00 pm - 7:00 pm

*Are you or a loved one at risk for diabetes? This class is designed to give general information on diabetes, as well as, nutrition information with a focus on prevention. This is not a course intended for those already diagnosed with diabetes.*

**Instructors: Darlene Nere, RN and Stacey Heiling, RD, LD**

**Cost: \$15.00    Class limit: 10**

**Call (320) 523-1261 to reserve.**

### Emergency Room

24 hours a day - 7 days a week - local doctors

### Consulting Specialists

Cardiology	Pathology
ENT	Podiatry
Gastroenterology	Radiology
Orthopedics	Surgery
Otolaryngology	Urology

### Support Services

Swing Beds	Lifeline
Nutritional Counseling	

### Rehabilitation Services

Physical Therapy	Occupational Therapy
Speech/Language Pathology	Cardiac Rehabilitation

### Surgical Services

Same-day Surgery  
General & Specialty Surgery

### Maternity Services

Birth Options	Prenatal Education
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### Diagnostic Services Offered

Mammography	Respiratory 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
Health Services Foundation	Diabetic Counseling

### Programs

Community Education	Elderly Day Services
Caregivers Support Group	Sleep Studies

### Monitored Beds & Coronary Care Unit

### Active Medical Staff

Dr. Paul Thompson, <i>Chief of Medical Staff</i>	
Dr. Mark Ahlquist	Dr. Paul Buhr
Dr. James Cosgriff	Dr. Nazita Adili-Khams
Dr. Brian Tilby	

### Associate Staff

Rose Nepsund, PA	Ruby Rhines, RN, CNP
Janelle Sunvold-Palmer, CNP	

### Board Of Directors

Paul Setzepfandt, <i>Chairman</i>	
Bob Fox	John Stahl
Dr. Paul Buhr	Gale Dahlager
Dolores Nelson	Ralph Novotny

### Administrator

Glenn Haugo

### Editor

Sara Maher



Know someone in the hospital at RCH&C? Why not send them a daily e-mail to lift their spirits? Go to [rchospital.com](http://rchospital.com) and click on the stethoscope.

## Topics In Physical Therapy Low Back Pain/Sciatica

Andrew Schotzko, PT

Low back pain and/or leg pain that travels down the large sciatic nerve is generally referred to as sciatica. Sciatica is usually caused by pressure of the sciatic nerve from a herniated disc or from pinching of a nerve caused by degenerative changes in the spine. Radiating leg pain can also come from the sciatic nerve being compressed by the piriformis muscle located in the hip. This technically is not sciatica.

Treatment of the pain depends on the true cause of the pain. Treatments such as traction, manual therapy on the spine and/or hip, ultrasound, or electrical stimulation may be used. Exercise is also very important to stretch and strengthen the spine and legs.

Physical Therapist Andrew Schotzko can thoroughly evaluate your back to determine the cause of your back and leg pain. He can then develop a specific treatment program for you and prescribe exercises that will help your individual back problem.

**Call Andrew Schotzko, PT of Big Stone Therapies, Inc.  
at RC Hospital & Clinics (320) 523-3470**

## Events

### Renville County Cancer Support Group

A Renville County Cancer Support Group is in the process of being formed. First gathering to be held this fall, at RCH&C. Please call Diane Drager at (320) 848-2627 if interested in joining or being on the committee.

### Fall Mammography Clinic

October 2007 call the hospital at (320) 523-1261 to set up an appointment.

### Senior Expo

Thursday, October 18th, Buffalo Lake Elementary School in Buffalo Lake. Cost \$1.

### Diabetes: Facts and Fiction

Monday, October 29th, 2007 from 6-7 p.m. in the Hospital Conference Room. To register call Stacey Heiling RD, LD at (320) 523-1261. Cost \$10.

### Tonic Sol-fa Holiday Concert

RCH&C Holiday sponsored concert on Saturday, December 8 at 7:30 pm and Sunday, December 9 at 2 p.m. at the Willmar Education & Arts Center, 611 5th St. SW in Willmar. Cost \$20. Tickets available at the RC Hospitals & Clinics Business Office. See page 3 for more information.

### Diabetes Education

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

### Caregiver Support Group

3rd Tuesday of each month from 1:30 to 3:00 p.m. Hospital Conference Room. Leave your loved one at Heart-To-Heart while you attend the meeting.

### Hospice GOOD GRIEF

Hospital Conference Room. To register call Paulette Svoboda, LSW (320) 523-3451. Free of Charge.

Visit us online at [www.rchospital.com](http://www.rchospital.com)



## Flu Shot Clinics

### OLIVIA SITE

9 am-5 pm  
Wednesday, October 17  
Thursday, October 25  
Thursday, November 1

### HECTOR SITE

9 am-5 pm  
Monday, October 15  
Wednesday, October 24  
Tuesday, October 30

### RENVILLE SITE

9 am - 12:30 pm & 1:30 pm-4 pm  
Tuesday, October 9  
Tuesday, October 16  
Tuesday, October 23



## RCH&C Smoke Free Campus October 1st

RCH&C became a smoke-free campus this fall. What does this mean to me? Smoking will not be permitted at any of the three clinics, the hospital, or parking lots.

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