

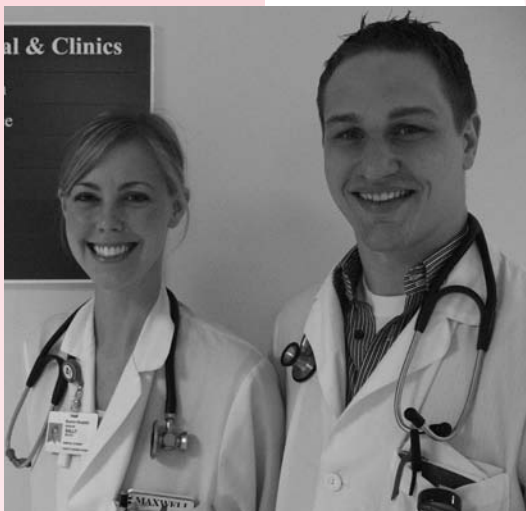
## IN THIS ISSUE

- ② Notes from CEO Glenn Haugo • New RCH&C Board Heartland Express A Big Part Of Heart-To-Heart
- ③ HSF Board Retreat • Italian Vacation Adult Vaccinations Can Prevent Needless Illness
- ④ Babies & Families Welcome • RCH&C Schedule
- ⑤ RCH&C Swingbed • Mammography Clinic
- ⑥ Guatemala Trip Dos • RCH&C Promotes Reading
- ⑦ Senior Nutrition: How Great Is The Need? Services At RCH&C/Staff/Board of Directors
- ⑧ Lead Recalls Weighing Heavy On Your Mind? Fresh Start Weight-Management Group • Events



## Intern Couple

Jason and Sally Bruns, fourth-year medical students at Kansas City University of Medicine and Biosciences, will be completing a rural family medicine rotation at RC Hospital & Clinics for the next four weeks. The couple will be working with Dr. Paul Thompson and Dr. Mark Ahlquist. Jason is the son of Steve and Jill Bruns of Hector and Sally is from Pueblo, Colorado. The couple married in Hector this summer after spending their third year in Columbus, OH. During this year they have enjoyed traveling to various locations to interview for residency positions. These locations included: Detroit, MI, Columbus, OH, Cleveland, OH, Toledo, OH, Hector, MN, and Colorado Springs, CO. Jason and Sally will graduate from medical school on May 17, 2008, and begin their internships on July 1, 2008. The location of their residency will be determined in February. Jason plans to pursue a career in Emergency Medicine, while Sally will be studying Internal Medicine.



# Circles of Care

Growing Healthy Communities

HOSPITAL

OLIVIA SITE

HECTOR SITE

RENVILLE SITE

Winter 2008 www.rchospital.com (320) 523-1261

## RC Hospital & Clinics Is Vital to Vibrant Health Care Sector

RC Hospital & Clinics is dedicated to providing outstanding patient care locally.

This is our central mission and is the focus of this *Circles of Care* article. In upcoming *Circles of Care* newsletters, we'll take an in-depth look at two other crucial contributions of RC Hospital & Clinics: its impact on our rural economy and the role it plays as a provider of related services to our communities.

As a regular reader of *Circles of Care*, you are familiar with our wide range of medical services and our excellent track record of providing services of the highest quality both through in-house staff and through our network of service providers. RC Hospital & Clinics providers: Dr. Buhr, Dr. Thompson, Dr. Ahlquist, Dr. Adili-Khams, Dr. Cosgriff, Ruby Rhines, RN, CNP, Rose Nepsund, PA, and Janelle Sunvold-Palmer, CNP, see over 16,100 patients annually and work together to insure a seamless medical system for you.

RC Hospital & Clinics also provides 24-hour emergency room coverage. In fact, in 2007, the ER served 1,635 patients. Emergencies are something none of us can

predict and the availability of the ER close to home is, we believe, an important aspect of our quality of life in Renville County.

Our outreach specialists further enhance our medical services. It just makes economic sense that specialists come to us. From diagnostic services and specialty surgery, to consulting specialists and audiology services, to outreach and health education programs, RC Hospital & Clinics makes it possible to do most of your medical care right here at home. When additional services are called for, we don't hesitate to refer you to outside medical providers and make sure you get there as quickly as needed, whether it is making a timely appointment for you or rushing you by ambulance or helicopter to the appropriate facility.

Our highly qualified network of providers is, first and foremost, the most important part of the medical services we provide for you. However, our commitment to quality can also be seen throughout the facility. Electronic health records, PACS digital imaging technologies, and the new CT scanner are just a few of the cutting edge technologies in use today to provide you with a superior patient experience!

We know that providing healthcare is more than just providing medical check-ups and treatments. Taking care of our healthy bodies is an important component of long-term good health. From well-baby care,

## The "Asset Value" Of A Community Hospital

I recently heard a comment questioning the cost to Renville County taxpayers of the recent purchase of Prairie Family Practice by the hospital. It prompted me to try to clarify the cost of the county hospital to county taxpayers. The simple answer is that no county property tax money is used to operate the hospital. It survives like most other hospitals- by fees for

services. It receives none of the county tax levy.

The original county hospital, opened in 1951, was organized as a non-profit. It was partially financed with grant and loan money through the 1946 Hill-Burton Act, as were over 4000 community hospitals around the country in the post-war era. In the 1960's management was taken over by Renville County, enabling the use of federal revenue sharing dollars for the 1975 addition.

The necessity of healthcare access for a community is unquestioned. Realtors will say that the most frequent questions asked by those considering a move to an area are about its hospitals, schools, and churches, in that order.

In addition to the obvious benefits of having healthcare available at a local hospital, there are some direct economic benefits many have not considered. A hospital is a primary industry in an area, just like raising corn and beans. 95 percent of patients carry some form of third party payment: health insurance, Medicare, or Medicaid. That third party payment is a pre-paid asset. They can choose to have that third party payment directed locally, or they can take it outside the county. If they use that benefit locally, new dollars come into the county from the third party payer that weren't here before. These are primary dollars just like growing and selling corn or beans. If one retailer buys a good from another retailer, those are secondary dollars that were already in the community. Economists say that primary dollars will turn over five times in a local economy.

RC Hospital & Clinics has a \$13 million budget; \$6.5 million of that is payroll. We have 138 employees. They come from virtually every community in the county. Paychecks go back to all of those communities to turn over locally. So, the next time you hear a discussion about the cost of the hospital, explain to those involved that a hospital doesn't cost a community, it's an asset that brings income into a community.



Glenn Haugo, RC Hospital & Clinics CEO

## New RCH&C Board Is Sworn In



RC Hospital & Clinics new board members took the oath of office at the regularly scheduled meeting on January 22nd. County Auditor/Treasurer Larry Jacobs swore in Bob Mehlhouse, Bob Ehlers and Dr. Dean Lindquist in Olivia.

## Heartland Express A Big Part Of Heart-To-Heart

For over 11 years, Renville County Heartland Express has been providing transportation for the clients of Heart-To-Heart. Without this valuable service, families would have the burden of supplying transportation themselves. In 2007 the total Heart-To-Heart bus trips were 3,383. Volunteer trips also averaged 72 per month.

Heartland Express provided special trips for the Nativity Scene at Fairview Place, a Greenhouse tour and as always, delivers *Circles of Care* to area Post Offices. Thank you Heartland Express!



Above: Heart-to-Heart Volunteer Drivers transport clients from the communities of Hector, Buffalo Lake and Fairfax. Driver Charlie Korsmo escorts Eugene Hillmann and Ida Raitz.

Right: Heartland Bus driver Glen Rodel and Heart-To-Heart Program Director Jessica Neitzel welcome (left) Althea Freitag, Bernice Olson (seated) and Verdena Knutson.



# HEALTH SERVICES

FOUNDATION



The Health Service Foundation (HSF) Board met in January for a full day retreat. Organized in 1998, HSF has assisted Renville County residents who need access to medical care at a time of financial crisis. At the retreat, the board created a new vision and mission statement. Members include front row, left to right: Mary Page, Gail Wenner, and Gwen Nesburg. Back row, left to right: Bob Mehlhouse, Dave Dunn, Dr. Jennifer Seidl-Robideau, Mike Jacoby, Jerry Brustuen and Glenn Haugo.

A special thank you to the wonderful nurses (Sheila & Cindy) and volunteers of the Renville County Hospice for the great care, love and concern given Bob during his illness.

Also a great big thanks for the birthday party given at the cafe in Sacred Heart for Bob. Special thanks to Dr. Snuggles. You girls are wonderful.



RENVILLE COUNTY  
hospice

God bless you all, Lu Whittet & Family



Denise Pietig RN, Sheila Steffel RN, and Dr. Jim Cosgriff in front of the Trevi Fountain on an 11-day pilgrimage to Italy.

## Adult Vaccines Can Prevent Needless Illnesses

Vaccines are basic building blocks of preventative medicine. But many of us think vaccines are "just for kids". A survey by the National Foundation for Infectious Diseases found that aside from the flu vaccine, most adults have trouble even naming diseases that they could prevent with a simple inoculation.

Besides the flu vaccine, adult vaccines include inoculations for pneumococcal disease, hepatitis A, hepatitis B, tetanus, diphtheria, pertussis (whooping cough), meningococcal disease and shingles. "We really need to get beyond the mentality that vaccines are for kids," said the U.S. Assistant Surgeon General, Anne Schuchat. "By skipping vaccination, people are leaving themselves needlessly vulnerable to significant illness, long-term suffering, and even death. Vaccines are for everybody."

The shingles vaccine has been available since 2006. Shingles is an extremely painful nerve condition caused by the chickenpox virus. Anyone who has ever had chickenpox is at risk, especially once they reach their 60's. There are about one million new cases of shingles each year. Up to 200,000 of those who get shingles develop a particularly bad type of nerve pain called post-herpetic neuralgia (PHN) that can persist for months or even years.

There is also a booster shot for adults for pertussis or whooping cough. Most of us are aware of this vaccine given to babies, but aren't aware that its effectiveness starts to wear off by adolescence. Older patients with pertussis usually recover, but the pertussis cough can cause weeks of misery and be so strong it causes vomiting or even breaks a person's rib. Adults can also spread the illness to not-yet vaccinated infants who are at risk of dying from this bacteria infection. The pertussis booster was added to the tetanus and diphtheria booster which has long been recommended for adults.

Only about 10% of women ages 18 to 26 have received at least one dose of a three-shot series that protects against the human papillomavirus, or HPV, that causes cervical cancer.

Even flu immunization rates nationally are below the goals set by the Center for Disease Control. Influenza kills an estimated 36,000 people in the U.S. every year.

Ask your doctor if you need additional adult vaccinations.

# Babies & Their Families Welcome!

The home-like birthing suites at RC Hospital & Clinics are the perfect place to welcome your new baby into the world. While waiting for baby, enjoy room service, the comfy bed in our tastefully decorated room, complete with rocking chair and a whirlpool tub! New moms tell us the whirlpool helps them relax and brings comfort during labor by relieving body pressure. (Water births are an option.) We also have a nurse with doula training. A doula is a knowledgeable, experienced companion who stays with the mother through labor and birth offering emotional support, encouragement, and wisdom. And even more comforting is knowing that all this luxury is within a few steps of expert medical care.

"The birth experience is something that is readily remembered. Women continue to tell these experiences for years," said Rachel Walz, OB RN. "We want to make this memorable experience remarkable for our patients. We strive to respond to individual requests and to get the details right so the overall experience exceeds the mother's expectations."

RC Hospital & Clinics is one of only seven hospitals in the state that uses the HALO®SleepSack™ ([www.halosleep.com](http://www.halosleep.com)) to help promote a healthy sleeping environment and help baby feel secure and sleep well. The

HALO®SleepSack™ replaces loose bedding in the crib that can cover baby's face and interfere with breathing. It carries the First Candle/SIDS Alliance #1 Safe Sleep Product Gold Seal. The American Academy of Pediatrics suggests that wearable blankets provide a safe sleep environment for infants.

"A certified lactation consultant is available to help with breastfeeding and we have a great team of nurses who want to help make breastfeeding a success," said Walz. 24-hour breastfeeding support numbers are given to mothers in case they have questions about breastfeeding after they leave the hospital.

With your permission, we invite you to share your good news with family and friends by announcing your baby's arrival on *Nursery Net*, a special feature of [www.rchospital.com](http://www.rchospital.com). We post baby's picture, height and weight, and the names of baby's parents and brothers and sisters so loved ones near and far can see your newborn right away!

"All births at RC Hospital & Clinics are special.



*Miss Riley Mae*  
RC Hospital & Clinics 2008 New Year's Baby

When the time comes to take baby home, we want to make your transition memorable," said Walz. All families with newborns are currently receiving the HALO®SleepSack™, a fruit basket, a hand-made blanket from the Danube Methodist Church, a hand-knit hat and mittens donated by Generations for Warmth, (a women's group from the Gibbon area), and a keepsake plate compliments of Terry's Market and Dirks Furniture in Olivia.

Getting ready for a new baby is an exciting time. Don't forget to start your birth experience with our informative, pre-natal classes – just \$25 or free to patients having their baby at RC Hospital & Clinics! Call (320) 523-3444 to register. Topics include labor and delivery, pre-term labor, relaxation techniques, newborn care, postpartum care, breastfeeding, bottle feeding, and other helpful tips.

"Developing a relationship with RC Hospital & Clinics medical providers can be very beneficial for mom and baby," added Walz. "You see the provider during pregnancy and follow up with them for well-child care. If your child becomes ill after hours, the same providers are there to help. If you have a simple medical question about yourself when your child has an appointment, you can ask and get a great answer because the providers know you. Come check us out!"

## PRACTITIONERS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
OLIVIA SITE	Dr. Ahlquist Dr. Adili-Khams	Dr. Ahlquist	Dr. Buhr Dr. Adili-Khams	Dr. Adili-Khams	Dr. Buhr Dr. Adili-Khams
HECTOR SITE	Rose Nepsund, PAC Ruby Rhines, CNP (afternoons only)	Rose Nepsund, PAC Ruby Rhines, CNP	Ruby Rhines, CNP	Rose Nepsund, PAC Ruby Rhines, CNP (afternoons only)	Rose Nepsund, PAC
RENVILLE SITE	Dr. Thompson	Dr. Thompson	Janelle Sunvold-Palmer, CNP	Dr. Thompson	Dr. Thompson
	Janelle Sunvold-Palmer, CNP			Ruby Rhines, CNP (mornings only)	
	Dr. Buhr	Janelle Sunvold-Palmer, CNP	Dr. Ahlquist	Dr. Buhr	Dr. Ahlquist
	Ruby Rhines, CNP (mornings only)			Janelle Sunvold-Palmer, CNP	

## SITE HOURS/TELEPHONE

OLIVIA SITE	Monday-Friday 8:00 am - 5:00 pm Saturday 8:30 am - Noon	(320) 523-1460	(320) 523-1703 Fax
HECTOR SITE	Monday-Friday 8:30 am - 5:00 pm	(320) 848-6294	(320) 848-2655 Fax
RENVILLE SITE	Monday-Friday 8:30 am - 5:00 pm	(320) 329-8395	(320) 329-8397 Fax

After hours please call our answering service to contact the on-call physician or leave a message - (320) 523-1460  
For after hour emergencies call 911

*Nursery Net*

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

# RCH&C Swingbed

Leo Waldahl from Buffalo Lake had hip replacement and needed a comfortable setting to rehab for a week. He chose RC Hospital & Clinics because “three different people told me in one day that I should swingbed at RC Hospital & Clinics. So I thought I would try it. After I had the one hip replaced and needed to have the other hip done, there wasn’t a moment’s hesitation to come back to RC Hospital & Clinics for rehab and swingbed again,” said Leo.



### Leo had special needs:

- He needed physical therapy for his hip
- He loved Culver’s chicken sandwiches
- He needed to host his Bible Study Group that week

### He received:

- ✓ “Rock Solid” rehab with Big Stone Therapies
- ✓ A chicken sandwich delivered
- ✓ He hosted his Bible Study Group

We love patients like Leo, even though we know he won’t need us for hip rehab anymore - he only has two hips! But patients like Leo make our jobs and lives more interesting and rewarding. Thank you, Leo!



*Val Trager with swingbed patient Leo Waldahl.*

### E-mail From Down Under

Receiving e-mail from her son in Australia is Virginia Draheim. Virginia had hip surgery in Waconia with Dr. Heeter and came home for swingbed services at RCH&C. Contrary to popular belief the bed does not swing!



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

## RC Hospital & Clinics Is Vital To Vibrant Health Care Sector

*from page 1*

to nutrition education, to elderly care, our goal is to provide services that will enhance your quality of life, no matter what your age.

We hope that your good health will mean that you never need to use most of our services. But if the time comes to check a symptom or deal with an emergency, you can be confident that the best services in healthcare are right here waiting for you in Renville County.

*Mammography Clinic at RCH&C*



**Kudos!**

To the 837 women in Renville County that came in for mammograms last year.

They know that the “Best Prevention of Breast Cancer is Early Detection”

Appointments will be taken starting March 17, 2008  
Call (320) 523-1261.

# Guatemala Trip Dos (Two)

In May and December of 2007, Andrew Schotzko PT CSCS of Big Stone Therapies, Inc., participated in two mission trips to San Lucas, Guatemala, for one week each. Andrew normally works as a physical therapist at the RC Hospital & Clinics in Olivia. He had a personal interest in going to Guatemala because his uncle, Fr. Phil Schotzko (formerly of St. Mary's Church in Bird Island), had lived there for five years in the 1980's and had helped with establishing four churches and a youth group during that time. Andrew and Fr. Phil were able to spend a few days together in Guatemala during the second trip.

On the first trip, Andrew joined two other physical therapists and coordinated with a prosthetist from South Carolina. Together they were able to deliver artificial limbs and train several individuals on balancing and walking skills. They also were touched by the many children and families with multiple needs.

On the second trip, Andrew was joined by a physical therapy assistant and an administrative staff member from Big Stone Therapies. They got to know more about the works of the mission and its connection to churches in Minnesota. They were able to provide follow-up rehabilitation care to those in need. This time prayers were answered in the form of donated wheelchairs that had just arrived from the United States.

"It was an honor to share this experience with my uncle, my coworkers, and the people of Guatemala. There are so many stories to be told and so many people living saintly lives through the works of the mission. I am very thankful for this opportunity to serve and to be touched by the Guatemalan culture, truly a highlight in my life. They are such happy and generous people amidst the many struggles they face," said Andrew.



Top: Young boy with frozen limbs gets ready for his first day of school in a wheelchair.



Top left: Andrew Schotzko, with Father Phil Schotzko.



Left: The young boy drew this picture with only the use of his mouth.



## RCH&C Promotes Reading

RCH&C was one of the sponsors of the book *The Big Circus* which was given to all of the 1st graders attending Renville County schools. Here is Alyssa Strommer receiving her new book in which she is the star! Her Mom, Kim, is an employee at RCH&C!



## Topics In Physical Therapy Frozen Shoulder



Andrew Schotzko, PT

Frozen shoulder is a painful and debilitating condition of the shoulder. It is characterized by pain and stiffness of the shoulder. It is a clinical diagnosis and is only very rarely the result of an underlying pathology. Once it is cured it (almost) never comes back again. It affects between 2-5% of the population. It is more common in women (60%) and seems to affect mainly 40-60+ year olds. It is five times more common for people who struggle with diabetes, and about 15% of people get it on both sides with symptoms lasting an average of 30 months. Physical Therapy is advised and is aimed at improving joint mobility and keeping the shoulder mobile. Home exercises are imperative, especially in the freezing and frozen phases to keep shoulder as mobile as possible.

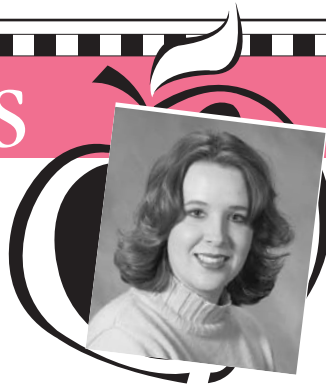
Physical Therapist Andrew Schotzko can help reduce the pain associated with adhesive capsulitis, and instruct you in a home program to help recover motion, weakness and function that has been lost.

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

# Nutrition Notes

## Senior Nutrition: How Great Is The Need?

By Stacey Heiling RD, LD



**Our population is aging.** By 2030 it is estimated that 20% of the country will be age 65 and over. Statistics show that this age group has increased by a factor of eleven compared to a factor of three for the rest of the age groups. The most rapidly growing age group, however, especially in rural areas, is the age 85 and older group. These seniors, particularly those who live alone or with chronic disease, need access to healthy food and balanced nutrition to help them manage and prevent adverse health conditions.

When asked, many seniors will rate their health as good or excellent. However, according to the statistics, 75 year olds on average have three chronic health problems and regularly use five prescription drugs. For diseases such as diabetes, hypertension, and heart disease, adequate nutrition is essential. The use of multiple medications, and even some single medications, can strip the body of nutrients, decrease appetites, and cause changes in how food tastes.

It is not just chronic diseases and medication use that can put seniors at nutrition risk. Disabilities and transportation issues can affect an elderly person's ability to purchase groceries and cook meals. As families sprawl out and friends move away or pass away, seniors may also face social isolation which tends to decrease appetites and the desire to prepare meals.

Meals on Wheels is a service that helps seniors access nutritious meals. For someone who might not eat well on a regular basis, having a balanced meal delivered each day can help prevent an increased need for other healthcare services caused by malnutrition or dehydration. Someone at the door with a hot meal also provides a social occasion in the day of a person living alone - a smiling face brightens the day and knowing someone is "checking in" provides additional security and comfort.

RC Hospital & Clinics organizes the Meals on Wheels program in the City of Olivia. Over

5,000 meals were delivered to local elderly and disabled in 2007! The meals are prepared in the hospital kitchen and the dietary manager organizes the volunteers. Members of each church in Olivia deliver meals for two months each year. The Lions Club, Kiwanis Club, Hospital/Clinic staff, and a few dedicated individuals help fill in the gaps.

There is no question Meals on Wheels can be a lifesaver for some members of our community. According to the American Dietetic Association, 73% of home-delivered meal recipients are at high nutrition risk. RC Hospital & Clinics is proud to offer this important service to local residents.

Unfortunately, these types of programs are becoming harder and harder to keep active. Food and fuel costs are rising. With an ever-aging population, increased demand for services, and a dwindling volunteer base (there are currently eight weeks a year without volunteers), the feasibility of such an operation comes into question. RC Hospital & Clinics continues to work hard to keep costs down and recruit new volunteers.

As we look to the future, we express our thanks to all who are past and current volunteers. Your dedication is amazing - especially on the cold days of winter! We invite others to consider this rewarding volunteer opportunity and we look forward to meeting many new people who will help us continue to support the health and well-being of our community.

A few years ago a politician popularized the old African proverb, "It takes a village to raise a child". Doesn't the same hold true for all the citizens of the village? I think that is part of what attracts us to small town living... a great place to grow up and grow old.

**For information on Meals on Wheels and how to become a volunteer, call 523-3473.**



### Emergency Room

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

### Consulting Specialists

Cardiology	Pathology
Ear, Nose & Throat	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

General & Specialty Surgery	Same-day Surgery
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### Maternity Services

Birthing Options	Pre-natal Education
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### Diagnostic Services Offered

Mammography	Respiratory Therapy
Nuclear Medicine	C.T. Scanning
Fluoroscopy	MRI
Stress Test	Echocardiogram
Neonatal Hearing Screening	Pacemaker Clinic
Bone Density Screening	Laboratory
Electrodiagnostics (EMG, EKG)	Ultrasound

### 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
Grief Support Groups	

### Monitored Beds & Coronary Care Unit



### Active Medical Staff

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

### Associate Staff

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

### Board of Directors

Paul Setzepfandt, <i>Chair</i>	
Dr. Paul Buhr	Bob Ehlers
Dr. Dean Lundquist	Bob Mehlhouse
Dolores Nelson	John Stahl

### Administrator

Glenn Haugo

### Editor

Sara Maher

## Lead Recalls Weighing Heavy On Your Mind?

Lead is a metal that has been used for thousands of years and is part of our environment today. Exposure to too much lead can cause serious health problems. Children under 6 years of age and pregnant women are most affected by elevated lead levels in their blood.

Blood lead testing is recommended for all children at one and two years of age. Children up to six years of age should be tested if they have not been screened previously and meet screening questionnaire criteria. A child of any age can be tested if the parent requests the test be done.

Lead levels in your body can be tested by a simple blood test, with the blood being taken from the finger or from a vein. Follow-up treatment will depend on the test report. Call our clinics to set up a visit to discuss this and have a test run:

- Hector Site (320) 848-6294
- Olivia Site (320) 523-1460
- Renville Site (320) 329-8395

**Fresh Start Weight-Management Group**

**Monday Evenings**  
**April 7 - April 28, 2008**  
**5:00 - 6:00pm**

**Stacey Heiling RD, LD**  
**RC Hospital & Clinics**

Are you looking for a source of motivation to help you lose weight? No matter what diets you have tried or behaviors you have changed - even if you are just getting started - this group will help you learn, reinforce, and maintain good weight-control habits.

We will discuss your challenges to weight loss and give you tips and resources that can help you overcome these challenges so you can lose weight and keep the weight off!

If being accountable to yourself is no longer enough, this group can help you get back on track.

For more information contact Stacey, (320) 523-3473.  
 Group maximum: 10 people  
 Cost is \$40



### Events

#### Mammography Clinic

Appointments will be taken starting March 17. Call RC Hospital & Clinics at (320) 523-1261.

#### RCH&C Hospice GOOD GRIEF Support & Info For Grieving Families & Friends

Tuesdays evenings 7-9 p.m., April 2, 8, 22, 29 and May 6. (No session on April 15) At RC Hospital Conference Room. To register call Paulette Svoboda, LSW, (320) 523-3451. Free of charge.

#### Lois Thompson Memorial Golf Classic

June 4th, 2008 at the Olivia Golf Club. Sponsored by American Bank and Health Services Foundation. To make a team contact Sara Maher at (320) 523-3526.

#### Caregiver Support Group

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

#### 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.

For more information visit us online at [www.rchospital.com](http://www.rchospital.com)



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*& Clinics*  
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