



# Circles of Care

Growing Healthy Communities

HOSPITAL

OLIVIA CLINIC

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Fall 2009 www.rchospital.com (320) 523-1261



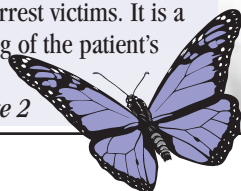
## Cardiac Arrest Victims Benefit from "Cool-It"

In 2005, we introduced the Level One protocol – a collaboration between RC Hospital & Clinics, Abbott Northwestern Hospital (ANW) and the Minneapolis Heart Institute. Level One is a protocol followed by trained personnel to transfer heart attack victims quickly by helicopter to treatment facilities at Abbott Northwestern. The Level One protocol is credited with saving heart attack victims, especially rural heart attack victims, by allowing them to access the treatment they need quickly. Now, RC Hospital & Clinics and Abbott Northwestern Hospital are introducing the Cool-It Program, a protocol that combines the speed of Level One with therapeutic hypothermia treatment. This combination will save even more lives.

"Cardiac arrest can be devastating," said Barbara Tate Unger, RN, Director of CV Special Projects at the Minneapolis Heart Institute at Abbott. Unger is a native of Morton and was Assistant Director of Nursing at Renville County Hospital from 1978 to 1979. Her experience and background give Unger a unique understanding of how rural and metro health care can work together effectively. She has been instrumental in bringing the Cool-It Program to Renville County.

The Cool-It Program is the ANW trade name for therapeutic hypothermia, a medical treatment method which clinically lowers body temperature as part of the treatment of cardiac arrest victims. It is a slow but steady cooling of the patient's body temperature.

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## It Really Is All About ACCESS

Whether it's your internet provider for Facebook or Twitter, your cable TV provider for the "game of the week", or your healthcare provider for medical care, it really is all about **access**.

Access to your Doctor is the key to the quality of your healthcare. RC Hospital & Clinics in Olivia, Renville, and Hector is easily accessible, offering quality care for you and your family. No waiting for a week or more to see one of our fantastic providers.

In this issue of *Circles of Care* you will be introduced to the new medical staff at RCH&C who make your healthcare experience a positive one.

### RC Hospital & Clinics Medical Providers

- Mark Ahlquist, M.D.
- Nazita Adili-Khams, M.D.
- Paul Buhr, M.D.
- M. Chelehmalzadeh, M.D.
- J. Rob Kemp, M.D.
- Jeffrey Krogstad, M.D.
- Joseph Mayland, D.O.
- Paul Thompson, M.D.
  
- Lisa Babler, PA-C
- Ruby Rhines, RN, CNP



## Letter from the Administrator

I'm having trouble with the season change, as usual. Summer went far too fast. Our entire organization was busy through the summer and continues to be busy with the selection of a new computer system. We started in January identifying vendors that would fit our situation and have since been involved in

demonstrations, reference calls, and site visits. After another round of demonstrations and contract negotiations we hope to have a contract signed around year end. The installation will take place next year and we hope to be a meaningful user in 2011 so that we can take advantage of stimulus money authorized to encourage the adoption of the electronic health record. Our clinics have had two systems in place and used an electronic health record since 2003. The hospital has another system without the electronic health record. Our goal is to get an electronic health record in the hospital and have one integrated system connecting the hospital and clinics.

We are very excited to have three new physicians on board since last spring. Dr. Joseph Mayland, a general surgeon, started May 4. He is a graduate of the University of Osteopathic Medicine and Health Sciences in Des Moines, Iowa. He is a wonderful addition and offers many new procedures locally to our patients. He previously worked in Hutchinson and Little Falls. Dr. Jeff Krogstad, a family practice physician, started on Sept. 21. He grew up in Kennedy, MN and is a graduate of the University of Minnesota School of Medicine. Before coming to RCH&C he practiced extensively in Fergus Falls and in Willmar. Our newest addition is Dr. Mohammad Chelehmalzadeh, a family practice physician who started Oct. 18. He is Canadian and his schooling was at the University of Toronto and Central America Health Sciences University, Belize City, Belize.

RCH&C is currently adding some new equipment that will enhance services to our patients. A C-arm is a real time piece of radiologic equipment that allows providers to do procedures ranging from the placing of pins in a fracture to spinal injections for pain to swallow studies in speech therapy. A new digital surgery tower, computer, camera, and scopes will improve imaging for laparoscopic and endoscopic procedures. Bringing ultrasound in house will increase availability for our patients so that they are not forced to wait for the service when needed. Our goal is to provide as many quality services at home as we can so that our patients are not forced to travel for care.

Glenn Haugo, RC Hospital & Clinics CEO

## Cardiac Arrest Victims Benefit from "Cool-It" *from page 1*

Abbott Northwestern is the first hospital to combine therapeutic hypothermia with emergency angioplasty. (Angioplasty is the widening of narrowed or obstructed blood vessels.) "About fifty percent of cardiac arrest victims also need emergency angioplasty," said Unger. In these cases the angioplasty is performed at Abbott while cooling is in process. The percentage of patients who survive a cardiac arrest and go back to his or her normal way of life used to be in the single digits. Cool-It has increased the survival rate and returning to the patient's "normal" to fifty percent! "But it all starts with local care. The earlier the treatment begins after the cardiac arrest, the greater the chance of returning to normal," commented Unger. "As in the case of Virgil Wenzel of Bird Island, it starts on the streets of Bird Island where he suffered the cardiac arrest, continues in the ambulance and at RCH&C, in the transport to Abbott, and finally in the intensive care unit at the Minneapolis Heart Institute at Abbott Northwestern."

Late last year, Wenzel happened to be outside Glesener's, Inc. in Bird Island when his cardiac arrest occurred. An employer of Glesener's administered CPR immediately and called the EMTs who were there within minutes. Wenzel's care continued in the ambulance ride to RC Hospital where the Cool-It protocol was started as they waited for the helicopter which would take him to ANW. "If this had happened to Virgil at home," said Shirley, Virgil's wife, "I don't know that he would be here today. Everything went right - everyone knew what to do - from the minute of Virgil's collapse."

When a person has a cardiac arrest, the heart stops pumping which deprives the brain of oxygen. Even if the heart is restarted, there is still a risk of neurological effects - brain damage - due to the lack of oxygen. Cooling the body's temperature slows the body's functions and reduces its demand for oxygen. The Cool-It protocol is the process in which the body temperature is cooled to 33° C or 91.4° F. When a cardiac arrest patient arrives at RCH&C, the protocol is started. Upon orders from the doctor, nursing professionals apply gel and ice packs (wrapped to avoid frost bite) under the arms and around the upper legs and neck

region. Cooling the body benefits both the heart and the brain by slowing cell deterioration. "In the last twelve months," Unger said, "Abbott Northwestern has had some cases where the person is already at the lowered goal temperature by the time they arrive at the hospital. This is a huge advantage for the patient. There is a thirty percent increase in death for every hour cooling is delayed."

Once at ANW, the patient is kept in a drug-induced coma for 24 hours at the lowered body temperature. Then the warming process, which takes about eight hours to bring the body back to a normal temperature, begins. When the goal temperature is reached, medication is reduced and the patient wakes. It is at that time, approximately two days after the cardiac arrest, when doctors know if the patient will be able to resume their previously normal activities.

"When the doctors began waking Virgil, we didn't know at first how things would turn out," said Shirley. "The doctors asked him a few questions and had him do some minor tasks. He didn't perform them perfectly at first, but within just a few minutes Virgil was



Front row: Abbott-NW Level 1 Program Coordinator Barb Unger; Kasey Franzeen LPN, Shirley Wenzel, Rachel Walz, CNS.  
Back row: Lynnette Blem RN, Mark Ablquist, M.D., Patient Virgil Wenzel, Jan Dixon, RN, CNO, and Cardiologist Dr. Kevin Grabam.

able to do everything the doctors asked and we knew everything would be all right." What does Virgil remember of the event? "Nothing," said Virgil, "I just know I'm lucky to be here."

Lynnette Blem, RN and Nurse Manager at RCH&C, is excited about this protocol as part of the hospital umbrella of cardiac services. "It's all about maintaining brain function, allowing the patient to lead as normal a life as possible after a cardiac arrest. The RCH&C staff are trained in the procedure and have had two wonderful success stories as a result of the Cool-It program. It's gratifying to be

# RCH Welcomes New Surgeon To Medical Group

We are pleased to announce that Dr. Joseph Mayland has joined the RC Hospital medical group effective May 4th. Dr. Mayland will perform general surgical, laparoscopic, and endoscopic procedures and be available to provide 24-hour, 7-day a week general surgical coverage, as needed.

Dr. Mayland completed his undergraduate work at Mankato State University and graduated from medical school from the University of Osteopathic Medicine and Health Sciences in Des Moines, Iowa. He completed his surgical emphasis internship at Doctors Hospital in Columbus, Ohio, and general surgical residency at Des Peres Hospital in St. Louis, Missouri, where he was voted by fellow residents, interns and medical students the Chief Resident two out of the four years of his surgical training. At Des Peres Hospital, Dr. Mayland underwent extensive training in general, as well as, minimally invasive (laparoscopic) surgery. Colonoscopies and upper endoscopies are a routine part of his surgical practice. Dr. Mayland has practiced medicine in Minnesota since completing his general surgical residency. For the past four years, he practiced in Little Falls.

"I've always enjoyed learning," said Mayland, "and the medical field is always changing and evolving so being a doctor is a perfect fit for me." He believes he can learn something from every person that he meets and he strives to do so. "It is a career that anyone can do, but most choose not to. I do not consider this job any more important than anyone else's job. We all have a place in society and we all need to do our part in order to make the world go around. What is rewarding for me, however, is that I can meet a person in serious medical trouble and have them on the



road to recovery in a matter of a couple of hours. Happy patients make happy doctors!"

Dr. Mayland grew up in a small town in southwestern Wisconsin and has always enjoyed small town living. "I would like to thank RC Hospital & Clinics for the opportunity to assist in building a state-of-the-art medical center with a full compliment of medical services for the residents living in and around Olivia and Renville County so patients can stay close to home where they are the most comfortable."

Dr. Mayland currently lives in Hutchinson. He and his wife, Amanda, have four children: Mitchel, 19, Theresa, 12, Katherine, 10, and Sidney Joseph, 2 weeks old. He enjoys spending time with his family, riding motorcycle, working on automobiles, and "tinkering on anything that is broken just for the sheer enjoyment of trying to figure out how it works; and sometimes I get lucky enough to actually fix it!"

## Cardiac Arrest Victims Benefit from "Cool-It" *from page 2*

part of a program that gives a better outcome to our patients," said Blem.

What about cooling stroke patients? Anna (Blem) Hogen, RN, Coordinator of the Neurological Emergency program at Abbott Northwestern (and also the daughter of Gordy & Lynnette Blem of Olivia) states, "There is ongoing research to evaluate a lower body temperature among stroke patients, but

currently nothing has been published to endorse hypothermia in this population. Recent studies illustrate that maintaining normothermia (normal body temperature) does improve outcomes of stroke patients, however. Currently at Abbott Northwestern we give Tylenol to any stroke patient with a body temperature above 99.5°."



### 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	Diabetic Education

### Rehabilitation Services

Physical Therapy	Occupational Therapy
Speech/Language Pathology	Cardiac Rehabilitation

### Surgical Services

General & Specialty Surgery	Same-day Surgery
Anesthesia Services	

### Maternity Services

Birthing Options	Prenatal 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
RCHospital Foundation	

### Programs

Community Education	Elderly Day Services
Caregivers Support Group	Sleep Studies
Grief Support Groups	

### Monitored Beds & Coronary Care Unit

### Active Medical Staff

Paul Buhr, M.D., <i>Chief of Medical Staff</i>	
Nazita Adili-Khams, M.D.	Jeffrey T. Krogstad, M.D.
Mark Ahlquist, M.D.	Joseph M. Mayland, D.O.
M. Chelehmazadeh, M.D.	Paul Thompson, M.D.
J. Rob Kemp, M.D.	

### Associate Staff

Lisa Babler, PA-C	Terry Neubarth, RN, CRNA
Ruby Rhines, RN, CNP	

### Board Of Directors

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

### Administrator

Glenn Haugo

### Editor

Sara Maher

# RCH&C Welcomes New

## Jeffrey T. Krogstad, M.D.

Dr. Jeffrey Krogstad was born and raised in Kittson County in north-western Minnesota. He graduated from Kennedy High School and completed undergraduate studies in biology at the College of Biological Sciences at the University of Minnesota in Minneapolis. He remained at the University of Minnesota to obtain his M.D. from the University of Minnesota Medical School. His training in family medicine was from 1979 to 1982 at the University of North Dakota Family Practice Residency in Grand Forks. He has been board-certified in Family Practice since 1982 with his most recent recertification in 2009.

Dr. Krogstad practiced in Fergus Falls, Minnesota, from 1982 to 1989 at which time he and his family moved to Willmar where he practiced until 2008. He was employed at the St. Cloud VA Medical Center for eight months prior to accepting a position at RC Hospital & Clinics.

Jeff and his wife, Susan, have three children and one grandchild. Susan is a school nurse with the Willmar Public Schools. Hobbies include hiking, camping, fishing, backpacking, hunting, reading and family trips.



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## Mohammad Chelehmalzadeh, M.D.

Dr. Mohammad Chelehmalzadeh was born in Iran and moved with his family to the US when he was only two years old, so that his dad could get his Ph.D. in Physics. When he was seven, he and his family returned to Iran. Later his dad got a teaching sabbatical in Sydney, Australia, and took this opportunity to give his kids a better education and to be out of the war zone in Iran.

Dr. Chelehmalzadeh has traveled across the globe from Turkey, France, Italy, Australia, US, and Japan with his family, and eventually immigrated to Toronto, Canada, where he has lived since 1987. He finished his Honors Bachelor of Science at University of Toronto, with Majors in Biology, Biochemistry and Chemistry (Specialist). He started a Masters in Cellular and Molecular pathology but decided midway through the program to study medicine in Belize. He returned to Canada where he passed Canadian and US Medical Boards and

decided to start his residency in Family Practice at Montgomery Family Practice in Pennsylvania. Dr. Chelehmalzadeh comes to us with his wife, Maryam. They have just celebrated their 10th year anniversary.

"I have never lived in a small town but as part of my Visa requirements, I need to provide service in a rural community. I searched all over the US for the right community and I think that my wife and I have found the nicest people in a small town called Olivia. I really liked the RC Hospital & Clinics staff at our first meeting so my decision was very easy".

"My name literally means born from a family who fixes the insides of sheep (intestines, etc.) to make strings and other products. This is what my family used to do as far back as 40 years ago." People generally have a hard time pronouncing his last name. It is pronounced as written: Che (like chair) - Leh - Mal (like Mall) - Za - Deh

Dr. Mohammad Chelehmalzadeh is practicing full-time at RCH&C.



**To learn more about RCH&C's Medical Staff,**

# Medical Staff

## Holly Squibb, PA-C



Spending most of my childhood in Bird Island, I knew coming to RC Hospital & Clinics would be a great experience and that I would be welcomed and accepted immediately. The staff at RCH&C, along with the patients that I have seen, taught me so much about helping others, about patient care, and have reaffirmed my choice in becoming a physician assistant. I was able to experience opportunities that I was never able to do at other clinics. The openness of the patients and willingness to take part in my education has made this experience like no other. So many times patients were more than willing to take time and educate me on their medical history and what they knew about their disease process. So much can be learned from patients if you take the

time to listen. This helped me better understand the disease as well as understand the impact it has on the life of a patient.

I also had the chance to spend an afternoon at the county fair. It was so fun to be back in a place that provided me with so many childhood memories and happiness. It was wonderful to see familiar faces and to connect with old friends and with family.

RC Hospital & Clinics has provided me with experiences that I know will make me a better physician assistant. I am looking forward to joining the practice in January 2010, serving the community, building relationships, and meeting the healthcare needs of its members.

## Electrical Stimulation Therapy Approach For Swallowing Disorders

Dysphagia or swallowing disorders affect 15 million Americans per year. Symptoms include coughing during meals, choking, discomfort in the throat while swallowing, shortness of breath, or frequent diagnosis of pneumonia. A certified Speech-Language Pathologist can diagnose the causes and proper treatment to eliminate the difficulty. One option for treatment is Electrical Stimulation, or e-stim, for swallowing disorders. E-stim for swallowing disorders is a non-invasive therapy that uses electrical calibrated current to stimulate and “re-educate” the muscles used for swallowing.

This is completed by a certified Speech-Language Pathologist. This treatment approach has helped thousands of patients with dysphagia, even people on feeding tubes. Pete Amberg M.S., CCC - SLP at RCH&C Therapy Services utilizes e-stim to decrease swallowing disorders and to increase safe oral intake for patients so they can maintain their nutritional needs.

## Topics In Physical Therapy Backpack Safety



Andrew Schotzko, PT

Does your child complain of pain in his or her neck, back or shoulders? This could be due to carrying a backpack that is fit incorrectly or is too heavy. Your child should have a backpack with wide, padded shoulder straps, and should use *both* of the straps. The shoulder straps should be adjusted to fit snugly to the middle back, and use the hip belt if available. The heaviest items should be packed closest to the body. The backpack should not weigh more than 15% of the child’s bodyweight.

Andrew Schotzko, Physical Therapist, can help treat your child’s back, neck or shoulder pain. He can also educate you and your child on proper backpack use.

**Call Andrew Schotzko, PT,  
at RC Hospital & Clinics (320) 523-3470**

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



# Another Successful Lois Thompson Memorial Golf Classic

RCH Hospital Foundation was swinging the clubs with American Bank, in memory of Don Davern, and "FORE" an AutoPulse™ for the hospital ER. Thank you sponsors, participants, and volunteers!

## Hole Sponsorships

### Platinum

American Bank  
Big Stone Therapies, Inc.  
Rural Computers/Sheehan Gas  
RC Hospital & Clinics - 2 Holes  
M. E. Rauenhorst  
K100, Q102, KWLM-Lakeland Broadcasting

### Gold

Raymond D. Hughes Funeral Home  
Robert & Brigitta Mehlhouse

### Donations

The Master's Coffee Shop  
Terry's Market  
BASF  
Saunders Mertens Schmitz, P.A.  
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Ed & Gail Wenner  
Wild Prairie Computers & Consulting  
Pat & Janelle Schmoll  
Tom & Sara Maher  
Page Snyder Drug  
Dirks' Furniture  
Stoney Creek  
Hawk Creek  
Eagle Creek  
Olivia Golf Club

## The Winners

### First Place

*The American Bank team:*  
John Kimball, Glenn Haugo, Mark Dale,  
Bob Thurston and Parnell Thorson.

### Second Place

*K100, Q102, KWLM team:*  
Todd Bergeth, Chuck Blum, James Miller and  
Tom Hilgert.

### Third Place

*The Thunderbirdies:* Judy Dirks, Vi Johnston,  
Kay Leindecker and John Johnston.

## Fun Hole Game Winners

*Worst Drive Women #1*  
- Michele Hagen  
*Worst Drive Men #1*  
- Mark Beck  
*Longest Putt Women #2*  
- Vi Johnston  
*Longest Putt Men #2*  
- Mark Beck  
*Closest to the Pin Women #5*  
- Vi Johnston  
*Closest to the Pin Men #5*  
- Dave Dunn  
*Longest Putt Women #6*  
- Susie Peterson  
*Longest Putt Men #6*  
- Bob Thurston  
*Longest Drive Men #8*  
- Mike Negen  
*Longest Drive Women #8*  
- Judy Dirks  
*Closest to the Pin 2nd Shot Women #9*  
- Judy Dirks  
*Closest to the Pin 2nd Shot Men #9*  
- Todd Bergeth  
*Biggest Losers*  
- The Scrubs Team, Mark Beck,  
Chad Hanson, Shar Beck and  
Michele Hagen



*The American Bank team (left to right): John Kimball, Glenn Haugo, Mark Dale, Bob Thurston and Parnell Thorson.*

## Volunteers

*Special Thanks to these amazing people:*

Dr. Jen Seidl-Robideau	Karen Harrier
Quentin Rath	Julie Hoff
Christine Blum	Dawn Jansen
Mike Hennen	Jan Lang
Bart's Place Crew	Barb Novotny
Ben Baumgartner	Jo Sannan
Parnell Thorson	Twyla Sietsema
Diane Zuidema-Knorr	Darla Slagter
Darcee Bauman	Carol Vogt
Colin Berg	Nancy Vogt
Joy Dillon	Becky Wulf
June Grannes	Rhonda Zitzmann
Karen Haney	Gail Wenner

## Veinlite Donation From Olivia Kiwanis & Olivia Lions



*Right: Candy Gass, LPN, checking out the new Veinlite.*



*It's Here.....*

# The New AutoPulse™ Resuscitation System

As a result of the annual Lois Thompson Memorial Golf Tournament in partnership with American Bank, the RCHospital Foundation, RC Hospital & Clinics funding and the generosity of a local donor, we are excited to announce that the AutoPulse™ Resuscitation System is now part of the emergency services available in the Emergency Room at RC Hospital & Clinics.

For victims of sudden cardiac arrest, one thing is certain – chest compressions will be required. Yet, manual compressions – even when they are done well – provide only 10-20% of normal blood flow to the heart and 30-40% to the brain. The AutoPulse™ system provides a method to deliver consistent, effective chest compressions in a CPR situation.

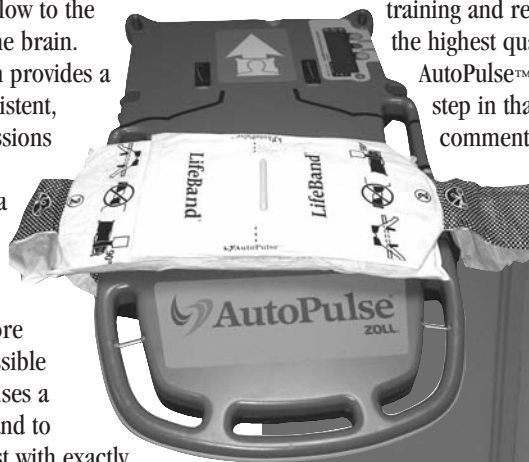
The AutoPulse™ is a revolutionary non-invasive cardiac support pump that moves more blood, more consistently than is possible with human hands. It uses a load distributing Lifeband to squeeze the entire chest with exactly the right amount of pressure. As a result, our patients will receive consistent, high-quality chest compressions that deliver improved blood flow to the heart and brain.

One very real problem in a CPR situation is staff fatigue. Performing CPR correctly is very physically demanding. Under normal circumstances, workers need to switch every few minutes. The AutoPulse™ provides consistent compressions with no fatigue. In doing so, it eliminates interruptions, frees up another doctor or nurse to perform other needed tasks, such as oxygen management

and medications, etc. It allows the doctors and nurses unobstructed access to the patient during a time when many, many things have to be done at the same time. Studies have shown that the AutoPulse™ system can give the patient up to 235% improvement in survival to hospital discharge.

“To be able to offer this level of care in a rural hospital setting is pretty remarkable. By improving the effectiveness of CPR delivered in our Emergency Room, we improve every patient’s chance of survival. We are constantly striving to improve our

training and resources to deliver the highest quality of care. The AutoPulse™ is just one more step in that journey,” commented Jan Dixon, RN, Chief Nursing Officer.



Jan Dixon, RN, CNO, tests the Zoll AutoPulse™ with Alisba Ruschmeyer, RN.

The Foundation is organized to support RC Hospital & Clinics and other local service providers in delivering accessible and quality health care for all county residents. To make a tax deductible donation or to request a copy of the new RCHospital Foundation brochure, contact Sara Maher, Executive Director at (320) 523-3526 or mahers@rchospital.com. A downloadable contribution form is available at the RCHospital Foundation website: [www.rchospital.com/rchealth.html](http://www.rchospital.com/rchealth.html)

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## Donations

- M. E. Ravenhorst
- In Memory of Barbara Slagter  
By Randall & Susan Slieter
- In Memory of Geraldine Ketcham  
By John Stahl & Dr. Kathryn K. Kelly
- In Memory of Sylvia Milde  
By Tom & Sara Maher, James & Mary Page
- In Memory of Julia Steffel  
By Tom & Sara Maher & Family
- In Memory of Del Altmann  
By Olivia High School Class of 1981  
James & Mary Page, Tom & Sara Maher,  
Mr. and Mrs. Pat Maher
- In Memory of PollyMom Stahl and  
Muriel & Firmin Baumgartner  
By ASB Design Inc.
- In Memory of PollyMom Stahl  
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- In Memory of Rev. Ken Giere  
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- In Memory of Craten Knisley  
By John Stahl & Dr. Kathryn K. Kelly
- In Memory of Jack Donnelly  
By Robert & Brigitta Mehlhouse
- In Memory of Robert L. Zurn  
By John Stahl & Dr. Kathryn K. Kelly
- In Memory of Don Davern  
By Jim & Mary Page
- In Memory of Julia Steffel  
By Mr. & Mrs. Anton Kosak,  
Mr. & Mrs. Pat Maher
- In Memory of Scott Bratsch  
By John Stahl & Dr. Kathryn K. Kelly
- In Memory of LeRoy “Bud” Baker  
By John Stahl & Dr. Kathryn K. Kelly
- In Memory of Gertrude Schutz  
By John Stahl & Dr. Kathryn K. Kelly
- In Memory of Pat Erickson  
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Bob & Brigitta Mehlhouse,
- In Memory of SPC. James Wertish  
By John Stahl & Dr. Kathryn K. Kelly
- In Memory of Ray & Eunice Ebner  
By John Stahl & Dr. Kathryn K. Kelly
- In Memory of Dr. Jim Cosgriff  
By John Stahl & Dr. Kathryn K. Kelly,  
Charlie & Toni Baumgartner,  
Bob & Brigitta Mehlhouse
- In Memory of Mrs. Walt (Phyllis) Zenk  
By Don & Marlene Kohout,  
John Stahl & Dr. Kathryn K. Kelly
- In Memory of Deloris Olson  
By Lloyd & Maxine Broderius



# New SmartVent™ Benefits Wide Range of Patients Who Need Anesthesia for Surgery

Sometimes change isn't always good, but in this case, changes for patient safety in anesthesia care are important. "RC Hospital & Clinics recent purchase of an anesthesia machine – the S/5 Aespire® 7900 SmartVent™ – has improved patient safety during the anesthetic process," says Terry Neubarth, RN, CRNA. "The replacement of our 20-year-old machine has made a world of difference in monitoring the patient during anesthesia and surgery."

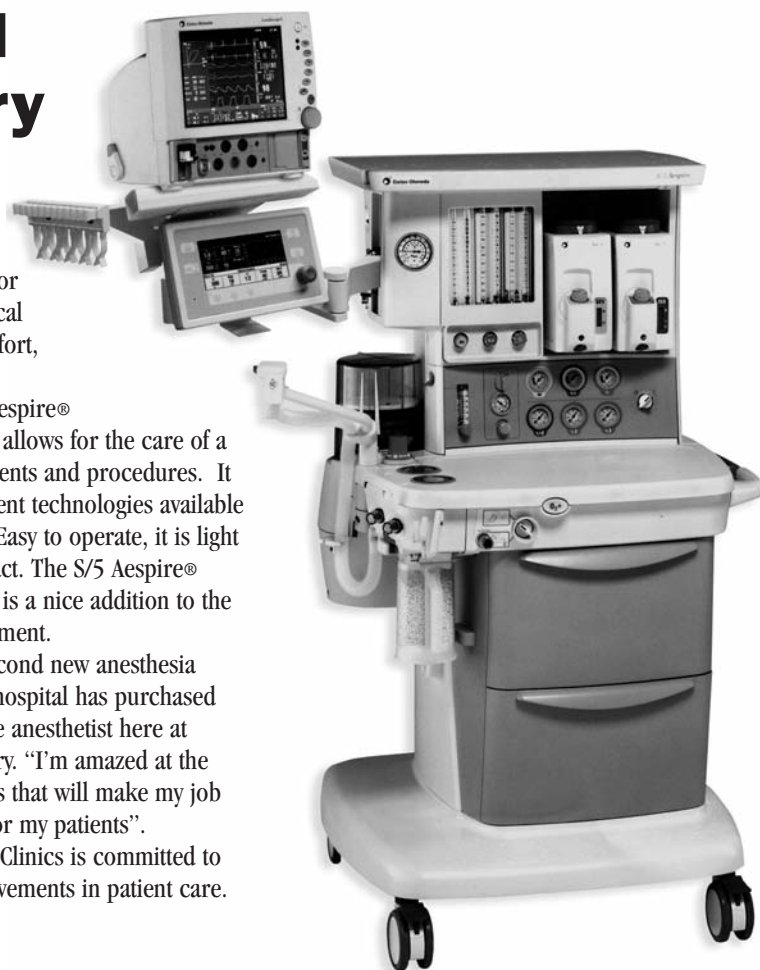
An anesthesia machine is an irreplaceable piece of equipment when caring for patients during anesthesia. The machine mixes several gases and vapors in a specific,

controllable way for the patient's surgical pain control, comfort, and safety.

The new S/5 Aespire® 7900 SmartVent™ allows for the care of a wide range of patients and procedures. It has the most current technologies available for patient safety. Easy to operate, it is light weight and compact. The S/5 Aespire® 7900 SmartVent™ is a nice addition to the Anesthesia Department.

"This is the second new anesthesia machine that the hospital has purchased since I've been the anesthetist here at RCH&C," says Terry. "I'm amazed at the technical advances that will make my job easier and safer for my patients".

RC Hospital & Clinics is committed to continuous improvements in patient care.



***"I'm amazed at the technical advances that will make my job easier and safer for my patients."***

*Terry Neubarth, RN, CRNA*

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100°F to 102°F; occasionally higher, especially in young children); lasts 3-4 days
Headache	Rare	Common
General aches, pains	Slight	Usual, often severe
Fatigues, weakness	Sometimes	Usual, can last up to 2 to 3 weeks
Extreme exhaustion	Never	Usual, at the beginning of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate: hacking cough	Common, can become severe
Treatment	Antihistamines Decongestant Nonsteroidal anti-inflammatory medicines	Antiviral medicines— see your doctor
Prevention	Wash your hands often Avoid close contact with anyone with a cold	Annual vaccination; antiviral medicines—see your doctor
Complications	Sinus congestion Middle ear infection Asthma	Bronchitis, pneumonia; can be life threatening

***For more detailed information about the flu, visit our website at [www.rchospital.com](http://www.rchospital.com) and click on the "KNOW What to Do About the Flu" link.***

**KNOW  
What to Do  
About the Flu**  
[www.flu.gov](http://www.flu.gov)

# Olivia's Doc Jim Dies At 85

By Gretchen Schlosser, West Central Tribune

**Longtime Olivia family physician Dr. James A. Cosgriff, 85, died September 26th at his home, nearly two years after a diagnosis of pancreatic cancer.** Cosgriff, known as Dr. Jim or Doc Jim to many in the community, practiced medicine in Olivia for almost 60 years, according to his sister, Nancy Cosgriff of Marine on St. Croix.

Dr. Cosgriff was influential in establishing the family practice department at the University of Minnesota, where he earned his medical degree in 1946.

"He believed strongly in family practice," his sister said, adding that the doctor lamented the fact that fewer and fewer young doctors chose family medicine and rural communities were not well-served by the narrow focus of specialty medicine.

"Cosgriff deeply cared for his patients," Nancy said, "He was passionate about healing and helping people be healthy and well. He would do absolutely everything he could for those who were terminally ill, but not hastening the end of life. Even as he was dying of cancer, Dr. Jim expressed concern to not hasten his own death. He said, 'Life is precious, we need to hang on to it as long as we can.'"

"Cosgriff didn't expect to settle down in Olivia," she said. "Rather, he returned from serving in the Navy in 1949 to temporarily help his father, Dr. James A. Cosgriff Sr., with his medical practice after the senior doctor had a heart attack."

"He grew into this place," she said, adding that Dr. Jim made a conscious decision to remain in the town, grateful for a reciprocal relationship of appreciation with the community of Olivia and the surrounding area.

"The doctor was a somewhat shy man," Nancy Cosgriff said. "When his illness forced him to close his practice, he began to receive hundreds of cards, from patients and medical colleagues. The cards told him how much he was loved, both as a physician and a friend," she said. "It was a bit overwhelming for him."



Dr. James Cosgriff, Jr.



Above: Dr. Jim and Carolyn Klecker at the Olivia Clinic in 2006.

Below: Present hospital building during construction. Dr. James Cosgriff, Jr. second from right.



## Dr. James A. "Jim" Cosgriff, Jr.

Dr. James Cosgriff, Jr. was born March 18, 1924, in Lamberton to Dr. James A. and Elsie (Forster) Cosgriff. He grew up in Lamberton and North Mankato but moved to Olivia with his family in 1929. He graduated from Aloysianum grade school in 1936 and Olivia High School in 1940. He graduated from the College of St. Thomas in 1944 and from the University of Minnesota Medical School in 1946. He served his internship at St. Mary's Hospital in Duluth for 15 months and then served in the U.S. Naval Medical Corps for two years, mainly in Kodiak and Attu Islands.

In 1949 he returned to Olivia to join his father in practice at the Olivia Clinic, where he remained until and after his father's death in 1967. After 59 years of practice in Olivia, he retired in 2008 following his diagnosis of pancreatic cancer.

He was initially a staff member at Rice Memorial Hospital in Willmar, and then at Renville County Hospital after its opening in 1951. He was the first director of Renville County Hospice.

In 2001 he was named Renville County's "Health Professional of the Year." He was active in professional organizations, especially in the formative years of the Minnesota Academy of Family Practice and the American Academy of Family Practice. He served as president of the Minnesota Academy in 1961 and received its Merit Award in 1962. He was a charter diplomate of the American Board of Family Practice in 1970 and a charter fellow of the American Academy of Family Practice in 1972. He was active in establishing a family practice department at the University of Minnesota Medical School, while at that time a member of the Renville-Redwood County Medical Society. He was a member of the Minnesota and American Medical Associations.

He was a member of the Church of St. Aloysius, the Catholic Order of Foresters, the American Legion and the Knights of Columbus, 4th Degree. The carillon chimes and music were his gift to the church in 1968, and he was active in the planning and support of the church restoration. He was an organist at St. Aloysius Church for 70 years and received the Bishop's Medal for that work several years ago.

He is survived by four sisters: Patricia Sandstad of Plymouth, Elsie Janet Armstrong of Waukesha, Wis., Jeanne Folstrom of Silver Spring, Md., and Nancy Cosgriff of Marine on St. Croix.

He was preceded in death by a sister and a brother.

Dr. Jim and his family were featured in the Spring 2008 *Circles of Care* article **Cosgriff Family: A Century of Service**. To view the article and his interview visit our website at [www.rchospital.com](http://www.rchospital.com) and click on the sidebar link **Circles of Care**. Then click the archive link.

## Be A Good Visitor

Visitors to RC Hospital play an important role in guarding patient safety.

### Sanitize Hands Before And After Visiting

The soap and hand sanitizer in patient rooms are for everyone. Wash or sanitize your hands when entering and leaving the room of the person you are visiting to avoid bringing in and carrying out germs. Clean your hands after sneezing, coughing, touching your eyes, nose, or mouth, after using the restroom and before and after eating and drinking. Cover your cough or sneeze with a tissue or your sleeve. Do not sit on patient beds or handle their equipment. Read and follow any instructions posted outside the patient's room.

### Stay Home If You Are Sick

Do not visit the hospital if you are sick or have had any ill symptoms within the last three days including nausea, vomiting, diarrhea, fever (or feeling feverish), uncontrolled cough, or rash.

### Check First Before You Bring Gifts Or Children

While flowers, young visitors, and home-baked goodies spread cheer, they may not be allowed, so check with the nurse first. Flowers are prohibited in intensive care. If you change the water in a vase of flowers, be sure to wash your hands afterward. Bringing food is not recommended as the patient may be on a special diet or it may make them sick.

If you bring children, don't let them play on the floor or bed and have them wash their hands as they enter and leave the room. Make sure the child is free from symptoms of infection (e.g. runny nose, sore throat, rash, cough, etc.)

### Special Precautions

If the person you are visiting is on "Isolation Precautions," talk to the nurse before entering the room to find out what steps you will have to take, such as wearing a mask or protective clothing. Also ask for any educational materials that may be available.

### Don't Contribute To The Clutter

Limit the patient's personal items. Less clutter eases the critical job of cleaning hospital rooms. Keep patient items off the floor and away from waste containers.

### Visiting More Than One Patient

If you are visiting multiple patients, sanitize your hands before and after seeing each patient. Visit the person in isolation last and follow the precautions specified.

# Mammography Drawing



Left: Lucille Mathiowetz is presented with her \$100 gift card from Susan G. Komen for the Cure by Nancy Loge, RT, (R), (M), from the Radiology Department. Congratulations Lucille!

Right: Cheryl Edgar received her \$100 gift card from Susan G. Komen for the Cure by Ashley Griese RT, (R), from the Radiology Department. Congratulations!



Left: Veva Middlestedt received her \$100 gift card from Susan G. Komen for the Cure by Ashley Griese RT, (R), from the Radiology Department. Congratulations!

## Events

### Caregiver Support Group

3rd Tuesday of each month from 1:30 p.m. to 3:00 p.m. in the RC 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. Appointments may be made at the hospital following your physician's referral.

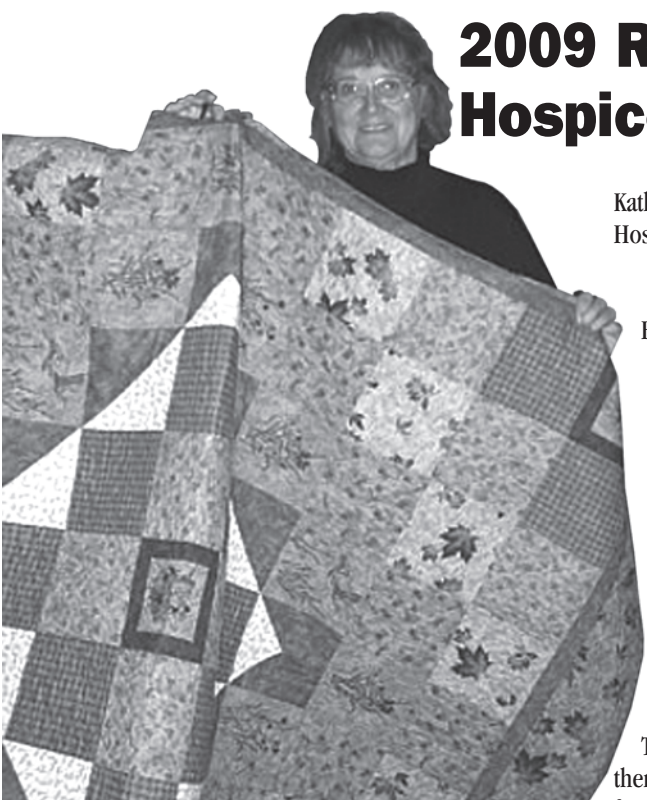
### Prenatal Education

January 2010 at the RC Hospital Conference Room. Register by calling (320) 523-3444. Topics include labor and delivery, preterm labor, relaxation techniques, newborn care, postpartum care, bottle feeding, breastfeeding, and many other helpful tips.

### Lois Thompson Memorial Golf Classic

June 2nd, 2010, at the Olivia Golf Club.

# 2009 Renville County Hospice Quilt



Julie Schafer of Hector, winner of the 2009 Renville County Hospice Quilt.

**T**his year the Renville County Hospice quilt has stories connected with it. The first story is about the creator of the quilt, Kathy (Squibb) Ludowese of Gathering Friends in Bird Island. For more than four years Kathy lovingly cared for her first husband, Craig Squibb, without knowing the cause of his severe illness. All this care was given while still being Mom to her three children. Renville County Hospice staff and volunteers helped during the last few months of Craig's life, so

Kathy donated the quilt with gratitude to Hospice and in memory of Craig.

The beautiful table-topper sized quilt was on display at the Renville County Hospice fair booth. It has a woody, lakeshore feel because of the fabric palette of gold, tan, forest green, and plum and the flowers, leaves, herons, and dragonflies.

The dragonflies in the quilt brought to mind a little booklet in our Hospice library. Doris Stickney is the author of the short story written to explain death to children. The booklet, entitled *Water Bugs and Dragonflies* is an endearing tale about waterbugs living deep in a lake, swamp or pond. They discuss and wonder among themselves what happens to their waterbug friends who occasionally climb up the lily stem and disappear out of sight above the water's surface. What they will not know, until it's their turn to climb up the stem, is that a new, amazing world of freedom and flight awaits them as their bodies are transformed from waterbugs into dragonflies!

The quilt was given away the last night of the Renville County Fair. Julie Schafer of Hector was the winner of the county fair Hospice quilt. She will be hanging it on the wall in her husband Art's room at Buffalo Lake Healthcare Center.



## HELP WANTED Hospice Birthday Party Volunteer

A person is needed to volunteer time planning and facilitating occasional birthday parties for Hospice patients. This person must be a self-starter, fun-loving, and have good organizational skills. Person must also be willing to make phone calls from home and be able to keep patient information confidential. Training will be provided.

In the past Hospice staff has organized parties but this special benefit is no longer possible without help from others.

Could you be the one to help?? Call Hospice at (320) 523-3432.





## Thank You Hospice Knitters & Crocheters

The response to the request for knitted or crocheted prayer shawls was remarkable! Hospice now has an ample supply of prayer shawls in a variety of colors. Thanks to each person who lovingly stitched each shawl and offered prayers for the Hospice patient who would receive it. This is a beautiful way to give from the heart without leaving your favorite chair.

Many, many thanks to knitters and crocheters for your labor of love!

Renville County Hospice

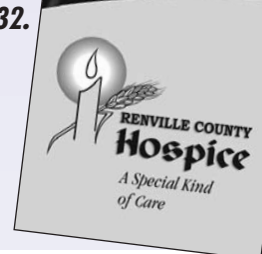




**Thank You Hospice Prayer Shawl Volunteers!**

17 area women volunteered to knit or crochet prayer shawls to be given to Hospice patients. Volunteer LeAnn Chapa of Buffalo Lake is shown holding four of her creations.

To request a copy of the new Renville County Hospice brochure with contribution envelope contact Hospice at (320) 523-3432.





## Halloween Fun At RCH&C

The RCH&C HIM (Health Information Management) Dept. at RCH&C went out on a limb and dressed as a variety of current diseases with their codes for Halloween fun. From left to right: Tami Flann with Mad Cow Disease, Sue Schneider with West Nile Fever, Kenwyn Evers with the H1N1 Flu, Val Trager with Cat Scratch Fever and Tina Filzen with Pink Eye.

Photo courtesy of Susan Williams, Renville County Register

### Important Numbers & Information

RC Hospital.....	(320) 523-1261	Diabetic Clinic.....	(320) 523-3473
Olivia Clinic.....	(320) 523-1460	Therapy Services.....	(320) 523-3470
Hector Clinic.....	(320) 848-6294	Heart-To-Heart.....	(320) 523-3434
Renville Clinic.....	(320) 329-8395	RCHospital Foundation.....	(320) 523-3526
Outreach Scheduling.....	(320) 523-3445	Renville County Hospice.....	(320) 523-1261
Medical Records.....	(320) 523-8303	Questions About Your Bill...	(320) 523-8300
Prescription Renewal Line ..	(320) 523-8307		

Always bring a list of your current prescriptions when seeing your RC Hospital & Clinics provider.

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mahers@rchospital.com



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