

Circles of Care

**Renville
County
Hospital**

Big City Specialists Close to Home

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(320) 523-1261 • www.rchospital.com

"Everything has gone smoothly and efficiently in working with Renville County Hospital on the Level 1 heart attack program," said Yale Wang, MD, cardiologist with the Minneapolis Heart Institute at Abbott Northwestern. "We commend Dr. Paul Buhr and the health care professionals at Renville County Hospital on their quick action.

Through the Level 1 heart attack program, we are able to minimize any potential damage caused by the heart attack for these patients."

LEVEL 1 HEART ATTACK PROGRAM

What does Level 1 really mean?

Directly to the heart catheterization labs.

Top/Right: Paul Jacobs of Bird Island is working with Jean Kubesh, RN on the treadmill.

Right: Jerry Sullivan is enjoying his time on the treadmill with the help of Jean Kubesh, RN and Darlene Nere, RN

New Protocol Credited With Saving The Lives Of Two Recent Heart Attack Victims

April 8th started out as a normal day for Jerry Sullivan of Morton. But while he was running errands, he experienced pain in his chest and arms that gradually increased. Within half an hour, the pain was very intense and Jerry knew he was in trouble. He drove home and called his wife to take him to the hospital.

Jerry's wife called Renville County Hospital to let them know they were on their way. Upon



Thanks to everyone working together quickly, Jerry, a self-employed insurance agent, a pure-bred Hampshire sheep breeder, an 18 year veteran First Responder for the Morton Fire Department, and Medical Director for Guide Service in Colorado is still enjoying life. How has this affected his day-to-day living? "I've slowed down," stated Jerry.

Paul Jacobs of Bird Island also has a lot to live for. At 52, he and his wife, Deb, have three grown children and are looking forward to the upcoming marriage of their son. In his spare time, Paul enjoys fishing and hunting.

At 3 AM, April 12, Paul woke Deb and told her he didn't feel well. The week prior to April 12, Paul had suffered from severe indigestion and heartburn. Deb and Paul were sitting in their family room wondering

arrival, Jerry, who has doctored in Olivia for 30 years, saw Dr. Buhr. Dr. Buhr recognized Jerry's condition as a "Level 1" and called the helicopter service from Minneapolis. Jerry's response was, "I don't have time." His wife replied, "Yes, you do!"

Within an hour of getting to Renville County Hospital, Jerry arrived at Abbott Northwestern. "When I got to Abbott Northwestern, everything was a zoo," said Jerry. "The last thing I remember was someone cutting off my t-shirt and inserting IVs. I woke up 45 minutes later in the recovery room. I received a stint and had a 3-day stay at Abbott Northwestern."

Inside This Issue

- Page 2** Letter from the Administrator
RenCare Funds Run Short, Need Increases
- Page 3** RCH Community Services
- Page 4** Heart-To-Heart Thanks Volunteers
Lifeline's Push-Of-A-Button Summons Help Immediately
- Page 5** Protect Personal Health Information With These Five Steps
Hazardous Training Class Held At RCH
- Page 6** Nutrition Notes-Build Bone Mass Through Healthy Diet And Lifestyle
Key Steps In Preventing Osteoporosis And Maximizing Bone Health
- Page 7** Knowledge Is Key To Managing Diabetes
Determine Your Risk For Osteoporosis
Counting Carbohydrates Helps Control Diabetes

To page 3

Letter from the Administrator



Renville County can be proud of its hospital! That is one of my first impressions as I get started as the new administrator here. I've been on board since early April, and I am very pleased with the

talents of the hospital staff and community medical staff. The warm welcome I have received is also a treat for me. The hospital is equipped with extensive high tech equipment which can assist the practitioner with your care. We have much to be thankful for in Renville County and this hospital is one huge blessing to us. I look forward to my future here. I also look forward to sharing with you in the exciting advances in health services we can make here in the upcoming years.

As is the case with many health professionals, I view my role as a calling to serve. National Hospital Week, a time when we celebrate our calling to a most important service for our communities. Our employees answer that calling by providing services which truly make a difference. Even if you are not needing that service on any given day, the fact that these professionals are here and available, should make you feel at ease. The theme of this year's week is "A Calling to Care". The health professionals are here for you as they answer that calling. Join me in thanking them for what they do!

Tim Middendorf
Administrator

Another component of your destiny is charity and philanthropy. As Bob Hope said, "If you don't have charity, you have the worst kind of heart trouble in the world."



RenCare Funds Run Short, Need Increases

Insufficient Funds. That's a daunting message from RenCare, one of the Renville County Health Services Foundation programs. Help is needed.

The Foundation is designed to strengthen and protect access to quality health services for Renville County residents. One of these ways is through RenCare, a program that provides short-term help for people who find themselves caught in an uninsured and unaffordable medical crisis.

This is how RenCare works. A number of responsive county health care providers such as family practitioners, pharmacists, chiropractors, and optometrists offer their personal services at no charge. The Foundation accepts

responsibility for supplemental funds to cover such items as x-rays, blood tests, glasses, or prescription drugs at cost. Referrals come from pastors, health care providers, social workers, public health nurses, Renville County caregivers who confidentially learn of a need situation, and others. The referrals are handled with utmost confidentiality and anonymity. Until now, this has been an efficient and effective partnership, working successfully, but quietly, to meet bona fide needs. In the past, proceeds from the Lois Thompson Memorial Golf Tournament raised sufficient funds for RenCare.

The need for RenCare has increased and continues to increase as rural areas are disproportionately affected by eligibility cuts in MinnesotaCare and other programs. The Center for Rural Policy and

Development recently reported enrollment in MinnesotaCare decreased 14.1% in Southwest Minnesota over the past two years. This year's legislation is expected to create additional cuts, perhaps even deeper than in the past.

We in Renville County are part of this alarming trend. As summarized by Minnesota

Rural Health Association, "Affordable health coverage is harder to come by in rural Minnesota. With a larger share of small employers, family businesses and farms, employer-sponsored health insurance is less available in rural Minnesota. These factors, along with more part-time jobs and lower wages, make traditional individual insurance

policies too expensive for many."

To respond to the rising needs for RenCare, the Health Services Foundation is seeking financial support from more fortunate individuals, organizations, and businesses. This can be in the form of contributions directly to the Foundation and by supporting and leveraging the June 8, 2005, golf tournament proceeds with golf hole sponsorships and teams.

"While RenCare represents our most urgent need at this time, we have many other opportunities to support a legacy of quality health care in our county," stated Sara Maher, Foundation Director. "Call me at (320) 523-3526 so we can chat. I've got a bushel of information and ideas that can make your participation personally rewarding to you."

"The Foundation is designed to strengthen and protect access to quality health services for Renville County residents in a variety of ways."



A Calling To Care™
National Hospital Week

New Protocol Credited With Saving The Lives Of Two Recent Heart Attack Victims *from page 1*

what to do at that early morning hour when suddenly Paul passed out. Deb called 911 immediately. Deputy Sheriff Doug Best was the first on the scene, followed quickly by the Bird Island First Responders. The First Responders used the defibrillator on Paul and started CPR. The Olivia Ambulance crew drove him to the Renville County Hospital. The North Memorial Trauma Unit transferred Paul to Abbott Northwestern in record time.

"I can't say enough good things about the service I received – from the 911 call to the response that followed," said Paul. "The immediate, efficient, and fast service of Doug Best, the Bird Island First Responders, the Olivia Ambulance crew, the Renville County Hospital staff, and Dr. Ahlquist is why I am still living today!"

"I didn't know about the new protocol (for heart attacks)," Paul commented, "but it is quite amazing. It saved my life, I'm sure. We are very fortunate to have Renville County Hospital five miles away."

As Paul reflects on his recent scare, he stated that he should not

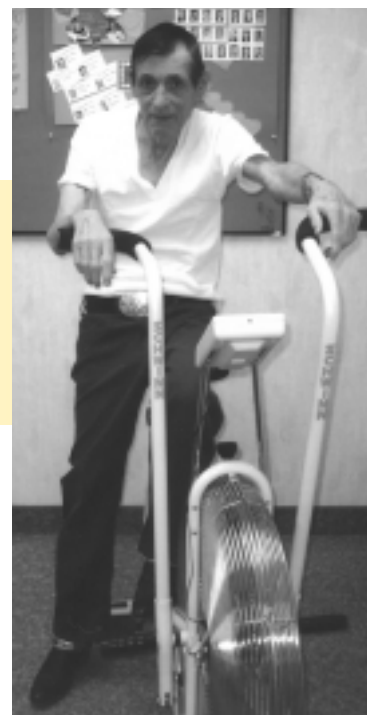
have shrugged off the prior week's heartburn. He had a similar episode in 1999 but was diagnosed at a different hospital as having an infection in his small intestine. Now he realizes the symptoms were very similar. Since April 12, he's quit smoking, is exercising more, and eating a more heart-healthy diet. "I thank God I was given a second chance and that everybody who was instrumental in saving my life was in the right place at the right time!"

The care that Jerry and Paul experienced following their heart attacks was the quick and efficient care made possible through a collaboration between Renville County Hospital, the Level 1 Heart Attack Program, North Memorial Hospital, and Abbott Northwestern Hospital in Minneapolis. The Level 1 Heart Attack Program provides exceptional and immediate treatment to patients presenting to a community hospital emergency department with acute heart

THANK YOU

To Terry Pederson, Cardiac Rehab Graduate who donated our new Schwinn AirDyne Bike!

attack symptoms. The Program coordinates community emergency departments, trained emergency transportation professionals, and an expert angioplasty team available 24 hours a day. Since its inception just over a year ago, the Level 1 Program has shown an effective reduction in heart attack mortality rates.



Top: Jerry Sullivan gets a work out on the new Schwinn AirDyne bike.

Renville County Hospital

Community Services

BOLD First Grade Hospital Tour Friday, April 29th

BOLD First Graders learned about the x-ray, lab, ambulance and ER departments at RCH. They also sang songs to the Grandma's and

Grandpa's at Heart-To-Heart. The group was then treated to juice and cookies after their tour and released.



Olivia Chamber of Commerce presents RCH the Progress Award for our purchase of a new DEXA-a-Scan machine that measures bone density.



Heart-To-Heart Thanks Volunteers

A world without volunteers would be very plain and lonely. At Heart to Heart we are fortunate to have four volunteers.

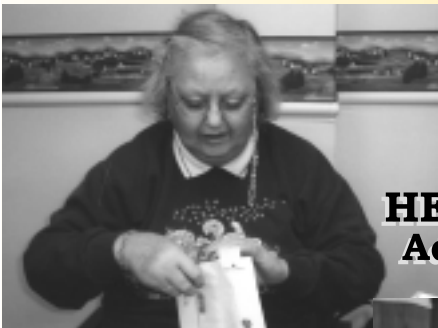
One we never see, but like "Jack Frost", we see her handiwork in the morning. Carol Barchenger decorates the bulletin board for our room (as well as several others around the community). Marian Sawin was a frequent visitor when her husband Ed came to Heart to Heart. After his death,

she volunteered to come on a regular basis and help with whatever she could. She now comes on Thursdays and plays cards or assists with crafts. John Nyquist has been a volunteer driver for Renville County for many years. He brings people to our program four days a week. One day he mentioned if we ever needed someone to play cards he'd enjoy that. And as Paul Harvey says, "that's the rest of the story", as he now comes on Wednesdays and Thursdays to play cards. A couple of years ago, the person who had been reading to people was unable to continue and Will DeGroat volunteered his wife, Kay. Kay comes each Tuesday to read and visit. The people who attend our program are volunteers, too, as they stuff and label envelopes, stamp brochures, stuff "goodie bags" for first graders, and plant flowers in the planters in front of the hospital and in the garden.

Volunteers are special as they give of themselves and their time to bring joy and friendship into our lives. Thanks to each one.



HEART-TO-HEART Adult Day Services



Top: Volunteers Carol Barchenger & Marion Sawin

Center: Iona Swart helping put together gift bags for the 1st grade tours.

Right: Mary Rosenberg

Far Right: Volunteer John Nyquist



Lifeline's Push-Of-A-Button Summons Help Immediately

Lifeline helps older adults living at home call for help when they need it. Available through Renville County Hospital, Lifeline is an easy-to-use personal response service that ensures that older adults living at home get quick assistance when they need it, 24 hours a day, 365 days a year.

Here is how it works: When you need help, press your personal help button (worn on your wrist or around your neck). Pressing the button will activate the Lifeline Home Unit that

establishes two-way voice communication with the Lifeline Monitoring Center. Within seconds, you will be in touch with a certified Lifeline monitor who has access to your full profile and will assess your situation. This trained professional will then contact a neighbor, loved one, or emergency services to come to your aide and follow up to ensure that you received help.

Lifeline is simple to use and costs a little more than a dollar a day. You are not required to buy equipment or to make a long-term commitment. Lifeline can also be used to answer your telephone without having to rush to grab a handset and risk falling, to maintain your peace of mind knowing that help is just a press-of-a-button away, and to enjoy a stronger sense of well-being. Call Renville County Hospital at 320-523-1261 for more information.

Heart-To-Heart *Spring Fling* May 19th • 1 p.m. RCH Conference Room

An invitation to our friends and family members to join us for morning coffee.

Hear Pastor Stewart from Swedlunda Church tell about his recent trip to South Africa and his experiences with the Zulu people.

Warm weather permitting, we will be creating delicious "Hobo Dinners" together at the picnic tables in the Hospital Garden.

Don't miss the fun!



Protect Personal Health Information With These Five Steps

Cherry Weigel, RHIT, Privacy Officer

Personal health information is a valuable resource, not only to you, but also to the doctors, nurses, and other healthcare professionals who provide your treatment and care. Health information management (HIM) professionals are constantly working with your healthcare providers to make sure your information is kept private, secure, and in accordance with federal and state laws. HIM professionals at Renville County Hospital offer five steps you can take to ensure the protection and confidentiality of your personal health information.

1. Read the Notice of Privacy Practices from your healthcare provider and health plan. These notices inform you of your rights and how your provider or health plan may use your personal health information. Remember that you can request restrictions on the use and disclosure of your health information for treatment, payment, or notification purposes.

2. Talk to your healthcare provider and health plan if you have concerns about the confidentiality of your health information.

3. Read the fine print before you

authorize release of information. The authorization should specify who is to receive your health information and how it will be used.

4. Know what health information is being collected about you and by whom. Find out what safeguards are used to keep it confidential.

5. Be cautious before giving your information on Web sites, phone surveys, or in health screening questionnaires. Know how the information may be used or disclosed.

National Health Information Privacy and Security Week, sponsored by the American Health Information Management Association (AHIMA), is designed to raise awareness among the public about the importance of personal health information privacy and security. For more information about your personal health information privacy rights, visit www.myphr.org.

AHIMA is the premier association of HIM professionals. AHIMA's 50,000 members are dedicated to the effective management of personal health information needed to deliver quality healthcare to the public. Founded in 1928 to improve the quality of medical

records, AHIMA is committed to advancing the HIM profession in an increasingly electronic and global environment through leadership in advocacy, education, certification and lifelong learning. For information about the Association, go to www.ahima.org.

HIPAA Quiz

- 1 Most healthcare providers have an electronic (or computerized) health record. *True False*
- 2 If your healthcare provider has a Web site, you should be able to read the Notice of Privacy Practices online. *True False*
- 3 Organizations using computerized physician order entry programs see a decrease in medication errors. *True False*
- 4 Your healthcare information is likely to be safer from unauthorized users when it is electronically managed than when it is in paper form. *True False*
- 5 An electronic health record will be able to keep an audit trail of every person who accessed a record. *True False*

Answers: 1. False 2. True 3. True 4. True 5. True

Hazardous Training Class Held At RCH

Daniel Dahl, a fire chief from Wabasso Fire Department, instructor and consultant instructed RCH employees on the risk of occupational exposure to chemical, biological or radiological materials from contaminated patients, particularly during mass casualty incidents. Class participants termed first receivers, work at a site remote from the location where the hazardous substance release occurred. Exposures are limited to substances transported on victim's skin, hair, clothing or personal effects. The location and limited source of contaminant

distinguishes first receivers from first responders who typically respond to the incident site.



Top: Instructor Daniel Dahl (left) and Lab Director, Emy Lilja (right) assist Dr. Mark Ahlquist with his suit.

Left: Beth Elliott helps Sheila Steffel get her gear on.

did you know

Renville County Hospital has a continuing Job Shadowing Program for the young people in our communities aspiring to join the medical field. For more information contact Sara at (320) 523-3526.

Nutrition Notes By Stacey Heiling, RD, LD

Build Bone Mass Through Healthy Diet and Lifestyle

Bone is a constantly changing, complex living tissue. Bones store calcium that is needed for bone density and strength. Bones provide support for muscles and protection for vital organs.

The National Osteoporosis Foundation offers this advice when thinking of bone health: think of your bones as a savings account. The amount of bone mass you have is affected by what you deposit.

The critical years for making these deposits are the teen years through age thirty. For a woman, approximately 98% of bone mass is acquired during this time. Experts have speculated that women in this age group can increase their bone mass by as much as twenty percent. Diet, exercise and a healthy lifestyle are crucial to building bone mass.

What happens when bone density is poor or when your “savings account” starts to dwindle? This condition can lead to a disease called osteoporosis, a state where bone density decreases, bone becomes porous, and bone tissue deteriorates. Osteoporosis leaves the bones fragile and prone to fractures, especially fractures of the hip, spine, and wrist. Consider this. A woman’s risk for a hip fracture at some point in her life is equal to her risk for breast, uterine, and ovarian cancer combined. Some data indicates that six months after a hip fracture, only 15% of patients are able to walk across a room unaided.

According to the National Osteoporosis Foundation statistics, 10 million Americans already have osteoporosis and an additional 34 million are estimated to have low bone

mass, thus increasing their risk for osteoporosis. Eighty percent of those affected are women. Risks for osteoporosis apply to men, as well as women, and to persons of all ethnic backgrounds.

Bone loss occurs without symptoms. Most people don’t find out they have osteoporosis until a fall or bump causes a fracture or collapses a vertebra. Some other early signs are loss of height, spinal deformities, or stooped posture.

Since bones are constantly changing, they can heal and are affected by diet and lifestyle factors. Even if most bone mass is accumulated during a person’s younger years, the same diet and lifestyle recommendations for our early years hold true for later years. As age increases, the focus switches toward replacing calcium loss from the bone and preserving the bone mass you already have.

Osteoporosis prevention is about more than just preserving bone mass. It is about retaining quality of life throughout the aging process. When it comes to osteoporosis, the best defense is an early and positive offense.

Key Steps in Preventing Osteoporosis and Maximizing Bone Health

Calcium. Eat plenty of calcium-rich foods. If your diet lacks adequate calcium intake, you body takes it from your bones to maintain a steady supply in your blood where it is used for many functions in your body. In general, two to three servings per day of milk, yogurt, or cheese eaten along with other calcium-containing foods such as fortified orange juice, cereals, soy foods, spinach, almonds, or broccoli will provide adequate calcium.

Vitamin D. Vitamin D helps your body absorb calcium. Food sources of Vitamin D include milk, eggs, and fish. Your body can also make its own

Vitamin D through exposure to the sun. The American Dietetic Association states that 15 minutes per day spent outside with hands and face exposed is enough exposure to the sun for the body to manufacture Vitamin D.

Weight-bearing exercise. Add activities such as brisk walking, jogging, aerobics, dancing, racket sports, and weight-lifting exercise to your routine.

Healthy weight. Achieving a weight suitable for your frame size is key to bone health.

Do not smoke. Use alcohol only in moderation. Smoking and drinking alcohol to excess increases calcium loss from the bone.

Balanced diet. Too much protein and salt can increase calcium loss.

Bone density testing and medication when appropriate. Bone density scanning can help you detect low bone mass and detect your risk for fractures. While there is not a cure for osteoporosis, there are some medications that can help prevent bone loss, especially in post-menopausal women.

Calcium supplements. For those who do not drink or tolerate milk, have a poor diet, or increased risk factors for osteoporosis, calcium supplements may be needed. Calcium supplements come in many forms including chewable or traditional pills. Calcium is better digested and absorbed when taken in smaller amounts throughout the day and most forms are better digested when taken with food. Be sure your calcium supplement contains Vitamin D.



***RCH Cookbooks
Arriving Soon!
Only \$10***

Contact Stacey at 523-3473
Proceeds to benefit
Relay for Life, Hospital Garden &
Health Services Foundation of
Renville County.
Bon Appetit

Knowledge Is Key To Managing Diabetes

By Jamie Schlomann, RD, LD, CDE

Diabetes is a disease in which the body is not able to produce enough insulin or to properly use insulin.

Thirteen million people in the United States are diagnosed with diabetes and another 5.2 million people are not aware they have it. An additional 41 million Americans have pre-diabetes and are likely to develop Type 2 diabetes.

Complications of diabetes include heart disease, kidney disease, nerve damage, eye problems, foot problems, and sexual dysfunction.

Knowledge is the key to managing diabetes. With education, diabetes can be maintained in good control with a significant reduction of complications.

Diabetes self-management training services are now available locally through

the Renville County Hospital Diabetes & Nutrition Center Program. Our program is recognized by the American Diabetes Association and is available every other Thursday. Our education team from Rice Memorial Hospital, Jean Chapin Frederickson, RN, and Jamie Schlomann, Registered Dietitian, are both Certified Diabetes Educators and will work with your healthcare provider to find the best management program for you.

People of all ages with a diagnosis of Type 1, Type 2, Gestational Diabetes and pre-diabetes are appropriate for this education program. Programs are designed especially for individuals who are faced with the challenges of living with diabetes and wish to improve diabetes control and quality of life.

Examples of our education topics are:

- What is diabetes and how does it affect your body
- Blood glucose meter instruction
- The affects of food and activity on blood sugar levels
- Diabetes medications and insulin
- Carbohydrate counting
- Support for living healthy with diabetes
- Reducing risks for complications
- Insulin pump therapy

For those who are newly diagnosed with diabetes, have never had comprehensive diabetes-management training, or would benefit from a review, talk with your healthcare provider about a referral to the Renville County Hospital Diabetes & Nutrition Center Program.

Determine Your Risk for Osteoporosis

Are you wondering if you have osteoporosis or are at risk of developing osteoporosis?

A simple and painless test, called a bone densitometry test, can help doctors advise you regarding osteoporosis. The test measures your bone mineral density (BMD) and compares it to that of a “young adult” at peak bone strength. It also compares your results to people your same age. This information helps doctors assess your risk of osteoporosis.

The bone densitometry test is also used to detect changes in your bone density and the effects of age, diet, or treatments. Your doctor may suggest follow-up tests to monitor these changes.

The bone densitometry test will not predict a bone fracture, just as high cholesterol cannot predict a heart attack. But just as cholesterol measures your risk of heart attack, so does the densitometry test measure your risk of a bone fracture. The results of the test, along with other factors, indicate your overall risk of fracture.

Risk factors for osteoporosis include:

- Female
- Caucasian
- Advanced age
- History of bone fracture
- A small thin frame
- A family history of osteoporosis
- Removal of the ovaries
- Early menopause
- A low calcium diet
- Lack of exercise
- Eating disorders
- Certain medicines such as steroids or anticonvulsants
- Alcohol and tobacco use

Talk to your doctor about your need for a bone densitometry test.

Counting Carbohydrates Helps Control Diabetes

The current meal-planning guide for people with diabetes is called carbohydrate counting. All carbohydrates including sweets, starches, fruits, milk, and yogurts raise blood glucose. Potatoes, peas and corn are starchy vegetables that are also counted as carbohydrates.

None of the food from this group needs to be eliminated, but should be consumed in controlled amounts throughout the day to best control blood glucose. No special “diet” foods are required. Other food groups not included as carbohydrates include meats, cheeses, fats, and most vegetables.

Carbohydrates are broken down into choices. Each carbohydrate choice is equal to 15 grams of total carbohydrate. When reading food labels, monitor the total carbohydrate grams (g) instead of the sugar grams. A common meal plan for the average adult includes three to four carbohydrates choices (45-60 g total carbohydrate) at each meal and one to two carbohydrate choices (15-30 g total carbohydrate) at snacks. The individual is then able to determine how they would like to use their choices. The most important factor is the total carbohydrates consumed at each meal.

An example of a four carbohydrate choice meal:

3 oz. grilled chicken	1/2 c. mashed potatoes (15 g = 1 carb choice)
1 tsp. margarine	1 slice bread (15 g = 1 carb choice)
1/2 c. green beans	1/2 c. canned fruit (15 g = 1 carb choice)
	8 oz. milk (15 g = 1 carb choice)

Total: 60 g of total carbohydrate = 4 carbohydrate choices.

All people with diabetes can enjoy well-balanced meals including their favorite foods while using a carbohydrate counting meal plan. It is recommended each person meet with a Registered Dietitian to establish an individualized meal plan.

Renville County Hospital

Active Medical Staff

Dr. Mark Ahlquist, *Chief of Medical Staff*
Dr. Paul Buhr Dr. James Cosgriff
Dr. Brian Tilby Dr. Paul Thompson
Dr. Robert Haakenson

Associate Staff

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

Outreach Services

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Podiatry Urology

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Dr. Paul Buhr Gale Dahlager
Ralph Novotny Paul Setzepfandt

Ongoing Events At RCH

Diabetes Education

June 2nd, June 16, & 30th
Certified by the American Diabetes Association
Diabetic education is ongoing, every other
Thursday. Appointments may be made at RCH
following your physician's referral.

Caregiver Support Group

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



Come & join us for a *Round of Golf* to help support
Health Services Foundation of Renville County

Wednesday, June 8 • 2005
Olivia Golf Club • Olivia, MN
Noon Shotgun Start



For more information about the event turn to page 2 or
contact Sara Maher at (320) 523-3526 or email mahers@rchospital.com

Welcome New Employees



Anna Hubin is an LPN from Hector. She graduated from the Practical Nursing Program at Ridgewater College in Willmar, May 2004. Asked how she likes her new job. She said "I love it here! Everyone is so nice."



**Prairie
Family
Practice**

Rose Legatt, PA
joins Prairie Family
Practice.

**Renville
County
Hospital**



Sheila Steffel is working as a Hospice RN at RCH. Sheila joins us with 20 years of Geriatric experience and is married with four boys.



Ruby Rhines,
RN, CNP returns
to Prairie Family
Practice.



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