

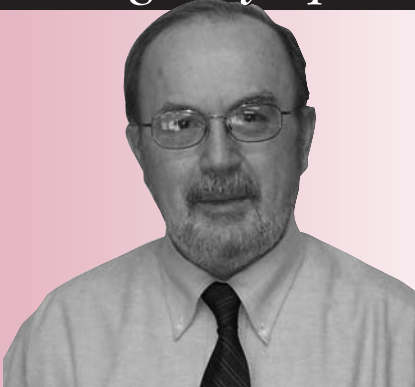
Circles of Care

Renville
County
Hospital

Big City Specialists Close to Home

Vol. 23 • No. 1 • Winter 2007

(320) 523-1261 • www.rchospital.com



John Howrey, RCH Interim CEO

New Interim CEO John Howrey

John will be replacing Tim Middendorf as CEO of Renville County Hospital for the next six to nine months. John, who hails from Grand Rapids, MN, and his wife, Theresa, will be residing in Olivia. John is no stranger to the RCH team. He was interim CFO in 2006 until that position was filled by Hector native, Nate Blad. John's interests include biking, tinkering in the shop, and fishing. Theresa enjoys flower and vegetable gardening and quilting. They have two sons, John Lance, who is an officer in the Navy, and Jason Eric who is a cook and corporate trainer for Chili's Restaurants. Welcome back, John, to RCH.

Patient Email

SERVICE

Know someone in the hospital at RCH? Why not send them a daily email to lift their spirits? Go to rchospital.com and click on the stethoscope.

Lifeline Helps People Live at Home Longer

Lifeline and Renville County Hospital enable nearly 150 people in Renville County to stay living in their own homes despite being disabled, elderly, or medically fragile. With the Lifeline service, subscribers need only to press a button and they are automatically connected to the hospital's nursing department where trained personnel will immediately respond to their request for help.

For nearly 13 years, Sharon Alton, who retired from RCH last July, was the coordinator of this program at RCH. "It saves lives," said Sharon as she thought over her years of involvement with Lifeline. "One woman was sickened by carbon monoxide and pressed the call button. If it hadn't been for Lifeline, she would not have lived because she was too sick to dial the phone."

Many people start out thinking they don't need the service, according to Sharon, but sign up at the request of their family. "It gives grown children peace of mind when they can't be there in person to check on their mother or father. Then, once people have the service, they wouldn't be without it."

"Some calls to Lifeline are false alarms," Sharon said as she recalled one time when a cat stepped on the button and activated the call to RCH. Most of the legitimate calls are the result of someone falling and not being able to get up. Lifeline has enabled people in their 100's to live in their homes.



RCH thanks Sharon and Dick Alton for their years of service to Lifeline.



Lifeline works by attaching a communicator unit to the subscriber's home telephone. Then a portable, personal help button worn around your neck, on your wrist, or carried in your pocket activates the communicator when you press the button. The communicator dials into RCH on a separate telephone line which is answered 24 hours a day, 7 days a week. The personal help button is supposed to be waterproof, and it truly is, as was proven when a subscriber accidentally left it in the pocket of a garment that went through the laundry

farewell RCH

Some readers may have heard that I have accepted a new position. That is accurate, and I am still dealing with the surprise, because it was something I was not expecting to do.

While it was one of those opportunities too hard to pass up, I

sure will miss the opportunities and people of Renville County Hospital as well as Renville County! You can be proud of your hospital and the people who serve here.

Following me will be John Howrey, who comes from the Grand Rapids area. John will serve as interim administrator until the process of bringing together Prairie Family Practice and Renville County Hospital has reached a logical conclusion. We are guessing that will be in the first half of 2007. Following that time, the board will need time to recruit a permanent administrator. Considering all of that, John could easily be with us for nine months. John is a capable leader who spent time with us over the summer as interim CFO. He is a wise and trusted leader who can be counted on to assist the board through the remaining "Integration" activities. John is excited to return to us in this role.

The next year will be an exciting time for Renville County Hospital. As I just mentioned, the "Integration" process will soon be ready for board action. Then it's on to creating the best combined health services for Renville County (if it is approved). Many have high hopes for the long-term opportunities this presents.

Construction planning nears completion also. Our first phase is largely cosmetic, but will give our hospital a fresh look, and set the stage for Master Facility Planning for a more extensive Phase II. I suspect construction will commence once the board and administration get comfortable that the "Integration" implementation is well on its way.

As I say farewell, I leave with anticipation of these exciting times for Renville County Hospital. I hope you join me in this anticipation and support your hospital in these exciting times ahead.

Tim Middendorf
Tim Middendorf, Administrator

HEALTH SERVICES FOUNDATION

*New Health Services
Foundation Chair for
2007 Bob Mehlhouse
with HSF Director
Sara Maher*



2006 HSF Shooting Star Donors

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Gene Dillon

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Carl Pape

PollyMom Stabl

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

Lifeline Helps People Live at Home Longer *from page 1*

and still worked! However, this is not recommended, though keeping it clean and sanitary is.

"One of the very nice things about Lifeline at RCH is that calls are answered locally," said Sharon. Trained staff respond to a Lifeline call by calling one of the responders on a list submitted by the subscriber. That responder goes to check on the subscriber. If no one on the subscriber's list of responders is available, the Renville County Sheriff's office is notified. If need be, RCH will assist the responder by calling a doctor, rescue unit, or the police.

For three years, working with Lifeline was a family affair for the Alton's. Sharon's husband, Richard, installed the units in the homes of the subscribers instructing and training them in the use of the service, completing the necessary paperwork, and answering any questions the subscriber or the family or the responders might have.

Both Sharon and Richard loved working with the people. "And Richard was much better at the technical aspect of installing units than I was," Sharon said.

Some communities that don't use the Lifeline program have a medical alert program that automatically summons an ambulance in response to a call. Lifeline is a much more economical program that makes getting occasional assistance affordable. The price of Lifeline for one month is \$23.

Michelle Gau is the current Lifeline Coordinator. Call her at (320) 523-1261 for further information about how you can sign up for Lifeline.

Michelle Gau, new RCH Lifeline Coordinator



Area Residents Take Mission Trip to San Lucas Toliman January 2-9, 2007

By Carmen Sonnek (for all of us)

15 Renville County residents returned recently from a seven day journey to San Lucas Toliman in Guatemala; however, the experience will live in each of us for a long time. San Lucas is an 80 mile drive, or a little more than three hours, on paved narrow mountain roads from Guatemala City. This region of Toliman includes 22 villages in its parish church. Wherever there are not rocks, mountains or volcanic ash, there are trees, gardens, flowers, fruits, and Lake Atitlan. It is an area

of beauty and poverty, meshed.

Our daily tasks were assigned to us according to the need of the day. Coffee picking, making up soil bags for seeds or seedlings (1,000 at a time), or cutting and bending re-bar for constructing their cement block homes and buildings filled our days. We even learned how to use a machete to split wood for household use or for carving into tools.

One day we moved three temporary homes to new locations so that permanent ones could

continue to be built. (This village was destroyed by a hurricane and mudslide 1½ years ago.) Moving the houses took the strength of all of us (except the one who took the photo)! Even a tarp-wrapped two-room house is awkward to move.

Father Greg Shafer has been the pastor at San Lucas Toliman for over 40 years, striving daily to be with these Mayan people in their culture, faith, and efforts to support themselves. We are most grateful for their welcoming hearts and hope our spirit will continue to encourage them. It was a short week. Father Greg is truly "all heart" to these people. Hence, our presence supporting one another - from the "heart".

RCH Employee and Son Travel to Acapulco on Mission Trip

Rachel Walz and her son, Josiah, will go on a mission trip to Acapulco, Mexico, in February. They will travel with the Willmar-based Feed My Sheep Ministries. Rachel and Josiah will be delivering presents to the children at Feed My Sheep Christian School in Acapulco. RCH employees have donated new and used toys to give to the children of Acapulco. In addition, Rachel and Josiah will visit people in a local jail and families in their homes.

Rachel Walz was recently inducted into the Honor Society of Nursing, Sigma Theta Tau International. She is currently pursuing a master's degree from the College of St. Scholastica in Duluth, Minnesota, where she is enrolled in the Clinical Nurse Specialist Program.



Rachel Walz, R.N. with her son, Josiah



Ann Orth, Tanya Malecek Hanson, Father Greg Schafer and Sister Carmen Sonnek

Mammography
Clinic
at RCH

Appointments
will be taken starting
March 19, 2007
Call (320) 523-1261



RCH Welcomes New Faces

Christine Borneman, Physical Therapist Assistant with Big Stone Therapies, Inc.

Christine Borneman, Physical Therapist Assistant, joined Big Stone Therapies Inc. (BST) and the Renville County Hospital community in November, 2006. Christine attended Northwest

Technical College and the College of St. Scholastica as an undergraduate. She earned her Physical Therapist Assistant degree from Lake Superior College in Duluth, Minnesota, in August of 2006. She is an active member of the American Physical Therapy Association and is particularly interested in orthopedics and aquatic therapy.

Christine was born in Wadena and grew up in Sebeka, Minnesota. She has two brothers, Andy, age 24, and Paul, age 17. She also has three foster sisters. Following the completion of her degree, Christine put her career on hold to help her parents with her sisters who have mental retardation.

Christine enjoys outdoor activities including rollerblading, biking, hiking, canoeing, and ice fishing. She likes country music and watching movies—particularly those filmed in Minnesota. She also loves animals, especially dogs.

BST has served West Central Minnesota and Northeast South Dakota for over 16 years providing services for outpatient orthopedics, occupational health, sports-related injuries, hospital acute care, geriatrics/long term care, home health care, and pediatrics.

Connie Tharpe, Big Stone Therapies, Inc. Secretary

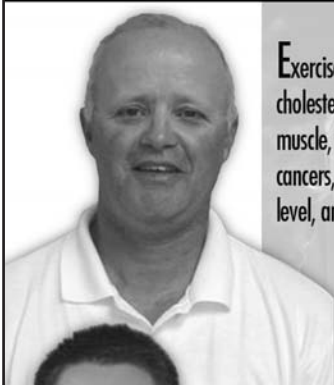


Connie Tharpe, secretary for Big Stone Therapies, Inc. moved to the area from Florida in August, 2006. She grew up in Grand Marais,

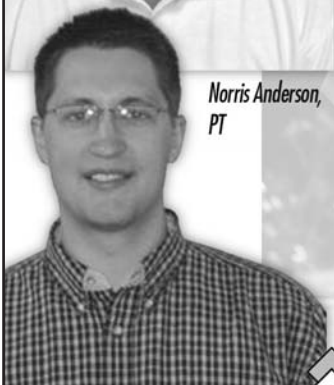
Minnesota, so she is very familiar with Minnesota winters. She currently lives in Raymond with her sister where they operate a handbag business, making and selling hand-made purses. "We call ourselves 'The Sister's Three' ", said Connie. Connie also likes to crochet, knit, and ride motorcycles. She has four daughters and 11 grandchildren (with one due any day!). "I love working for Big Stone Therapies," said Connie. "I have made a lot of friends at RCH. As soon as I can, I hope to move to Renville County."



Christine Borneman, Physical Therapist Assistant, with patient Rose Engbertson of Bird Island.



Exercise promotes better overall health, lowers risk of heart disease, helps improve cholesterol levels, lowers blood pressure, lowers blood sugar, helps burn fat and build muscle, improves psychological well-being, reduces your risk of developing certain cancers, improves the way you look and feel, reduces stress, increases your energy level, and puts more fun in your life!



Norris Anderson, PT

Physical Therapists, Andrew Schotzko and Norris Anderson, have knowledge of aerobic conditioning, body mechanics, muscles and joints, and pre-existing conditions. They are able to develop personalized conditioning programs for home or community fitness centers that help promote fitness and prevent injury. They can help you develop a program for effective and safe weight loss, osteoporosis prevention, controlling diabetes, and improving cholesterol levels. They can help you learn to safely exercise during and after pregnancy or if you have an existing orthopedic condition, such as arthritis, low back pain, or joint trauma. Call your doctor if you have concerns.

Andrew Schotzko, PT, CSCS



Call (320) 523-3470
for Information/Appointments

Prevent At Home Falls

By Karletta Marwede, OT

What to look for in your home environment

- Remove clutter
- Make sure there is good lighting
- Remove rugs
- Rearrange furniture to allow open pathway
- Remove electrical cords running in traffic areas
- Make sure assistive device is in good condition

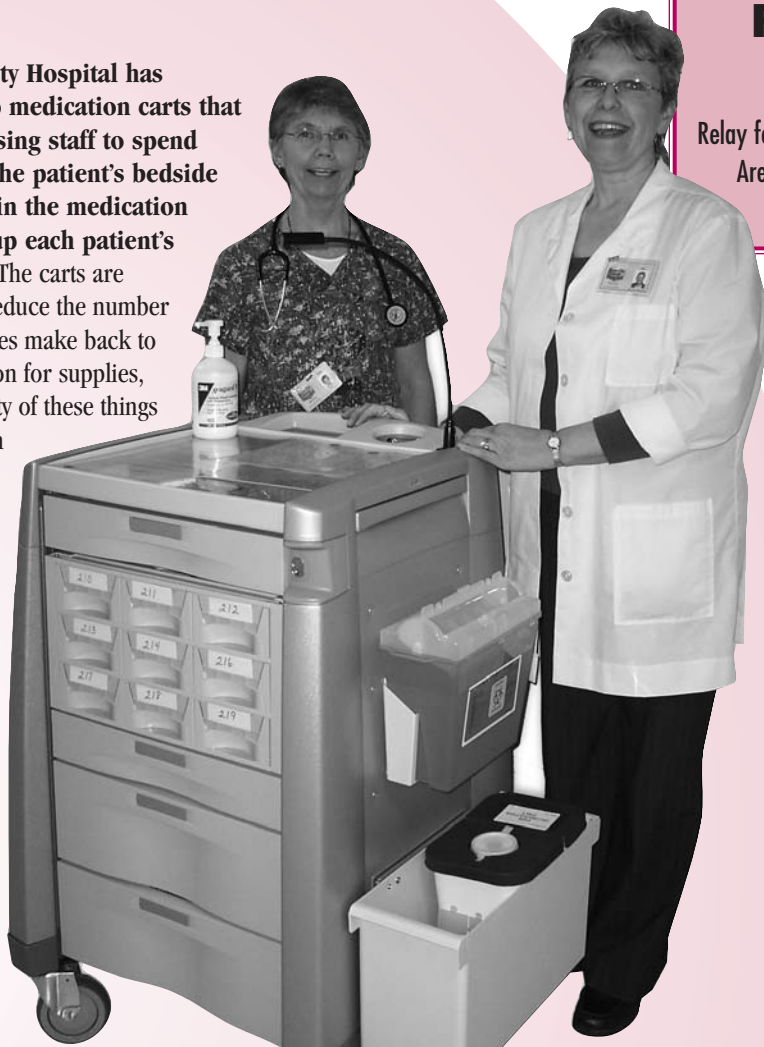
What you can do to prevent falls

- If you use a walker, make sure walker remains on all four feet
- Make sure your feet touch the floor when sitting on furniture
- Sit on chair or edge of bed while dressing
- Report any fear of falling

Med Carts Allow More Time With Patients

Renville County Hospital has purchased two medication carts that will allow nursing staff to spend more time at the patient's bedside and less time in the medication room setting up each patient's medications. The carts are customized to reduce the number of trips the nurses make back to the nurse's station for supplies, etc. The majority of these things are now on each cart, for quick point of service care.

R.N. Sue Malecek with Director of Nursing, Jan Dixon, standing by one of two new medication carts at RCH.



RCH Helping In Our Communities

Relay for Life • Health Services Foundation • Health Fairs
Area Schools • Ambulance Squads • 1st Grade Tours
County Day • Job Shadowing • Nursing Homes

Robin Hoffman From LPN To RN

Robin Hoffman recently graduated from the Ridgewater College Associate Degree Nursing program. She has worked for RCH for five years as an LPN. "It seemed like an obvious fit for me to continue on for my RN degree," said Robin. She is a member of the Cosmos Ambulance squad. She and her husband, Tim, who is the captain of the Cosmos Ambulance squad, live in Cosmos with their two children, Cullen, 10, and Sydni, 7.



Trouble sleeping? Tired of waiting for help?

Sleep Diagnostics of Minnesota now offers Sleep Study Analysis by a board certified sleep specialist at the Renville County Hospital. The appointment is available through your local family physician.



PRAIRIE FAMILY PRACTICE

For more information call Virgil at 800-810-0696.

Visit our website at www.sleepmn.com



Nutrition Notes

Nutrients to Know:

Magnesium

By Stacey Heiling RD,LD

Q What mineral plays a role in over 300 processes in our bodies, yet most Americans get less than 2/3 of the recommended daily intake?
A Magnesium

Why is magnesium so important to us? About half the magnesium in our bodies is found in our bones and the rest is in our muscles and other soft tissues. Our bodies require magnesium for energy production, nervous system activity, and bone flexibility to name just three of the vital body processes that require magnesium.

Why is it so hard to meet our daily needs of magnesium? With an American diet that is so focused on processed foods, we miss out on a lot more than just fiber. When we refine grains or process them, the outside layer of the grain is removed and a lot of “good stuff” goes with it, including magnesium. While refining our foods makes for some tasty and affordable snacks, it does nothing for the nutrient profile of food.

The best sources of magnesium in our diet are found in whole grains, nuts, seeds, and legumes. Legumes include foods such as black beans, chickpeas, and peas. Peanut butter also packs a good

magnesium punch, as do soybeans, tofu, and dark green, leafy vegetables.

The recommended daily intake (RDI) of magnesium is 329 mg per day for women and 420 mg per day for men. Remember these recommendations are based on what is best for 98% of the healthy population. Some diseases, such as diabetes, increase the need for magnesium because high blood sugars can cause magnesium to be lost in the urine. The use of certain diuretic medications can also cause magnesium to be lost. It is best to check with your doctor if this is something that concerns you.

When it comes to supplementing magnesium, there are some important things to note. First, check your multi-vitamin. A product that is complete with minerals will most likely contain about 25% of the daily recommendation. The second thing to

remember is that excessive supplementation of magnesium is not safe. Over supplementing can cause side effects that range from diarrhea to decreased kidney function and can eventually lead to cardiac arrest. It is important to note that people with kidney problems may be advised to limit magnesium in their diet.

Overall, the best recommendation for assuring adequate magnesium intake is to eat the right foods. Here are a few tips to boost your magnesium:

- Increase whole grains in your diet. Read labels and look for whole grain as a primary ingredient. Some products state they are whole grain. This merely means they contain some whole grains, not that the product is a good source of whole grains.
- Eat at least 3-5 servings of vegetables every day. Be sure to include dark green, leafy vegetables. In this case, fruit is not an adequate substitute as most fruits are poor sources of magnesium.
- Try adding nuts and seeds to salads or on top of casseroles. Try having legumes as the main protein source for a meal. The recipe provided is an excellent way to use legumes as a main protein source.

Black Bean and Rice Enchiladas

- 1 green pepper, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 T olive oil
- 1 can (15oz) black beans, drained and rinsed
- 1 can (14 1/4 oz) diced tomatoes with green chilies
- 1/4 cup picante sauce
- 1 T chili powder
- 1 tsp ground cumin

- 1/4 tsp crushed red pepper flakes
- 2 cups cooked brown rice (if pressed for time can use a pre-packaged brown rice in a microwave bag available at the grocery store)
- 8 flour tortillas, warmed
- 1 cup salsa
- 1 cup shredded reduced-fat cheddar cheese
- 3 T chopped fresh cilantro

In a large nonstick skillet, sauté the green pepper, onion, and garlic in oil until tender. Add the beans, tomatoes, picante sauce, chili powder, cumin, and red pepper flakes; bring to a boil. Reduce heat; simmer uncovered, until heated through and mixture thickens. Add rice; cook 5 minutes longer or until heated through.

Spoon a rounded 1/2 cup of the mixture down the center of each tortilla. Fold sides over filling and roll up. Place in a 9x13 baking dish coated with nonstick cooking spray. Spoon salsa over each tortilla. Cover and bake at 350 degrees for 25 minutes. Uncover, sprinkle with cheese and cilantro. Bake 2-3 minutes longer or until cheese is melted.

1 enchilada = 271 calories, 6 g fat, 43 g carb, 5 g fiber, 12 g protein



Renville County Hospital would like to thank *Generation for Warmth* for making and donating lap quilts, baby mittens and caps, children's slippers, a teddy bear, and Christmas stockings for the OB Department.

A Heart-To-Heart Thank You

Heart-To-Heart would like to thank everyone who made a donation in memory of John Nyquist, our volunteer driver. John was a friendly, faithful driver who was committed to our program. We will miss him greatly and keep him forever in our hearts.

Mark Bute

Delton & Barbara Duehn

Mardi Haubaker

Lowell & Jean Herdina

Pete & Vi Jorde

Gordy Krause

Charles Korsmo

Liz Lanning

Rosie & Jerome Mandersheid

Val Mersch

Bob Miller

Marvin Mulder

Bill Olson

Glen Rodel

Aaron Schaffer

Janelle Schmoll

Rachel Schmiederman

Robin Schwer

Phil Standfuss

Doug vander Hagen

Larry & Sara Welsh

Let it snow, Let it snow, Let it snow

Some of the ladies at Heart-To-Heart were talking about snow and decided to build a snowman. Due to the lack of snow, this was all they were able to gather from outside. From left to right: Ida Raitz, Bird Island, Shirley Mullinax, Bird Island, Mayland Degner, Bird Island, and Mary Ann Minkel, Olivia. Great job ladies!



Active Medical Staff

Dr. Paul Thompson, *Chief of Medical Staff*

Dr. Mark Ahlquist

Dr. James Cosgriff

Dr. Brian Tilby

Dr. Paul Buhr

Dr. Nazita Adili-Khams

Associate Staff

Rose Nepsund, PA

Janelle Sunvold-Palmer, CNP

Ruby Rhines, RN, CNP

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Administrator

John Howrey-Interim

Editor

Sara Maher

Events At RCH

RCH Hospice GOOD GRIEF Support And Info For Grieving Families & Friends- Spring Series
Tuesdays evenings 7-9 p.m., March 6th, 13th, 20th, 27th, & April 3rd. at the Olivia Public Library, 405 S. 10th Street, Olivia. To register call Paulette Svoboda, LSW (320) 523-3451. Free of charge.

April Mammography Clinic

Appointments will be taken starting March 19, 2007. Call (320) 523-1261.

Spring Prenatal Education Classes

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

Lois Thompson Memorial Golf Tournament

Wednesday June 6th, 2007 at the Olivia Golf Club. Sponsored by Health Services Foundation and American Bank Foundation.

HSF Cowboy Auction

Friday, November 16th, 2007 in Olivia.

Diabetes Education

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

Caregiver Support Group

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

Visit us online at www.rchospital.com

Renville County Hospice's Annual Spring Memorial Service, "Service of Remembrance", will be held at 2 PM, Sunday, April 29, at Cross of Calvary Lutheran Church in Olivia. This service is designed to remember and celebrate the lives of the Renville County Hospice patients who have died in the last year. There will be an opportunity to also remember other deceased loved ones. Refreshments will be served in the Fellowship Hall following the service. All are welcome. Please join us!



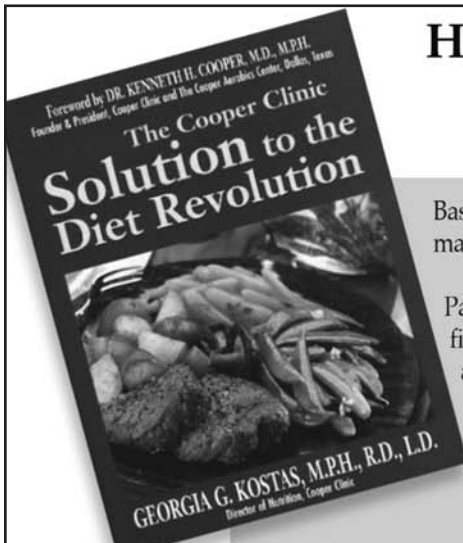
Healthy "Weighs" Diet and Fitness Program

Monday Evenings • 5 -6 pm • March 5-April 16, 2007

Renville County Hospital

Based on the book "The Cooper Clinic Solution to the New Diet Revolution" this weight management session is a simple, step-by-step program that targets weight issues from all sides.

Participants will receive guidance in formatting flexible meal plans, developing a personal fitness program, and targeting bad habits. Instructors for this class are Stacey Heiling RD, LD, and Andrew Schotzko PT, CSCS, a physical therapist from Big Stone Therapy.



Class size minimum 5 participants, maximum 8. Registration DEADLINE is February 26th.

Cost: \$50.00 (includes comprehensive course workbook and other materials)

Any questions call Stacey 523-3473

Renville County Hospital

Emergency Room

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

Consulting Specialists

Cardiology	Pathology
ENT	Podiatry
Gastroenterology	Radiology
Orthopaedics	Surgery
Otolaryngology	Urology

Support Services

Swing Beds	Lifeline
Nutritional Counseling	

Rehabilitation Services

Physical Therapy	Occupational Therapy
Speech/Language Pathology	Cardiac Rehabilitation

Surgical Services

Same-Day Surgery
General & Specialty Surgery

Maternity Services

Birth Options	Prenatal Education
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Diagnostic Services Offered

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

Audiology Services

Hearing Testing

Outreach Services

Hospice	Weight Loss
Diabetic Counseling	
Health Services Foundation	

Programs

Community Education	Elderly Day Services
Caregivers Support Group	Sleep Studies

Monitored Beds & Coronary Care Unit



Wednesday, June 6th, 2007
Olivia Golf Club

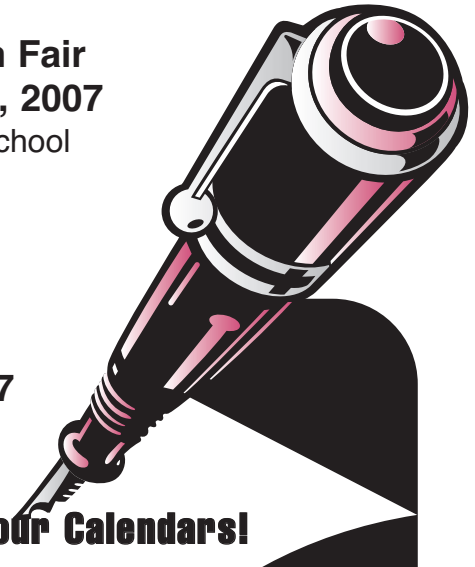
Sponsored by Health Services Foundation & American Bank Foundation

Renville County Health Fair
Thursday, October 18th, 2007
Buffalo Lake Elementary School
(Formerly Senior Expo)



Friday, November 16th, 2007

Sponsored by
Health Services Foundation



Mark Your Calendars! Mark Your Calendars!

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