

### DIGITAL Mammography

The American Cancer Society recommends women age 40 and older have an annual mammogram and clinical breast exam.

Digital mammography appointments are available every weekday at LakeWood Health Center.

To schedule an appointment, simply call (218) 634-2120 or toll free at (800) 245-9483.

## 2010 Relay For Life Raises More Than \$48,000

*LakeWood Nightcrawlers Team Earns Gold Level*



*LakeWood Nightcrawlers available for a photo during the Relay event include, from left, Barb Larson, Karen Hanson, Dyana Fish, Dani Birkeland, Liz Hanson, Lynn Ellis, Cathy Christensen, Denise Usiski, and Chrissy Draper. Team members not pictured are Lisa Beil, Chad Fulton, Vicki Goble, and Vicki Fulton, and Angie Hasbargen.*

The ninth annual Lake of the Woods County Relay For Life event took place on Saturday, August 7, 2010, beginning at 2:00 p.m. and continuing until 2:00 a.m. the following morning. Ten teams participated to raise over \$48,000 in the fight against cancer. In past years, Lake of the Woods county has been near the top of the list in the amount of money raised in Minnesota per capita and it is anticipated that this year will reflect a similar statistic.

The LakeWood Nightcrawlers team also had a very successful year under the guidance of its team captain Chrissy Draper, LakeWood Patient Accounts representative. Under her direction the team achieved gold level (\$7500) through group and individual fund raising events and requests for donations.

Since the American Cancer Society (ACS) has been designated the official sponsor of

birthdays, this year's event was a birthday celebration with the theme, "Help create a world with more birthdays". Penny Mio-Hirst shared the story of her cancer journey after being diagnosed with Hodgkin's lymphoma. She told the crowd that without the research funded through donations to ACS, the stem cell transplant that saved her life might not have been possible. She added that because of the transplant process, she had to have all her childhood immunizations again. Her doctor told her that her transplant date was her new birthday; she now happily celebrates two birthdays each year.

In addition to raising money for ACS, the event raised awareness of cancer and cancer prevention and allowed those gathered to honor and memorialize whose lives have been changed by this disease.

## LakeWood Update

### from Administrator Jason Breuer

Even though we are half way through summer, there is still plenty to do here at LakeWood and in our community.

The Lake of the Woods County Fair is coming up the end of this month. When you attend the fair, please stop by the LakeWood booth. This year we will feature the **I Can Prevent Diabetes!** program as well as other services provided by LakeWood. You will find more information about this program and other fair-related activities in this issue of the NorthReach.

August also signals the time our young people get ready to go back to school. Safety for our students is a priority during this time of year. Athletes are starting a new season and must have proper physicals before starting practice. Preparation for the season should also include physical conditioning. Coaches can help their young athletes and teams be successful by helping to prevent heat-related complications. Good luck to all participants in the upcoming season!

In 2010, LakeWood celebrates 10 years in its new facility and 60 years in the community. The official celebration will be in conjunction with the annual community dinner, which will be held this year on September 9th. The community will be invited to join us for food, entertainment and socializing. We hope you will take this opportunity to tour our facility and hear about what services LakeWood has to offer.

This summer LakeWood's Home Health and Public Health offices and staff moved to a new location on the west edge of Baudette. The move is part of an overall plan to enhance the growth of this department. Home Care services have grown over the last year and we believe this trend will continue. The contact number for Home Care services is the same, 634-1795. Please join us at an Open House Monday, September 13th to see the new facility.

We would like to introduce LakeWood's Registered Dietitian Gabriel Mooney, to the community. The goal is to integrate his services into the care we provide here at LakeWood and to area residents. You can learn more about Gabe in this issue of the NorthReach.

I attended the ninth annual Lake of the Woods County Relay For Life event on August 7th. I would like to express my gratitude to the many people who organized and participated in this event. Please remember that LakeWood is a resource for information on American Cancer Society support services; this is available by stopping by or calling the hospital Admission Office. Cancer screening exams are important to your overall health; many can be done at LakeWood, including digital mammography and colonoscopy. Please talk to your provider to schedule your cancer screenings. If you have questions about the cost or whether or not your insurance will cover a screening test, contact one of our patient account representatives.

As always, please feel free to contact me at 634-3401 if you have questions or concerns about LakeWood services. Enjoy the rest of your summer and this edition of the NorthReach.



*Jason Breuer, Administrator*

*Celebrating 10 years in our new facility, 60 years in the community*

## LakeWood Annual Community Dinner

5:00—7:00 pm on Thursday, September 9, 2010

Care Center Backyard Garden with entertainment provided by the Highway 11 Ramblers. All community members are invited to share a meal of pork roast, beans, potato salad, rolls, cake and ice cream.



LakeWood Health Center is joining together with other Catholic Health Initiatives hospitals in Minnesota and North Dakota to support an international mission program in the Phillipines.

A Ducky Derby will be held on September 18, 2010, in Breckenridge, Minnesota.

Tickets for the Ducky Derby are \$10/each, and will be available at the Community Dinner. Cash Prizes will be awarded for 1st Place (\$1,500), 2nd Place (\$1,000), and 3rd Place (\$500).

## I CAN Prevent Diabetes! Program Offered in September

LakeWood Health Center will be offering another **I CAN Prevent Diabetes!** class, beginning September 13, 2010. A program facilitator will be available at the LakeWood booth at the Lake of the Woods County Fair, August 27-29 to provide no-cost blood glucose screenings and provide information on this program.

The **I CAN Prevent Diabetes!** program has been adapted from the Diabetes Prevention Program (DPP). The DPP is an evidenced-based lifestyle change program focused on diet and exercise. The original DPP showed a 60% reduction in risk for diabetes when participants made lifestyle changes related to food choices and exercise.

Through this 16-week program, individuals learn how to create a healthier lifestyle and prevent diabetes. Groups of participants meet with a trained facilitator once a week, focusing on topics such as losing weight, eating a healthy diet, and increasing physical activity.

Luckily, having pre-diabetes does not mean diabetes is inevitable. In fact, people who lose just 5 to 7 percent of their weight decrease their risk of getting diabetes, and can even return their blood sugar to normal levels.

Classes begin September 13, 2010, and are held every Monday after that from 6:30 pm - 8:00 pm for 16 weeks. The program includes extra activities where participants focus on topics related to specific nutrition or physical activity concepts (see complete class outline at right).

The cost to participate is \$80 (\$5/session) and is due at registration. Scholarships to help defray the cost of the program may be available. Medicare covers diabetes screening tests. For more information about the **I CAN Prevent Diabetes!** program, contact one of the trained facilitators: Jeannie Krousey or Angie Hasbargen at (218) 634-3433 or (800) 245-9483, extension 433.

### Are any of these TRUE for you?

- I have high blood pressure.
- I have high cholesterol.
- I am fairly inactive.  
I exercise fewer than two times a week.
- I have a brother or sister with diabetes.
- I have had gestational diabetes (diabetes during pregnancy) or have given birth to a baby weighing more than 9 pounds.
- I am 45 years of age or older.

Call today as the group size is limited.

**I CAN Prevent Diabetes!** is not appropriate for people who already have diabetes.

*If you answered "YES" to any of the statements listed at the left, you may have pre-diabetes.*

*Pre-diabetes occurs when a person has blood sugar levels that are higher than normal but not high enough to be considered diabetes.*



The 16-week program of topics covered in the **I CAN Prevent Diabetes!** program is outlined here:

- Session 1: September 13th  
**Welcome & Getting Started!**
- Session 2: September 20th  
**Be a Fat and Calorie Detective!**
- Session 3: September 27th  
**Ways to Eat Less Fat and Fewer Calories!**
- Session 4: October 4th  
**Healthy Eating!**
- Session 5: October 11th  
**Move Those Muscles!**
- Session 6: October 18th  
**Being Active: A Way of Life!**
- Session 7: October 25th  
**Tip the Calorie Balance!**
- Session 8: November 1st  
**Take Charge of What's Around You!**
- Session 9: November 8th  
**Problem Solving!**
- Session 10: November 15th  
**Four Keys to Healthy Eating Out!**
- Session 11: November 22nd  
**Talk Back to Negative Thoughts!**
- Session 12: November 29th  
**The Slippery Slope of Lifestyle Change!**
- Session 13: December 6th  
**Jump Start Your Activity Plan!**
- Session 14: December 13th  
**Make Social Cues Work for You!**
- Session 15: December 20th  
**You Can Manage Stress!**
- Session 16: December 27th  
**Ways to Stay Motivated!**

## LakeWood Nursing Service

*Serving the Community through Home Health, Public Health, and Hospice*

LakeWood Nursing Service serves an important role in our community. The nurses, aides, and support staff care for people in their homes through home health services such as homemaking, personal care, nursing visits, and in-home therapy. They provide public health education and screenings, and ensure a quality hospice program for the community.

### Home Health

**Home Health** services can bring skilled nursing care, therapy (physical, occupational, speech), and personal care right to an area resident's home. This allows for people to be cared for in their homes, which in turn may shorten a hospital or nursing home stay.

From homemaking duties and personal care needs that a home health aide can provide, to medication administration and skilled nursing care, LakeWood Home Health services allow people to be home and still receive the care they need. Other skilled



LakeWood Home Health Nurse Carol Brune, RN, checks Cliff Cole's blood pressure during a home visit. They also reviewed his medications and visited about his overall health.

professionals are also available to come to one's home when they are ill or disabled. For example, physical, occupational, and speech therapists often make home visits. In addition, physical exams and assessments, IV therapy, wound care, colostomy care, and blood draws may be performed in the convenience of one's home.



Twyla Gjovik, Home Health Aide, visits Lucille Hoscheid to assist with homemaking duties such as vacuuming and other general housekeeping requests.

### Public Health Services

Public Health provides immunizations, education, screenings, and family home visits, and more.

**Child and Teen Checkups** is a preventative health care program for children under 21 years of age who are enrolled in Medical Assistance (MA) or MinnesotaCare. These checkups include a development and growth assessment, information about good physical and mental health, immunizations, hearing and vision screenings, lab tests, and dental referrals if needed.

**Childbirth classes** are offered a number of times each year, giving the opportunity to learn about pregnancy, delivery, care of the mother during the post partum period as well as care of the newborn. The next session of childbirth classes starts in October. If interested, simply contact LakeWood Nursing Service at 634-1795.

**Women, Infants and Children (WIC)**, is a program that provides vouchers for selected foods and health-related services to pregnant, postpartum and breastfeeding women, infants, and to children ages 0-5. The WIC program is administered by and receives partial funding from the Minnesota Department of Health and the U.S. Department of Agriculture.

**Maternal-Child Health Program** brings health education, assessment and home visits to pregnant women, post partum mothers and their infants.

**Follow Along Program** is a no cost Early Childhood Intervention program for infants and young children. Questionnaires are mailed to the homes as a child reaches different age milestones. The questionnaires ask how

your child is growing, playing, talking, moving and acting. Once completed, these questionnaires are mailed back to LakeWood Nursing Service, where a nurse monitors the results. Written results are shared with the child's family along with fun activity ideas for the child's current age.

**Foot Care and Blood Pressure Clinics** are an important component of healthcare in our communities. During a foot care appointment, feet are soaked, examined, nails trimmed, and any other care that is required is provided. Foot Care Clinics are held monthly at Summerfield Place, Northwoods Commons, LakeWood Nursing Service, and Williams Senior Center. Appointments can be made for any of these locations by calling the Nursing Service at 634-1795.

Blood pressure clinics are offered at no cost four times a year throughout the community. For a detailed list of locations on these clinics and other services, please see the Medical Calendar of Services on page 7.

## Hospice

**LakeWood Hospice** is committed to preserving the patient's quality of life with dignity and comfort in the home or a nursing home setting. The Hospice philosophy believes that quality of life is as important as length of life. Hospice focuses on two main goals: (1) relieving pain and other symptoms and (2) providing supportive care to the patient and family.

The LakeWood Hospice Team consists of the patient's attending physician, the Hospice medical director, Hospice nurses, Home Health Aides, Social Worker, Pharmacist, Spiritual Care Coordinator, Hospice Volunteer Coordinator, and Bereavement Coordinator. Together with the patient and family, they develop an individualized plan of care that adapts to the needs of the patient and family, even through the bereavement period for the family.

## Hospice Volunteers

**Hospice volunteers** assist the hospice staff with the care and comfort of the hospice patients and families. They may visit with a patient or family, read, play cards or other games, write letters, shop or run errands, help feed patients, or simply listen to and reassure the patient or family. Hospice volunteers may provide respite care for a family member by staying with the patient to allow family to take a break or attend to other things.

If you are interested in becoming a volunteer or learning more about Hospice Volunteers, a training program is scheduled to begin in September. For more information, contact Patti Davidson, Hospice Volunteer Coordinator, at (218) 634-1795.

LakeWood Nursing Service offers care to people living in all of Lake of the Woods County, eastern Roseau, western Koochiching and northern Beltrami Counties.

Programs are Medicare certified and licensed by the State of Minnesota. These affiliations assure quality of care and regulatory compliance. LakeWood Nursing Service's home care program serves all patients without regard to race, color, creed, national origin, sex, or handicap.

*Celebrating a new home...*

The community is  
invited to attend an  
**OPEN HOUSE**

at LakeWood Nursing Service  
806 Main Street West  
Baudette, MN 56623

Monday, September 13th  
2:00 - 4:00 pm



Monthly Foot Care Clinics are held throughout Lake of the Woods County. Above, Gladys Meade attended the Foot Care Clinic in Williams, with Tiarra Shaw, LPN, providing care.

## MISSION MOMENT

*Kay M. Schell, Mission Leader*

I recall an elderly fellow who was in the care center I worked in years ago. He wasn't interested in going beyond the walls of the facility. His daily routine involved moving from his bed to his chair to the table. He was a pleasant fellow and seemed to appreciate visits from friends and family; however, he was just not interested in moving very far from his room. Even going out to the dining room for meals was a stretch for him.

One beautiful summer day he agreed to go on a simple outing. I was excited that he had agreed to venture outside the facility. When he came back, I asked him, "Did you have fun?" He looked at me with a puzzled face and repeated the word "fun" as though he was asking a question: "Fun?" I could tell that he thought I was off my rocker. How did a 90-plus-year-old guy in the nursing home have fun? He enjoyed visits from friends and family or anyone else who took the time to stop and chat. He smiled and interacted with his grown up grandsons. These visits were pleasurable for him but he didn't see them as "fun".

I decided later that this gentleman's definition of fun was different from mine. To him, it was

something he experienced in childhood. Even though he enjoyed visiting his family and friends and going on a rare outing, he would not describe these activities as "fun". I, on the other hand, believed (and still believe) that people can have fun at any age.

We recently had an ice cream social at LakeWood Care Center. Most of us called it a "fun" time. We listened to music, sang, danced, ate ice cream with a variety of toppings and most of all we enjoyed the company of others. Yes, I had fun and so did most of the elders who were able to attend. It was the simple pleasure of being with others and having a good visit. It was a time to reminisce and a time to make new memories.

Believe it or not, God wants us to enjoy life and, yes, even have fun! We've all heard that "laughter is the best medicine." In Proverbs, chapter 17, the writer states: "A cheerful heart is good medicine but a crushed spirit dries up the bones" (v 22). In my book, fun can happen to anyone. It may be a matter of interpretation but no matter how you look at it, it is "good medicine".

## Ice Cream Social Celebrates Summer Fun

**Summer Fun = Ice Cream, Toppings, Music and Dancing**

A large crowd gathered at LakeWood Care Center to enjoy the Annual Ice Cream Social. There were many ice cream toppings to choose from as people prepared their bowls of ice cream.

The Highway 11 Ramblers provided the music and did a fantastic job to the extent that there were people singing along, dancing, and one even pulled out a harmonica and joined right in!

It was a fun get together for all ages. If you missed it this year, you will want to be sure to attend next year. It's the best ice cream social event around!



*At left: Those who gathered at the event enjoyed all that was offered - ice cream, toppings, fun, fellowship, dancing, and music!*

*Pictured at top right, Al and Melba Munroe enjoy their ice cream. At bottom right, Mabel Svitak and Helmer Falk take a turn around the dance floor.*



## Minnesota Responds

When a public health emergency happens, the need for volunteers will be tremendous. Minnesota is looking for people trained in healthcare, public health, and related occupations who are willing to volunteer their skills in the event of an emergency.

Minnesota Responds is a partnership that integrates local, regional, and statewide volunteer resources to assist our public health and healthcare systems. Minnesota Responds means you'll be called when you're needed, but does not obligate you to respond to any particular emergency.

LakeWood Nursing Service will be providing more information on this program at the Lake of the Woods County Fair, August 27-29, 2010. Information is also available online at [www.health.state.mn.us/minnesotaresponds](http://www.health.state.mn.us/minnesotaresponds)

## Today's Healthcare Relies on Technology

Technology plays an increasingly significant role in health care today and LakeWood Health Center is no exception. Every department and employee at LakeWood Health Center is connected somehow. With so many employees dependent upon electronic information systems, there is a need for staff to maintain these systems to ensure they are readily available.

Meet LakeWood's technical gurus, the Information Technology team of Darlene Bushaw and Dewey Beckel. This duo teams up to maintain and upgrade the information systems in place at LakeWood that allow all staff to access other CHI facilities as well as information from other sites, including the world wide web.

Darlene and Dewey manage approximately 130 computers, maintaining individual security access profiles, installing necessary software updates, and most importantly, ensuring that high levels of security are in place to protect patient information. They are also responsible for managing LakeWood's phone system.

Nurses in the acute care setting input patient orders electronically. At the Care Center, CareTouch, a long-term care charting system, allows staff access via touch screens located in kiosks in the resident care areas. Home Health nurses takes laptop computers along on home visits to assist them with patient assessments and provide access to view and input patient information. Telehealth allows specialists to visit with patients through a secure connection with a nurse present. Mammograms, x-rays and other scans are now digitized and viewed by LakeWood's radiologists from their home offices.

It would be impossible for LakeWood to keep up with the constant changes in healthcare technology without the expertise of these technologically-gifted people. They play a critical role in LakeWood's current and future success in providing quality care to the people it serves.



Meet LakeWood's IT Team: Darlene Bushaw, at right, is LakeWood's Information Technology Site Lead, and Dewey Beckel, at left, serves as Technical Services Analyst.

## Medical Calendar of Services

Also available online at  
[www.lakewoodhealthcenter.org](http://www.lakewoodhealthcenter.org)

**LakeWood Health Center**  
(218) 634-2120 or (800) 245-9483

### Dexa Scans (Bone Density):

Monday - Friday

MRIs: Wednesdays

Nuclear Medicine: Mondays

Mammography: Monday - Friday

General Surgery: Wednesdays

Stress Tests: Mondays

Ultrasound: Tuesdays & Thursdays

Echocardiograms: Wednesdays

**LakeWood Nursing Service**  
(218) 634-1795 or (800) 245-9483

### Foot Care Clinics:

12:00 noon - 3:30 pm, \$15 donation  
Please call for an appointment

### Williams Senior Center:

1st Tuesday of each month  
Summerfield Place:

2nd Monday of each month

### Northwoods Commons:

3rd Monday of each month

### LakeWood Nursing Service:

4th Monday of each month

### Blood Pressure Clinics:

*offered quarterly*

Summerfield Place: 11:30-12:00

2nd Mon. in Jan., Apr., July, Oct.

Northwoods Commons: 11:30-12:00

3rd Mon. in Jan., Apr., July, Oct.

Williams Senior Center: 11:30-12:00

3rd Wed. in Jan., Apr., July, Oct.

Brink Center: 11:00-12:00

4th Friday in Jan., Apr., July, Oct.

# Registered Dietician Gabriel Mooney Joins LakeWood

LakeWood Health Center is pleased to announce the addition of Gabriel Mooney, Registered Dietician, to the management team. “The community can look for Gabe’s involvement in a variety of LakeWood initiatives. He’s a very energetic individual who will be a valuable resource for LakeWood and the community,” commented Jason Breuer, LakeWood Administrator. “Dietician services are very important in helping balance one’s life with good healthy eating habits.”

As the Director of Dietary Services, Mooney will oversee operations and staffing of that department, which provides meals for the care center residents, hospital patients, and assisted living tenants. In the role of Dietician, Mooney will be available for individual consultations for community members as well.

“I enjoy social activities and being involved with the community,” added Mooney. “I have enjoyed the community of Baudette and look forward to my time here.”

Originally from Greenbush, Minnesota, Gabe Mooney earned his Bachelor of Science Degree in Dietetics from North Dakota State University (NDSU). He is the son of Ron and Colette Mooney of Greenbush, Minnesota.

In his free time, Gabe enjoys working with church youth, wakeboarding, hunting, snowmobiling, wrestling, going on ATV and motorcycle rides, and working on cars.

Watch local newspapers beginning in September for Gabe’s weekly nutrition columns. If you have questions you would like him to address in his column, please send him an e-mail at [gabrielmooney@catholichealth.net](mailto:gabrielmooney@catholichealth.net), give him a call at (218) 634-3463, or mail a note to him at: LakeWood Health Center, Attn: Gabriel Mooney, 600 Main Avenue South, Baudette, MN 56623.



*Gabriel Mooney, Dietician*

## NorthReach Newsletter

1  
Relay For Life  
Team Earns Gold



LakeWood Health Center  
600 Main Avenue South  
Baudette, MN 56623

[www.lakewoodhealthcenter.org](http://www.lakewoodhealthcenter.org)

(218) 634-2120  
(800) 245-9483

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BAUDETTE, MN  
56623  
PERMIT NO. 10

2  
Ducky Derby  
Supports  
International Mission



4  
LakeWood  
Nursing Service



*Natural Family Planning  
Introduction Session ~ August 26th*

7:00 pm - 8:00 pm Call Barb Gooderum, RN, at 634-1655 to attend

**BOXHOLDER**  
ECRWSS

Editors:  
Liz Hanson &  
Tanya Hasbargen