

### Type 2 Patient Transport Vehicle



Show your support!  
Help the  
LakeWood Regional  
Healthcare Foundation  
raise \$83,000 and purchase  
a Type 2 Patient Transporter for  
the Lake of the Woods  
Ambulance Service  
by sending your  
tax-deductible donation to:

LakeWood Regional  
Healthcare Foundation  
600 Main Avenue South  
Baudette, MN 56623

Attn: Ambulance Service

*Your donation will support  
more comfortable patient  
transports as well as improved  
fuel efficiency and extended  
life for existing ambulances.*

*Thank you for supporting  
this Healthier  
Community project.*

## LakeWood Regional Healthcare Foundation Launches Capital Campaign

*Partnering with Ambulance Service to purchase Patient Transporter*

LakeWood Regional Healthcare Foundation, partnering with the Lake of the Woods Ambulance Service, announces the launch of an \$83,000 Capital Campaign to purchase a new Type 2 Patient Transport Vehicle. LakeWood Regional Healthcare Foundation kicked off the new fundraising capital campaign in May in conjunction with Emergency Medical Services Week.

The mission statement of LakeWood Regional Healthcare Foundation is to raise funds for continued improvement of healthcare services, to encourage and promote the health and wellness of the people living within Baudette and Lake of the Woods County, and to assure the continued availability of accessible healthcare services.

The Lake of the Woods Ambulance currently has three Type 3 vehicles: a 1991 model, a 1996 model, and a 2002 model. The average mileage for all three vehicles is 112,000 per vehicle. Most transfers out of the area are being done with the 2002 model as it has the lowest mileage with 92,827 miles.

The cost of a new Type 2 vehicle is \$83,000 compared to a new Type 3 vehicle at approximately \$130,000. The Type 2 unit not only has a suspension that allows for a smoother, more comfortable patient ride than the Type 3 model, but also is more fuel efficient with an impressive 20 miles to the gallon versus the Type 3 vehicle at

12 miles per gallon. This could provide an annual fuel cost savings of \$1,470 a year (based on the average usage of 612 gallons of fuel at \$2.40/gallon). Last year 24% of the ambulance calls were for patient transfers out of the county. The distance traveled varied anywhere from 120 miles round trip to 850 miles round trip.

The goal of the Ambulance Service is to provide safe, comfortable, and efficient transport of patients locally and to other facilities in the region. The Type 2 vehicle promotes more comfortable care than the current rigs, while respecting good stewardship of resources. The addition of a Type 2 vehicle would allow the use of the 2002 and 1996 models to be limited to local transports of less than 30 miles, thus extending the life of these units.

To learn more about this project, please contact Foundation Chairperson Tom Mio at 634-3447 or Ambulance Director Jason Breuer at 634-3481. Contributions are deductible for federal income tax purposes to the fullest extent and under the conditions allowed by the existing law.

The LakeWood Regional Healthcare Foundation Board of Directors includes Sharon Anderson, Jason Breuer, George Cherekos, John Hoscheid, Mike Larson, Tom Mio, Bill Mouw, Connie Nesmith, Stacy Novak, Tina Rennemo, Robyn Sonstegard, and Joe Ulwelling.

## President's Message

### *Hospital Cost Information Available to Public*

The cost of medical care can make people anxious, especially when they are facing major procedures. At LakeWood, we strive to make our patients as comfortable and secure as possible. One way we do this is by making information about hospital costs and available care options available to our patients and their families in language that is easy to understand.

The public can get pricing information about procedures done at LakeWood by calling one of LakeWood's financial representatives at 634-2120, or by going to the LakeWood website ([www.lakewoodhealthcenter.org](http://www.lakewoodhealthcenter.org)) and clicking on the "Procedure Estimate" button on the home page.

Even though this information is available on the website, the public is encouraged to call and talk with someone in LakeWood's insurance office.

A staff member will be able to answer questions regarding insurance benefits and co-pay requirements. Patients who do not have insurance coverage or have large deductibles will benefit from a discussion with a LakeWood representative who will be able to assist them in setting up a payment plan or assist with making application for financial assistance.

At LakeWood Health Center, we create partnerships for a healthier community. Making hospital cost information accessible is just one way that we are able to continue this valuable relationship.



**SharRay Feickert**  
**President/CEO**

*SharRay*

## LakeWood can help those applying for healthcare programs

Throughout the state of Minnesota, community organizations such as LakeWood Health Center are working with the Minnesota Department of Human Services and county social services staff to help people enroll in Minnesota Health Care Programs (MHCP) such as Medical Assistance (MA), General Assistance Medical Care (GAMC) or MinnesotaCare (MNCare). Staff trained as Minnesota Community Application Agents (MNCAA) will identify and assist the uninsured and those eligible for public programs to get the coverage they need.

Those seeking application can go to any participating site in Minnesota. For example, LakeWood staff can serve residents of Lake of the Woods, Koochiching, or Roseau counties, and any one else living in Minnesota.

There is no cost involved in applying. Those who have questions about this program should contact Chris Lund or Chrissy Draper in the LakeWood Health Center Admissions Office by calling (218) 634-2120, option "0", or (800) 245-9483.

### LakeWood's Spirit of Caring

In today's economic environment, many people are unable to afford enough health insurance. Many, especially those who are earning only minimum wage or are unemployed, may not be able to afford health insurance at all. We want to assure you that admission to LakeWood Health Center is a medical, not a financial, decision.

If you believe you will need to take advantage of our Financial Assistance program, we'll be happy to work with you. We'll help you fill out an application (you will also be asked to provide certain financial information), and help you determine if you are eligible for federal, state, or county government health care assistance. You may also be eligible for LakeWood Health Center's own assistance plan, or other sources of financial help that can pay all or a significant portion of your hospital bill.

To get started by meeting with one of our friendly Representatives in the Patient Financial Services Department, please call (218) 634-2120 or (800) 245-9483, or visit Patient Financial Services located at the hospital admissions office.

*The mission of LakeWood Health Center and Catholic Health Initiatives is to nurture the healing ministry of the Church by bringing it new life, energy and viability in the 21st century. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we move toward the creation of healthier communities.*

## Swing Bed Program brings recovering patients “home”

When acute care hospitalization is no longer necessary, but the patient is not physically able to go home, a \*Swing Bed Program provides a positive next step. Swing Bed Programs provide patients with the ability to be close to home when recovering from a surgery or accident. As a patient, you have the right to inquire about your care after surgery, and request where that care will be provided.

LakeWood’s Swing Bed Program is for patients who require skilled nursing services and are in transition between an acute facility (hospital) and their home or long-term care facility. LakeWood’s program is committed to helping you get back to your life and the things that matter the most to you. Best of all, you are close to home and to family and friends who care about you.

During a Swing Bed stay, patients receive close medical supervision by one of our physicians or nurse practitioner. They are also cared for by skilled nurses, social workers, therapists, activities, and other valuable members of our medical team.

Our rehabilitation team provides comprehensive occupational, physical, and speech therapies. They strive for high patient satisfaction by creating individualized care plans, providing patient education and treatment options that contain specific and achievable goals.

LakeWood’s Swing Bed Program provides dietary consultation, hospital staff, patient and family education, physical therapy, occupational therapy, skilled nursing, social activities, speech therapy, social services, and personal consultations regarding available community resources and services.

Members of the nursing staff, physicians, case manager, or family members can make in-house referrals. Outside referrals are made from area hospitals and physicians by simply calling Chris Pieper at (218) 634-3450 or LakeWood Health Center at (218) 634-2120 or toll free at (800) 245-9483.

### Examples of patients that may be candidates for a swing bed program:

- Recovering from major surgery, joint replacement, vascular or abdominal procedures
  - Experiencing repeated hospitalizations
  - Recovering after a major accident or stroke
  - Needing Pain Management
  - Wounds not healing or require special care
  - Requiring Nutritional Therapy or IV Antibiotics
  - Patients with other situations may also be a candidate for the Swing Bed Program.
- Contact Chris Pieper to discuss available options.

*\*Prior to admission into the Swing Bed Program, a patient needs to have had a three day inpatient (hospital) stay. This pertains to patients with coverage from Medicaid, Medicare, Medicare Advantage, Medical Assistance, Blue Cross, and other commercial insurers.*

## Economic Downturn Triggers Bad Behavior?

As the nation experiences an economic crisis we take a look behind close doors to see the negative impact it is having on families. Domestic violence is on the rise and some experts believe it is related to the increase in stress families are experiencing during the money crunch. By no means are we saying unemployment and recession cause spousal abuse but it can be an exacerbating factor. The National Domestic Abuse Hotline has seen over a 20% increase in calls over the past few months, more than in recent years.

So where is the link between financial stress and violence? Since aggression is a means of exerting power, a man or woman might be violent when frustrated by money matters beyond his or her control. Moreover, if an individual has lost his or her job and is around the house more, the probability of violent confrontation with a spouse increases.

Spousal abuse can take many forms including emotional and psychological, physical, sexual, and economic abuse. Warning signs of abuse involve are isolating the partner from family and friends, threats to keep a partner from

leaving, intimidation, making excuses and blaming the spouse, guilt trips, and humiliation of the partner.

Do you feel afraid of your partner? Avoid certain topics out of fear of angering your partner? Feel that you can't do anything right? Feel emotionally numb or helpless? Believe you are the one going crazy? If you feel you are in immediate physical danger, call 911. If you would like more information or to talk to a professional call the National Domestic Violence Hotline at 1-800-787-3224.

*This article is written by Adam Guilmino, Ph.D., Licensed Psychologist (pictured at right). He is one of three Behavioral Health therapists who provide services at LakeWood Health Center through an arrangement with LifeCare Medical Center in Roseau, Minnesota.*



# Community Benefit Report

LakeWood Health Center in Baudette, Minnesota is committed to serving the people of this remote area by addressing the healthcare needs of the community not only in the traditional sense but also by reaching beyond its walls and working with other organizations and businesses to promote a healthier community. This is what community benefit is - reaching out to the community to improve its health.

Within the community benefit framework are services provided to the poor and underserved and services provided to the broader community. Services for the underserved are aimed at reducing illness and death caused by poverty. LakeWood's Spirit of Caring program financially assists people who cannot afford healthcare because they cannot pay for it directly, or have no insurance or inadequate insurance.

In serving the broader community, LakeWood has a long tradition of collaboration and cooperation within the community to improve and promote all aspects of health. Employees are encouraged to become involved in activities: some serve on advisory teams and governing boards, others work with young people in the Big Sister/Big Brother and mentoring programs, many are involved in fund raising activities for American Cancer Society, local foundations and other non-profit groups.

LakeWood provides community education and outreach through its annual health screening at the county fair, the Diabetes Resource Center and information spots on the local radio stations, helping people take an active role in their own health and wellness. Community organizations use space at LakeWood for meetings and special programs. Classroom space and ITV technology at LakeWood benefitted LPN students who enrolled in the practical nursing program at Rainy River Junior College in International Falls allowing them to receive their classroom training without travelling out of the community.

Organizations and activities that are served by



*Vivian Peterson, LakeWood Hospice Volunteer, spends time with a hospice patient at LakeWood Care Center.*



*Pictured above are National Honor Society Students from Lake of the Woods School helping with the 2009 Baudette Community Foundation theater auction. LakeWood staff and others in the community helped with the fundraiser in 2008 and 2009.*

*Pictured at lower left, LPN student Holly Huff gives Andrea Bringsjord, a fellow student, her flu shot.*

*At lower right, Clinical Instructor Jenny Lind Loughrey, RN, instructs LPN students Shawna Brasgalla and Emily Jokinen in the proper administration of medications during clinicals at LakeWood Health Center.*

*All four of these students completed their LPN coursework in May 2009.*



## NorthReach Newsletter

LakeWood's community benefit program are listed in the far right sidebar. It is through these commitments that LakeWood carries out its mission to "emphasize human dignity and social justice as we move toward the creation of healthier communities."

*Below is a picture from the 2008 Relay For Life™ event held at Timbermill Park in Baudette. LakeWood Health Center has been a sponsor of the American Cancer Society's Relay For Life since 2002. Many LakeWood employees participate on Relay teams.*



### Ministry for the poor and underserved

*Year ended June 30, 2008*

Traditional Charity Care "Spirit of Caring"	\$ 145,143
Activities and Programs	\$ 45,339
Unpaid cost of Medicaid (& other public programs)	\$ <u>345,541</u>

**Ministry for the poor and underserved \$ 536,023**

#### MINISTRY FOR THE BROADER COMMUNITY

Community Building Activities	\$ 20,189
Community Health Improvement Services	\$ 27,999
Financial and In-Kind Contributions	\$ 57,190
Health Professions Education	\$ 2,785
Subsidized Health Services	\$ <u>32,863</u>
<b>Ministry for the broader community</b>	<b>\$ 141,026</b>

**COMMUNITY BENEFIT MINISTRY TOTAL \$ 677,049**

*Groups and organizations that received support from LakeWood Health Center between July 2007 and June 2008:*

Al-Anon Meetings  
 Awareness of Uninsured  
 Bariatric Surgery Support Group  
 Baudette Area Ministerium  
 Baudette Community Foundation  
 Boy Scouts and Cub Scouts of America  
 Chamber of Commerce  
 Child Protection Team Meetings  
 Community Dinner  
 Crisis Resource Center  
 Diabetes Resource Center  
 Disease Prevention Control through  
 LakeWood Nursing Service  
 Display Artwork of Local Youth  
 Dollars for Scholars  
 Emergency Disaster Planning  
 Emergency Medical Care at Community Events  
 Employee Work with Community Organizations  
 Giving Tree  
 Health Fair  
 Health Promotion  
 Healthier Communities Initiative  
 Family Health  
 First Aid and CPR Training  
 Lake of the Woods County Board of Adjustments  
 LakeWood Hospice  
 LakeWood Regional Healthcare Foundation  
 LPN Education/Rainy River Community College  
 Medicare Part D Prescription -  
 Drug Program Enrollment  
 Minnesota Healthcare Engineers  
 Minnesota Lions Eye Program  
 NorthReach Publication  
 Pequana Playhouse  
 Relay For Life  
 School Nursing  
 Sports Physicals for Lake of the Woods School  
 The Brink Senior Center Newsletter  
 United Blood Services, Fargo, ND  
 WIC (Women, Infants and Children)

## H1N1 NOVEL INFLUENZA

### *What you need to know and preventative practices*

Source: Minnesota Department of Health

#### **What is H1N1 novel influenza (formerly known as swine flu)?**

H1N1 novel influenza is a respiratory illness caused by a virus. H1N1 is a certain kind of influenza that can cause infection in humans.

#### **What are the signs and symptoms of H1N1 novel influenza?**

The symptoms are similar to seasonal flu:

- fever (above 100°F)
- cough
- sore throat
- stuffy nose
- in some cases diarrhea and vomiting

#### **How does H1N1 influenza spread?**

- When a person with flu coughs or sneezes.
- Touching something with flu viruses on it and then touching your eyes, nose, or mouth.

#### **What can I do to protect myself from getting sick?**

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in the waste basket.
- If you don't have a tissue, sneeze or cough into your sleeve.
- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Stay healthy: eat nutritious foods, get enough sleep, and exercise.

#### **What should I do if I get sick?**

If you become ill with influenza-like symptoms, including fever, cough, sore throat, and stuffy nose, you should:

- Call your healthcare provider to determine if you need whether influenza testing or treatment.
- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

#### **For more information, contact:**

Minnesota Department of Health  
1-877-676-5414  
TTY: 651-201-5797

Centers for Disease Control & Prevention  
1-800-CDC-INFO (800-232-4636)  
TTY: 1-888-232-6348



*LakeWood has updated Cover Your Cough and other hand washing signage with this eye-catching reminder.*

Current updates are also available online by visiting the home page of LakeWood Health Center's website, [www.lakewoodhealthcenter.org](http://www.lakewoodhealthcenter.org) and clicking the H1N1 Flu Info green button.

## Community Benefit Highlight: LakeWood's Diabetes Resource Center

Diabetes is a chronic disease for which, at this time, there is no known cure. Fortunately, treatment of diabetes with diet, physical activity, and new medicines can prevent or delay much of the illness and the complications associated with it.

In 2003, LakeWood Health Center developed a Diabetes Resource Center (DRC) with two trained diabetic nurse educators. Since its beginning, 246 individuals have been referred to the DRC. These individuals have type 1, type 2, or gestational diabetes.

The Diabetes Resource Center provides training and education to individuals with diabetes in order to help them better manage their disease. Individuals who are referred to the DRC begin with a one-to-one meeting with a nurse educator. This is followed by educational sessions in a small group classroom setting, including time with a registered dietitian. Insulin-

dependent diabetics meet individually with one of the nurse educators.

Often diabetes goes undiagnosed because many of the symptoms seem harmless. These include frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, and blurry vision. Anyone who has one or more of these symptoms should contact his/her physician right away.

LakeWood's medical providers support the DRC through their patient referrals, which benefit the patients because they do not have to leave the area to receive education about diabetes.

According to the American Diabetes Association, there are 20.8 million people or 7% of the population in the United States who have diabetes. While an estimated 14.6 million have been diagnosed, unfortunately, 6.2 million people are not aware that they have this disease. In the USA, each day approximately 4,110 people are diagnosed with diabetes. Many will first

learn that they have diabetes when they are treated for one of its life-threatening complications - heart disease and stroke, kidney disease, blindness, nerve disease and amputation.

The American Diabetes Association is the nation's leading non-profit health organization supporting the research, advocacy and information for health professionals, patients and the public. Founded in 1940, the Association has an area office in every state and conducts programs in the communities nationwide.

The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. By working together, neighbors, families, and friends create an environment in which community members are supported and the overall health of the community is improved. For more information about diabetes and the Diabetes Resource Center, please contact LakeWood Health Center at 634-2120.



*Pictured from left: Diabetes Resource Center Nurses Educators Jeanne Krousey, Merilee Hawkins, Kathy Wehman, and Liz Smith.*



*Registered Dietitian Linda Bump meets with the Diabetes Resource Center staff and patients to discuss portion sizes.*

### The role of a dietitian in managing diabetes

Everyone can benefit from a healthy diet, but if you have diabetes, eating right is a great way to help manage your blood glucose levels and avoid complications. A dietitian can help you plan meals that are healthy and well balanced. If you are overweight you should eat a balanced diet that is designed to help you control your weight and blood glucose levels.

Dietitians have training and expertise in how the body uses food. They understand diabetes, can teach you how the food you eat changes your blood glucose level, and how to coordinate your diabetes medications and eating.

Do you know how much you should eat each day? How to cut down fat in your meals? How to understand food labels? A dietitian will work with you to create a healthy eating plan that includes your favorite foods.

Linda Bump is the registered dietitian who serves the Diabetes Resource Center at LakeWood Health Center. She also works with individuals in nutritional education, planning, and counseling.



*Linda Bump*

# LakeWood Health Center Provides Orthopaedic Services

Dr. Jason Caron, an orthopaedic surgeon, will be available for consultation appointments and procedures at LakeWood Health Center beginning June 26th. "We look forward to bringing orthopaedic services to our community. Our goal is to provide additional specialized services to meet the needs of our northern communities," commented SharRay Feickert, LakeWood CEO. "We are working to offer more services this year and will let the community know as they become available."

Dr. Caron will visit LakeWood Health Center on a monthly basis accompanied by a nurse from his practice. Dr. Caron currently practices at Lake Region Bone and Joint in Bemidji, Minnesota. He received his undergraduate degree in Biology from Concordia College in Moorhead, Minnesota. He earned his medical degree from the University of Minnesota, where he also completed his surgical internship and orthopaedic surgery residency.

Orthopaedic surgeons specialize in treating injuries and conditions affecting bones and joints including fractures, sports-related injuries, overuse injuries and arthritis using nonsurgical and surgical treatments. "I have a strong connection to the northern region of Minnesota and look forward to bringing orthopaedic services to LakeWood Health Center and getting to know local community members," commented Dr. Caron.

Aside from practicing medicine, he enjoys spending time with his wife, Angela, and their four children. A native of the Bemidji area, he also enjoys hunting, fishing, and cycling. He is looking forward to an upcoming return medical-mission trip to Peru.

For an appointment with Dr. Caron, please contact LakeWood Health Center at (218) 634-2120 or (800) 245-9483 or contact your medical provider.



*Dr. Jason Caron*

## NorthReach Newsletter

4

Community Benefit  
Highlight includes  
LPN Clinicals



LakeWood Health Center  
600 Main Avenue South  
Baudette, MN 56623

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

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

5

Community Benefit  
Highlight includes  
Relay For Life™



7

Community Benefit  
Highlight on Diabetes  
Resource Center



Editors:  
Liz Hanson &  
Tanya Hasbargen

BOXHOLDER

NONPROFIT  
U.S. POSTAGE PAID  
BAUDETTE, MN  
56623  
PERMIT NO. 10