

Minnesota Education Now and Babies Later (MNENABL)

The Minnesota Department of Health launched Minnesota Education Now and Babies Later (MN ENABL) in 1996. MN ENABL works with teens ages 12-14, their families, and communities to help the teens learn refusal skills (“how to say no”) and postpone sex.

The program uses an interrelated approach: (1) service learning and community organizing, (2) curriculum implementation (taught by teens and adults), and (3) state-wide public awareness campaign

Based upon the proven principles of youth development, this teen outreach program provides teens with the necessary supports and opportunities effective in increasing academic success, and increasing school attendance, along with preventing teen pregnancy and other negative behaviors among participants.

MN ENABL’s website, www.saynotyet.com, gives teens actual ways to stay in charge of their lives and say “not yet” to sex, and it offers resources for adults to use in communicating with teens.

High School Students receive education through KAT and ENABL

Kids Against Tobacco & Education Now And Babies Later Programs

For a number of years we have seen billboards along the school grounds facing traffic along Highway 11. They have informed us that a baby costs \$474 a month, while posing the question “How much is your allowance?”

That message comes from high school students involved in Minnesota Education Now And Babies Later (MN ENABL), reminding their friends and community about the risks of teenage sex. Another high school group, Kids Against Tobacco (KAT) focuses on school-age children and their community regarding the dangers and risks of tobacco abuse.

Students active in Kids Against Tobacco focus on educating themselves, their classmates, and their community about tobacco use. During Chemical Health Week last fall, they met with other students to explain the difference between over-the-counter and prescription drugs, and reminded them that alcohol and tobacco are drugs, too. Alcohol and tobacco are regulated by the law - you must be of legal age to purchase and use them.

“As one gets older, it is natural to become less dependent on your parents and to turn to your peers (friends) for information and advice. Unfortunately, this can interfere with your ability to make important positive decisions. You may find it increasingly difficult to resist peer pressure and influence. Sometimes you’ll want to

go along with the crowd even when it will lead to choices you know are wrong.” explained Patti Davidson, KAT and ENABL Coordinator. “We provide students with education, activities, and discussion tips that allow them to prepare for those situations.”

The students involved in ENABL have a similar message towards teenagers having sex. Their message is “say not yet to sex”! They look for information to share to better inform their classmates about how not to have sex, in addition to the traditional reasons of why not.

These groups consist of influential teenagers who spend time in upper elementary grades, explaining the risks and educating young children so they are prepared to make positive decisions and to resist peer pressure.

Both of these programs are supported with grant monies. Funding for the MN ENABL grant ended mid-December 2008.



Kathy Magnuson leads a group activity at Sportsman’s Lodge. Pictured front left, is Becky Neumiller, student, and at right, Patti Davidson, RN, KAT/ENABL Coordinator

President's Message

As many of you may have read in the local newspapers, LakeWood Health Center's Board of Directors made the difficult decision to end OB deliveries at LakeWood Health Center in Baudette, effective September 30, 2009. Closing OB services in small community hospitals has become increasingly more the norm, not the exception. It is never an easy decision to make.

This decision was not easy for LakeWood's Board to make. We have been closely monitoring our OB services and evaluating our ability to provide the current accepted standard of care within this service. This evaluation is a component of our annual Critical Access Hospital evaluation. The decision to discontinue OB deliveries was based on the declining birth numbers, financial cost for ongoing staff training, the cost of the equipment and supplies required. One of the major considerations is managing the risk. There just are not enough babies born at our hospital to allow the medical and nursing staffs to maintain the proficiencies needed to continue to do deliveries here.

LakeWood Clinic will continue to provide prenatal, postnatal and well-baby services. Early on in the prenatal care, the local physician and mother together will determine the best site for the delivery of the baby. At that point the mother will be

introduced to the delivering physician and hospital to transition for the actual delivery. This will provide the continuum of quality care for the mother before the baby's arrival, as well as care for both the mother and newborn after delivery.

Again, the component that is being removed from our services is the actual delivery itself. LakeWood physicians will be establishing emergency management protocols for obstetric patients to guide them and staff in emergency situations.

Though OB deliveries will no longer continue as of September 30, 2009, we continue to look for ways to provide convenience care services close to home. Currently, we're in the process of arranging local access to specialists in the fields of podiatry, orthopedic surgery, vascular surgery, and other services available through telemedicine. As these services become available, we will inform the community.

LakeWood Health Center prides itself in striving for quality in all services it provides. If you have questions about this change in services, please visit with your local medical provider or contact me at LakeWood Health Center at 634-2120.



SharRay Feickert
President/CEO

SharRay

Celebrating Cardiac & Pulmonary Rehabilitation Weeks

LakeWood Health Center's Cardiac & Pulmonary Rehab Department hosted its Annual Reunion Dinner the middle of February. "It is a time to reflect and celebrate the accomplishments of our patients. Some patients are new this year, others have been successfully celebrating with us for many years," commented Kathy Wehman, RN.

Cardiac Rehab is a medically supervised program that helps improve the health and well-being of people who have heart problems. Pulmonary Rehab is a program of education and exercise classes that teaches people about their lungs, how to exercise and do activities with less shortness of breath, and how to live better with their lung condition.

Cardiac and pulmonary rehab services are based on exercise, education and social support. Regular physical activity helps hearts and bodies get stronger and work better. Physical activity improves energy levels and lifts spirits. It also reduces the chances of future heart problems, including heart attack.

Counseling and education can help people quit smoking, eat a healthy diet, lose weight, manage stress and lower blood pressure and cholesterol levels. Rehab programs are closely supervised by specially trained healthcare professionals who provide counseling and advice on healthy life styles and decreasing health risks. These professionals can also communicate with the patient's primary care doctor or cardiologist.

Cardiovascular diseases, including stroke, are the nation's #1 killer. Everyone can benefit from increased physical activity, improved diet, and making healthy decisions to increase the quality of their lives while decreasing their chances for cardiovascular disease.

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.

MISSION MOMENT

Have Hope

by Kay Schell

Like most families, back in the old days we had only one vehicle and we never bought a new car. Getting a used-a-bit "new" car was always an exciting time for us. One time Dad found a beautiful car, but-as Mom said, "It is nice to sit in, but don't plan to go anywhere!" It was a soft yellow color (I guess the lemon was leaking out!).

The car seemed to have a mind of its own. It purred like a kitten and glided smoothly down the highway when Dad was behind the wheel, but it did the herky-jerky or galloped down the road for Mom. So there's poor Mom at the fix-it shop trying to explain the car's symptoms to baffled mechanics who, I am sure, experienced the same pleasant ride as my father when they took it for a test drive.

Mom was beside herself with frustration and worried that Dad and the mechanics would start believing she was going crazy. She might have believed it herself, if not for the support from her four kids who had also experienced "the ride". It galloped and jerked; it tugged; it shook. Sometimes it even sputtered and stopped-usually at an intersection. My brother Randy always knew just what to do. He would get under the hood and jiggle stuff while Mom worked the ignition, and soon we would be bumping along again. We always got home and somehow we never got in an accident, so there was always something to be thankful for. We

were really thankful, though, when the car finally did its chugging act for Dad. It wasn't too long after that before there was another new, used-a-bit car at our house.

It's hard to wait patiently for others to recognize that there is a problem. We can only hope they figure it out, and soon. It is harder yet to practice patience when dealing with situations we don't understand.

We are experiencing difficult times filled with worry about our economy, our nation and our world and how all these things affect our communities, our friends and families. Right now it's easy to be overwhelmed by worry, yet there are glimmers of hope: the days are longer; the sun has some power to it; I just ordered a bunch of daffodils from the American Cancer Society; and in the middle of the winter, one of my co-workers started a countdown to the first day of spring, posting it on the message board outside his office. Now that's an optimist!

As Christians, we are hopeful. We know that God is with us and Christ died for us. We also know that it's not necessary for us to understand everything that's happening in the world because we can trust that God has it figured out, and that gives us hope!

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13

World Day of Healing Service at LakeWood

February 11, 2009

Father Don Braukmann led the service as residents, visitors and staff gathered at LakeWood Care Center to observe the "World Day of Healing".

LakeWood joined other facilities across CHI to observe this day and to recognize health care workers, reflect on the church's teachings on health care, and pray for those who are sick.

Father Don shared some of his own experiences as a minister to the sick, observing that often it is those who are being cared for who provide healing to the caregivers. He told the story of a woman who, because of a massive stroke, was paralyzed and completely dependent on her caregivers. She was unable to speak verbally but "spoke with her eyes" he said, and everyone who cared for her was touched by the love and gratitude she communicated in this way. When she died, her caregivers wept for their loss and in their grief explained to Father Don that they felt blessed to have had the opportunity to care for her. Though she was totally dependent upon others for all her physical needs, in return they received the blessings of her ministry of love and acceptance.



LakeWood Welcomes 2009 New Years Baby Alexis Jo Brune!

Alexis Jo Brune is LakeWood Health Center's 2009 New Year's Baby. Arriving at 8:07 am on Wednesday, February 4, 2009, Alexis weighed 9 pounds 6 ½ ounces and is 22 ½ inches long. She is the little miracle of proud parents, Dale and Cassie Brune of Baudette, MN.

She is welcomed by paternal grandparents Arlen and Carol Brune of Baudette, and maternal grandparents Mitch and Devon Fett of Appleton, Minnesota. Maternal great-grandparents of LakeWood Health Center's New Year's Baby are Deloris Pigman and Avis Futt, both of Windom, Minnesota.

Alexis and her parents were presented a basket filled with gifts donated by area businesses and organizations to mark this special occasion. Baudette businesses that donated to the 2009 New Year's Baby basket include: Baudette Dental (gift), Ben Franklin (gift), Cedar Spur Creations (fresh flower arrangement), Border State Bank (savings bond), Cenex Co-op Services (gift certificate), Fischer's True Value (gift certificate, Lysol spray and wipes), Floral Expressions (stuffed animal and photo frame), Holiday Station Store (gift card), Hometown Hardware (lined basket with child/home safety items), Howard's Conoco (gift certificate), Jeri's (gift certificate), Lady Slipper Quilters (baby quilt), Lake of the Woods Foods (gift card), LakeWood Auxiliary (laundry basket, baby lotion, baby wash, and diapers), LakeWood Health Center (savings bond), Noble Thrifty White Drug (wrapped gift), Pat's Parlour (gift certificate), RiverWood Bank (piggy bank and savings bond), Ronning's (Life is Good baby outfit), Rosalie's Restaurant (gift certificate), The Furniture Gallery (gift certificate), The Grand Theater (gift certificate), The Smiling Moon (gift certificate and special treats) and Wells Fargo Bank (Wells Fargo stuffed horse and Wells Fargo coin bank).

For another look at this beautiful New Year's Baby, visit the online nursery at www.lakewoodhealthcenter.org.



*Dale and Cassie Brune with
new daughter, Alexis Jo*

Relay For Life Hosts Kick-Off

The Lake of the Woods Relay For Life held its annual Kick-Off meeting on January 19 at First Lutheran Church in Baudette to begin planning the 2009 event.

The Relay will be held at Timber Mill Park in Baudette, the second year at this site, with everyone hoping for the completion of the currently under-construction bathroom facilities.

So far, 10 teams have committed to participate in the Relay. The American Cancer Society Relay For Life theme of **Celebrate**.

Remember. Fight Back. will be carried out in the midst of a carnival atmosphere. Each team is encouraged to have at least one carnival-type game and food items available to provide entertainment and nourishment while raising additional funds for the fight against cancer.

Last year, the Relay For Life raised \$46,906, which was \$5000 over the goal! This year's financial goal was set at \$49,000, a 4.5% increase over last year's total.

Thank you to all who support and participate the Relay for Life and the American Cancer Society.



SAFE from FALLS Roadmap

- S** Safety coordination. Hospitals create policies and committees to support the initiative.
- A** Accurate and concurrent reporting. Hospitals develop and implement data tools to allow them to accurately measure the problem and learn from what happened.
- F** Facility expectations, staff education and accountability. Hospitals train and evaluate staff on a variety of pressure ulcer prevention methods.
- E** Education for patients and families. Hospitals create materials in lay language to help patients prevent pressure ulcers in the hospital and while at home.
- F** Fall risk screening. Hospitals develop processes for screening all patients.
- A** Assessment of risk factors. Hospitals develop comprehensive, multidisciplinary ways to assess & treat patients at risk.
- L** Linked interventions. Hospitals develop and evaluate individualized, multidisciplinary care plans that involve patients and their families.
- L** Learn from events. Hospitals analyze falls to find ways to improve.
- S** Safe environment. Hospitals examine the environment (flooring, equipment, etc.) to determine whether changes may help prevent falls.

LakeWood Earns 2nd Patient Safety Award

Safe from Falls program recognizes superior efforts to prevent adverse health event

LakeWood Health Center earned a Minnesota Hospital Association (MHA) Patient Safety Excellence Award for its work on preventing patients from falling during hospital stays.

“I am very proud of the work done by this team at LakeWood. They are taking our existing program and comparing it to the state-wide best practices for the whole facility,” commented SharRay Feickert, CEO. “We are taking this initiative further than the hospital setting. We are working it through the Care Center, Nursing Service, Home Health, Hospice, and Therapies Departments.”

Patient safety is a top priority for Minnesota hospitals. Because of this, LakeWood joined the *SAFE from FALLS* initiative, where Minnesota teams are working collectively on implementing an extensive list of recommended actions to prevent patients from falling. The recommend-

ed actions are compiled in the *SAFE from FALLS* Roadmap to a Comprehensive Falls Prevention Program. Steps in the Roadmap are listed in the box to the left. The MHA Patient Safety Excellence Award is given to facilities that have achieved more than 90 percent of the recommended actions.

“Hospitals that receive these awards are to be commended - the bar is set very high,” said MHA Patient Safety Vice President Tania Daniels. “Hospitals that qualify have achieved measurable and meaningful progress toward implementing best practices to drive down adverse health events.”

This is LakeWood’s second patient safety award. Earlier it received a banner noting the achievements through the *SAFE SKIN* campaign, also supported by the Minnesota Health Association. Both awards are shown below.

LakeWood’s team is shown at right with the banner awarded by the Minnesota Hospital Association.

From left: Diane Hansen, PT, Michelle Brown, RN, PHN, Patty Frohreich, RN, Carrie Claybundy, RN, and Tom Mio, RPh.



DOCTOR'S DAY IS MARCH 30TH

National Doctor's Day was created to show appreciation to doctors. Doctors perform vital diagnosis, treatment and care for you and your family. Your doctor is an important person in your life. He/she works with you to develop and maintain your health. When you are sick, your doctor is the person you look to for healing.

LakeWood Health Center will be encouraging patients of Dr. Dayer, Dr. McGraw, Dr. Kumar, and Becky Poolman, CNP, to take the time to write a nice note of appreciation for the quality care these medical providers bring to this community. Each of these providers sees patients at the clinic, makes rounds with the residents at LakeWood Care Center, covers the needs of patients entering through the Emergency Room, and much much more.

LakeWood's "You've Got Mail" campaign celebrates Doctor's Day the whole month of March. You can drop a note to your medical provider anytime this month (or anytime for that matter). Notes can be sent to: LakeWood Clinic, Attn:



Pictured from left: Robert Dayer, MD; Becky Poolman, CNP; Christopher McGraw, DO; and Mohan Kumar, MD.

(provider's name here), 600 Main Avenue South, Baudette, MN 56623.

LakeWood Administration and staff would like to take this opportunity to thank our medical providers for the great job they do caring for the community each and every day. We are very blessed to have such a good medical team caring for us and the community.

Crisis Resource Center Provides Support To Those Affected by Domestic Violence in Lake of the Woods County

Any violence taking place within a family or intimate relationship is domestic violence. It includes abuse of spouses, girlfriends and boyfriends, children, and elderly people. Domestic violence cuts across all socioeconomic, ethnic, racial, religious, and age groups.

Studies show that children who witness violence at home experience behavioral problems and increased aggression, have less developed social and conflict resolution skills, and may suffer long-term developmental effects. These youth are also at risk of engaging in future violence and of being abused themselves. Researchers have found that people who batter their partners are also more likely to abuse their children.

Our communities in Lake of the Woods County are not immune to this behavior. In Lake of the Woods County, from July 2008 to September 2008, the Crisis Resource Center served 29 women, 13 men, 32 children and 17 victims. These numbers include the total of first time victims, repeat victims, and ongoing services for victims.

Domestic violence is likely to increase given the current stress on families in these economic times. The Crisis Resource Center does community education on violence and its effects. Increasing community awareness is a first step in preventing domestic violence. For more information, stop in or call the Crisis Resource Center at (218) 634-3233. If you know of someone who could use some help, please call. Calls can be anonymous. You might just save a life. The phone number to the Crisis Resource Center is a 24-hour hotline. You can call at any hour. If you wish to stop by, please note the Crisis Resource Center is located at 108 1st St NE, in the Marhula Agency building.

Below are some frightening statistics for Minnesota regarding domestic violence:

- 1.3 Million women are victims of physical assault by an intimate partner each year
- 4.1 Billion dollars is spent each year on medical and mental health services for victims of domestic violence
- Boys who witness violence in their homes are twice as likely to grow up abusing their partners
- At least 20 women and 12 children were murdered in Minnesota in 2006 because of domestic violence

2008 Spirit Award Recipients Revealed

It is a great honor to receive a Spirit Award at LakeWood! Staff nominate co-workers that exhibit the Core Values and Standards of Behavior that are the organization's foundation. This year's recipients were revealed during the LakeWood Employee Appreciation Christmas Celebration held Friday, December 5, 2008 at the Moose Lodge in Baudette. The following comments were made about each of the recipients by their co-workers.

Liz Smith is good to work with, very professional, gets the job done, works well in different & difficult situations, is professional, very efficient, soft spoken, friendly, helpful, knowledgeable. Liz is dedicated and very team-oriented. She is very professional. She is polite, caring, compassionate, goes the extra mile to help her patients (even in and out of cars) as well as co-workers. She greets everyone with a smile and a kind word. Always friendly and very helpful, works well with staff and patients, always gets back to you, doesn't just say she will...actually follows through! Whenever she is called to track down orders, she always does so in a quick manner. She always greets you through-out the day with a smile and a very caring attitude and always shows her professional side. Very caring person! She is a positive leader and role model. She works diligently & proficiently and is always willing to share pertinent information when needed. She is a great teacher. She works hard keeping the Anti-Coagulation Clinic and other clinic nursing functions operating smoothly. She is eager to take on new duties, even though she is as busy as the rest of us. She is a good communicator and a great TEAM player.

Karen Usiski is a great nurse, always kind and caring to residents. She greets you with a smile and says hello every day. What a privilege to know her. She brings a smile to my face each time I see her, as well as a smile to each and every resident and co-worker. She is caring, kind, and at the same time very professional. She puts forth their best efforts to do what is right and good for the residents. Karen keeps resident and employee safety and well-being in mind at all times while maintaining professionalism. She takes the time to bond with residents. Karen goes above and beyond the duties and is easy to work with. The residents just love her and I am glad to work with her. She always thanks you. What a privilege to know her! She brings a smile to my face each time I see her; not only a smile to me, but to each and every resident and co-worker. She is caring, kind, and at the same time very professional to all. You can see the love she has for the residents in all her actions. She never stands taller than when she stops to lend a helping hand. What can I say about her? She is caring, willing to help others, and loves the residents... they always come first. She is great after 30+ years working at LakeWood Care Center!



Pictured, from the left: Liz Smith, RN, Karen Usiski, RN, and Jill Hasbargen, RN

Jill Hasbargen is caring and works beyond requirements to meet patient expectations. She communicates well with patients and solves problems or complaints rapidly. She is very professional in her work, always pressed and makes a great first impression. She goes above and beyond to make things right for patients, is a team player, and good to work with. Jill works to make each patient feel special and is always willing to spend the extra time it takes to make a great experience for patients. Always dressed neat, is full of energy, and is ready to help when needed. She is always pleasant and helpful to patients and staff. Works well with staff in other departments. When you see her she always has a smile on her face and says hello. She is caring and always looks neat. She is a sweetheart!

The Spirit Award features Inukshuk figures. The structure symbolizes our dependence on each other and the value of strong relationships. The following words are engraved on the base of the award: "Spirit Award - LakeWood Health Center's mission is to provide quality care in a Christian environment. This award recognizes your outstanding efforts to demonstrate this philosophy. In appreciation of the Reverence, Integrity, Compassion, and Excellence you display, your peers proudly present you with this Spirit Award in recognition of your continuing dedication to the spirit LakeWood represents."



LakeWood Welcomes New Therapies Director

LakeWood Health Center welcomes Stacey Johnson, Occupational Therapist, and new Director of the Therapies Department. She succeeds Jason Breuer, who is moving into an administrative role at LakeWood Health Center. "I am excited and happy to be here at LakeWood and to be part of the Baudette community," commented Johnson. "Everyone has been so friendly and welcoming."



Stacey Johnson, Therapies Director

Johnson has a Bachelor of Medical Rehabilitation - Occupational Therapy from the University of Manitoba, Winnipeg. She has worked in the field of Occupational Therapy for more than 11 years, most recently in Grand Forks, North Dakota.

Stacey Johnson is married to Boyd Johnson, a Civil Engineer working as a District Technician for the Two Rivers Watershed District, in Hallock, Minnesota. They have three children, Gabriel, Rachel, and Leah. Stacey is a Sunday School teacher, active in all of her children's activities, and was been a participant with state Occupational Therapy Association activities. Originally from Lac du Bonnet, Manitoba, she enjoys all types of outdoor activities, reading, and spending time with her family and friends.

LakeWood Therapies Department provides rehabilitation services through physical therapy, speech therapy, and occupational therapy to out-patients, and in-patients in the hospital, residents at the Care Center, and the those in the greater community through Home Health.

Please join us in welcoming Stacey and her family to our community!

NorthReach Newsletter

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LakeWood Receives 2nd Patient Safety Award



LakeWood Health Center
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March 30th is Doctor's Day



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LakeWood celebrates Spirit Award Recipients



BOXHOLDER

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