

JULY

2019

Health Happenings

LAKES REGIONAL HEALTHCARE

THE SUMMER ISSUE



Generations Ahead

Find out how we're trying to address the healthcare shortage locally.

New Clinic

Our family medicine offices are merging and getting a new home. Find out why.

Farm To Table

Eating healthy and finding affordable food. Two articles to help you eat better.



A Message From The CEO

Let me begin by thanking all of you who made the stories in this publication possible. Almost every article was made possible by financial support that was provided by many of you through contributions to Lakes Regional Healthcare Foundation. Although we maintain a strong commitment to provide the latest advances in medicine, that would not be possible through just the operations of the organization alone due to our size and the rural nature of reimbursement. Your generosity and support in utilizing Lakes Regional Healthcare as your healthcare provider of choice are what truly make this work possible.

It is exciting to introduce new programs and build new buildings and expand services to our region and you will find those stories throughout. It's exciting and it's what makes the news! What gets lost in that is the almost 300 team members at Lakes Regional Healthcare who provide those services. Technology is cool and it's important. New buildings are necessary and fun to look at but at the end of the day, healthcare is about "people caring for people." Without that, there would be no reason for making any of the investments we've made and that many of you have contributed to. (As a side note, the Lakes Regional Healthcare Foundation provided its first scholarships to local high school, college, and Lakes Regional Healthcare employees just the past month. We are investing in the future of our workforce and

If you ever have any suggestions, concerns, or want to visit, please feel free to contact me at jason.harrington@lakeshealth.org or via phone at (712) 336-8795.

are grateful to those who have contributed to that fund.)

Although we would like to take all of the credit for the health of our community, did you know that only 20% of health outcomes for an individual are directly related to healthcare services? 40% is related to socio-economic factors, 30% is related to your own health behaviors, and the remaining 10% is related to the physical environment. Although we directly "own" only 20% of that continuum, we are actively trying to do work in those other spaces and you will read about some of that work in this publication. It

is simply not enough to treat people after they are sick we must collectively address these issues to keep people from becoming sick in the first place. Part of this is expanding access to preventative and primary care and you will read more about this later on as well.

We take our responsibility to care for the people of the Iowa Great Lakes extremely seriously and are honored to be able to provide services to our friends, family, and neighbors. We are grateful for your support and thank you for allowing us to be your chosen healthcare family.

Best wishes,

Jason C. Harrington, FACHE, President & CEO

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Lakes Regional Healthcare has been named a Top 100 Rural & Community Hospital in the United States by The Chartis Center for Rural Health, one of the healthcare industry's most significant designations of performance excellence.

Local Initiatives Improving Health And Safety Among People In The Iowa Great Lakes Region

A few years ago Spirit Lake was designated as a Blue Zones™ Community. Wellmark Blue Cross Blue Shield sponsored the Blue Zones Project until 2016. With a belief in the purpose of Blue Zones (to make the healthy choice the easy choice), Wellmark moved onto the Healthy Hometown initiative.



Lakes Regional Healthcare Director of Population and Public Health Brandon Rohrig coordinates the initiative and expanded it from just Spirit Lake to all Iowa Great Lakes communities. It has also grown into having at least 30 representatives from Arnolds Park, Milford, Okoboji, Orleans, Spirit Lake, Wahpeton and West Okoboji.

Community representatives have created three focus areas – Move More, Feel Better, and Eat Well. The Move More Committee has focused on the logistics behind a bike share program by working with bike share systems in Minneapolis and Des Moines. They hope to implement a bike share program locally in summer 2020. Until then, they have their sights set on switching all the crosswalks

on the Dickinson County Trails system to a continental style in order to improve safety for cyclists and pedestrians. The normal style has two bars across the road at a crosswalk. The continental style has large rectangles on the road, which are more visible and safer.

The Feel Better Committee has focused on adopting nicotine-free public spaces throughout Dickinson County. The initiative would expand the current smoke-free environment to include vaping and chewing tobacco products. Rohrig said, “Recently the U.S. Surgeon General stated that vaping is one of our biggest epidemics, so this is something that can help improve the health of everyone and help target a national problem.” The committee has met with all city councils to promote adoption of nicotine-free public spaces and plan to have at least one city implement the ordinance by July 1, 2019.

The Eat Well Committee has been busy planting edible orchards throughout Dickinson County. Specifically, they have planted six apple trees at each of four locations: Camp Foster, Dickinson County Community Gardens (by the Spirit Lake Senior Center), the Nature Center, and First Lutheran Church in Milford. After meeting with various civic organizations, the committee received funds from Iowa Great Lakes Rotary and Spirit Lake Noon Kiwanis to pay for the trees. Farmer’s Savings Bank also generously donated funds to purchase more trees in 2020. According to Rohrig, it will take two to three years before the trees bear any fruit, but once they do, there will be signs saying they are for the public. Meals on Wheels and the local backpack programs will also be able to use the apples.

Honor Your Loved Ones



Engraved brick pavers and seat walls at Lakes Regional Healthcare’s outdoor garden patio are available for purchase as a gift to Lakes Regional Healthcare Foundation. Your gift would memorialize your loved one and positively impact others who have received care at Lakes Regional Healthcare.

To learn more, contact Sonja Hamm at 712-336-8791 or sonja.hamm@lakeshealth.org.



4 Factors To Impact Your Health

If your health isn't as good as it should be, you go to the doctor, right? Yes, you do. But according to County Health Rankings & Roadmaps, a collaboration between the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation, there's a lot more that affects your health than the medical care you receive.

By ranking the health of nearly every county in the nation, County Health Rankings help communities annually understand what influences the health of residents and identify challenges and opportunities to improve these outcomes for all. The Rankings are guided by a model of population health that emphasizes many social, economic, physical, clinical, and other factors that influence both how long and how well you live.

1. The biggest influencer of your health is social and economic factors, attributing to 40 percent of your health. These factors include your income, education, employment, community safety, and social supports. They are foundational aspects of your life that affect your ability to make healthy choices, afford medical care and housing, manage stress, and more.

2. The next most impactful indicator of how healthy you will be is your own behavior. Whether or not you use tobacco products, what and how

much you eat, how often you are physically active, whether or not you use alcohol or drugs, and your sexual activity affect 30 percent of your health. These factors are associated with heart disease, cancer, diabetes, obesity, and injuries. County Health Rankings measures several items related to these factors, such as the percentage of adult smokers, the number of exercise opportunities available, access to healthy foods, the number of drinking and drug overdose deaths, and the rates of sexually transmitted infections and teen births, to determine a county's Health Behaviors ranking.

3. Access to affordable, quality, and timely health care can help prevent diseases and detect issues sooner, and enable you to live a longer, healthier life. However, it doesn't make the biggest impact; clinical care affects 20 percent of your health. County Health Rankings defines clinical care as access to care and quality of care. The Rankings measure access to care by looking at a county's number of primary care providers and dentists per number of residents. They review quality of care by looking at various measures of preventing hospital visits and disease monitoring.

4. Factors in your physical environment, such as the air you breathe, the water you drink, and the house you live in, affect 10 percent of your ability to live a long and healthy life. For example, cleanliness of the air affects asthma rates and lung diseases among a community's residents. How safe water is can impact if you get ill or contract infections and may even increase your risks of cancer. Having stable, affordable housing impacts your physical safety and may impact your emotional well-being by providing the ability to form social bonds with others.

Dickinson County Health Rankings

Out of 99 Iowa Counties

3rd

In **Health Behaviors** which include tobacco use, diet and exercise, alcohol and drug use, and sexual activity.

7th

In **Clinical Care** which is a measure of access and quality of care.

15th

In **Health Factors** which is the average of health behaviors, clinical care, social and economic factors, and physical environment.

23rd

In **Health Outcomes** which is the average of health factors, policies, and program.

39th

In **Social and Economic Factors** which include education, employment, income, family and social support, and community safety.

60th

In **Physical Environment** mainly due to a water quality event in the past three years.

Visit countyhealthrankings.org for more information.

Preparing the Next Generation of Healthcare Professionals

Here is an interesting fact - according to the Federal Bureau of Labor Statistics, the country will not have enough nurses, home health aides, medical and clinical lab technologists, nurse practitioners, and physicians to keep up with the demand for healthcare services as early as next year. For this reason, Lakes Regional Healthcare has been taking steps to support growth in the healthcare workforce among the younger generations.

Junior Volunteer Program

During the last four summers, Lakes Regional Healthcare has had an 8-week Summer Junior Volunteer Program for high school and college students. They get an up-close look at what it's like to work in medicine by helping nurses and physicians care for patients in the ER and inpatient areas. It's an opportunity for students to know if they want to pursue healthcare after high school or not. Those already in college are able to put the experience on their resume.

J-Term and May Term

As high school students in Okoboji and Spirit Lake return to school after Christmas break, they are offered

the opportunity to experience something new, such as build a home in an underserved part of the world, construct metal artwork for the community, or shadow professionals in fields of interest. Lakes Regional Healthcare participates in this "January Term," also known as "J-Term" by having several students shadow various staff. This past year students shadowed physical therapists, nurses, physicians, marketing staff, and business office staff. During the last week of school, Lakes Regional Healthcare participated again as Spirit Lake High School provided a similar "May Term."

Tours

When people think of working in healthcare, they often think of doctors and nurses. However, the truth is that healthcare has many employment opportunities. Area students learn about the multitude of professions when they come for tours of Lakes Regional Healthcare, usually coordinated through science and robotics classes and guidance counselors. Students get a behind-the-scenes look at many departments, including surgery, obstetrics, emergency, imaging, and engineering areas, during the tours. This past year students were even able to see and practice operating Lakes Regional Healthcare's new da Vinci surgical robot.

In-School Education

Each school year several Lakes Regional Healthcare staff visit area classrooms and school sporting events and educate students about health related topics. Students learn when to call 911 and they hop in the ambulance to lessen any potential fears. They are taught things like how to keep their heart healthy, how to use an Automated External Defibrillator, how to do CPR, why exercise is important and what comprises a healthy snack or meal.

Scholarships

Lakes Regional Healthcare Foundation recently developed a fund for scholarships for those interested in the healthcare field or for those already in the field to expand their skills and education. This spring six local high school and college students who we hope to bring back to the community when their training is complete were each awarded \$500 or \$1,000 scholarships. These scholarships were made possible from generous donors. It is the intention to award scholarships twice each year. If interested in supporting this fund, please utilize the envelope enclosed in this newsletter or call 712-336-8791.

**THANK
YOU!**

Lakes Regional Healthcare Foundation is helping area high school and college students receive education to pursue a career in healthcare thanks to generous donors like you! Please continue this effort by sending a gift in the envelope provided!



Surgery Wasn't What Donna Expected



Before surgery, Muhm was not able to do things she wanted. "I couldn't participate fully in my volunteer work, which involves horses, and I couldn't take my grandchildren on walks. I had to do a lot more sitting," she said. "My surgery was absolutely life changing. Now I'm back to volunteering and keeping up with my grandchildren."

It's hard to look forward to a total knee replacement when your friends have told you the surgery and recovery can be quite painful. That's what Spirit Lake resident Donna Muhm thought before she had both of her knees totally replaced last year. Fortunately, Donna did research of her own and learned robotic-assisted joint replacement surgeries resulted in less pain and even better outcomes than traditional "open" surgeries. She was even happier to learn orthopedic surgeons from Northwest Iowa Bone, Joint & Sports Surgeons performed robotically-assisted joint replacement surgeries right in Spirit Lake at Lakes Regional Healthcare. She said, "Dr. Rierson's name came up right away. I couldn't have been happier."

Her results after surgery actually did make her happier. The first time Muhm got up to walk was the same day as her surgery. She then spent only two nights at the hospital before going home and having outpatient physical therapy appointments. "There's no comparison to what my friends told me about their results to what I experienced," said Muhm. "My friends who had surgery done non-robotically walked with a cane and walkers for weeks after surgery. I thought it was more comfortable and easier to walk without a cane, which I think is because of my therapists and the robotic surgery."

Before surgery, Muhm was not able to do things she wanted. "I couldn't participate fully in my volunteer work, which involves horses, and I couldn't take my grandchildren on walks. I had to do a lot more sitting," she said. "My surgery was absolutely life changing. Now I'm back to volunteering and keeping up with my grandchildren. I tell people considering knee replacement surgery to have it done sooner rather than later. It isn't nearly as bad as everybody tells you, at least if it's done robotically."

For more information about robotic surgery at Lakes Regional Healthcare, talk to your local health care provider or call 712-336-8768.



QuickCare Now Available on Saturday

You can get sick or injured any day of the week. And when you do, you want to receive care right away. For this reason, the *QuickCare* clinic at Avera Medical Group Lakes Family Practice now sees patients on Saturday mornings between 8 a.m. and noon in addition to Monday through Thursday from 3 until 6 p.m.

The clinic is available for same-day appointments for minor conditions such as ear aches, allergies, nausea, minor burns or cuts, or cold or flu symptoms. It's a great way to receive care for sudden, common, non-emergent concerns without having to incur a costly emergency room bill or wait days to receive care.

To schedule an appointment, call 712-336-3750.

Our Top 10 Robotic Surgeries

In Alphabetical Order

- Colon Resection
- Endometriosis Resection
- Gall Bladder Removal
- Hernia Repair
- Hysterectomy
- Nissen Fundoplication For Acid Reflux
- Partial Knee Replacement
- Sacrocolpopexy For Pelvic Prolapse
- Total Hip Replacement
- Total Knee Replacement

Orthopedic Gynecology



John Leupold, MD



Chris Rierson, DO



Abby Drucker, MD



Brian Wilson, DO

General Surgery



Patrick Slattery, MD



Jason Koenin, DO



Jeff Helmink, MD



Jaren Ricker, DO

New Medical Office Building to Merge Family Medicine Clinics

Construction of a new medical office building to relocate Avera Medical Group-Lakes Family Practice and Avera Medical Group-Spirit Lake Medical Center physician clinics into one family medicine clinic has finally begun. There are many reasons for this:

Changing Care Delivery Models

– Future care delivery models to accommodate population health management focus on primary care. The design of the medical office building will prepare for the growth and inclusion of a variety of different healthcare providers related to primary care.

Recruitment And Retention – The historical separation of the two clinics has created some inefficiency in the call schedule and other activities that directly impact physicians. Combining the practices and offering modern, efficient spaces will create a better

environment for which to recruit and retain physicians.

Infrastructure Issues – Built in 1978, Avera Medical Group-Spirit Lake Medical Center had smaller hallways, restrooms and exam rooms that did not easily accommodate disabled or obese patients. Not only would bringing the clinic up to date been an expensive endeavor, it would have been impossible within the footprint. Additionally, as with all older buildings, roofing, HVAC, and other investments would have been required.

Redundancy – In the past couple of years, the clinics have started sharing a number of resources, such as the clinic nurse manager position, business officer manager position, and business office responsibilities. The new medical office building will be decreasing or eliminating redundancy of space, such as by having combined lobbies, procedure rooms, and draw space.

Sharing Of Capital Costs – Since the clinics are a joint venture between Lakes Regional Healthcare and Avera, the construction costs are being shared by each.

The medical office building will be located in the old surgery space just inside the hospital's west entrance as well as in some of the previous Avera Medical Group-Spirit Lake Medical Center space. Dickinson County Public Health, additional outreach physicians, and other services may utilize the space currently occupied by Avera Medical Group-Lakes Family Practice. Construction is estimated to be completed around late summer/ early fall of 2020.



Top 5 Ways to Stay Out of the ER This Summer

It's finally here! Summer is a favorite season for many of us. The warm sun, walks on the trails, boat rides, and sitting outside on the deck are just a few things we love. One thing none of us enjoy, however, are trips to the ER, especially related to our favorite summer activities. Lakes Regional Healthcare Emergency Physician Dr. Baskerville shares the top five ways to stay out of the ER this summer:

1. Stay Hydrated

No, alcoholic and sugar-filled drinks don't count as hydrating beverages. In fact, Dr. Baskerville says they are actually dehydrating and that good, old fashioned water is best.

2. Take Safety Precautions

Dr. Baskerville warns to be careful in the lake when swimming and jumping off boats, and to know the area in which you are swimming. He said, "Follow general water safety rules and regulations and be sure to wear a life jacket at all times."

3. Use Sun Protection

"Sunburns are 100% preventable. It's very important to wear sunblock with the ingredients zinc oxide or titanium dioxide in them. It's surprising how many people come into the ER for sunburns," said Dr. Baskerville.

4. Wear Water Shoes

Unfortunately, zebra mussels are now an issue in our lakes area and can cause some pretty bad injuries. Dr. Baskerville said, "They cling to various places in and out of the lake, including dock posts and steps and boat ladders. Wearing water shoes can protect your feet from the razor sharp zebra mussels."

5. Get QuickCare

Another way to stay out of the ER is to know which injuries and illnesses are emergent and require care in the ER and which can be cared for in a less costly manner. Lakes Regional Healthcare's *QuickCare* clinic provides same-day appointments for common, acute, non-emergent concerns such as ear aches, minor burns and cuts, nausea, and cold/flu symptoms. The clinic is available Monday through Thursday from 3-6 pm and Saturday mornings from 8-12 and appointments can be made by calling 712-336-3750.



Meet Our Newest Physicians



Daniel Abbott, MD

Starting this summer!
**Physicians Lab of
Northwest Iowa**



Charlotte Caligiuri, DO

**Northwest Iowa
Urologists**



Craig Cunningham, MD

Starting in August!
712-336-2410
Family Medicine



Greg DeSautel, MD

712-262-8120
**Northwest Iowa Ear,
Nose, & Throat**



Brad Meyer, MD

712-336-3750
Family Medicine

Easy, Affordable, Nutritious, and Delicious Food This Summer? Definitely, Yes!

When kids are out of school for the summer, it often means packing lunches and making more meals at home. If you wonder how you can provide delicious, healthy foods that don't cost much, wonder no more! Here is a list of easy-to-eat, affordable, yummy, and nutritious items to keep on hand this summer:

Fresh fruit (apples, oranges, bananas, kiwi, raisins, craisins)

Canned fruit in light juice or light syrup

Popcorn

Pretzels

Cheese sticks (such as string cheese)

Yogurt (especially when on sale)

Frozen whole grain waffles

Peanut butter

Whole grain bread

Whole grain crackers

Whole wheat bagels

Frozen bean burritos

Eggs (scramble, eat alone or on toast or with salsa)

Baked potato

Baby carrots

Cans of tuna (delicious on toast)

Oatmeal packets

Unsweetened applesauce

Frozen grapes

Frozen bananas

Frozen blueberries

Low and No Cost Food Options Available

The Iowa Great Lakes area provides many opportunities for those who need assistance in providing food for their families. For more information, visit www.dickinsoncountyhunger.com.

Community Tables

→ Community Table at Okoboji Bible Conference Fellowship Center

7 South Hwy 71, Arnolds Park, 712-332-2883, Second and fourth Thursday of the month, 5:30-6:45 pm

→ Community Table at the Bedell Family YMCA

1900 41st St., Spirit Lake, 712-336-9622, Third Thursday of the month, 5:30-6:45 pm

Food Pantries (some items in the food pantry are income restricted, while most items are donated locally and are distributed freely):

→ Mobile Food Pantry, First Presbyterian Church

1220 South Market St., Lake Park, 712-832-3401, First Thursday of the month, 4:30-6:30 pm

→ Ruby's Pantry

108 County Road 51, Jackson, MN, 507-847-2369

→ Spirit Life Fellowship "God's Provision Food Pantry"

2504 Enterprise Ave., Spirit Lake, 712-336-0114, Second and fourth Saturday of the month, 8:00-10:00 am

→ The Good News Food Pantry, Good News Community Church

1010 Julia St., Okoboji, 712-332-5698, First and third Saturday of the month, 712-332-5698

→ Upper Des Moines Opportunity

1575 18th St., Spirit Lake, 712-336-1112

Dinner Dates

→ Dinner Date, Lake Park Community Center

903 Market St., Lake Park, 712-832-3540, Tuesday and Thursday, 11:30 am

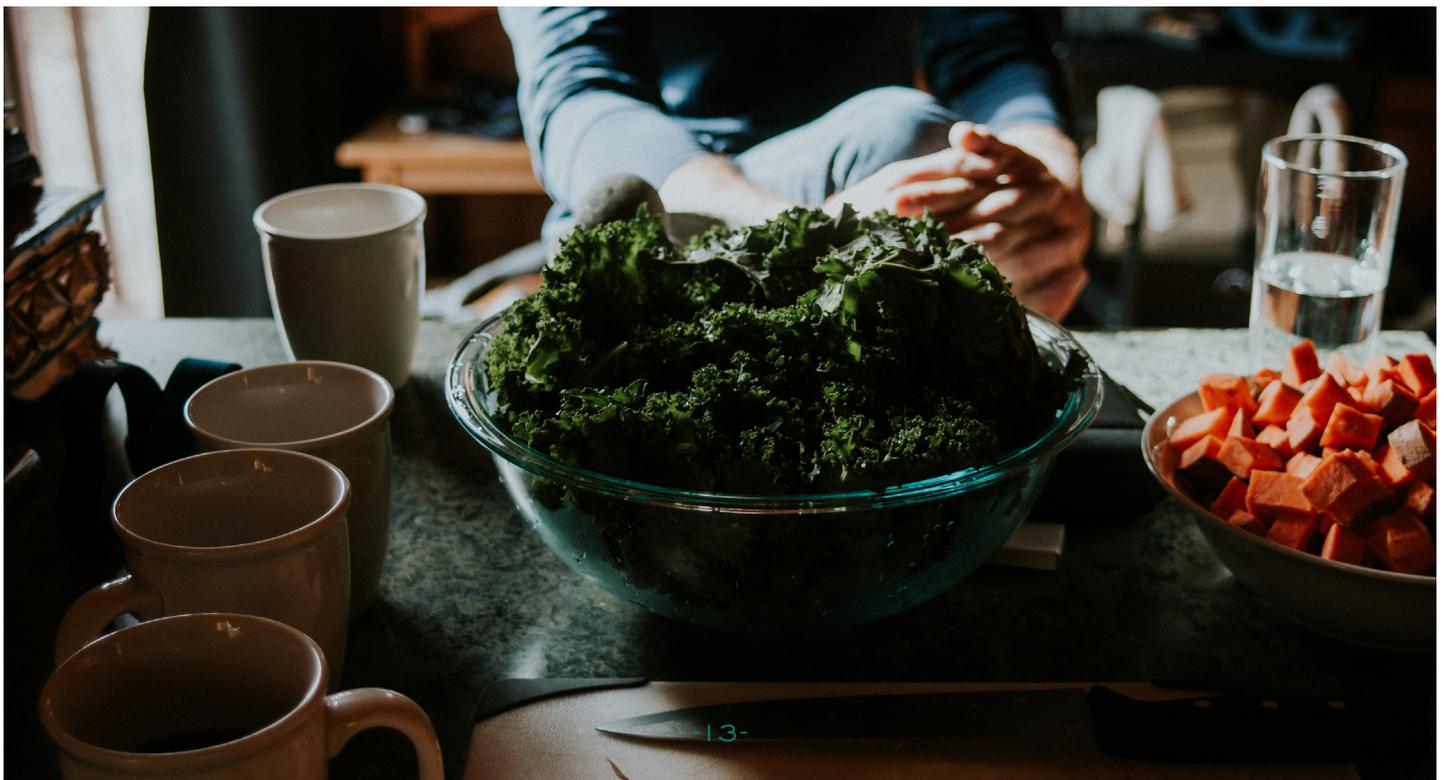
→ Dinner Date, Lakes Area Senior Center

2101 Zenith Ave., Spirit Lake, 712-336-5247

Meals on Wheels

→ Iowa Great Lakes Meals on Wheels, 712-336-4444

→ Lake Park Meals on Wheels, 712-832-3691



Help Us Save Lives

The importance of First Responders in responding to emergencies in rural areas is critically important and we are fortunate to have a strong group in our service area. If you would be interested in becoming a First Responder or finding out more about becoming a paramedic as a career, **please call the Dickinson County EMS Association at 712-336-2889 or your local fire department.**



Join Us In Making a Difference

Lakes Regional Healthcare is an excellent place to truly make a difference in the lives of others. Employment opportunities can be found by visiting www.lakeshealth.org and clicking on "Get Involved." If volunteering is what interests you, there are several opportunities from which to choose. Five volunteer positions are available and volunteers choose to work in one or more of them as frequently as they prefer: Coffee Shop Volunteer, Gift Shop Volunteer, Outpatient Center Volunteer, Visitor Reception Volunteer, and Patient Reception Volunteer.

To learn about employment opportunities, please call 712-336-8790.

To volunteer, please call 712-332-5042.



Follow Us On Social Media

Like us on Facebook and follow us on Twitter and Instagram to stay up to date on what's happening at Lakes Regional Healthcare! We also love it when people post messages to us – we're always looking for feedback on how to improve the care experience!



@LakesReglHealth



@lakesregionalhealthcare



@lakesregionalhealthcare

Easy Ways to Give

We appreciate your generosity and what it's helped us accomplish over the years. We also want giving to be as easy as possible for you. Here are some easy ways to give that will continue to improve healthcare in the Iowa Great Lakes.

Online – go to <https://www.averafoundation.org/lakes-healthcare/online-donations> and make a donation in a matter of a couple minutes!

Amazon Smiles – whenever you purchase items at Amazon, go to this web address instead: www.smile.amazon.com. It brings you to the regular Amazon site, but it asks you to identify a charity. Select Lakes Regional Healthcare Foundation and from there, Amazon will give us a portion of your item's purchase price!



What Our Patients Say

We are proud of the care we provide and are even prouder when we receive feedback from our patients. Here are a few recent examples of the kinds of things we hear every day:

"We can't say enough words to show how much we appreciated the ER doctor and nurses!"

"All the nurses and other medical professionals and all the other staff made my experience at your facility outstanding. The kindness and concern for me was above and beyond anything we could imagine. Hospital meals were outstanding and everyone was very caring."

"The surgery department is awesome! I was treated very well from the time I stepped into the hospital until I left. Everyone was professional and very caring."

"I just want to pass on to you a note of appreciation and thanks for your fine ambulance crew. The paramedics showed up along with police and the Lake Park ambulance crew in a very short time. They made us feel comfortable and at ease about the situation."

"I appreciate all the work you do for people. I was recently in your facility and loved all the nurses and the CNAs. They do hard work and as a former CNA I know how hard it can be, but very rewarding. Please give my gratitude to everyone from the dietary staff to the doctors. They're all fantastic!"