

Healthy Way

RC HOSPITAL & CLINICS...65+ YEARS OF CARING FOR YOU & YOURS

**RC HOSPITAL WALK-IN CLINIC
OPENS MARCH 28!**



**RCH&C
WELCOMES
DR. MAGAMBO**



**FAMILY
CENTERED OB CARE**

RC
HOSPITAL
& Clinics

MARCH 2016 ISSUE

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Settling In

NATHAN G. BLAD, CEO
RC Hospital & Clinics

After just six months in the new Renville County Hospital & Clinics Medical Center, our providers are

enjoying the convenience of having lab, x-ray, therapy services and mental health services all together under one roof. Our employees are settling into their new work areas and work flows. Our hope, for you as a patient, is that you are becoming more familiar with your new medical center and all of the services we have to offer right here in Renville County.

I would like to introduce to you our newest family practice doctor, Dr. Evans Magambo. Dr. Magambo started on February 1st. He is an experienced family practice doctor who will be working in the Olivia Clinic. He sees patients of all ages, delivers babies and does well-child visits. He and his wife Judy will be residing in Renville County with their two boys, Wayne and William.

You may have noticed a flurry of activity at the old Olivia Clinic. CentraCare has started the remodeling process and we look forward to an early summer opening of the Dialysis Center for Renville County.

As spring arrives we will be offering two new services. Walk-In Clinic at the Olivia Clinic, Monday through Thursday from 11 a.m. – 7 p.m. and Saturdays from 9 a.m. – 1 p.m.

In addition, our orthopedic surgeons Dr. Robert Barnett and Dr. Peter Sanders from Twin Cities Orthopedics will be performing full knee replacement surgery this year. We look forward to offering you another service to keep you close to home.

As our area farmers get into their tractors, get the ground ready and plant their crops, we wish them a safe planting season and great weather this spring. Around 100 Healthy Way, we will be planting alfalfa for a good ground cover.

Our objective is to provide innovative, integrated care so you as our patient can achieve the best outcome. We look forward to being your healthcare provider of choice.

Sincerely,

ON THE COVER

RCH&C WALK-IN CLINIC OPENS MARCH 28!
Parents Kirk & Michelle Erickson with three year old Chance.

RCH&C WELCOMES DR. EVANS MAGAMBO

FIRST BABY GIRL IS BORN AT RCH&C
The Kaufenberg family: Mom Mandy & Dad Dan, Baby Amara Yvonne, sister Anabel and brother Kaleb.

RC HOSPITAL BOARD OF DIRECTORS

John Stahl, Chair, Dr. Paul Buhr, Sherri Broderius, Jeremy Frank,
Dr. Dean Lindquist, LaMont Jacobson and Bob Mehlhouse



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Sara Maher, Editor

ASB Design Inc., Graphic Design

Mayo Trained, Board Certified, Dr. Jared Slater & Family



Dr. Jared Slater is a Board Certified general surgeon. He completed all of his surgical training at Mayo Clinic in Rochester MN. His extensive training has equipped him well to provide a wide variety of surgical services to our community. Dr. Slater is married to wife, Julie. Together they have three children, Madeline (4.5 years) and twins Jack and Sophia (3). The family enjoys being active with their church, spending time together as a family and getting out on the lake.

Longtime Residents Are RC Hospital's Newest Board Members



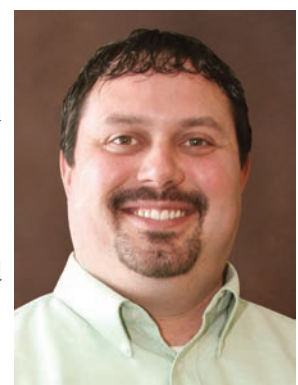
Sherri Broderius

Sherri is the Superintendent and High School Principal at ACGC Schools. She resides in Hector with her husband Richard.



Jeremy Frank

Jeremy is the Vice President of Hometown Bank in Olivia. He and his wife Stacy have three children.



CEO Nathan Blad stated that both Sherri and Jeremy bring a variety of experience.

RCH&C Welcomes Evans Magambo, M.D.



“I enjoy taking care of all family members from newborns to grandparents.”

Dr. Evans Magambo and Leap Day baby Adella Olivia.

RC Hospital & Clinics welcomes Dr. Evans Magambo. Dr. Magambo comes to Renville County from northern Minnesota where he practiced at Essentia in Bagley and Fosston, MN for the past four years. Dr. Magambo earned his medical degree from the University of Nairobi in Kenya and completed a Family Medicine residency at Union Hospital in Terre Haute, IN. He previously worked in several hospitals in Kenya, including the Nairobi Hospital, St. Mary’s Mission Hospital and Kenyatta National Hospital.

Dr. Magambo serves as a volunteer medical doctor for the United Nations’ International Organization for Migration and World Vision. Dr. Magambo enjoys fishing, swimming, hunting and spending time with his family.

Al Johnson, PA-C Appointed By MDH



Al Johnson, PA-C was appointed to the MN State Trauma Advisory Council by the MN Dept. of Health. A four year appointment that sets guidelines for the state trauma accreditation and does the inspections and audits to award hospitals with the commensurate trauma level designation. Johnson was also appointed to a national work group through the NCCPA as the only representative for Emergency Medicine. This will offer guidance for all PAs that are boarded in a specialty or CAQ (certificate of added qualification). He recently earned his CAQ or board in Emergency Medicine, one of only 220 nationally and 24 in the state of Minnesota.

New RCH&C Walk-In Clinic Opens March 28th!

RC Hospital & Clinics will be launching the new Walk-In Clinic starting Monday, March 28th. It will be open Monday through Thursday until 7:00 p.m. and on Saturdays from 9:00 a.m. to 1:00 p.m. “Renville County Hospital and Clinics understands that injuries and illnesses can happen without warning. Our new Walk-In Clinic provides the benefit of not needing an appointment and the convenience of extended hours, so you and your loved ones will be able to get the care you need exactly when you need it.” said Stacey Heiling, Director of Clinic Operations.

Be seen in the RCH&C Walk-In Clinic for:

- Allergies
- Back pain less than 5 days
- Bladder infection
- Bug bites
- Burn, minor
- Cold sore
- Cold & Cough symptoms
- Diarrhea or vomiting
- Earache
- Fever
- Fractures, possible/simple
- Headache less than 5 days
- Pink eye
- Rash
- Sinus problems
- Sore throat
- Sprain
- Urinary tract infection

Children three months of age and older can be seen in the RCH&C Walk-In Clinic.



New RCH&C Walk-In Clinic Opens March 28th!

Monday-Thursday 11 a.m. to 7 p.m.
Saturday 9 a.m. to 1 p.m.

Thank You

**To All
Of Our
Generous
Donors!**



M.E. Rauenhorst Family Chapel



Second Surgical Suite



Wide-Bore MRI



Mehlfouse Family Fountain



Alma's Garden & Sweet Garden

Cornerstone Gifts \$250,000+

RC Hospital Foundation

Renville County Hospice

Heritage Gifts \$100,000 - \$249,999

Southern Minnesota Beet Sugar Cooperative

Patricia Buschette

Setzefandt Family - In Memory of Alvin O. H. Setzefandt, DVM

Legacy Gifts \$50,000 - \$99,999

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Coop Country Farmers Elevator

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Robert & Eloise Ehlers

Virgil Damhof, Sleep Diagnostics of MN

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Big Stone Therapies, Inc.

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Makes Me Smile Fund

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Lillie E. Nelson

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John Stahl & Dr. Kathryn K. Kelly

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Gene & Jean Hank Family

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Tom & Lois Miller

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Dr. A. Durakovic & Dr. M. Durakovic

Barb & Charles Melberg

Donald & Dolores Haubrich

James & Marilyn Gartner

In Memory of Buford & Elvera Broderius - Given by Cynthia, Eric, Brian & Shelly Broderius & Family

In honor of the dedicated service of Dr. J.A. and Elsie Cosgriff, Sr, and Dr. James Cosgriff, Jr.
- Given by Patricia Sandstad, Mary King, John Cosgriff, Elsie Armstrong, Jeanne Folstrom & Nancy Cosgriff Families**Creative Gifts \$1,000 - \$4,999**

Pat & Nancy Hansen

Dr. Paul & Carole Buhr

Dick & Gladie Hagen

Pat & Chuck Brown

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Bird Island Lions

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Sue & Bob Erickson

Brad & Naomi Freyholtz, Dylan, Sidney & Macy

Lyle C. Turbes, FIC - Catholic United Financial

In Memory of Mary J. Page - Given by Marcia, David, Mark & Families

In Memory of Lisa Bratsch & Emmett Williams - Given by Jeff & Vicky Bratsch

In Memory of Don & June Decker - Given by Doug, Tammy, Rod, Dawn & Families

In Memory of Dale Weigel - Given by Cherry, Christel, Jeremy & Clarissa

In Memory of Kenneth Kubesh - Given by Jean Kubesh & Family

**RCH&C Capital Campaign -
Ways to Continue Giving****Cash or Check**

The amount given is eligible for a deduction on your tax return. The amount of actual after-tax cost of the donation depends on the donor's tax rate.

Appreciated Investments

This is an option for donors where the tax cost of converting the investment to cash is substantial. No capital gains tax is due on the appreciation of the underlying investments. Appreciated investments include stocks, mutual funds, bonds, precious metals, real estate, and many other types of investments. We recommend you consult your tax advisor before making a transfer.

Life Insurance

If an existing paid-up policy is gifted to RCH&C, the donor would be eligible for a tax deduction equal to the cash surrender value of the policy on the date of the gift. Upon death, the policy proceeds would be payable to RC Hospital & Clinics. Another popular alternative is the purchase of a new life insurance policy in the name of RCH&C new Medical Center. As the donor pays the premium, he or she is eligible for a deduction equal to the premiums paid during the tax year.

Special Bequest

A specific bequest can be in the form of either a specific dollar amount or a percentage of their estate. To make this bequest, the donor will need to consult their attorney and direct them to revise their Will to include RC Hospital & Clinics as a recipient of the special bequest.

Charitable Remainder Trusts (CRT)

A CRT not only allows the donor to retain an income stream from the property, it also permits the CRT to sell the underlying property, avoid the capital gains tax on appreciated property and take a tax deduction for the current value of the future gift to the charity. There is significant complexity in establishing this arrangement. Please consult your tax advisor regarding the steps to establishing a CRT.

For More Information Contact

Sara Maher, Executive Director, RC Hospital Foundation at 320.523.3526 or Nathan G. Blad, CEO, RC Hospital & Clinics 320.523.1261

RCH&C Women's Health Services

Obstetrics

- Vaginal deliveries
- C-sections
- Level 1 Nursery Deliveries
- Pregnancies: Gestational diabetes, Preeclampsia (toxemia), Teen pregnancy, Advanced maternal age (35 years and above)
- Epidurals/Interthecal

Gynecology

- Birth control: pills, vaginal ring, Depo Provera shot, IUD, Nexplanon, tubal ligation (tie tubes)
- Pap smear
- HPV
- Heavy/abnormal vaginal bleeding
- Urinary incontinence
- Pelvic pain
- Endometriosis
- Painful and/or irregular menstrual cycles
- Premenstrual Dysphoric Disorder (PMDD)
- Breast exams, breast cancer screening, self breast exams, mammograms
- Uterine polyps
- BRAC 1&2 testing (genetic screen for breast and ovarian cancer)
- Menopause management and hormone replacement
- Osteoporosis
- Fibroids

Procedures

- Colposcopy (abnormal pap smears)
- LEEP
- Uterine ablation
- D&C
- Tubal ligation
- Hysteroscopy: polypectomy, myomectomy
- Hysterectomy: Laparoscopic or open
- Laparoscopy: Operative and diagnostic

Personalized Patient & Family Centered OB Care

Our new birthing suites at RC Hospital are a popular option for new moms and babies. The suites provide a home-like atmosphere in a state-of-the-art birthing room. Birthing options for new parents include: the OBIX Central Monitoring System, TotGuard Infant Security System, Halo SleepSack for baby, plush blue or pink robe for Mom, a new lounge area with healthy snacks for families, special new parent's dinner, comfort lighting, Whirlpool, lactation consulting, pain management and a view of the Sweet Garden.

Pain Management

RC Hospital offers epidural pain management to provide pain relief for the duration of labor. Natural pain relief by alternative techniques are available as well. With these services, RC Hospital makes labor and delivery as comfortable as possible for families.

Prenatal Education Classes, OB Suite Tours & New Sibling Classes

In preparation for the birth of your baby, RC Hospital & Clinics offers several classes for expectant parents and siblings. Prenatal Education includes labor and delivery, Preterm labor, relaxation techniques, newborn care, post-partum care, breastfeeding, and more. Prenatal Classes are scheduled for April 20th, May 18th, June 22nd, July 20th, August 24th, September 21st, October 9th from 6:30 p.m. to 8:30 p.m.

New Super Sibling Classes are set for the last Wednesday of each month beginning on March 30th. They will be held in the Cosgriff Conference Center from 6:30 p.m. to 7:30 p.m.

Nursing Moms Night Out is a time out for mom in a relaxing atmosphere. It offers moms the opportunity to meet other moms and their babies. Nursing staff, providers and public health nurses will be available for questions. Starting March 30th from 6:30 p.m. to 7:30 p.m, come and enjoy refreshments and healthy snacks. For more information contact Naomi at freyholtzn@rchospital.com.



RC Hospitals OB Team with patient in our new birthing suite. Left to right: Tracey Prokosch, LPN; Naomi Freyholtz, RN, IBCLC; expectant new mom Jen Kramer, RN; and Joseph Montanaro, M.D., OB/GYN.



RC Hospital & Clinics welcomed our very first arrival at 100 Healthy Way. Left to right: Jennifer Macik, RN, DON; Beth Elliot, RN, Mom Tracey holding baby Nitesh Xavier and Naomi Freyholtz, RN, IBCLC.



Joseph Montanaro, M.D.
Obstetrics/Gynecology



Evans Magambo, M.D.
Family Practice



Jared Slater, M.D., Board
Certified General Surgeon



Andrew Johnson
APRN, CRNA

Local Man Experiences Trauma Bay and Helicopter Service First Hand

Olivia resident, Tom Maher was stepping out of his pick-up last fall and his left side started to go numb, his leg felt like jello as he stepped down on the ground. He immediately called his wife, Sara, and told her something was terribly wrong. He arrived at RCH&C just minutes later and was taken care of in the trauma bay by Al

Stroke Facts

- Nearly 800,000 strokes occur in the U.S. each year.
- Approximately 143,000 people die from stroke every year in the U.S. Stroke is the third-leading cause of death, behind heart disease and cancer.
- Nearly 3/4 of all strokes occur in people over the age of 65. The risk of having a stroke more than doubles each decade after the age of 55.
- People with diabetes have a 2-4 time higher risk.
- By reducing your blood pressure, you decrease your chance of a stroke 4-6 times.

Johnson, PA-C and the experienced ER team. Within 50 minutes Tom was assessed, had a CT scan of his head, had the tPA shot, was loaded in a helicopter and was flying north overhead RCH&C on his way to St. Cloud. "Every minute counts. The trauma bay team was so experienced and caring; I knew I was in very good hands. With no family history of stroke, I wasn't sure what it was at first, I

just knew it was serious and I needed to get to the hospital." said Maher.

RC Hospital & Clinics is providing Telestroke Services to patients, thanks to a partnership with St. Cloud Hospital Stroke Center. Telestroke allows a stroke neurologist from St. Cloud Hospital Stroke Center to evaluate a patient from our hospital, as well as view diagnostic scans and recommend treatment for greater outcomes.



New trauma bay and helipad at RCH&C.



Tom Maher thanking Al Johnson, PA-C just 10 days after his stroke.

Caring To Share A Great Patient Experience

"We will have been married 62 years next month Sept. 5. In that 62 years Arland has suffered many illnesses and health problems of various sorts. We have been in ER's, Dr.'s offices and hospitals in the following states; Iowa, Wisconsin, Michigan, Minnesota, Arizona and Texas. Probably more states but these are what come to mind now.

You, Dr. Azra and your husband Dr. Mohammad are two of the most qualified Drs. we have had the opportunity to come in contact with. Your team of two saved Arland's life at least three times over the past two years, for which we are deeply grateful and feel deeply indebted to your capabilities. A huge THANK YOU is overdue."

Avis and Arland Johnson

"Going into the ER and hospital is never fun, but it can be a less stressful and frightening experience when the caregivers are so competent, efficient and most of all caring as I saw first hand at RC Hospital. I could not have asked for better care. Kelsey, Jocelyn and Dr. Slater, along with the rest of the staff were nothing short of amazing."

Maureen Montello

"I want to thank all of you people who took such good care of me. Whatever I ask for, I got and the patience you had with me, anything to make me comfortable. Sometimes I thought I asked a bit too much.

The food was so good and therapy people helped me out so much that sometimes I surprised myself at what I am able to do. What a great crew!"

John Dworshak

"Went very well (Sleep Studies), slept good, Virgil was excellent explaining what he was doing. I will tell more people about this in the future, and Olivia is a good place to have it done."

Deborah Reckow

A Special Thank You to RC Hospital & Clinics Retiring Board Members



Dolores Nelson

Prior to joining the RC Hospital & Clinics Board in 1992, Dolores worked as an LPN for Renville County Hospital for several years. As a board member, she has served as Chairperson, Secretary/Treasurer, Executive Committee, Finance/Audit Committees, and the Goals Committee. Dolores promoted healthcare projects and was both a dedicated employee and board member.

Robert Ehlers

Bob was the Olivia EDA Director before joining the RC Hospital & Clinics Board in 2008. He played a vital role in helping to secure financing for the new Medical Center and was active throughout the project. Bob served as the Vice Chairman of the Board, and on both the Finance/Audit Committee and Building Committee. He and his wife Eloise have retired and moved to Colorado.



Caring To Share A Great Patient Experience

"I am Ferdie Mandt's daughter. On Sunday evening, December 6th, my 93 year old father fell in his home and broke his right hip. He has had the Voicecare Medical Alert System provided by RC Hospital & Clinics for several years. He pushed his Voicecare and reported he fell. The call was immediately returned by Michelle Woelfel at RC Hospital. When he did not answer she called me, as I am the first responder. I was out of town, so she called the next person on the list who went right over to help him and call an ambulance. Michelle made several follow-up calls to me keep me informed and secure information. Once my dad was at the hospital she and the ambulance crew informed the provider that his family was out of town. The provider then made contact with me to get information and also answer questions for me. The staff at the hospital kept me informed at all times, and were very responsive to questions and concerns. They also called back to give me the results of tests and discuss a transfer.

Voicecare worked exactly as it is intended and I am very grateful for the wonderful, caring staff at RC Hospital & Clinics. It is so nice to have this local service where the people know their patients. Michelle has known my father and me for several years and sincerely expressed her concern for him. I feel she and the rest of the staff went above what would be required of them."

Sue Fleegel



RCH&C UPCOMING EVENTS

SPRING INTO SHAPE

This class will give you the tools to be successful at weight loss. Cooking demonstrations will emphasize how to maximize your time in the kitchen so you have time to enjoy a walk outside. If you want to feel better, have more energy and finally break the diet cycle, sign up today! Mondays, March 28th - May 16th from 5:30 to 6:30 p.m. Limited to 20 people, cost is \$80. For past participants cost is \$40 or bring your significant other or friend for an additional \$20. Contact Julie Remer, RD, LD, CDE at 320.523.3444.

2016 DR. PAUL & LOIS THOMPSON MEMORIAL GOLF CLASSIC

Wednesday, June 1st at the Olivia Golf Course, sponsored by RC Hospital Foundation. To sign your team up contact Sara Maher at 320.523.3526 or mahers@rchospital.com.



OB CLASSES & EVENTS

PRENATAL EDUCATION

Topics include labor and delivery, pre-term labor, relaxation techniques, newborn care, postpartum care, breastfeeding, bottle feeding, and many other helpful tips. Classes are offered for free, monthly at RC Hospital, in Olivia. Prenatal Classes are scheduled monthly - April 20th, May 18th, June 22nd, July 20th, August 24th, September 21st, October 9th from 6:30 p.m. to 8:30 p.m.

OB SUITE TOURS

Tours are offered the 1st & 3rd Wednesday of each month at 6 pm.

SIBLING CLASSES

Learn and practice the role of "Big Brother" and/or "Big Sister". The last Wednesday of each month from 6:30 p.m. to 7:30 p.m. In the Cosgriff Conference Center. Snacks and refreshments will be served.

NURSING MOMS NIGHT OUT

Nursing Moms Night Out is a time out for mom in a relaxing atmosphere. It offers moms the opportunity to meet other moms and their babies. Nursing staff, providers and public health nurses will be available for questions. Starting March 30th from 6:30 p.m. to 7:30 pm, come and enjoy refreshments and healthy snacks.

To register for Prenatal Education or sign-up for our OB events contact Naomi Freyholtz, OB Director, at 320.523.3469 or email freyholtzn@rchospital.com, or Dr. Joseph Montanaro, OB-GYN at 800.916.1836.



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