

# Circles of Care

Big City Specialists Close to Home



**Nate Blad, CFO**

## An Interview With Our New CFO Nate Blad

### Personal Info

- Born at the RCH in 1973 to Guste & Adell Blad and raised on a farm south of Hector, MN
- Previous residence was Chaska, MN currently living in Olivia, MN
- Recently married on June 9th to wife Geri, 10 year old stepdaughter Megan
- Hobbies include reading, playing musical instruments of all sorts (guitar), riding motorcycle and home improvement

### Previous Work Engagements

- I plan to take up golf again
- Immediately after college, self employed as a farmer
- SuperValu, Eden Prairie, MN
- United Health Group, Minnetonka, MN

### Academic Achievements

- Buffalo Lake – Hector High School
- SW State University – BS Accounting
- U of M – BS Economics
- Pursuing MBA at Carlson School of Management (U of MN)

*"It is my belief that an organization is only as good as it's employees. The RCH family is truly a unique group of talented individuals. I look forward to working with them as we continue to pursue excellence in healthcare."*

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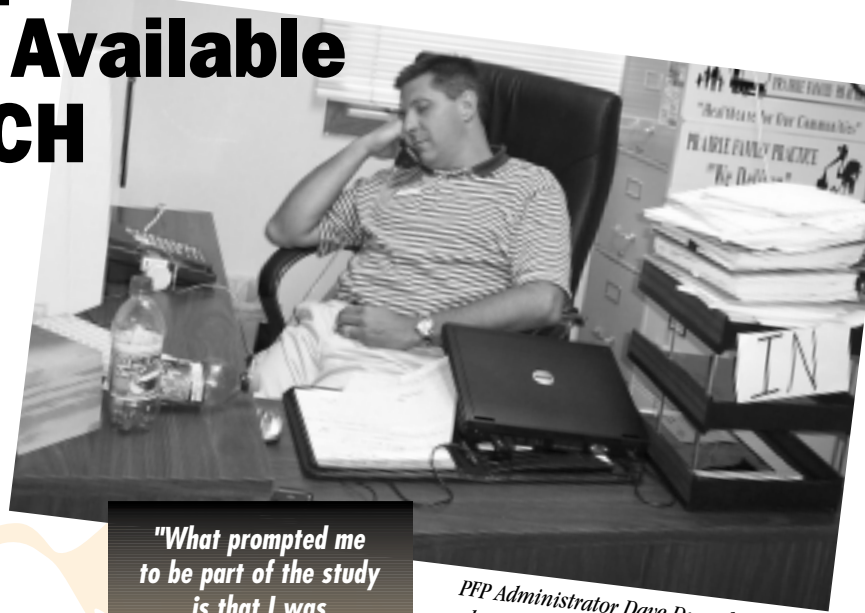
(320) 523-1261 • www.rchospital.com

## Sleep Clinic Now Available At RCH

If you feel like you just don't get a good nights sleep, you will want to visit the new sleep clinic at Renville County Hospital, Sleep Diagnostics of Minnesota. The sleep clinic began in June at RCH and offers the latest in pre-screening, diagnostics and treatment for sleep-related problems.

Dave Dunn, Administrator at Prairie Family Practice, was the first patient for the sleep clinic at RCH. "What prompted me to be part of the study is that I was having difficulty staying awake during the day and would feel very groggy all day, like I never got enough sleep," said Dunn. "I would wake up every two hours at night and never get a good nights sleep."

When you come in to the sleep clinic, a polysomnograph, or sleep study, is performed to monitor and record the changes in breathing and related functions during various stages of sleep. The patient comes to the hospital to sleep between the hours of 7 pm and 6 am (by appointment only). Small non-invasive sensors are precisely placed on the patient and the sensors are then connected to a painless piece of equipment called a polysomnograph. "There are no injections or



*"What prompted me to be part of the study is that I was having difficulty staying awake during the day and would feel very groggy all day, like I never got enough sleep,"*

*FFP Administrator Dave Dunn before his sleep study. Note the IN basket, caffeine soda bottles on the desk.*

### If you experience one or more of the following you may have one of 200 sleep disorders:

- Loud snoring
- Pauses in breathing while asleep
- Not feeling rested when you wake
- Becoming sleepy during the day
- Difficulty remaining asleep
- Grinding teeth
- Head rocking or banging
- Not refreshed after a good night of sleep
- Sleep walking
- Other sleep disturbances

poking or prodding," said Dunn. "The electrodes that were put on me were not intrusive at all. The staff did a great job talking me through the entire process and they explained what was going on every step of the way."

# Letter *from the* Administrator



You may have heard that Prairie Family Practice and Renville County Hospital are once again exploring the possibility of coming together.

It is true and for good reason. We all want high-quality

physicians serving our communities. The combining of our organizations would give us the opportunity to recruit physicians in the future when Prairie Family Practice physicians retire. The hospital and Prairie Family Practice are interdependent and we need to ensure we have those high-quality physicians 20 years out, not only for the clinic, but also for the hospital and most importantly, for our communities. Along the way, it was said, "the success of the hospital is the front door of the local clinics."

We are at the mid-stage of exploring the merger of our services. Some concepts for a model are identified, but some may change before we are done. At this time, we are working from a plan that includes continued county ownership of the hospital, a factor that has been identified as important for some stakeholders. Enhanced Medicare reimbursement under a combined organization would help us with our costs of transitioning our healthcare services.

RCH and Prairie Family Practice are close neighbors now and good neighbors, at that. Together we can make strides to adapt and change to provide for the future needs of healthcare in the communities of Renville County.

Tim Middendorf  
Administrator

## Sleep Clinic Now Available at RCH *from page 1*

A certified sleep physician of the American Board of Sleep Medicine interprets the test results. If you are diagnosed with a sleep disorder, the medical director for Sleep Diagnostics of Minnesota will recommend a comprehensive continuum of care program for treatment options and follow-up. A copy of the interpretation report is also given to your primary care physician.

"Since the diagnosis, I wear a CPAP (continuous positive air pressure) machine," Dunn said. "After the first night I stopped snoring, only woke up once during the night and now I don't feel so sleepy during the day. My quality of life has increased significantly. I am glad I had the study done and would highly recommend it to anyone with similar symptoms."

"More than 40 million Americans don't sleep at night," commented Virgil Damhof of Sleep Diagnostics of Minnesota. According to the American Sleep Disorders Association (ASDA), by the year 2010, these 40 million will become only part of the 79 million



*Alert and ready to face the work day with no more soda cans and an empty IN basket is Dave Dunn.*

people who will experience some type of sleep problem that will prevent them from waking up rested. 95 percent of these cases will go undiagnosed.

"The sleep study is usually covered by insurance," said Damhof. To learn more about sleep disorders, prescreening, and scheduling, call Virgil Damhof at (800) 810-0696.

You can also find more information about the sleep study and Sleep Diagnostics of Minnesota at [www.sleepmn.com](http://www.sleepmn.com)

## Ringmasters In The Relay Ritz Again This Year

**\$12,716.49** If I had a million dollars...the Ringmaster Team has been working very hard to help reach and exceed Renville County's million dollar goal.

The list of Ringmaster fundraising activities for 2006 included busing tables at Pizza Ranch, serving Taco Tuesday's and root beer floats, manning the brat wagon at Cash Wise and serving hot dogs at Terry's. They also held numerous parties including Pampered Chef, Creative Memories, Tastefully Simple and At Home America. The Memorial Wall, Luminaries, cookbooks, raffle items and garage sales rounded out their fundraising activities.

The team members would like to thank everyone who has supported the American Cancer Society, Renville County Relay for Life and the Ringmaster team in some way. We couldn't have done such a great job without all of your help. Thank you from the bottom of our hearts. "It's about hope" said Linda Hilgert, Team Co-Captain.



**Thank you to everyone who participated in the  
RCH & PFP co-sponsored "Just For The Health Of It"  
Olivia Corn Capital Days run/walk!  
See you next year!**



# Health Services Foundation Teams Up With American Bank For A Winning Combination



Tournament participants Denny and Barb Hanson, Chuck Blum and Todd Bergeth.

## AMERICAN BANK



Big Stone Therapy crew teeing it up for Health Services Foundation.

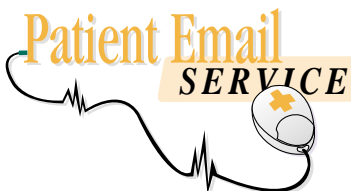


## Former Nurse Gives HSF A Vibrant Shot In The Arm

A Renville County resident who was an RN and had four of her six children at RCH made a tremendous contribution to our communities. She recognized how easy it was to give a stock donation. The \$20,000 donation will go a long way to help our area healthcare needs.



Winners of the 2006 Lois Thompson Memorial Golf Tournament, left to right: Gary Wells, Robert Thurston, Glenn Hegna and Dav Neubauer.

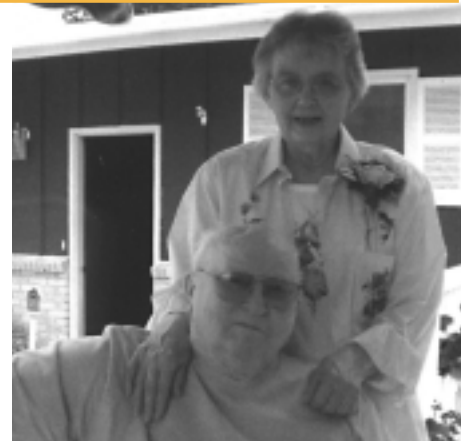


Know someone in the hospital at RCH? Why not send them a daily email to lift their spirits? Go to [rchospital.com](http://rchospital.com) and click on the stethoscope.

# Giggle-n-Get Well wagon

Thank you for the Giggle-n-Get Well Wagon go out to the Gene Dillon Family and Rod & Sharon Osthus. Through their generosity we are able to have a local carpenter build it and stock it up! Thanks to these two families for really making a difference!

The Health Services Foundation is asking for donations to stock the new Giggle-n-Get Well Wagon. To make a monetary donation or to donate a new item call Sara Maher at (320) 523-3526.



Former Hospital Board Member Gene Dillon and wife Bev making a difference in Renville County.



# RCH Welcomes Big Stone Therapies To The

**Norris Anderson**, Physical Therapist, joined Big Stone Therapies Inc. (BST) June 30. Norris has been the P.T. at Renville County Hospital since 1989 and will continue to provide physical therapy services to the Renville County community. Norris is



licensed by the State of Minnesota. His areas of professional interest include orthopedics and neurology (stroke and TBI). His skills and experience will be a valuable addition to the new BST Therapy Department at RCH.

Norris is originally from Cambridge, Minnesota. He attended the College of St. Scholastica in Duluth where he earned his B.A. in Physical Therapy. He worked as a therapist in the Cambridge areas before moving to Renville County.

Norris enjoys golf and motor sports. His favorite activities are riding motorcycles, boats, and snowmobiles. Norris has two grown children, daughter Stacy and son Nate.

**Pete Amberg**, Speech-Language Pathologist, joined BST in February and serves as the Director of Speech-Language Pathology for BST.

Amberg grew up on a farm outside of Bird Island, Minnesota. He attended Mankato State University where he earned a B.S. degree in Communication Disorders. He went on to earn a Masters degree in Communication Disorders from the Minnesota State University in Mankato.



Outpatient Pediatric Speech Services are in full swing at RCH! Pete Amberg, Speech-Language Pathologist working with Drew Maher.

Amberg's areas of interest include swallowing assessments, treatments and research work on cognitive deficits, and dementia management. He is a member of ASHA, MSHA and a council member of ASHA Division 13-Swallowing Disorders Chapter.

Pete and his wife, Tara, are parents of three sons: Drew, age 10, Tucker, age 4, and Gage, age 1. Tara works for a computer software company in Bird Island. They enjoy camping, fishing, and hunting and recently acquired an interest in older cars.

**Bridget Engstrom** joined Big Stone Therapies, Inc. (BST) on April 17 as



Secretary to the Renville County Hospital Therapy Department. Bridget attended Willmar Community College (Ridgewater

College) where she earned an A.A. Degree. She continued her education at Mankato State University where she earned a B.S. Degree in Nursing (RN).

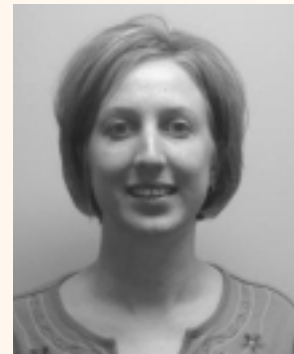
After getting married and having children, Bridget decided to pursue a career that was a little less demanding than nursing and more family friendly. She enjoys the medical profession

and this position allows her to continue working with patients and still spend quality time with her young family. Prior to joining BST, Bridget held administrative positions at Great Steps Orthotics & Prosthetics and at Rice Memorial Hospital in Willmar.

Bridget and her husband Brian live on a dairy and crop farm north of Renville with their two children, Brooke, age 7, and Blake, age 3. Bridget enjoys flower gardening and being out doors. She and her family enjoy weekend vacations to the Twin Cities and the lake area.

**Karletta Marwede**, Occupational Therapist, joined Big Stone Therapies, Inc. in

March. Karletta is licensed by the State of Minnesota to practice as an Occupational Therapist. She is a member of the State Occupational Therapy Association and the Minnesota State Chapter. She is certified as a Registered



Occupational Therapist and in Physical Agent Modalities by the National Board of Certification in Occupational Therapy, Inc. Karletta has experience in dementia management, wheel chair positioning and adaptive equipment. She has a special interest in wrist/hand therapy.

Karletta and her husband, Cal, live on a farm near Bird Island where Cal raises pigs and is a local seed dealer. Karletta enjoys horseback riding, her pets, being outdoors, and gardening. She is an active volunteer in her church and a member of the hand bell choir.

**Andrew Schotzko**, Physical Therapist, joined Big Stone Therapies, Inc. (BST) in June and serves as Lead Clinician for Renville County Hospital clinic.

Schotzko grew up in Garretson, SD. He

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attended the College of St. Scholastica in Duluth, Minnesota, where he earned a B.A. degree in Health Science with minors in biology and psychology and a Masters Degree in Physical Therapy. He is a Certified Strength and Conditioning Specialist (CSCS) and

specializes in TMJ disorders using the Australian/Mulligan Manual techniques.

Schotzko is licensed by the State of Minnesota as a Physical Therapist. Before joining BST, he worked as a Physical Therapist with the Redwood Area Hospital.

Andrew and his wife, Tawny, who also works for BST as the Office Manager for the clinic in Marshall, are the parents of two children, Ashley, age 8, and Evan, age 2.

## Summer Interns Enjoy Working And Learning Experience At RCH

**Hi, I'm Terri Knapper, a Dietary intern from Renville and a senior at the College of St. Benedict studying to become a social worker.** When I graduate, I would like to work with geriatrics, the disabled or children.

I first became interested in working with the RCH dietary department after working with clients that were struggling with nutrition. I also welcomed the opportunity to work in a hospital setting. Throughout my internship as a dietary aide at RCH, I've interacted with hospital patients as well as staff and became familiar with their nutritional needs. Working with Heart-2-Heart, the diabetic clinic and Meals-on-Wheels was a great opportunity to interact with the geriatric population. After analyzing a two week food menu I was able to explore the nutritional contents of certain foods and the ways it helps clients.

Being an aide with the dietary department was a great opportunity for me. Thank you to all for making my internship a positive learning experience and for always having friendly smiles.

**My name is Abby Miller from Hector. I am currently a junior at Minnesota State University, Mankato.** I am majoring in Social Work. This summer I had the pleasure of doing an internship (Junior Field Experience) with the Hospice Social Worker, Paulette Svoboda. It was an excellent experience and I am very glad I chose this



*Terri Knapper, Dietary Intern*



*Abby Miller, Hospice Intern*



*Molly Rudeen, Hospital Intern*

area. Throughout my field experience, I got to sit in on Hospice admissions, assessments, patient and family visits and bereavement care. After I was there for a couple weeks, I got the opportunity to participate in the above areas with supervision and guidance from Paulette. I also attended some funerals and Hospice team meetings. Renville County is lucky to have such wonderful caring professionals on their Hospice team and I was fortunate to be a part of their team. From the beginning, everybody in Hospice treated me as if I was an every day part of the team. They were all eager for me to learn all aspects of Hospice care. I learned a lot about being a Social Worker and a caring professional. I also learned a lot about insurance coverage, rules and regulations and customer service. I could not have asked for a better supervisor, as Paulette is one of the most intelligent and caring people I have ever met. Aside from teaching me the roles of the Hospice Social Worker she positively reinforced my desire to be a Social Worker who is kind, caring, and gives unconditional support to others.

**My name is Molly Rudeen from Bird Island and I am currently a junior at the University of Minnesota Duluth. I will graduate in May of 2008 with a**

**degree in Healthcare Administration.**

After UMD, I plan to attend the University of Minnesota, Twin Cities to pursue a master's degree in Healthcare Administration.

Throughout my internship, I had the opportunity to work in many different departments of the hospital. While working in Marketing, I helped with parades, the fair and radio commercials. In Health Information Management and Accounts Receivable, I transferred medical records and helped with the filing. I built a database for Mammography and completed a large data entry project for the Finance Department. In the Business Office, I helped with insurance claims. For two days, I shadowed the x-ray and lab technologists. I was even given the privilege to observe several surgeries. This was the perfect internship for someone going into the healthcare field. It provided me with a great look at the vast employment opportunities a small rural hospital offers the communities it serves.

I would like to thank the employees and patients of the Renville County Hospital for making this internship an unforgettable and valuable experience. They have shown me how great a small community hospital can be. After I graduate with a masters degree, I hope to be employed in a setting similar to the one here at the Renville County Hospital.

# Massage Therapy Helps Hospice Patients Relax, Eases Pain



**T**anya Hanson's goal is to help hospice patients feel a little more comfortable. Since October 2005, Tanya, a Certified Massage Therapist, has been giving massages to those patients who request it.

"Massage therapy is a complimentary therapy that helps the hospice patient relax and hopefully ease their pain," said Tanya. "Typically, a social worker or a nurse will ask a hospice patient if they would like a massage. If they say yes, hospice calls me to set up a time for the massage. I go wherever the hospice patient is: in their home, in the nursing home, or in the hospital. I've adapted the massage so a patient can remain wherever they are most comfortable: in bed, in a wheelchair, sitting in a rocking chair or on a sofa."

Sometimes patients who have never had a massage are hesitant. "I had a patient who started with a five-minute massage. I added a few more minutes each time I came until she had the full thirty-minute therapy. I've never had a client say 'don't come back'. In fact, often a caregiver or family member requests a massage, as well."

*"Massage therapy is a complimentary therapy that helps the hospice patient relax and hopefully ease their pain."*

If you know a hospice patient who you think might be interested in having a massage, contact Gail Wenner, Hospice Coordinator, at the Renville County Hospital (320) 523-1261. Massage therapy is a service offered through the Hospice Program of Health Services Foundation.



## Local Health Care... It's Great To Have!

**H**ealth care is a wonderful thing to have in your community. Treasure it, value it and most of all, support it. Local health care offers many benefits to you, your family and your community.

- Rural clinicians were trained in the same colleges and universities as urban practitioners.
- The dollars spent locally on health care stay in the community, supporting and sustaining jobs and business.
- The administrator knows the clinical staff and possibly the patients. Seamless communication, more efficiently run facilities and greater overall concern for the patient and community result.
- Rural physicians are more likely to maintain full proficiency because rural practice requires a much broader range of skills than urban practice where most specialists reside and patients are referred.
- Your physician knew you when you got sick, will see you when you get better, and knows your personal circumstances for post treatment follow-up.
- In an emergency, time is of the essence. Local health care reduces transportation time, thereby increasing positive outcome rates.
- Clinicians typically know each other and communicate in a variety of ways. They most likely know the other providers as well: the EMTs, pharmacists, and home health nurses who also care for you.
- Patients are unlikely to get "lost in the system." Studies show medical errors often occur when information is passed from person-to-person, team-to-team, agency-to-agency.
- All participating Medicare hospitals are required to have a performance improvement program—regardless of location or size.

**Anxious about labor & delivery • Wondering how to breastfeed • Need tips on newborn care**

### Prenatal Education Classes

At Renville County Hospital • Starting in September • 7-9 pm  
Renville County Hospital Conference Room  
Register by calling (320) 523-1261 Cost \$25.00

We look forward to helping make your childbirth experience positive and meaningful. To help you prepare for your baby, we offer a prenatal education course. Topics include labor and delivery, preterm labor, relaxation techniques, newborn care, postpartum care, breast/bottle feeding, and many other helpful tips. There are 4 classes in our series and each session lasts about 2 hours. This is a great opportunity to ask questions and talk with other families who are also expecting a new little miracle.



**did you know**

**Respiratory Therapy  
Services are coming to  
RCH soon. For more**

**information visit our website at [www.rchospital.com](http://www.rchospital.com)**



## Fresh Start Weight Management Group



With Stacey Heiling RD, LD  
Monday Evenings  
Sept. 11-Oct. 9 • 5-6 p.m.  
Renville County Hospital

Are you looking for a source of motivation to help you with your weight loss efforts? No matter what diets you have tried or behaviors you have changed, even if you are just getting started, this group is designed to help you reinforce and maintain good habits.

We'll discuss challenges to the weight loss process as well as the resources and information available to help you loose weight.

If being accountable to yourself is no longer enough, this group can help you get on track. For more information contact Stacey at (320) 523-3473. Call today, 10 people maximum. \$25 cost.

## New Radiology Manager

Nancy Loge will become the new Hospital Radiology Manager after Kris McMahon finishes in that role



September 1. With over 30 years experience, Nancy has been a dedicated employee of Renville County Hospital for nine years, enhancing the Mammography program.

Congratulations Nancy on your new position.



## Nurse Anesthetists Celebrate 75th Anniversary of AANA

In 1931, after several years of various groups attempting to improve the work situation for nurse anesthetists, Agatha Hodgins, a nurse anesthetist, invited nurse anesthetists from around the country to Cleveland, Ohio. Her mission was to organize a formal response to local pressures and threats to their practice.

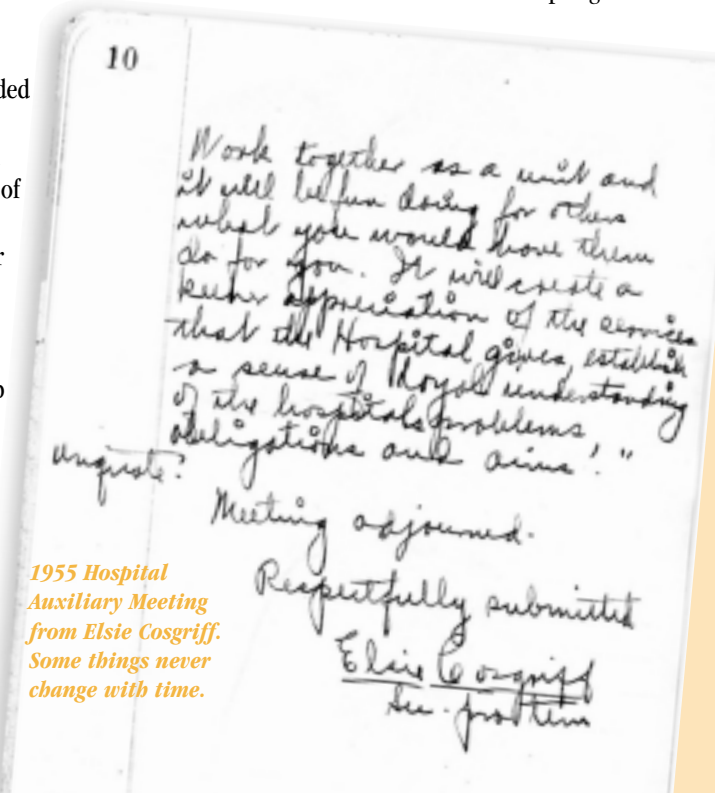
The 40 nurse anesthetists who responded to Agatha's invitation passed a motion to form the National Association of Nurse Anesthetists. In 1939, they changed their name to the American Association of Nurse Anesthetists (AANA). Today AANA membership has grown to nearly 36,000 members who provide almost 65 percent of all anesthetics given each year in the United States. They administer every type of anesthetic, work in

every type of practice setting, and provide care for every type of surgery or procedure, from open heart to cataract to pain management.

Agatha Hodgins' vision for the organization still guides it today. The principles of AANA include the establishment of educational standards and postgraduate

schools of anesthesia, state registration, and a constant effort toward improving the quality of work through study and research, thus affording greater protection to the patient.

We're proud to have Terry Neubarth, Nurse Anesthetist and member of AANA, on the RCH staff!



1955 Hospital Auxiliary Meeting from Elsie Cosgriff. Some things never change with time.



This bouquet of 96 roses was brought to the hospital following Muriel Baumgartner's funeral in June. Muriel's brother, Gerry Rauenhorst, wanted RCH to have the roses as a thank-you from him and the Baumgartner family for the compassionate care Muriel received at RCH. For the last five years, Gerry bought his sister a bouquet of red roses for her birthday; each bouquet had a rose for every year of her life.

## Renville County Hospital

### Active Medical Staff

Dr. Paul Buhr, *Chief of Medical Staff*  
Dr. Mark Ahlquist      Dr. James Cosgriff  
Dr. Nazita Adili-Khams      Dr. Brian Tilby  
Dr. Paul Thompson

### Associate Staff

Rose Nepsund, PA      Ruby Rhines, RN, CNP  
Janelle Sunvold-Palmer, CNP

### Outreach Services

Ear, Nose & Throat      Cardiology  
Gastroenterology      General Surgery  
OB/GYN      Orthopaedics  
Podiatry      Urology

### Board Of Directors

Dolores Nelson, *Chairperson*  
Bob Fox      John Stahl  
Dr. Paul Buhr      Gale Dahlager  
Ralph Novotny      Paul Setzepfandt

### Administrator

Tim Middendorf

### Editor

Sara Maher

## Events At RCH

### Fresh Start Weight Management Group

Monday Evenings, Sept. 11-Oct. 9 from 5-6 p.m.  
Renville County Hospital, cost \$25. For more info  
contact Stacey Heiling RD, LD at (320) 523-3473.

### Prenatal Education Classes

Starting in September from 7-9 p.m. Hospital  
Conference Room. Register by calling (320) 523-1261,  
cost \$25

### Diabetes Education

Certified by the American Diabetes Association  
Diabetic education is ongoing, every other Thursday.  
Appointments may be made at RCH following your  
physician's referral.

### Caregiver Support Group

3rd Tuesday of each month from 1:30 to 3 p.m.  
Hospital Conference Room. Leave your loved one at  
Heart-2-Heart while you attend the meeting.

Visit us online at

[www.rchospital.com](http://www.rchospital.com)



3rd Annual  
Renville County

# SENIOR EXPO

Thursday Sept. 7, 2006

9 am-3 pm

Renville Community Center  
Renville MN

*Free Admission*

Bone Density Screening  
by Renville County  
Hospital

Diabetic Screening

Lunch provided by  
Relay For Life Team  
free will donation

Transportation  
available 523-3589

Speakers &  
Entertainment  
10 & 11 am  
1 pm

Display Booths  
Door Prizes

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