

Circles of Care

Renville
County
Hospital

Big City Specialists Close to Home

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(320) 523-1261 • www.rchospital.com

3.21.06 Contamination Disaster



Drill Prepares RCH for Contamination Disaster

Protective suits with respirators, temporary showers, and two-way radios were activated at RCH for the chemical contamination practice drill, Tuesday evening, March 21. Approximately 30 RCH staff rushed to prepare for admitting “contamination victims” played by Sam Steffel and Mark Pietig. According to the drill

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We're Ready...

RCH Ranks High in Disaster Preparedness

Decontamination, chemical exposure, bomb threats, outbreaks of respiratory diseases, and natural disasters are just a few of the events the Renville County Hospital staff practice, train, and prepare for so that in a time of real need, disaster events such as these, will be handled with proper protocol

disasters according to a nationwide plan that outlines the role of an Incident Command System and of each person operating in four different disaster response areas: logistics, planning, operations, and financing. Homeland Security funds have been used to pay for the training and equipment for the drills. In the case of a large-scale disaster when the event would last longer than a few hours, Hennen would act as Incident Response Coordinator. “It’s a matter of getting the key people in and following the plan in place. We all work together in the rural area,” said Hennen.

The March 21st Decontamination Drill, shown here in pictures, is the latest example of preparing for a potential disaster. “In the past, RCH practiced for multiple car accidents or a school bus accident” said Louise Sjogren, Director of Nursing at RCH. “While we still practice procedures for these events, there are many other natural disasters and medical alert scenarios we need to prepare for.”

In June, RCH will have a two-week process drill practicing communication with

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Medical Staff Director, Dr. Paul Thompson, briefs the staff on treatment priorities.



keeping individual and public safety a top priority. While most of us like to think “bad things” will never happen to us, RCH, in partnership with 22 area hospitals and a local collaboration between RCH, Prairie Family Practice, the Olivia Clinic, Public Health, County Emergency Manager Mike Hennen, the Sheriff’s Department, Renville County Social Services, and community fire and ambulance services know the best way to protect people in our communities is to assume a disaster will happen and to prepare for it.

Since 9/11 and the creation of the Department of Homeland Security, RCH and its partners have trained and practiced for



Letter *from the* Administrator



The definition of "integrate" is: "to make into a harmonious whole by bringing parts together." In 2006, Renville County Hospital and Prairie Family Practice will again explore the notion of integration of

our two organizations. The questions to answer are: Will the whole be stronger than the individual parts? Will health services in Renville County be improved by the two parts coming together?

One might say that this has been explored before and the answer at that time was "no". I ask two more questions: What did we learn from last time that we can utilize today in making an informed decision and what else do we need to learn? We have more we can learn.

- We have adjacent health organizations that provide important care to our citizens.
- We collaborate already to provide that care.
- We operate in a competitive health care environment with shrinking dollars.
- Renville County Hospital is highly dependent on the success of Prairie Family Practice for our own success.

With a spirit of openness, our organizations will once again ask if coming together will make us stronger in going forward than we can be as individual health providers. If we decide we can be stronger together, then it becomes simply a matter of figuring out the best way to make that happen. In the meantime, our Board representatives will explore our futures and come to a conclusion in due time. Stay tuned...

Am Middendorf



2006 Just Desserts

Prom night is a night to create memories for the young and recall memories for the still young at heart. This year, after the BOLD Prom Grand March, the Health Services Foundation will host their annual "Just Desserts" competition. Tickets for this tasty event are just \$10 and prizes will be awarded for first, second and third place. If you would like to test your culinary skills at the competition, you can download an entry form from the hospital website at rchospital.com.

Baking is not your strength? Come and sample the great desserts after the competition. For more information call Sara Maher at 523-3526. **Don't miss this fun night out on Saturday, April 29th at the St. Aloysius Jubilee Center in Olivia from 7:30-9 p.m.!**



Giggle-n-Get Well wagon

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.

A big Thank You to the anonymous donor of greeting cards for the Giggle-n-Get Well Wagon. Cheers to you!

New Item Donation Ideas:

- Large Print Puzzles
- Books, Magazines
- Letter Writing Materials Cards, Stamps
- Boggle
- Rubic Cubes
- Cribbage Board
- Handheld Blackjack or Solitaire Type Games

Cosmos Native Returns Home



Renville County Hospital welcome's Kris McMahan as our new Radiology Manager. Starting May 1, Kris is moving here from Midland Michigan where she served as Diagnostic Image Coordinator at Bay Regional Medical Center Diagnostic Center for Women. Her husband Jeff, has allready begun a job working for Kandiyohi County Human Resources. Kris is looking forward to returning to her home territory; she grew up in Cosmos. We welcome Kris and appreciate the technical skills she will offer our patients.



Treatments For Snoring And Sleep Apnea Vary

“Management of snoring and OSAS must be individualized. Variation and severity of the diseases play a role for each patient in choosing the right medical and surgical options.”

Snoring and obstructive sleep apnea syndrome (OSAS) are sleep disturbances that can be found in people of all ages. In children, treatment can be as simple as removing the child's tonsils and adenoids. In adults, however, the anatomic and environmental considerations are more complicated.

The causes of snoring are varied, but usually center on “palatal flutter” or the vibration of the soft palate and uvula in the back of the throat. Nasal obstructions sometime aggravate snoring. Nasal anatomic abnormalities usually involve a septal deviation or engorgement of the soft tissues called turbinates. Medical and surgical treatments of nasal obstruction are very successful.

About 70% of patients with snoring problems – and to some degree OSAS – are overweight or obese. Diet, exercise, and weight loss will likely lead to an improvement with these problems. Good sleep hygiene is also important. The bedroom temperature, darkness, noise level, and mattress firmness are all potential sources of poor sleep efficiency. Caffeine and alcohol and many medications also cause sleep disturbances. For optimal sleep, the timing of going to sleep and waking should also be kept relatively constant.

There are a variety of devices, sprays, pillows, and sleeping positions that may improve snoring. There is no one answer for everyone. Sleeping on your back tends to aggravate snoring and OSAS. Some dental

devices that prop the tongue forward have had some success.

Surgical procedures center on reducing the size of the soft palate, but can be very painful and expensive. Recently, injectable palatal devices that have the effect of stiffening the palate have shown good results and recovery tends to be quick with manageable pain. Results can last for years but may wear off more quickly with excessive weight gain.

Management of OSAS is sometimes daunting, but important. Any apnea that goes untreated can, over time, cause severe medical problems. Sudden death, electrical heart problems, high blood pressure, impaired cognition, lung problems and falling asleep while driving are all risk factors for untreated OSAS. The mainstay of medical treatment is continuous positive airway pressure (CPAP). CPAP involves a mask that fits tightly over the nose, and sometimes the mouth. A small bedside machine pushes air through the tubing and the mask and nose. This props open the back of the throat where most obstruction occurs. Regular use of CPAP will reduce the risks associated with OSAS.

There are also surgical options to treat OSAS. A tracheotomy, a hole in the lower neck leading directly into the lungs, is the only guaranteed procedure to cure OSAS.

This is not a popular option. Another surgical procedure that involves removing the uvula, part of the soft palate and the tonsils is about 50% to 60% effective in

treating mild to moderate OSAS. This procedure is painful and generally requires several days in the hospital. Other surgical options exist, but are painful, difficult to perform and require a significant recovery time.

Management of snoring and OSAS must be individualized. Variation and severity of the diseases play a role for each patient in choosing the right medical and surgical options. Treatment options will likely change over the years. For more information contact Renville County Hospital at 523-1261.

Martin Janning, M.D. OSAS Expert At RCH

Dr. Martin Janning, Board Certified in Otolaryngology – Head and Neck Surgery. Dr. Janning is available for appointments at RCH two Fridays a month. He provides medical and surgical care of the head and neck



including treatment of middle and inner ear disease, chronic sinusitis, rhinitis, tonsillitis, adenoids, snoring, sleep apnea, cancer, ear infections including ear tubes, hearing loss, voice and larynx problems, thyroid disease, neck lumps and facial surgery – cosmetic and reconstructive, and allergy disease management.



Where Miracles Happen Every Day!

National Hospital Week May 7-13, 2006

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Dressed in protective suits, RN Deb Wertish and RN Jennifer Molenaar wait for the "victims" to arrive at the hospital.

Drill Prepares RCH for Contamination Disaster *from page 1*

scenario, the two "pulled something off a shelf in their shed and a chemical spilled on them". Playing the role of EMTs were Kyle Pietig and Chaz Eiler, who also needed "treatment" for secondary contamination.

RCH participants practiced their role in handling the disaster. From Incident Commander, to Medical Staff Director, to ER doctors and nurses, to maintenance workers— all had to concentrate on communications, setting priorities, taking action steps to treat the "victims" while paying attention to all the details that make such a difference in the quality of care patients receive.

Dan Dahl, a fire fighter from Wabasso and facilitator for the drill, watched the procedures carefully, took notes, and following the drill, briefed the participants on what went well and what were opportunities for improvement.

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Victim identification bags track important patient information.

RCH Ranks High in Disaster Preparedness *from page 1*

the Department of Health based on a bird flu scenario. The drill will start with staff noticing a few symptoms of the illness to identifying clusters of symptoms to advancing to a full-blown epidemic.

"Every time we do a drill, we learn something new," said Sjogren. "Besides having drills at RCH, we also partner with different communities. The community selects the type

of drill they want and the Department of Health sets up the scenario. In Bird Island, they simulated a high windstorm going through the fairgrounds. We had to deal with people being trapped and eight to ten critical people admitted to the hospital. In Buffalo Lake, they had a decontamination drill in response to an overturned train engine." In the last three years, every community in Renville County has been involved in a disaster drill.

Through the regional collaborative of 22 hospitals, RCH was evaluated for its emergency preparedness. "The consultant was very impressed with how far along we are in our planning, even compared to some hospitals in the

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RN Sheila Steffell and RN Michelle Miller check "victim" Sam Steffell.

3.21.06 / 19:07



Dr. Paul Buhr checks on the status of "victim" Mark Pietig after Pietig's decontamination shower.



ER staff monitor the disaster drill.

Rotator Cuff Tears Respond Well To Surgery

By David Labadie M.D., Western Orthopaedic and Sports Medicine

The rotator cuff is a group of four flat tendons which fuse together and surround the shoulder joint like a cuff on a shirt sleeve. These four tendons are connected individually to muscles that originate from the scapula. The muscles function to provide rotation, elevate the arm

and give stability to the shoulder joint (glenohumeral joint). Pain, loss of motion and weakness may occur when a tear occurs in a rotator cuff tendon.

The diagnosis of a rotator cuff tear includes patient history, physical exam, and imaging studies such as shoulder x-rays and sometimes a shoulder MRI scan.

Surgical management is generally indicated for a rotator cuff tear that does not respond to non-operative management and is associated with weakness, loss of function and limited motion.

Surgical treatment of a torn rotator cuff tendon is designed to repair the tendon back

to the humeral head (ball of joint) from where it is torn. Surgical procedures to repair the torn rotator cuff have become increasingly less invasive. Surgery can be done through an open incision, a mini-incision and sometimes through small holes with the use of an arthroscope. Following rotator cuff surgery, rehabilitation progresses in stages.

The outcome of rotator cuff surgery includes relief of pain, improvement in strength and overall patient satisfaction.

Western Orthopaedic and Sports Medicine doctors travel to RCH every Tuesday for appointments in our out-patient clinic.

city," stated Sjogren. "They said the hospital has a very good decontamination set-up."

Hennen agreed. "The hospital takes their role very seriously. They go above and beyond what they need to do. RCH is looked at as a model for hospitals."

What factors contribute to this set-up? RN Carol Lippert gives much credit to Hennen for his organizational skills. "He has a military background and just seems to 'know what to do'. We have one of the best incident commands in the state!"

But all partners play a critical role. Jill Bruns, Renville County Public Health Director, is responsible for community safety and alerts RCH to notices from the Department of Health through the Health

Alert Network. "It is important that the RCH staff are aware of what might be out there so we can start looking for symptoms or occurrences that match a medical outbreak or a threat," said Sjogren.

Public Health is also responsible for mass dispensing of medications and for enforcing

isolation and quarantine situations. "One of the nice things the funding from Homeland Security has done is help communities plan together for all hazards. We have developed relationships and open communication," said Bruns.

The hospital has also made improvements in the facility and in equipment to prepare for disasters. In the case of a respiratory outbreak, RCH is equipped with two negative air-pressure rooms, which have separate air-handling systems so that air-borne pathogens don't contaminate the entire hospital. Four additional rooms can also be converted to negative air-pressure. Monitors mounted outside the rooms measure air pressure. Protective suits and attached respirators are available to ensure staff safety.

In the case of chemical contamination, the ambulance garage at the hospital is equipped with four showers for use by victims. A portable shower is available for outside use in the summer to handle greater numbers of people. The water from the showers goes down a drain and into a holding system so contaminated water can be removed and cleaned to prevent it from infiltrating ground water. Protective suits with respirators are available for staff.

The hospital lab is certified as a Level Three lab which means staff are trained to recognize infectious agents, such as anthrax, in case of bioterrorism. The lab is equipped with a microbiology hood, purchased through a Minnesota Department of Health

"The hospital takes their role very seriously. They go above and beyond what they need to do. RCH is looked at as a model for hospitals."

grant, which allows staff to work with infectious agents without spreading contamination. The lab also has a portable cart that can be taken to other sites for on-location lab work.

Communications are critical in keeping calm and in control in a disaster situation. "Many think cell phones are the answer, said Sjogren. "But as we learned from the Buffalo Lake tornado, when electricity goes out, communication towers go down, or long distance lines are overloaded, cell phones cannot be depended on. As back up, RCH has 2-way radios at the nurse's station and hand-held 2-way radios available. Recently, through Homeland Security funds, RCH purchased a ham radio.

RCH puts much emphasis on training their staff to respond to disasters. Each job in the chain of command at the hospital has its own job description and training for each position goes three deep. "You never know who will be on staff when a disaster occurs, so cross-training is critical," said Sjogren. "Whoever is on duty, must be able to assume the role of a leader. Everyone from the administrator to the medical staff to laundry and housekeeping, you never know who will be needed and available at any given time," said Sjogren.



Serving up Taco Tuesday for Relay for Life are: Doug Olinger, Linda Hilgert, Tina Filzen, Val Traeger and Evie Tauber.



Ringmasters Prepare for 2006 Relay *By Linda Hilgert, Team Captain*

The Ringmaster Relay for Life team members are busy organizing for this year's event. 2006 is the year that Renville County Relay expects to go over the million-

" 2006 is the year that Renville County Relay expects to go over the million dollar mark in monies raised to find a cure for cancer."

dollar mark in monies raised to find a cure for cancer. Our team is excited and proud to be involved in this event.

Evie Tauber and I had the opportunity to attend Relay for Life University last fall. It's a two-day program designed to motivate, educate, and empower teams. We had a great time meeting other team captains and committee members and brain storming with

them to keep our relay events positive and fun while raising money for such a worthy cause.

The Ringmasters Team continues to be involved in many fundraising events, including bussing tables at the Olivia Pizza Ranch, being involved in raffles, selling Relay luminaries and root beer floats in the summer, and hosting Taco Tuesdays and BBQ in the Garden for RCH staff. We still have a few RCH cookbooks left to sell. If you don't have one or need more, please contact a team member. They are \$10 each.

Members of the 2006 team include Linda Hilgert, Marlys Klinghagen, Evie Tauber, Val Trager, Anne Groen, Doug Olinger, Marge Barber, Patti Jo VanderVoort, Lynette Bernardy, Kathy Steinbeisser, Jim Steinbeisser, Tina Filzen, Emily Filzen, and Katie Filzen.

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



Prenatal Education Classes

At Renville County Hospital
May 4th, 11th, 18th, 25th • 7-9 pm
Renville County Hospital Conference Room
Register by calling (320) 523-1261 • Cost \$25.00

We are looking 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 that are also expecting a baby. You can also sign up now for the classes starting in September 2006.

Unwanted Medications Require Proper Disposal Methods

The following describes the proper way to dispose of unwanted prescription or over-the-counter medications.

1. Don't flush medications down the toilet or drain. This method can cause pollution in wastewater, which has been shown to cause adverse effects to fish and other wildlife. When the water is eventually reused, it can also cause unintentional exposure to humans.

2. Do dispose of medications in the trash following these precautions:

- Keep the medication in its original container. Leave the content information visible, but scratch out the patient's name.
- Add a small amount of water to pills or capsules to partially dissolve them.
- Add table salt, flour, or non-toxic spice like mustard to liquid medications to discourage anyone from drinking it.
- Wrap blister packages containing pills in multiple layers of duct or other opaque tape.
- Tape medication container lid shut with strong tape.
- Place container inside a non-transparent bag or container such as a yogurt or margarine tub so contents cannot be seen. (Do not conceal in food products because wildlife scavengers could consume them.)
- Discard container in garbage can – do not recycle.

For other types of pharmaceutical waste such as unused ampoules, vials, and IV bags, wrap the container with tape to minimize breakage, then place in an opaque plastic container. Wrap the outside of the container with additional duct or shipping tape. Dispose of container in the trash.

Chemotherapy drugs may require special handling. Talk to your healthcare provider about proper disposal of this type of medication.

Nutrition Notes

Nutrition Smart Starts: Building a Healthy Eating Foundation

By Stacey Heiling, RD, LD

Most of my professional experience in nutrition is with adults. In teaching weight-loss methods to groups or individuals, I find there are common factors that need reinforcing. Adults with weight issues, or even those just wishing to eat healthier, need to focus on changing behaviors or habits, building support systems, knowing what to eat and when, and being physically active. In many cases,

“Anytime that your family sits down and eats together for a moderate amount of time counts as a family meal.”

somewhere along the line, one or more of these went awry causing a weight problem or an adverse health condition.

We as parents and adults have the power to influence our children in all of the above factors. Children learn habits, meal patterns, meal composition, how to seek support, etc. from us. What they see and what they are taught about nutrition and eating sets a foundation for their life. For an increasing number of children, foundations are shaky, at best. This sets kids up for possible life-long health problems and struggles with self-image. Growing up is hard and kids have a lot to deal with. Meeting their basic food needs should not be an issue. The following tips were compiled from KidsHealth, www.kidshealth.org a website focused on health and nutrition for kids and teens.

With today's hectic lifestyle, timelines are tight. With all of the activities and homework it can be difficult to fit it all in. Even so, the best strategies for building a healthy eating foundation are:

- Having regular family meals
- Serving a variety of healthy foods and snacks
- Being a role model by eating healthy foods yourself
- Avoiding battles over food
- Involving kids in the process

I can hear the collective “snickers” as you read this list. KidsHealth, as an organization committed to kids and parents,

does attempt to break down these strategies to help in the process of implementation.

Family Meals

According to studies reviewed by medical professionals at KidsHealth, children who eat meals with their families are more likely to make healthy food choices, have better snack habits, and are less likely to smoke, drink alcohol, or use marijuana. So, what qualifies as a family meal and what if there just isn't time to sit down and eat?

Anytime that your family sits down and eats together for a moderate amount of time counts as a family meal. Even eating together at a restaurant counts as a family meal. Of course, I would add that even though you are eating out, you still need to focus on making healthy food choices. If this seems like an impossible task with your hectic schedule, there are some small things you can do that still make a difference. Starting a tradition of a Sunday brunch or a Saturday night out can allow you to take advantage of some valuable family time.

Promoting Healthy Foods

Have good foods accessible. Make the choices easy by not having a lot of poor food choices in the house. Make eating fast food the exception and not the rule. Fast food is energy dense (has a lot of calories) and nutrient poor and is best used for special occasions.

Read labels and look for foods with whole grains. This is especially true of breads, snacks, crackers and cereals. Children need fiber, too.

Last, but definitely not least, limit sodas and juices. Try serving milk and water as the primary beverage.

Be a Role Model

Children imitate what they see. If you chose fruits and vegetables more often and pass on the not-so-healthy snacks most of the time, children will most likely follow your lead. This may not be an overnight miracle, but give it time, change is a slow process.

Helping kids see healthy portion sizes is



also a valuable tool. Talk about your own feelings of hunger and fullness so that they may recognize their own.

Avoid talking about dieting or discussing dissatisfaction with your body. Kids pick up on this and may start to take it as a “normal” pattern. This could lead to poor self-image and low self-esteem as they grow up.

Don't Battle Over Food

KidsHealth offers the following guidelines to help parents avoid conflicts at mealtimes and promote healthy eating practices:

- Establish a predictable schedule of meals and snacks. Kids like knowing what to expect.
- Don't force kids to clean their plates. Doing so teaches kids to override feelings of fullness.
- Don't bribe kids with food. Avoid using dessert as the prize for eating the meal.
- Don't use food as a way of showing love. When you want to show love, give them a hug, give them some of your time, or give praise.

Involve Kids in the Process

This may require some time and some patience, but there are simple ways to get kids involved:

- Let them help in meal planning
- Give them a job (i.e. setting the table)
- Give them simple tasks to help in the cooking process (stirring, measuring, etc.)
- Find fun recipes and activities about nutrition on-line or in a book: www.nutritionexplorations.org or www.kidshealth.org or Dole 5-A-Day.
- Have positive conversations about nutritious foods and why they are good for you

Overall kids can and should have control over their food choices. As parents and adults we have control over the foods they can choose from. This is not a one-size-fits-all approach. Hopefully, you can pick and choose from these recommendations to help your child make smart choices and start a strong foundation for life-long healthy eating.

Renville County Hospital

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Events At RCH

Mammography Clinic

April 2006. Drawing will be held each Friday at Curves in Olivia during the month of April for pink ribbon gifts.

RCH & Pioneer Learning Readiness/ Parenting Counts Workshop

Thursday, April 27th at 7 p.m. in the Hospital Conference Room.

2006 Just Desserts

Saturday, April 29th after the BOLD Prom Grand March 7:30-9 p.m. at the St. Aloysius Jubilee Center in Olivia.

Lois Thompson Memorial Golf Tournament

Wednesday, June 7th at the Olivia Golf Course.

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.

Renville County Hospital & Pioneer Learning Readiness/Parenting Counts Workshop



A Focus on Early Learning

April 27th
7-8:30 p.m.
RCH Conference Room

The RCH Pioneer Learning Readiness/Parenting Counts workshop will provide participants with valuable parenting information about how young children think, feel and learn.

This 90 minute workshop will utilize print and video materials, including books, at no charge to workshop participants.

For more information contact Sara Maher 523-3526.

Workshop Goals

- ☆ To stimulate greater awareness of early learning (birth through five years).
- ☆ To promote more effective parenting and caregiver techniques.
- ☆ To provide ideas that enhance parent-child relationships.



Wednesday, June 7 • 2006

Olivia Golf Club • Olivia, MN

Noon Shotgun Start



Join us for a *Round of Golf* to help support Health Services Foundation of Renville County

For more information about the event contact Sara Maher at (320) 523-3526

or email mahers@rchospital.com



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