

St. Joseph's Area Health Services

HealthLine

Quality Care Close to Home

www.sjahs.org | fall 2011



**'God has blessed me abundantly with my children;
for that I am forever grateful.'** —John Tormanen, father

President's Perspective

by Ben Koppelman, St. Joseph's President/CEO

Building healthier communities



Ben Koppelman,
President/CEO

Being actively involved in creating healthier communities has always been core to St. Joseph's Area Health Services' mission.

This issue of the *HealthLine* focuses on our new Fatherhood project,

one of the many initiatives that St. Joseph's has undertaken to make our area a better place to live. Research shows that good fathers can play a significant role in the success of a child. St. Joseph's involvement with this project is a significant component of our work around creating a culture of non-violence and is funded largely through a \$50,825 grant that we received from Catholic Health Initiatives.

The Minnesota Fathers & Families Network recently chose Park Rapids as one of five Fatherhood Leadership Circle sites in the state. This will help bring education and training to providers about fatherhood inclusion. In addition, Joe Johnson, a manager at St. Joseph's, has received national certification as a Nurturing Fatherhood Consultant and Trainer. Joe's passion for this work is inspiring and a great example of

the quality of individuals working at St. Joseph's who are so willing to give back to the community.

Creating healthier communities also happens through developing new evidenced-based resources for staff and patients to manage various health conditions and chronic diseases. The prevalence of diabetes in society continues to increase rapidly. In fact, nearly one in every four patients admitted to St. Joseph's has diabetes. In response to this, our physicians and staff developed a toolkit to provide the best care for diabetes patients. St. Joseph's also has four certified diabetic educators on staff to help patients manage their condition in the hospital and on an outpatient basis.

Lastly, we couldn't create healthier communities and make this region a better place to live without a great medical staff. We are fortunate to have a quality group of physicians and providers at St. Joseph's. We are very pleased to introduce Dr. Nathan Harris as the newest member of our medical staff. Dr. Harris specializes in Internal Medicine and will be a member of our hospitalist team. It's exciting to see him return to the area in which he was raised. A quality individual, he will be an excellent physician for people in our service region.

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St. Joseph's Welcomes Dr. Nathan Harris as Internal Medicine Specialist and Hospitalist

Dr. Nathan Harris, a Nevis High School graduate, returned to the area in July to join the physician teams at St. Joseph's Area Health Services and Essentia Health Park Rapids Clinic.

He has been providing care for patients as a primary care Internal Medicine specialist and Hospitalist since July.

Dr. Harris will be working with a variety of patients of all ages, with a focus on chronic disease management and prevention.

"I love the variety that my job brings," Dr. Harris says. "I can see patients with a variety of complex medical issues or for health wellness examinations. It feels great to educate patients and build a health partnership to help them to live longer and healthier lives."

Plus, he adds, it's hard for him not to be excited about being "surrounded by amazing co-workers who share the same values every day at the office or hospital."

Dr. Harris received his undergraduate degree from North Dakota State University in Fargo followed by four years of medical school at the University of Minnesota.

He arrives at St. Joseph's and Essentia Health following his residency at Hennepin County Medical Center.

"It feels great to educate patients and build a health partnership to help them live longer and healthier lives."

~ Nathan Harris, MD



Dr. Nathan Harris

"I think it is going to be great moving back to the Nevis area with my wife and children," Dr. Harris says. "We are excited to become part of the community that watched us grow up and to raise our family in the same area. It will be great to enjoy the beauty of the lakes and woods that the north country has to offer."

He notes that he is honored to help care for the "great folks" of the St. Joseph's service region.

"Working with wonderful people in an area where most people go to vacation is going to be amazing," he adds. ●



To schedule an appointment with Dr. Harris, please call Essentia Health Park Rapids Clinic at **218-732-2800**.

Hospitalist Team Integrates Care for You

Hospitalists represent an emerging specialty in medicine in which physicians are available to provide exclusive care for patients for the duration of their hospital stay.

St. Joseph's Area Health Services is fortunate to have three local core Internal Medicine specialists available for patient care, admissions, and emergencies throughout the day.

With the arrival of Dr. Nathan Harris, Dr. John Lageson became a full-time hospitalist at St. Joseph's and has transitioned out of his clinic practice with Essentia Health. This allows Dr. Lageson to cover hospitalist duties for two weeks. Dr. Leadbetter will carry on Hospitalist duties one week per month, and Dr. Harris the remaining week.

Dr. Todd Officer is also available to cover hospitalist's shifts as needed.



Dr. Nathan Harris



Dr. John Lageson

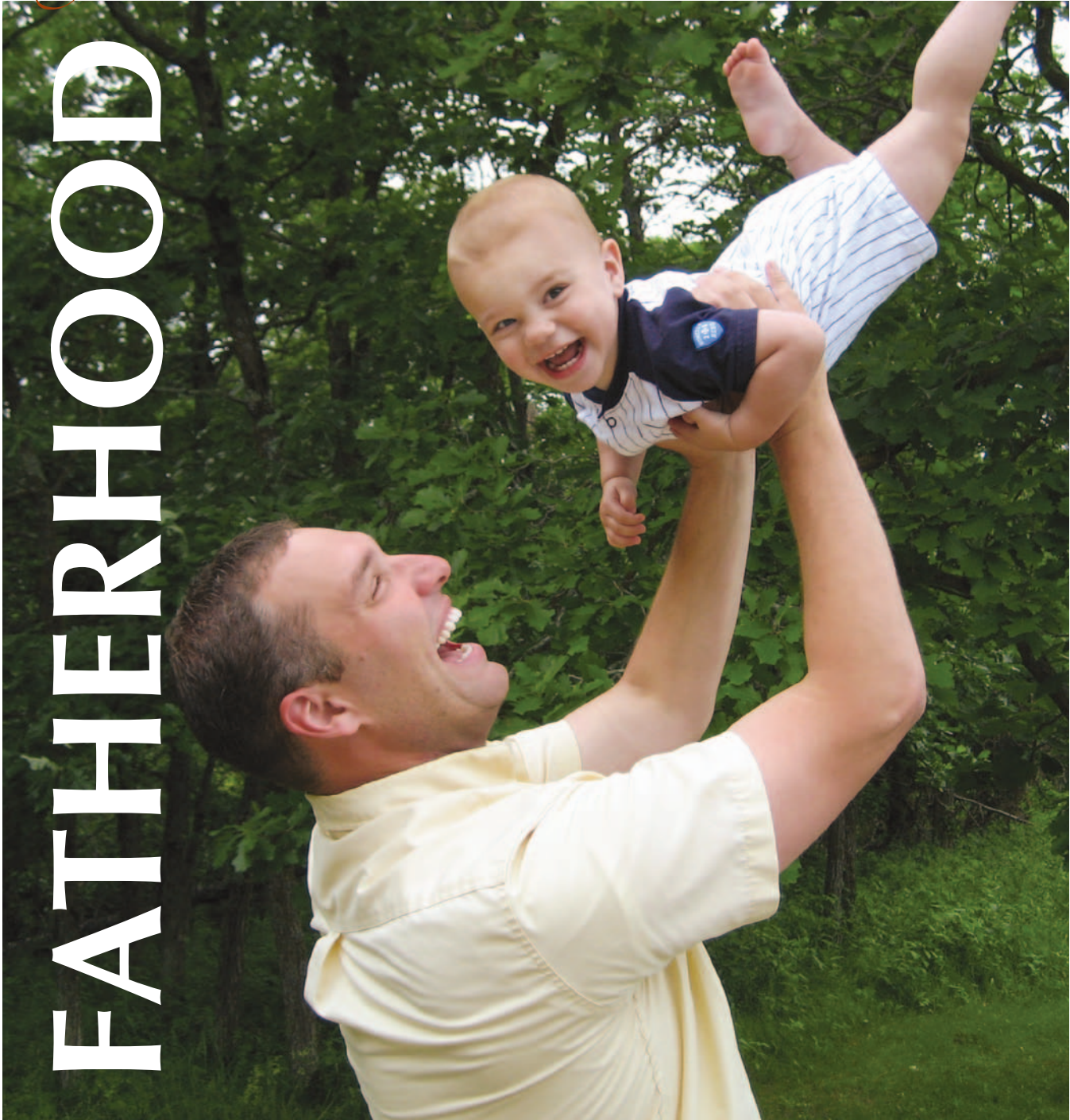


Dr. Larry Leadbetter

talist's shifts as needed.

Studies indicate Hospitalist services can decrease length of hospital stays and lower readmission rates, which is why St. Joseph's is pleased to be able to make this specialty care available to patients and their loved ones. ●

FATHERHOOD



“God has once again shown me love through my son, Zaden,” says Dana Kocka, father.

We dedicate the work being done by the area Fatherhood Leadership Circle on behalf of families and children to the late Dawn Anderson. Dawn served on the leadership circle and offered valuable insight and inspiration that helped shape goals established based on need as determined by the circle.

The following article is taken from the Minnesota Fathers & Family Network presentation: Fatherhood 101 (May 2010)

Despite huge changes in how men and women share work responsibilities and caregiving roles, there is often still an underlying belief held by society that while motherhood is essential, fatherhood is merely “icing” on the cake.

“Too often fathers are an underutilized resource for promoting healthy, safe, and smart kids. We all could do more to get fathers who are positive influences actively involved for the benefit of the larger community,” says

“It doesn’t matter if dad is married, divorced, never-married, residential, non-residential, young, or old. Every father can have a positive impact on the mother of his child, on his child, and on himself when he develops a stronger father-child relationship.”

~ Minnesota Fathers & Families Network

the Minnesota Fathers & Families Network.

We see fathers every day, but often fail to invite them or really make them feel welcome at schools, day cares, clinics and hospitals, libraries, and services agencies.

This plays to the notion that dads are “hidden in plain sight.”

The facts, based on what few studies have been conducted on this subject, say good fathers are an essential component to a child’s upbringing.

Positive father involvement leads to many benefits for children: (Kyle Pruett, *Fatherhood*, 2000)

◆ **Cognitive capabilities**

- Higher verbal skills.
- Higher scores on standardized tests.
- Increased competence in math for girls.
- Increased IQ in boys.

◆ **Problem-solving abilities**

- More curious.
- Increased exploration of the

world around them.

- Less hesitant or fearful in new situations.
- Greater tolerance for stress and frustration.
- More willing to try new things.

◆ **Social competencies**

- More secure attachment.
- More social/outgoing.
- Less gender role stereotyping.
- More generous/aware of others’ needs.
- Higher self-esteem.
- Less impulsive.

Positive father involvement also benefits men and women in that men gain greater emotional literacy, a greater ability to care and nurture, and a higher civic engagement. The mother/child attachment increases, stress decreases between mother and father, and institutional barriers of parents decrease. It’s a win-win situation when positive father involvement is present or



The earlier fathers become engaged in parenting, the better. During Sawyer Nicklason’s birth at St. Joseph’s, his dad, Brent, fell in love at first bath. One of Sawyer’s first visions in life was his father gazing into his eyes.

when fathers are allowed to be present.

Research indicates that most fathers, married or not, want to be involved with their child.

So the question is, why aren’t some dads more involved as children

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Hubbard County’s Fatherhood Leadership Circle Sets Goals

Community leaders on the local Fatherhood Leadership Circle established three main areas of focus for the coming year.

Brought to Hubbard County through St. Joseph’s Area Health Services and the Minnesota Fathers & Family Network, the circle targets the following:

- ◆ To build a comprehensive Fatherhood Resource Directory.
- ◆ To promote fatherhood inclusiveness throughout

the community and have an educational tool kit available for agencies.

- ◆ To develop a “Man Cave” Fatherhood Resource Center for area dads.

The local Fatherhood Leadership Circle is looking to work with and replicate efforts by the Father Project in the Twin Cities area. This project was designed for low-income, non-custodial fathers to assist them in becoming more involved in their children’s lives.

Johnson Certified as Nurturing Fatherhood Consultant/Trainer

St. Joseph's Community Health is pleased to announce the Center for Growth and Development has awarded St. Joseph's Joe Johnson national certification as a Nurturing Fatherhood Consultant/Trainer. Johnson became a Nurturing Fatherhood Program trained professional and is available to provide training, public speaking, and consultation.

Johnson conducts fatherhood parenting classes through St. Joseph's Community Health and has done so for inmates at the Hubbard County Law Enforcement Center. He is an active participant in the Fatherhood Leadership Circle which is currently exploring ways to make area communities fatherhood-friendly.

These programs have been initiated thanks to support through St. Joseph's Area Health Services Community Health and their Catholic Health Initiatives Violence Prevention Grant.

Johnson is passionate about the work being done to give fathers in the area support and to



Joe Johnson embraces his children Makiah (left) and Skylië.

provide a network to which they can turn. "I believe these programs are making a positive impact on the lives of fathers and their families," he says. ●

Fatherhood continued from page 5

get older? The answers are complex, and through the Fatherhood Leadership Circle, professionals are examining that very topic.

Are fathers engaged in parenting? Is "gatekeeping" holding them at bay?

Divorce also impacts the amount of time parents can spend with their children. Courts get involved. Distance can be a factor. There can be a multitude of conditions that interfere with the amount of time a father can have with his children.

And sometimes society isn't very good at seeing father involvement when it is there!

For the most part, moms seem to grasp how unique they are to their own children. That's not always the case for dads. The good news is that trends are

changing.

Thirty years ago, men said the most important fatherhood role they had was being the provider. Today they are more likely to say it is being a caregiver and being actively present.

There has been a positive shift in the ratio of hours spent with kids.

Key Component

Whether parents are married or unmarried, and despite their romantic relationships, the key to keeping fathers involved is to maintain a healthy father-mother relationship.

This is the strongest predictor of a father's engagement with his kids.

Currently, St. Joseph's Community Health and the

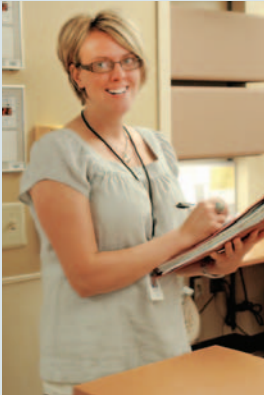
Minnesota Fathers & Families Network are working with area professionals and agencies to educate them about the importance of healthy fatherhood.

It is the first step to get them thinking about their roles in creating a culture that embraces men as assets for our children and families.

With this understanding of the research and newfound awareness, it is up to participants to begin to look within their own organization to make their program or agency more father-friendly.

Every program doesn't need to serve dads, but every program needs to understand why dads are good for kids. ●

St. Joseph's Transforms Diabetes Care



Discharge planners like Carin Shepersky play a key role for inpatient diabetes management.

Diabetes care management in a hospital setting is complex and constantly changing.

"Diabetes management for the medical patient differs from the management of the surgical or critical care patient," says Sonda Tolle, St. Joseph's Area Health Services Med/Surg Manager.

Since approximately one out of four patients admitted to St. Joseph's has diabetes, care teams have addressed the issue by designing a tailored, evidence-based practice toolkit for the management of the diabetic patient.

The toolkit contains components

that improve quality care for diabetes patients in the hospital setting.

Physician orders, nursing care protocols, evidence-based practices, patient education and discharge instructions, and referrals for further education, as necessary, make up the toolkit.

"Care for diabetes patients in the hospital setting includes the expertise of Certified Diabetes Educators," Tolle says. "Also, discharge planners see all patients with diabetes to ensure that we have planned for a safe transition from hospital to home."

DIABETES PATIENTS GET DESERVED PAT ON THE BACK

Three cheers for diabetes patients referred to St. Joseph's Area Health Services and Essentia Health's diabetes education program from February 2010-2011!

Tia Kocka, a Certified Diabetes Educator, says 80 percent of Park Rapids patients and 82 percent of Walker patients had improved their diabetes blood sugar test results following their participation in the program.

"That's huge!" she exclaims. The percent of improved conditions traditionally ranges from 30 to 50 percent tops.

"To get such stellar results means the patients made the necessary changes to make solid improvements and to keep their diabetes under control," Kocka says.

Those choices include eating healthy, exercising, taking medications, reducing risk factors such as smoking, and regularly monitoring blood sugars.

The program has dietitians and certified diabetes educators who can meet with you to tailor a course for your health needs.

Anyone interested in taking advantage of the diabetes education program in Park Rapids, Walker, or Menahga should talk to their primary care physician and ask for a referral.

DIABETES SUPPORT SERVICES OFFERED

"I Can Prevent Diabetes"

Anyone with a pre-diabetic condition can join a session through Park Rapids Community Education. Diane Brophy, RN, St. Joseph's Community Health, leads participants through a program about making healthy lifestyle changes.

Watch for future classes sponsored through Community Health or call 218-237-6600.

"Living with Diabetes" Support Group

Monthly support group meetings are held the second Tuesday of every month from 9 to 10 a.m. in St. Joseph's Area Health Services Lower Level A conference room.

Diabetes Education Program

Receive tailored education instruction (see article at left) from certified diabetes educators. With knowledge comes the power to improve your health. See your primary care physician for a referral.



Grateful Patient Program Allows a New Spirit of Giving

Maybe it was a kind word, a reassuring smile, or a warm blanket that brought comfort to you or a loved one. Perhaps you underwent a difficult procedure and a Partner in Care comforted you.

St. Joseph's Area Health Services Foundation's Grateful Patient Program gives patients, families, and friends a way to honor a caregiver and to make a contribution in recognition of excellent care.

When a gift or acknowledgement is made, the Partner in Care or department honored receives recognition along with your personalized note. Your generous gift helps us to fulfill the healing ministry at St. Joseph's.



There is no greater gift than one that brings health and healing to others.



From purchasing state-of-the-art equipment to enhancing services and programs, your contribution helps ensure the outstanding care our community has come to expect from us.

By expressing your appreciation and a gift, you enable us to further enhance the patient's experience at St. Joseph's. Your generosity will have a lasting ripple effect for future patients and their families.



To learn more about this new program, please call Judith Miller at 218-237-5711.

Foundation Golf Benefit Raises \$32,772

A record \$32,772 was raised during St. Joseph's Foundation Golf Benefit in June.

Proceeds from the benefit help to support St. Joseph's Hospice and Scholarship Fund. (See next page for a complete listing of this year's scholarship recipients.)

Many thanks to the golfers who joined us for a day of fun on the course, Blueberry Pines Golf Club, our golf committee, generous sponsors and donors, support teams, and event volunteers for their winning efforts.

Next year's foundation golf benefit will be held May 30. There is a spirit of serious fun as foursomes head to the tees.

Any level of play is welcome to participate. We hope to see you on the links next year!

Winning Teams

- ◆ **Overall** - Kent Cease, Dave Otterness, Andy Williams, and Mark Andersen
- ◆ **Women's** - Glenda Johnson, Barb Thomason, Cathy Reich, and Patty Davis.
- ◆ **Mixed** - Dan Christenson, Jim Lingor, John Phillips, and Sandy Larson
- ◆ **Men's** - Rory Palm, Don Dearstyne, Dick Bradow, and Roger Stewart

**\$5,000
Ball Drop
Raffle
Winner**

**Jim Talbot
Park Rapids**

St. Joseph's Awards \$8,250 in Scholarships

Since its inception in 2002, St. Joseph's scholarship fund has provided more than \$72,000 in assistance to area graduates and college students entering studies in healthcare.

Scholarships are funded through generous donations from the community and staff; memorial scholarship funds from family and friends of JoAnn Schauer, Laurie Hohnstadt and Brian Koria; St. Joseph's annual staff pie-eating contest; and proceeds from St. Joseph's Foundation annual Golf Benefit.

Nine scholarships totaling \$8,250 were awarded to area students pursuing careers in healthcare. Recipients are:

\$1,000 St. Joseph's Seniors Scholarship

- ◆ Sophie Shogren of Park Rapids Area Schools. Sophie will attend St. Catherine University and plans to become a surgeon. She is the daughter of Nick Shogren and Carolyn Rugg.
- ◆ Karissa Sauser of Nevis School. Karissa will attend Concordia College in Moorhead to pursue a career as a lab technician. She is the daughter of Bob and Kristen Sauser.
- ◆ Sydney Westfield of Walker-Hackensack-Akeley School. Sydney will attend the University of St. Thomas to focus on pre-pharmacy or pre-medicine. She is the daughter of Lee and Candyce Westfield.

\$1,000 St. Joseph's 2nd Year and Beyond Scholarship

- ◆ Kelsey Lempola, former Park Rapids graduate, attends the College of St. Scholastica

for Health Information Management. She was named St. Scholastica's Student Employee of the Year, 2010–2011. Kelsey is the daughter of Greg and Ann Lempola.

- ◆ Brady Pederson, former Park Rapids graduate, attends the University of Minnesota, Twin Cities, and is majoring in finance. He plans to attend Nova Southeastern School of Optometry in Florida this fall to become an optometrist. Brady is the son of Garnett and Rosalyn Pederson.
- ◆ Anna Fossen, former Park Rapids graduate, currently attends the University of North Dakota, Grand Forks and plans to become a family medicine physician or cardiologist. Anna is the daughter of Bradley and Elizabeth Fossen.

\$500 Laurie Hohnstadt Scholarship

- ◆ Marisa Rittgers of Park Rapids Area Schools. Marisa will attend North Dakota State University in Fargo and plans to complete the Registered Nurse program. She is the daughter of Craig and Sandra Rittgers.

\$750 Brian Koria Scholarship

- ◆ Annessa Feder of Nevis School. Annessa will attend South Dakota State University to pursue a career in pharmacy. She is the daughter of George and Stacy Feder.

\$1,000 JoAnn Schauer Scholarship

- ◆ Brianna Moss of Laporte School. Brianna plans to complete the Registered Nurse program at Bemidji State University. She is the daughter of Jeffrey and Tonya Moss.

St. Joseph's Scholarship Recipients, 2011



Annessa Feder



Anna Fossen



Kelsey Lempola



Brianna Moss



Brady Pederson



Marisa Rittgers



Karissa Sauser



Sophie Shogren



Sydney Westfield

calendar of events

summer/fall 2011

LIVING WITH DIABETES: A DIABETES SUPPORT GROUP

Meetings are held the second Tuesday of every month, from 9 to 10 a.m., in St. Joseph's Lower Level A conference room. The following sessions are planned:

- ◆ **Sept. 13**, Diabetes Risk Assessment
- ◆ **Oct. 11**, Foot Care & Diabetes, Dr. Nicholas Williams, DPM
- ◆ **Nov. 8**, Periodontal Disease & Diabetes, Dr. Julia Fosman DDS.

CAREGIVERS DISCUSSION GROUP

The Caregivers Discussion Group meets on the fourth Wednesday of every month from 2:30 to 3:30 p.m. Meetings are held in St. Joseph's south lobby conference room.

- ◆ **Sept. 28** ◆ **Nov. 23**
- ◆ **Oct. 26**

HEADWATERS STROKE SUPPORT GROUP

St. Joseph's offers a support group for stroke survivors, family members, friends, and caregivers. The group meets the third Thursday of every month from 1:30 to 3 p.m. in St. Joseph's Hospital south lobby conference room. Please contact Laurel Hed at **218-237-5744** for more information.

- ◆ **Sept. 15** ◆ **Nov. 17**
- ◆ **Oct. 20**

FREE WEIGHT-LOSS INFORMATION SESSION

Free weight-loss information session in Fargo, ND. Held from 6-8 p.m. at the Ramada Plaza Suites. Call Stacey at **218-732-2837** to register.

- ◆ **Sept. 26** ◆ **Nov. 14**

Y WEIGHT? SUPPORT GROUP

Y Weight? Support Group meetings are held at 4:30 p.m. on the second and fourth Thursdays of the month in Lower Level conference rooms B & C.

- ◆ **Sept. 8** ◆ **Oct. 27**
- ◆ **Sept. 22** ◆ **Nov. 10**
- ◆ **Oct. 13** ◆ **Dec. 8**

BARIATRIC "GRADUATE COURSE" SUPPORT GROUP

The bariatric "Graduate Course" Support Group meetings are held from 5:30 - 6:30 p.m. on the third Thursdays of the month in Lower Level Conference Rooms B & C.

- ◆ **Sept. 15** ◆ **Nov. 17**
- ◆ **Oct. 20** ◆ **Dec. 15**

WEEKEND IN THE PINES

St. Joseph's Center for Weight Management will host the annual Weekend in the Pines retreat, "Breaking Barriers." Call Arlys at **218-237-5588** to learn more.

- ◆ **Oct. 7-8**

PUBLIC FOOT CARE CLINICS

St. Joseph's Community Health hosts monthly foot care clinics from 9-11:30 a.m. on the fourth Monday of every month. Sessions are held at the Community Health office located at 205 Pleasant Avenue in Park Rapids. This is in addition to their regular rotation at area senior centers and senior apartments. Cost is \$20. Bring your own basin and towel. Upcoming clinics will be held:

- ◆ **Sept. 26** ◆ **Nov. 28**
- ◆ **Oct. 24**

GRIEF SUPPORT GROUP

St. Joseph's hosts three Grief Support Groups for anyone who has experienced the death of a friend, family member, or loved one.

The Walker Grief Support Group meets on the first Tuesday of the month from 2 to 3:30 p.m. at Hope Lutheran Church in Walker.

- ◆ **Sept. 6** ◆ **Nov. 1**
- ◆ **Oct. 4** ◆ **Dec. 8**

Park Rapids hosts two Grief Support Groups. An afternoon session meets from 2 to 3:30 p.m. in St. Joseph's south lobby conference room on the first Thursday of the month.

- ◆ **Sept. 1** ◆ **Nov. 3**
- ◆ **Oct. 6** ◆ **Dec. 1**

An evening Grief Support Group session in Park Rapids meets from 6:30 to 7:30 p.m. in St. Joseph's south lobby conference room on the fourth Thursday of the month.

- ◆ **Aug. 25** ◆ **Nov. 3**
- ◆ **Sept. 22** ◆ **Dec. 22**
- ◆ **Oct. 27**

CHILDBIRTH PREPARATION

Classes are designed for the seventh, eighth, and ninth month of pregnancy and are held in St. Joseph's Lower Level conference room (follow signs). Registration is \$45 with insurance billing available. Call Janine Brostrom at **218-237-5730** to learn more. Session dates are:

- ◆ **Oct. 20** ◆ **Nov. 3**
- ◆ **Oct. 27**

LIGHT UP A LIFE

A five dollar gift to St. Joseph's Hospice lights a bulb on the Park Rapids community Christmas tree in honor or memory of a loved one. Be sure to join us at the annual tree lighting ceremony.

- ◆ **Friday, Nov. 25**

