

RiverView Health

Glenmore celebrates Grand Opening July 7

Summer fun at RiverView Health includes program expansions, trend setting technologies and fund raisers for good causes.

Glenmore Recovery Center will officially open July 9 at the new campus, formerly known as the Sisters of St. Joseph of Medaille Marywood facility. First, though, RiverView Health is celebrating Glenmore's expansion and move with a community open house July 7 from 2 to 6 p.m.

CEO Debra Boardman, who will be one of the presenters at the open house program, said the new facility provides an environment more conducive to healing. Research has shown that individuals receiving addiction treatment are more successful in a holistic environment that allows privacy and space for contemplation and healing. The new Glenmore is located on 156 acres with beautiful outdoor gardens. The additional interior space has allowed for the addition of a fitness center and comfortable areas where patients can relax.

"The environment is an important part of addiction treatment, and this facility improves our environment in so many ways," Glenmore Director Kevin Evenson said. "The serene atmosphere will help patients get into the right frame of mind to learn new life skills. We've often times had a waiting list for individuals needing services. Now we'll be able to help people get into recovery in a more timely manner."

Bringing all services together under one roof and having a private campus aids Glenmore staff in improving programming, Evenson added. Glenmore's location on RiverView Hospital's second floor is 6,200 square feet; the Marywood campus has 50,000 square feet of indoor space. Glenmore's patient capacity has more than doubled; the facility will be licensed for 28 primary residential beds, 14 detoxification beds, and 10 transitional living beds. In the hospital location, there was no space for expansion and transitional living patients that needed an ongoing supportive environment following treatment lived in a house near the hospital.

"Our space is just phenomenal compared to what we've had," Evenson said." The added space also



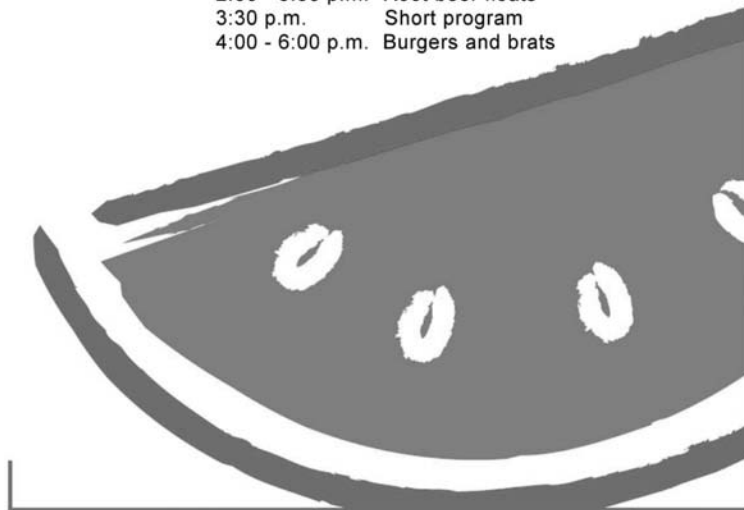
Join Glenmore Recovery Center and RiverView Health for the opening of the new Glenmore Recovery Center

When: Monday, July 7th 2:00 - 6:00 p.m.

Where: The new Glenmore Recovery Center campus two miles east of Crookston on Highway 2

What: We're grillin' up some summer fun with a picnic, musical entertainment, and tours

2:00 - 3:30 p.m. Root beer floats
3:30 p.m. Short program
4:00 - 6:00 p.m. Burgers and brats



allows us to offer what you might think of as an ala carte menu. In treating substance abuse, we need to provide a level of care based on the individual's needs. A person might need a residential facility initially, and then as recovery progresses, we can decrease services by moving them to outpatient programming, then to continuing care on a weekly basis and then maybe to once a month. We can continue to decrease the intensity and frequency of services as the individual becomes stronger."

Three grant awards have contributed to refurbishing the facility and hiring new employees. A \$200,000 Otto Bremer Foundation award went toward equipment and furniture, such as beds, night stands and desks in patient rooms. The Glenmore Foundation approved \$150,000 for physical plant changes to bring the facility up to code. Those renovations included items such as a fire suppression system in the kitchen, separate bathrooms for men and women and adding safety features such as hand rails on stair wells, fire alarms in all patient rooms and better lighting. The Dakota Foundation approved \$121,352 to cover one year of salaries for additional addiction counselors and support staff.

In addition to services provided on the new campus, RiverView also offers outreach services through Glenmore in Thief River Falls, Baudette, Roseau and East Grand Forks.



Simple treatment fixes pain of tennis elbow

In June, the busiest season of the year in his job as a groundskeeper at the University of Minnesota - Crookston, Greg Beloit was feeling no pain rototilling, hoeing and planting. For four months he'd experienced pain in his left elbow that continually worsened until it reached the point where he couldn't even lift his arm above his shoulder. Two days after he'd had a new treatment being done by Dr. Colin Fennell, Beloit was pain free and back to full capacity at work.

Super simple is the way Dr. Fennell, a RiverView orthopaedic surgeon, describes this new technique that heals elbow tendonitis, commonly referred to as tennis elbow. About 35 patients have been treated so far at RiverView Health and all of them experienced marked improvements within four to six weeks.

"It's revolutionized how we treat this problem," Dr. Fennell said. "Tendonitis is chronic and typically hard to treat. This treatment is a one-time deal."

The still-new approach was introduced by a physician at Stanford University in a February 2007 medical journal. When Dr. Fennell read the article, he called the physician to learn more. By April, Dr. Fennell was providing the procedure. "So far, patients have experienced sustained relief but it's too early to have long-term follow up," he said.

The treatment uses the healing qualities of a patient's own blood, Dr. Fennell said. One and one-half ounces of blood is drawn from the patient, and that blood is sent to RiverView's lab for a 15-minute process that separates out the portion of blood that is rich in healing plasma. Then that platelet-rich blood is injected back into the injured area.

"We're force feeding the healing factor," Dr. Fennell explained. "Tendons and cartilage tend to heal poorly because there is poor blood supply to those areas so the body has a hard time healing microdamage there. We're circumventing the blood supply issue and inserting that blood directly into the injured area to promote healing."

When Dr. Fennell explained his options, Beloit said he jumped at trying the new treatment. "I figured it was worth a try and it was really simple. The most painful part of it was getting the Novocaine! I had two days where I was kind of uncomfortable or still had some pain and then it was like it had never happened and I was back to normal. I'd recommend it to anyone."



Constant elbow pain was causing Greg Beloit a lot of discomfort in his job, which requires a lot of outdoor physical activity. Then Beloit had a simple new treatment being done by Dr. Colin Fennell and was back at work pain free within a few days.

Conventional treatments include elbow braces, physical therapy and cortisone shots, Dr. Fennell said. The platelet treatment is more expensive than these methods, but less expensive than surgery. Surgery is a last resort, he said, because it's successful in only 65 to 70 percent of cases.

Because this procedure is still so new, patients should check with their insurance company to confirm coverage. "One of my pleasant surprises has been that most insurance companies so far have covered it," Dr. Fennell said.

Dr. Fennell is excited about the procedure's future potential. He predicts that this method will also be used soon to treat plantar fasciitis, Achilles tendon and knee problems.

Assistive devices aid people who can't speak

The compact device attached to Judy Nephew's wheelchair is her lifeline to the outside world. Diagnosed with ALS (Lou Gehrig's Disease) 13 years ago and unable to speak for the last 10 years, Nephew communicates with other people and controls her world around her with an assistive communications device.

Using a stylus to select letters from the keyboard in front of her, Nephew punches out sentences that visitors can read on the screen or hear via a voice activator that Nephew controls. The device also allows her to turn lights off and on in her room, operate her television, listen to music, play games, use a calculator and do other daily activities. If she can't reach her call light to summon a nurse to her room in Fertile's Fair Meadow Nursing Home, she activates a whistle on the device to alert nursing staff.

The more advanced devices also contain Windows-based computer technology. Nephew keeps in touch with family members and friends by email and gets emotional support from members of an ALS online support group. With Internet access, she has also been able to research her disease and learn more about it.

"These devices are really user friendly and the user just sets it at the level they're comfortable with," RiverView speech pathologist Marie Johnstad said. "The capabilities are truly amazing. Judy is on her fourth one. They just keep improving."

Nephew joins the conversation, punching out letters with a stylus. She accelerates the process using a word prediction feature that lists possible words she may be spelling. She pushes the correct one and the word spells itself. A memory feature also stores words she uses frequently. And shortcuts can be programmed for entire sentences or phrases. Nephew's favorite shortcut? She grins, "Let me finish my sentence please."

She becomes frustrated when people jump in to guess what she's trying to say or assume they know what she

will say.

"Having these devices helps people maintain control of their lives, it shows they're still capable, competent, still able to make decisions," Johnstad said. Nephew nods. "Now I can say what I think, not just think it," she writes. Previously, her only means of communication was simply nodding or shaking her head.

The assistive devices also have several features that allow them to be customized to specific needs. For instance, not all keyboards are the same. A person who has had a stroke and lost function on one side may have a keyboard where all the most frequently used letters are on the other side. Johnstad worked with a bedridden man who could only use one thumb. With his specialized keyboard, he kept in touch via email with 13 siblings and controlled every aspect of his environment from his nursing home bed. Preschool children with no literacy skills may use pictures for communication rather than keyboard lettering.

For 20 years Nephew worked in the nursing department of the nursing home where she now lives. ALS has taken a lot from her, but it hasn't beaten her. She finds joy in a supportive husband, her adult sons and daughters-in-law. She still finds pleasure in the little things in life that many take for granted. She's been able to expand her world with this piece of technology that has become a best friend. And she still has a sense of humor. As Johnstad bids farewell, the electronic voice on Nephew's device emits an "oof daa" at her bidding. Nephew grins a farewell.



Using an assistive communications device, Judy Nephew "talks" to RiverView speech pathologist Marie Johnstad.

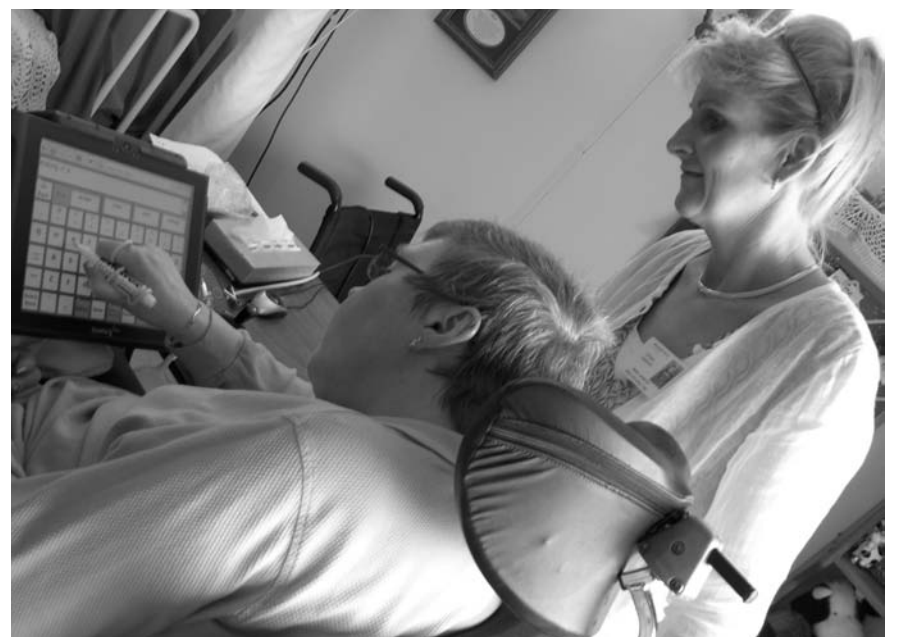
Speech pathologists certified

Marie Johnstad and Andrea Reynolds, speech-language pathologists in RiverView's Rehab Department, have completed requirements that qualify them to be local consultants for the DREAM program. DREAM qualifications allow Johnstad and Reynolds to receive cost-free access to communication devices that assist patients challenged by speech and language disabilities.

"There is a wide variety of devices that assist these patients with communication and speech skills," Johnstad said. "We can now get these devices on loan and try them out with patients so we can be sure patients get the best tech-

nology for their needs. Patients get more timely access and it's an easier transition for them because we get to try the equipment with them first."

RiverView patients using speech generating communication devices range in age from preschool to elderly people. DynaVox, the brand name for the particular technology in the DREAM program, provides a wide range of speech output devices. This technology is valuable for patients with diagnoses such as Lou Gehrig's disease, stroke, traumatic brain injury, cerebral palsy, Parkinson's disease, cerebral palsy, Down's syndrome and autism.



A wide variety of assistive communication devices are available. RiverView speech pathologists have completed requirements qualifying them as consultants to help patients get the best equipment for their specific needs.

Golf Classic nets more than \$22,000



Anderson Beverage team members Scott Sanders, Jody Dragseth, Jenny Nelson, Jaclyn Martin, and Mike Nelson tied for first.

RiverView Foundation, the fund raising arm of RiverView Health, hosted their fourth annual golf tournament on Monday, June 9 at Minakwa Golf Course in Crookston. The tournament raised \$22,400 in profits, which have been designated by the RiverView Foundation board of Directors to support the renovation of the RiverView Hospital intensive care/coronary care and inpatient floor.

The Anderson Beverage team and the Glen and Marlys Finkenbinder/Titan Machinery tied for first place with Anderson Beverage being declared the winner based on Minakwa Golf Course hole handicap rating system.

“As RiverView’s Foundation director, I want to sincerely thank all the tournament sponsors, players and contributors for making the 2008 Golf Classic such a huge success. With the \$22,000 raised, we will work towards creating a more modern looking and patient-healing environment on our inpatient floor.” said Kent Bruun.

In the four-year history of the RiverView Golf Classic, nearly \$75,000 has been raised in support of the

Foundation. In 2007, \$20,053 was raised to purchase digital heart monitoring/event recording for RiverView’s primary care clinics. In 2006, \$16,742 was raised to add stereotactic 3-dimensional breast biopsy services to our community. In 2005, \$16,200 in profits was raised to update the telemetry heart monitoring system for the intensive care unit in RiverView Hospital.

This year’s tournament had eight corporate sponsors; American Federal Bank, Glen and Marlys Finkenbinder, Hanratty & Associates, Hugo’s, New Horizon Foods, Owens and Minor, Pamida Foundation, and Universal Hospital Services.

“These eight committed supporters played a major role in making the event a successful one for the Foundation and the community,” added Bruun.

Marley Hanson won the grand prize Nike SUMO driver donated by Craig and Linda Morgan.

RiverView Foundation's mission is to assure continued excellence in healthcare. For more information on this event or the other Foundation programs, contact RiverView Foundation Director Kent Bruun at 218-281-9249 or toll free 1-800-743-6551, extension 249. Bruun can also be reached by email at bruun@riverviewhealth.org.

Meet our RiverView babies

Visit our web site:

www.riverviewhealth.org

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RiverView Health encompasses:
Glenmore Recovery Center
Hillcrest Nursing Home
RiverView Hospital
RiverView Care Center
RiverView Home Care
RiverView Rehab
RiverView Clinics



Haidyn Kaylee
Date of Birth: 4/20/2008
Time of Birth: 7:32 a.m.
Parents: Stephanie & Brent
Delivered by: Drs. Afonya & Shamsi



Emma Marie
Date of Birth: 4/20/2008
Time of Birth: 20:18 p.m.
Parents: Amy
Delivered by: Dr. Hanson



Alexia Itzel
Date of Birth: 4/21/2008
Time of Birth: 5:19 a.m.
Parents: Melissa & Victor
Delivered by: Dr. Shamsi



Kaylie Crysanne
Date of Birth: 4/21/2008
Time of Birth: 7:36 a.m..
Parents: Marjie & Austin
Delivered by: Drs. Kanten & Afonya



Kaden
Date of Birth: 4/21/2008
Time of Birth: 8:37 p.m.
Parents: Jody
Delivered by: Drs. Kazmouz & Afonya



Caden Tyler
Date of Birth: 4/24/2008
Time of Birth: 12:38 a.m.
Parents: Lisa & Tyler
Delivered by: Dr. Kanten



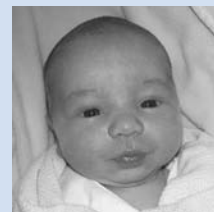
Ethan Harold
Date of Birth: 4/27/2008
Time of Birth: 11:20 a.m.
Parents: Shawna & Nathan
Delivered by: Dr. Kazmouz



Claire Jae
Date of Birth: 4/29/2008
Time of Birth: 7:38 p.m.
Parents: Shelly & Jason
Delivered by: Drs. Hanson & Shamsi



Khloe Ilene
Date of Birth: 4/30/2008
Time of Birth: 10:20 a.m.
Parents: Cecilia & Ryan
Delivered by: Dr. Kanten



William Joseph
Date of Birth: 5/16/2008
Time of Birth: 8:25 a.m.
Parents: Jessica & Joe
Delivered by: Drs. Afonya & Shamsi



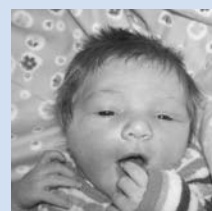
Aaron William
Date of Birth: 5/16/2008
Time of Birth: 6:29 p.m.
Parents: Rennae & Duane
Delivered by: Drs. Afonya & Bell



William Michael
Date of Birth: 5/22/2008
Time of Birth: 8:29 a.m.
Parents: Holly & Luke
Delivered by: Drs. Afonya & Shamsi



Madison May
Date of Birth: 5/28/2008
Time of Birth: 10:18 p.m.
Parents: Abigail & Tom
Delivered by: Dr. Shamsi



Kaelyn Ruth
Date of Birth: 5/30/2008
Time of Birth: 8:22 a.m.
Parents: Andrea & Eric
Delivered by: Drs. Hanson & Bell



Roberto III
Date of Birth: 6/10/2008
Time of Birth: 1:38 a.m.
Parents: Echo & Roberto Jr.
Delivered by: Drs. Shamsi & Afonya



Dominico Luis
Date of Birth: 6/11/2008
Time of Birth: 4:40 p.m.
Parents: Maria & Angel
Delivered by: Dr. Shamsi



Madilyn Joyce
Date of Birth: 6/13/2008
Time of Birth: 4:50 p.m.
Parents: Tania & Mathew
Delivered by: Dr. Kanten



Raymundo Omar
Date of Birth: 6/15/2008
Time of Birth: 3:54 p.m.
Parents: Kendall & Raymundo
Delivered by: Dr. Bell