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JULY 2004 VOLUME 13 NUMBER 2

Healthbeat

The People, Services and Programs of St. Croix Regional Medical Center (SCRMC) www.scrmc.org

CELEBRATING 85 years
of MEDICAL CARE

St. Croix Regional Medical Center

Continuing a tradition of exceptional health care

This July, we are very proud to celebrate the 50th anniversary of our hospital, and to mark 85 years of medical care in St. Croix Falls. In the last decade, we have seen hospitals and clinics here and across the country either close their doors or be bought by large corporations. Thanks to the support of our community and the determination and creativity of our medical staff and Board of Directors, St. Croix Regional Medical Center has both maintained its independence and flourished. And our independent status has enabled us to continue to expand and provide the widest range of medical services available in the area.

SINCE OUR FOUNDING DAYS NEARLY A CENTURY AGO, our doctors, nurses, and other providers have been dedicated to providing as much medical care locally as possible. Today, we continue that tradition.

NOT JUST A “FIRST AID” STATION

Today at St. Croix Regional Medical Center, 36 staff physicians and medical providers and 30 consulting physicians and allied health professionals provide a broad range of medical services to the communities we serve. From orthopedics, comprehensive cardiac care and rehabilitation to a beautiful Birthing Center, midwife services, and a neonatal nursery. From physical therapy and a Sleep Clinic to acupuncture and travel immunizations. Our priority is to treat our patients close to home whenever medically possible.

Should there be a medical reason for a referral or transfer, however, our doctors are free to help patients choose from the best specialists in the metro area, regardless of their affiliation. No parent company tells us to do otherwise.

NO COOKIE CUTTER, “CORPORATE” CARE

The relationship between patient and doctor is deeply private and personal. No one wants a corporation to muscle into the middle and dictate who they receive care from, the kind of care they get, or where they receive it. Such decisions should be made by each individual and his or her doctor.

And at St. Croix Regional Medical Center, they are—because we aren’t owned and run by a large corporation. Every patient receives excellent personal care, close to home, from staff they know and trust. And again, if there is a medical reason for a referral or transfer, our doctors are free to help patients choose from the best specialists, regardless of their affiliation.

SCRMC ANNIVERSARY continued on page 2



Original Hospital, circa late 1950s



SCRMC founder, Dr. Jake Riegel

Dad practiced medicine. It was not a racket or quackery. He limited himself only to what he knew he could do, and he brought out specialists and surgeons as needed from the Twin Cities. It was very difficult to send ill people into the Cities in those days; and easier to get a surgeon to come out here.

DR. FRED RIEGEL SON OF SCRMC FOUNDER, DR. JAKE RIEGEL

Join us for an Open House

To celebrate the 50th anniversary of our hospital

In addition, we will be dedicating our new Clinic to the Riegel family in honor of their many contributions to area health care.

Friday, July 16, 2004

11:30- 1:30 Lunch

Free picnic lunch and drinks
Under the canopy on State Street

1:30 Clinic building dedication
St. Croix Regional Medical Center Clinic
St. Croix Falls, WI



The Baker House, circa 1920s

1919	Dr. Jake Riegel returns to St. Croix Falls after the war to set up his medical practice in the Baker House.
1952	Citizen committee organizes to raise money to build a hospital in St. Croix Falls
1954	St. Croix Valley Memorial Hospital is incorporated, construction begins
1954	Hospital Auxiliary forms
1955	Completed hospital is dedicated on June 26th
1956	Hospital begins providing care for patients from the Hazelden Foundation
1967	Dr. Jake Riegel retires from his medical practice
1971	New addition lets hospital add 20,000 sq. ft. of new space
1973	Another addition gives hospital 3-floors, 65,000 sq.ft.
1975	St. Croix Valley Memorial Hospital opens chemical dependency treatment center
1977	August 4, 1977, Dr. Jake Riegel dies
1987	River Valley Medical Center completes addition
1992	Newly remodeled and expanded Obstetrics Unit opens
1999	St. Croix Valley Memorial Hospital and River Valley Medical Center merge to become St. Croix Regional Medical Center
2002	Major clinic expansion completed; new and expanded hospital Emergency Department opens

SCRMC ANNIVERSARY continued from pg 1

PERSONAL CARE. . . TRULY

In Dr. Jake’s time, “personal care” was the only kind of medical care available. A strong bond of respect and trust linked patient and doctor. And no one had to advertise their “customer service;” good care and services were the norm.

It’s 2004 now, and times have changed . . . but not at St. Croix Regional Medical Center. Customer service is our priority, and it starts the moment a patient picks up the phone. We believe that no one calling a medical center should ever have to hear a machine message. When patients call us, they *always* talk with an appointment scheduler in 60 seconds or less. These staff help patients with an appointment or connect them to the individual or service they need. No robotic computer voice and “85 options” to remember!

At St. Croix Regional Medical Center, customer service isn’t merely “lip service.” It’s our priority, and it starts the moment a patient calls. ✱

From Standard-Press, June, 1955

After Humble Beginning, A New Hospital Was Needed

FOR NEARLY 25 YEARS, Dr. Jake Riegel has operated our community’s hospital in the Baker house. Early this century, the practices of Dr. Jake, his sons Drs. Fred and Gordon, and other doctors grew, and the Baker House was slowly converted into a 25-bed hospital. By the late 1940s, their numerous patients could no longer be well-accommodated in the Baker house. Equipment was becoming outdated, and it was becoming more difficult to meet growing state and federal regulations for hospital operations in the old building.

Eventually, several factors led Dr. Jake to begin campaigning for a new hospital. “We simply couldn’t offer the refinement of facilities needed to practice modern medicine,” Riegel said. “The new hospital was the only answer to offering all the safeguards and equipment that have become available over the years.”



Original drawing of the new “Memorial Hospital”, circa early 1954

By the summer of 1952, a hospital campaign committee was organized, with Stanley W. Folsom of Taylors Falls, and Harry S. Pomeroy of St. Croix Falls as co-chairmen, and John R. Cobb as treasurer. Under their leadership, a committee of 55 sponsoring individuals and organizations conducted a fund drive throughout the area.

The strong local commitment to a new hospital enabled the corporations to draw on other financial resources. A grant of federal Hill-Burton funds, a mortgage loan from the Wisconsin State Teacher’s Retirement Fund, and emergency loans from banks in St. Croix Falls, Dresser, Luck, Grantsburg, Centuria, and Minneapolis each helped finance construction. The final cost of the finished hospital was approximately \$350,000.

Dr. Jake Riegel set foundation for area health care

HOSPITAL CARE IN ST. CROIX FALLS DATES BACK TO 1919 when Dr. Jake Riegel, father of Dr. Fred Riegel, returned to St Croix Falls in 1919 after serving two years on a hospital ship during World War I. His wife, Florence Baker, a native of St. Croix Falls, was already living in her family home with their sons, Steve and Gordon. This house soon became home, office, and hospital for Dr. Jake, as he came to be known.

After St. Croix Falls’ physician, Dr. F.G. Walker, retired, Riegel set up his office in the Baker house. Before long, Dr. Jake began using it as a hospital, too. After office hours, Riegel made house calls in the evening, driving a team of horses to get around the countryside. People got in touch with him by going to the nearest phone, or by hanging a lantern along the road to signal him to stop. Riegel’s route usually went to Eureka Center, west toward the river, north to Cushing (and sometimes even to Grantsburg), and then a return route to St. Croix Falls on the old Scrubtown road.

Dr. Jake Riegel saw patients until 1967. His retirement avocation was conservation. Riegel was instrumental in the creation of Crex Meadows from tax delinquent land. Many believe that he single-handedly stopped the building of a dam across the Namekagon River above Hwy 70.

Dr. Jake Riegel died on August 4, 1977 at the age of 88. “Jake’s legacy is that he maintained a high level of idealism in his medical practice,” said Dr. Fred Riegel.

From Dalles Visitor, 1979

Migraine *more help is available today*

Healthcheck



Dr. Mark Stannard



Andrew Lininger, L.Ac.

MORE THAN 28 MILLION AMERICANS—three times more women than men—suffer from

migraine headaches. Although any head pain can be miserable, migraines are often disabling; they can incapacitate for hours or even days.

“Fortunately, migraine pain management has improved dramatically in the last decade,” say Dr. Mark Stannard, St. Croix Regional Medical Center Family Medicine physician, and Acupuncturist, Andrew Lininger, L.Ac. “If you’ve seen a doctor in the past and had no success, it’s time to consider seeking help again.”

Although there’s still no cure, medications can help reduce the frequency of migraines and stop the pain once it has started. Many people also find complementary therapies such as acupuncture, massage, biofeedback, and chiropractic very helpful, too. “A combination of medicine, complementary therapies, and changes in lifestyle can make a tremendous difference,” says Stannard.

PAIN-RELIEVING MEDICATIONS

“Several drugs can help relieve migraines in some people,” says Stannard. For acute migraines,

medications that generally work best are the Triptan class of drugs. Since the introduction of sumatriptan, a number of similar drugs have become available, including rizatriptan (Maxalt), naratriptan (Amerge), zolmitriptan (Zomig), almotriptan (Axert), frovatriptan (Frova) and eletriptan (Relpax). These newer agents provide pain relief within two hours in 60 to 91 percent of patients, have fewer side effects, and cause fewer recurring headaches.

COMPLEMENTARY AND ALTERNATIVE MEDICINE

Both Lininger and Stannard point out that nontraditional therapies can also provide relief for people suffering from chronic headache pain. While not every technique works for everyone, they say, no drug is effective in all cases, either. “If you suffer from migraines,” says Stannard, “it’s wise to explore the alternatives to

find what treatment—or combination of treatments—works best for you.”

- **Acupuncture.** “From an Oriental medicine perspective,” says Lininger, “migraines happen when energy circulation to the head is blocked. Ideally, people feel relief almost immediately during an acupuncture treatment, while for others, prevention and a few courses of treatment are needed to rebalance the energy flow. Interestingly, migraine is often linked with cold feet in Oriental medicine, and sufferers can affect one by addressing the other with acupuncture.” A 1998 study by the National Institutes of Health (NIH) also showed that, among other benefits, acupuncture can relieve headache pain. Many insurance plans, such as Blue Cross and HealthPartners, now cover acupuncture, and some do not require a physician referral.
- **Biofeedback.** Biofeedback appears to be especially effective in relieving migraine pain. This relaxation technique uses special equipment to teach individuals how to monitor and control certain physical responses, such as muscle tension.
- **Massage.** Massage is a wonderful way to reduce stress and relieve tension. Massage can help relieve headache pain, particularly for people who have tight, tender muscles in the back of the head, neck, and shoulders.
- **Chiropractic.** Some people find relief from symptoms with certain types of chiropractic care.

PREVENTION

“Whether or not you take preventive medications or use complementary and alternative therapies,” says Stannard, “you may benefit from lifestyle changes that can help reduce the number and severity of migraines.” One or more of these suggestions may be useful.

- **Avoid triggers.** Certain foods—chocolate, caffeine, and red wine, for example—can trigger headaches for some people, as can a lack of sleep. If certain scents are a problem, try to avoid them. In general, try to establish a daily routine with regular sleep patterns and regular meals.
- **Exercise regularly.** Aerobic exercise—just 30 minutes three times a week—reduces tension and can help prevent migraines.
- **Reduce the effects of estrogen.** If you’re a woman with migraines and estrogen seems to trigger or make your headaches worse, or if you have a family history of stroke or high blood pressure, you may want to avoid or reduce the amount of medications you take that contain estrogen. These medications include birth control pills and hormone replacement therapy. Talk with your doctor about the best alternatives or dosages for you.
- **Quit smoking.** If you smoke, talk to your doctor about quitting. Smoking can trigger headaches or make headaches worse.

Visit our newly designed website!!

A new clinic. Expanded parking. More services than ever. And yes. . . . we’ve redesigned our website, too! Log on to www.scrmc.org and you’ll see the difference immediately. Thanks to the help of Kim Kalina of *Green Olive Design*, our new website is much easier to navigate. And so much useful information is just one click from our homepage:

- our medical staff
- clinic hours and locations
- a calendar of current and upcoming events
- what’s new at our medical center
- a complete list (with descriptions) of our patient services
- community and professional education opportunities
- current and past editions of our *Healthbeat* newsletter
- recent news releases
- links to a world of reliable health information sites . . . and much more.

But you can discover all this and more for yourself. Just go to www.scrmc.org and you’ll see we aren’t exaggerating.

Pregnancy Planner program answers prospective parents’ questions

TODAY’S PARENTS WANT TO EXPERIENCE labor, delivery, recovery, and postpartum care in one comfortable room surrounded by family and friends—while also feeling confident that all the medical needs of mother and baby can be met.

Our new Pregnancy Planner program helps new parents do just that. “If you’re pregnant, or still thinking about having a child, our Pregnancy Planners can answer your questions about our obstetrics services,” says Mary Erickson, R.N. Director of Patient Care Services. “These registered nurses will help you set up a time to visit the Medical Center where you can talk with OB staff about any questions you have, learn more about our services, and take a personalized tour of the Medical Center’s Obstetrics department.”

Talk with one of our Pregnancy Planners and learn more about:

- Personalizing your birth experience
- The doctors who provide obstetric services
- The training and experience of our nursing staff
- Midwife services
- Birthing options
- Birthing education programs
- Pain management
- Availability of neonatology, gynecology, and pediatric specialists
- Consultations with nutritionists, physical therapists, and other staff specialists
- Referrals for fertility questions or problems
- WebNursery program
- Lactation Services

To learn more about this program or to talk with a Pregnancy Planner, just call us at 715-483-0333, or email us at: pregnancyplanner@scrmc.org.

Heart stress tests, bypass surgery, “clot busting” drugs, and transplantation. Medical treatments like these that we take for granted would have been science fiction to people living in 1957. [See Shocking the Heart below.] Thanks to such advances, medical providers can do so much more for people with heart problems today. St. Croix Heart, the link between St. Croix Regional Medical Center and Regions Hospital of St. Paul, provides extensive non-invasive cardiology care here in St. Croix Falls.

LAST THANKSGIVING, Lowell Enerson, Lindstrom City Administrator and Osceola resident, was heading up to his cabin. “I’m an active guy, and I had plans for the weekend,” he remembers, “but after I got there, I felt so tired that I ended up sleeping the whole weekend.” The next week at work—same story. “I thought maybe I had the flu,” said Enerson, “but after another week passed and I still felt badly, I asked Kevin Stenson, our police chief, if he knew a good doctor.” Stenson recommended Dr. Jeff Hall, a family doctor at St. Croix Regional Medical Center. And when, two days later, Enerson felt a sharp pain under his left arm while shoveling snow, he decided to pay Hall a visit.



Lowell Enerson, Lindstrom City Administrator and Osceola resident.

Timely treatment prevents heart attack

“Dr. Hall discounted my flu diagnosis,” said Enerson, “instead telling me that I might have a heart problem.” Hall scheduled a stress test, and to Enerson’s surprise and dismay, he failed the test. “This was really a shock,” Enerson remembers, “because there was no history of heart problems on either side of my family.” Enerson met soon thereafter at SCRMC with Dr. Steve Riendl, a Regions Hospital cardiologist, who concurred with Hall. “Dr. Riendl thought I’d might need a stent to hold open a blocked vessel,” said Enerson, “but once they started the procedure at Regions, they discovered I had more serious problems.” In fact, Enerson needed immediate bypass surgery because of extensive blockage in the arteries supplying blood to his heart. He was a heart attack waiting to happen. “Afterwards,” said Enerson, “I was just grateful that Dr. Hall had made the right diagnosis and caught the problem when he did. He started me down a path that prevented what might have been a serious, or even fatal, heart attack.”

Post-surgery cardiac rehabilitation

After surgery, Enerson says he knew he needed help to recover. He began a cardiac rehabilitation program at the hospital in Stillwater, but once he could drive again, he transferred back to SCRMC to complete his cardiac rehab and follow-up care. “I wanted to get back to SCRMC because I liked Dr. Hall and the care I received there—and I wanted to do everything I could to prevent further problems—eat better, exercise more, whatever it took.” Enerson was pleased with his rehabilitation program. “The exercise programs and dietary counseling they gave me was excellent,” he said. “But more importantly, the staff understood my fears. I’d never experienced anything like this, so I had no idea what I could or couldn’t do or how much I could push myself. And when I felt pain, I was worried it was my heart. The staff was very good about reassuring me. I felt so insecure when I left Regions, and they helped me feel secure again. Thanks to them, I got my confidence back.” While Enerson was in the cardiac rehab program, cardiology nurse Deborah Leal, R.N., and Janelle Smestad, Occupational Therapist, kept in touch with him. “Deb and Janelle regularly called me at home just to check on how I was doing,” he said, “It was clear that I wasn’t just a number or another by-pass. They cared about me as an individual, and that *really* meant a lot to me.” Today, Enerson is back at work and again spending time at his cabin. “I know it will still take more work before I’m totally back to my old self,” he said, “but I feel strong again now, and confident that what I’m doing will pay off.”



Dr. Steve Riendl



Dr. Glenn Nickele

ST. CROIX HEART EXPANDS CARDIOLOGY SERVICES

St. Croix Heart—a link between St. Croix Regional Medical Center and Regions Hospital of St. Paul, provides non-invasive cardiology care together with nuclear medicine, echocardiograms, stress testing, transesophageal echocardiograms, as well as additional services that previously were often available only in the Twin Cities. Now we are expanding services:

- **Extended hours for cardiac specialists.** Cardiologists Dr. Glenn Nickele and Dr. Steve Riendl are now seeing patients each week on Tuesday, and every other week on Wednesday at the St. Croix Falls Clinic.
- **Dobutamine Stress Echocardiograms now** available in St. Croix Falls A Dobutamine Stress Echocardiogram (DSE) is a non-invasive test used to evaluate coronary artery disease in patients who are unable to exercise on a treadmill. Dobutamine itself is a medication that increases heart rate and blood pressure similar to the effect of exercise. This rise in heart rate increases the oxygen demand of the heart and helps doctors determine whether the heart muscle is getting enough blood and oxygen. This test helps doctors evaluate a person’s cardiac condition in terms of how well the heart muscle and valves are working, how they function under stress, the size of the heart’s pumping chambers (ventricles), and whether there is abnormal heart function, coronary artery disease, and/or inadequate coronary blood supply.

Shocking The Heart

From *Time*, February, 1957

FROM ALL APPEARANCES, the patient was dead on arrival, evidently from a heart attack. William Fruehling, 49, of St. Croix Falls, WI, (pop. 1,500), a village handyman, had been helping unload materials from a truck when he collapsed, half in and half out of the truck’s cab. A fellow worker found him, wrestled the inert Fruehling onto the seat of the truck, and drove it a quarter mile to St. Croix Valley Memorial hospital. In the emergency room, Dr. Joseph Belshe made an instant decision: without waiting even to wash his hands, he ripped open Fruehling’s heavy clothes, made a seven-inch incision over the heart, and plunged his hand in to massage the stilled organ. A nurse administered oxygen. Dr. Fred Riegel and Dr. Dean Erickson joined Belshe. All they got after 10 to 15 minutes of massage was a fluttering—ventricular fibrillation, usually the forewarning of a dying heart. The little country hospital had no fancy electrical defibrillator, but Dr. Riegel thought he knew just what to do. He cut the outlet off an extension cord in the hospital’s emergency room, stripped the insulation off the ends of the wires, and plugged the other end into the ordinary house current. Wearing rubber gloves, he touched the wires to opposite sides of Fruehling’s heart. Twice the shock failed to work. Riegel then wrapped each wire around the base of a hypodermic needle and plunged the needles into the heart muscle. Under this heroic stimulus, Fruehling’s heart resumed its natural beat. This week he will be able to return home.

Next Issue: Part II Women and heart disease

Do you know what kills more American women than anything else? It’s not breast cancer, lung cancer or cervical cancer. It’s heart disease, and it claims the lives of more than half a million women each year. And yet 60 percent of women think cancer is their greatest health risk. Yes, heart disease used to be thought of as a man’s disease, but it is a major health concern for women.

The warning signs of a heart attack

The first step in saving a heart attack victim’s life is to learn to recognize the warning signs. Heart attacks have many various signs and symptoms. Not all people who have heart attacks experience the same ones or experience them to the same degree. Many heart attacks aren’t as dramatic as the ones you’ve seen on TV or in the movies. For example, heart attack symptoms in women, in older adults and in people with diabetes tend to be less pronounced. Some people have no symptoms at all. Still, the more signs and symptoms you have, the higher the likelihood that you may be having a heart attack.

Symptoms and warning signs of a heart attack include:

- Pressure, fullness or a squeezing pain in the center of your chest that lasts for more than a few minutes
- Pain extending beyond your chest to your shoulder, arm, back, or even to your teeth and jaw
- Increasing episodes of chest pain
- Prolonged pain in the upper abdomen
- Shortness of breath
- Sweating
- Impending sense of doom
- Lightheadedness
- Fainting
- Nausea and vomiting

BE SAFE RATHER THAN SORRY.

A heart attack usually strikes suddenly. It can occur anytime—at work or play, while you’re resting, or while you’re in motion. Many people who experience a heart attack have warning signs and symptoms hours, days or weeks in advance. The earliest predictor of an attack may be recurrent chest pain (angina) that’s triggered by exertion and relieved by rest. Angina is caused by temporary, insufficient blood flow to the heart. If you or someone else has any of these symptoms, and if you even suspect it could be a heart attack, don’t wait. Get medical help IMMEDIATELY!

EXPECT DENIAL OF THE PROBLEM.

During a heart attack, many people waste precious minutes because they don’t recognize the important signs and symptoms—or they deny them. The thought of having a heart attack is frightening, so often people having one deny what is happening to them.

FIND OUT WHAT’S WRONG; DON’T WORRY ABOUT A “FALSE ALARM.”

One of the most important things you can do to survive a heart attack is to recognize what’s happening and then take immediate action. Of the people who die of heart attacks, most die within the first hour after the onset of signs and symptoms. Don’t waste time—minutes matter. You may risk some mild embarrassment, but ignoring the symptoms is much riskier. Family members and the health care team will be glad you played it safe, and be just as relieved as you are if there was no heart attack happening.

WHY IT’S SO IMPORTANT TO ACT QUICKLY

A heart attack occurs when the blood supply to part of the heart muscle itself is severely reduced or stopped. This happens when one of the coronary arteries (the arteries that supply blood to the heat muscle) is blocked. The result? Not enough blood and oxygen reach the heart muscle, and if the blood supply is cut off drastically for a long enough time, the heart muscle becomes damaged and begins to die.



OB/Gyn specialist, Dr. Kevin Hallman, joins SCRMC medical staff



Dr. Kevin Hallman

ST. CROIX REGIONAL MEDICAL CENTER IS PLEASED TO WELCOME OB/Gyn specialist, Kevin Hallman, M.D., who joined its medical staff last month and is seeing patients at the Medical Center’s St. Croix Falls clinic.

Dr. Hallman provides a wide range of OB/GYN consulting and surgical services, including treatment for urinary incontinence, gynecology surgery (including minimally invasive laparoscopic and hysteroscopic surgeries), infertility consultation and treatment, oblations for uterine fibroids, gynecological consultations, and diagnostic laparoscopy for such problems as endometriosis. He also works closely with the Medical Center’s family practitioners to provide consultations and/or direct assistance for women with high-risk pregnancies, though he does not provide primary obstetrics care.

Dr. Hallman’s primary clinic is the Metropolitan Obstetrics & Gynecology, P.A. in St. Paul. He also sees patients at the River Falls Hospital, where he has worked for more than 10 years, and at St. John’s Hospital in Maplewood.

Dr. Hallman graduated from the Creighton University Medical School in Omaha, Nebraska, in 1985. He went on to complete his internship at Wright State University School of Medicine in Dayton, Ohio, in 1986, and his residency in 1989. ✱



SCRMC Golf Classic Best Ever

ON A SUNNY COOL DAY, 148 players enjoyed fine golf and one another’s company. On Friday, June 18th, in the 4th Annual SCRMC Golf Classic raised funds to purchase new medical equipment for the Intensive Care Unit remodeling. “The Golf Classic greatly benefits patients throughout the service area of the Medical Center,” said Laura Jensen, Vice President of Patient Care.

RiverBank Insurance Center’s John Gauper presented proceeds from the event—a check for over \$10,000 to St. Croix Regional Medical Center CEO, Lenny Libis, and Jim Bodoh, President of the St. Croix Valley Healthcare Foundation. “We’re extremely pleased with how enthusiastically our communities have embraced the Golf Classic,” said Gauper. “Teams filled up quickly again this year, and we’re confident that this tournament will continue to be a significant area event and we’re pleased to be the sponsor.”

Sandy Williams, SCRMC Director of Development and Marketing, expressed her gratitude on behalf of the Medical Center to Gauper and his staff, who made the event to run so smoothly. “We also want to thank the Frederic Country Club for their support and outstanding staff and operations,” said Williams. “We also appreciate all the corporate and hole sponsors and team players who contribute to this fundraiser. It was a great day for the Medical Center and our patients as well as for our golfers.

Sponsored by The Riverbank Insurance Center in partnership with the St. Croix Valley Healthcare Foundation, the Classic offers a morning 9-hole scramble and an afternoon 18-hole tournament. The entry fee provides golf cart rental, complimentary use of the driving range, awards, and lunch or dinner. Both tournament events include numerous course games and a hole-in-one contest to win a car, courtesy of Larsen Auto. ✱

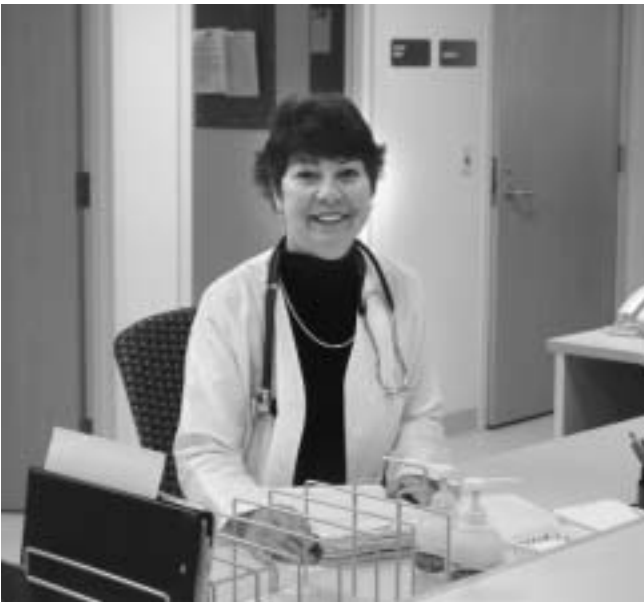
For more information, contact: Sandy Williams, Director of Development and Marketing, 715-483-0247

Treating workplace injures

Focused management of high-risk, high cost cases

DESPITE THE BEST EFFORTS OF EMPLOYEES and management, on-the-job accidents do still occur. And when they do, St. Croix Regional Medical Center Occupational Health Program (OHP) staff work closely with both to speed recovery and return to work.

“Injured employees are seen by an emergency care specialist,” said Dr. Tom Hinck, Assistant Medical Director of Emergency Services. “Since workplace injuries



Wanda Brown, APRN-C

often require immediate care,” said Hinck, “appointments are not necessary and our emergency care staff are available 24 hours a day.”

After their initial treatment, employees’ follow-up care is coordinated by Wanda Brown, APRN-C. Hinck, Brown, and other providers work closely with all aspects of the program to provide medical expertise and information on injuries and illness,

patient evaluations, and consultations with employers to determine when employees can return to work and at what level.”

Communication and coordination between medical providers, injured employees, and employers is streamlined and efficient. When an employee sustains an injury, Kathy Weeks, M.L.T., coordinates services to ensure that information and paperwork flow smoothly between the employer, the injured employee, and our medical staff. Should additional medical services be needed, OHP staff also help organize and coordinate that care.

OHP services also help prevent unnecessary ongoing health problems through early treatment and early control of work-related injuries. “We help injured

employees return to work as soon as they’re *safely* able to do so,” said Brown. “Our program staff can also come on-site after an injury has occurred to help employers adjust a work station and/or assigned tasks so that the injured employee can continue doing his or her job while reducing the risk of further injury.”

OHP staff believe that both employees and employers benefit from the Program’s approach. “Employers know that the costs of health care and workers’ compensation are major expenses,” said Hinck. “No employee wants to be re-injured or lose money by being away from work longer than necessary, so by having a safer workplace, employers can reduce their health insurance and worker’s compensation claims.”

Occupational Health Program services at a glance:

- Prompt access to 24-hour emergency room care.
- Effective, aggressive treatment of work-related injuries.
- Follow-up care at St. Croix Regional Medical Center.
- Programs to facilitate early return to work.
- Immediate reporting to employer via phone or fax.
- A written report to employers with appropriate and specific physical restrictions (if any).
- Assistance for employers to implement needed workplace changes for the employee, such as light duty or work station modifications.
- Effective coordination among multiple providers.
- Open communication with providers.
- Focused management of high-risk, high cost cases.

Additional Occupational Health Program services include:

- Pre-work physical examinations.
- Drug testing.
- Worksite/workstation evaluations.
- Ergonomic screening.
- Immunizations.
- Back/upper extremity screening.
- Industrial audiometric hearing screening.
- Blood-borne pathogen training and evaluation.

For more information:

Saving your company money by reducing expenses associated with work-related health problems is an important goal that OHP staff can help any employer reach. For more information on ways OHP staff can assist your company or organization, call Kathy Weeks at 715-483-0427 or 800-642-1336, ext. 2427.

Community Health Education

Advance Directives

September 1 from 10:00 - 11:00 a.m. Held the first Wednesday, every other month. Who would make your healthcare decisions in the event you are unable to? How would this person know what decisions you would want made? Learn more about Advance Directives and how to complete them.

Breast Feeding Support Group

August 10 from 10:00 - 11:30 a.m. Meets the 2nd Tuesday of the month at the St. Croix Regional Medical Center. All nursing mothers and babies are invited to participate. Discussion topics include: benefits of breastfeeding, overcoming obstacles, working and nursing, and so on.

Expectant Parents

August 2 & September 13 from 7:00 - 9:30 p.m. Fee: \$30 per couple. Three Monday evening sessions. Ideal for parents during the 7th or 8th month of pregnancy. Learn about labor, delivery, birthing alternatives, breathing and relaxation techniques, postpartum care, infant feeding, needs of the neonate, possible complications—and tour the Birthing Center. Instructor is an Obstetrical Nurse.

Expectant Parents Refresher

August 2 & September 13 from 7:00 - 9:30 p.m. Fee: \$15 per couple. Two Monday evening sessions. Ideal for parents who have already experienced child birth. Learn the latest information about labor, delivery, birthing alternatives, and tour the Birthing Center. Instructor is an Obstetrical Nurse.

Trusting Birth Childbirth Preparation Class

September 11 from 9:00 am - 1:30 p.m. Fee: \$35 per couple. Class will be held the first Saturday of each month. Another dimension in childbirth preparation, this class explores natural alternatives such as Conditioning Exercises, Relaxation and Breathing Techniques, Massage, Music Therapy and more. "Pregnancy, Childbirth & The Newborn" book is included. Instructors are a Lactation Consultant and Doula.

Diabetic Support and Education Meeting

July 15 & August 19 from 6:30 - 8:30 p.m. at the Luck Senior Citizen Center, located at: 31 2nd Ave West. Meets on the 3rd Thursday of the month. Join others with diabetes and those who want to be kept current on the treatment of diabetes, as well as share feelings and experiences. Sponsored by the Living and Learning Diabetes Education Staff.

Infant Massage

July 21 - August 11 from 6:30 - 8:00 p.m. Fee: \$45 per parent/infant team. Four Wednesday evening classes. Communicate your love through touch! Parents will learn to massage their babies. Please bring a blanket, hand towel, diaper change, a bottle, small bottle of massage oil—and your baby! Pre-registration required.

To register for a class, please call 715-483-0402 or **800-642-1336 x2431** or email Sarah Lund at: **sarah.lund@scrmc.org**



Mercedes Melissa DeVries
Chester
November 21, 2003
Forest Lake, MN



Kathryn Joan Marek
December 11, 2003
Osceola, WI



Caleb Williams Danielson
December 17, 2003
Osceola, WI



John Riley Siebenthal
December 18, 2003
Turtle Lake, WI



Emma Nakada Fehlen
December 19, 2003
Osceola, WI



Jessica Rae Pedersen
December 22, 2003
Amery, WI



Chase Allen Doornink
December 23, 2003
Grantsburg, WI



Kylie Jo Broten
December 29, 2003
Frederic, WI



Reed Kenneth Marquardt
December 30, 2003
Lindstrom, MN



Ally Sophia Nelson
December 31, 2003
Lindstrom, MN



Alexa Lea Thorsheim
January 1, 2004
Clear Lake, WI



Josie May Hagert
January 2, 2004
Siren, WI



Danica Marie Gourley
January 5, 2004
Dresser, WI



Nolan Reiland Arechigo
January 6, 2004
Osceola, WI



Violet Caroline Tompsett
January 8, 2004
St. Croix Falls, WI



Jazzmine Jones
January 9, 2004
Luck, WI



Babies Babies Babies







Noah Mathew and Cashton Brooke Kapp
January 10, 2004
Cushing, WI



Rylee Hope Thompson
January 11, 2004
Amery, WI



Blake Lavern Hanson
January 13, 2004
Grantsburg, WI



Hailea Marie Rombach
January 16, 2004
Grantsburg, WI



Kadence Lily Soper
January 16, 2004
St. Croix Falls, WI



Aisley Soleil Albee
January 19, 2004
Clayton, WI



Julice Anne Reimann
January 19, 2004
Milltown, WI



Trinity Lee Hebensperger
January 20, 2004
Balsam Lake, WI



Cullen Gregory Gatten
January 21, 2004
Amery, WI



Brooke Mary Holloway
January 21, 2004
Siren, WI



Jonas Michael Ristow
January 21, 2004
Milltown, WI



Manah Rose LeMieux
January 27, 2004
Frederic, WI



Grace Marie Owen
January 31, 2004
Cushing, WI



Cade Allen Rysdam
January 31, 2004
Osceola, WI



Cole Nicholas Larson
February 3, 2004
St. Croix Falls, WI



Carrie Lynne Arana
February 5, 2004
Frederic, WI



Dante Wyatt E. Baker
February 5, 2004
Siren, WI



Jordan David Hubred
February 5, 2004
Amery, WI



Eli David Kemis
February 9, 2004
Milltown, WI



Jonathan Philip Maxson
February 9, 2004
Amery, WI



Dane Riley Tollander
February 9, 2004
Webster, WI



McKenzie Lynn Krogness
February 10, 2004
Linstrom, WI



Aidan Cree Enochs
February 11, 2004
Dresser, WI



Bryanna Lynn Ralidak
February 11, 2004
Clear Lake, WI



Blake Alan Thill
February 11, 2004
Turtle Lake, WI



Keigan Robet Tober
February 14, 2004
Osceola, WI



Carter Lee Johnson
February 16, 2004
Frederic, WI



Madelyn Gwen Carroll
February 17, 2004
Taylors Falls, MN



Cameron Dale Johnson
February 19, 2004
Luck, WI



Taylor Jolene Erickson
February 20, 2004
Centuria, WI



Caroline Elizabeth Ozmun
February 21, 2004
Luck, WI



Oskar Jeffrey Fuge
February 26, 2004
Lindstrom, MN



Maya Louise Kazmierski
February 26, 2004
St. Croix Falls, WI



Austin John Hughes
February 29, 2004
St. Croix Falls, WI



Breanna Morgan Burstad
March 3, 2004
Amery, WI



Alexa Lynn Lindahl
March 4, 2004
Lindstrom, MN



Ella Kathryn Gould
March 6, 2004
Lindstrom, MN



Joseph Michael Jensen
March 8, 2004
Amery, WI



Dawson Wayne Parks
March 12, 2004
St. Croix Falls, WI

...and more Babies!



Rachael Marie Bugella
March 15, 2004
Frederic, WI



Lilith Grace Anderson
March 15, 2004
Milttown, WI



Conner Bruce Ruzynski
March 17, 2004
Almelund, MN



Kale Robert Houston
Kielpikowski
March 15, 2004
Park Falls, MN



Kasey Allen Kerr
March 16, 2004
Luck, WI



Jamie Rose Steglich
March 17, 2004
Turtle Lake, WI



Taylor Jean Talmadge
March 20, 2004
St. Croix Falls, WI



Addie Christine Koenig
March 22, 2004
St. Croix Falls, WI



Caitlyn Emma Lee
March 23, 2004
Grantsburg, WI



Macy Ella Johnson
March 25, 2004
Centuria, WI



Michael John Lepak
March 28, 2004
Balsam Lake, WI



Jasmine Marie McLafferty
March 31, 2004
Chisago City, MN



Oliver John Schmidt
April 2, 2004
St. Croix Falls, WI



Kiley Rae Alling
April 3, 2004
Amery, WI



Gavyn Christian Ellefson
April 4, 2004
Cushing, WI



Gunner Scott Hasselquist
April 8, 2004
Centuria, WI



Colton Joe Horky
April 8, 2004
Luck, WI



Kaylee Dakota Shingleton
April 8, 2004
Balsam Lake, WI



Sierra Grace Braund
April 10, 2004
Cushing, WI



Quintin James Carlson
April 10, 2004
Chisago City, MN



Josephine Lyla Johnson
April 15, 2004
Webster, WI



Camden Ronald Thomas
Hanson
April 16, 2004
Balsam Lake, WI



Micah Allen Jensen
April 16, 2004
Grantsburg, WI



Lynette Marie Colbert
April 20, 2004
Cumberland, WI



Mycah Andrew Hernandez
April 20, 2004
St. Paul, MN



Zechariah Jo Fultz
April 21, 2004
Dresser, WI



Gavin Mitchell Lusk
April 22, 2004
St. Croix Falls, WI



Tiffany Lee Gronski
April 22, 2004
Grantsburg, WI



Lilly Kathryn Chenal
April 24, 2004
Siren, WI



Sophia Maria Kaeder
April 25, 2004
Centuria, WI



Karter Guy Klein
April 25, 2004
Grantsburg, WI



Lucas Jon Nelson
April 26, 2004
North Branch, MN

ECRWSS
Postal Patron

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Lenny Libis
President & CEO
Suzanne Constantini
VP, Patient Care Services
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Phys. Coordinator, Patient Care Serv.
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Phys. Coordinator, Clinic and Ancillary Services
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Jim Kravig, MD
Quality Management
Sandy Williams
Director of Development and Marketing
Writer/editor: Joseph Moriarty
Art director/designer: Theresa C. Gedig
Mail comments and questions to:
Healthbeat Editor, St. Croix Regional Medical Center
204 South Adams Street, St. Croix Falls, WI 54024

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