HEALTHVIEWS
a publication of Lakeview Hospital and Stillwater Medical Group

For the Health of it

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At Lakeview Health we continue to focus on The Triple Aim…
- Improving the health of the population
- Enhancing the patient experience of care (including quality, access and reliability)
- Reducing (or at least controlling) the per capita cost of care.

Improving Health
Just a few days ago, The Lakeview Foundation officially launched PowerUP, a movement to inspire and engage the entire community to promote better eating and active lives. It focuses on helping the youth in our community reach their full potential in body and mind. PowerUP is a positive, fun and rewarding way for families, individuals, schools, businesses, healthcare and the community to come together to create a healthy environment at home and throughout the community. Every one of us can do something to help our kids and families eat better and be active. Find out how you can become involved at www.powerup4kids.org.

Enhancing the Patient Experience
Stillwater Medical Group will open a new clinic in Mahtomedi this fall, bringing primary care, urgent care and other clinic services within easy reach for residents of Mahtomedi and White Bear Lake. Visit www.lakeviewhealth.org or our Lakeview Health Facebook page for updates.

Cost of Care
Lakeview Health continues to make progress toward The Triple Aim. As we expand our services and facilities, we are working with other members of the HealthPartners family of care and planning for cost-effective healthcare in the St. Croix Valley. A prime example is Lakeview coordinating recruitment of medical specialists with hospitals in Hudson and New Richmond. These specialists will see patients in multiple communities within the Valley. Together, we can offer more while spending less.

Enjoy the autumn and PowerUP!
Humanitarian Work in Nicaragua
By Dr. Herb Holman, Family Medicine, Stillwater Medical Group

My wife Terri and I have traveled with eight other adults from the U.S. to Nicaragua since 2001, in support of a very special place called the “Cultural Center of Batahola Norte” (CCBN) in Managua.

Each year as we prepare for our trip, we are reminded that our reason for going is not to “DO” something but rather to “BE”. We come from a culture where helping usually means building, painting or planting; this trip is about solidarity with the people we now call friends.

We needed to bring over-the-counter medicines, toothbrushes, toothpaste and dental floss for the students and staff of the CCBN this year. Although they have access to these products, they can’t afford them. We were overwhelmed at the generous response of products and financial gifts to the “Friends of Batahola” from the staff at Stillwater Medical Group.

As a physician, I perform well-child checks on the scholarship students (ages 5-18) supported by the CCBN. I am also a trained medical acupuncturist, so I spend time doing acupuncture on the overworked, underpaid staff. One of the long term staff members was hospitalized this year with complications of an auto-immune disease and went home from the hospital to die with her three young boys at her side. We went to the house and found her surrounded by friends and family in her modest three-room cinder block home with a tin roof. An oncology nurse and I observed that her posture was aggravating her breathing problem. That was quickly remedied by neighbors sharing their pillows for her comfort. Her son and I searched for a pharmacy to obtain some pain medication. She rested comfortably until she died. Events such as this serve to strengthen the bonds between us and the families in Batahola.

We enjoy sharing our gifts with the people of Batahola, Nicaragua each year; we look forward to returning next February. For more information, please visit www.friendsofbatahola.org.

Lakeview Hospital Named One of the Nation’s 100 Top Hospitals® by Thomson Reuters...Again!

For the fifth time, Lakeview Hospital was named one of the nation’s 100 Top Hospitals® by Thomson Reuters. The award recognizes hospitals that have achieved excellence in clinical outcomes, patient safety, patient satisfaction, financial performance and operational efficiency.

“We are extremely honored to once again be ranked among the best hospitals in the nation and to be one of only two hospitals in Minnesota to be named a 100 Top Hospital for 2012,” said Curt Geissler, President, Lakeview Hospital.

The 2012 honor makes Lakeview Hospital one of only 110 hospitals in the U.S. to ever win a 100 Top Hospital award five times or more. Lakeview is the only community hospital in Minnesota in the 100 bed category to win this award five times or more.

Lakeview Hospital Earns Patient Safety Excellence Award

Lakeview Hospital has earned all five Minnesota Hospital Association (MHA) Patient Safety Excellence Award for its work on preventing adverse surgical events. The five MHA safety campaigns are: Safe from Falls, Safe Skin, Safe Site, Safe Count, and Safe Account. Lakeview is one of only 46 hospitals in the state to have completed all five campaigns.

Dr. Chuck Bransford Honored

Lakeview Hospital’s medical director, Dr. Chuck Bransford (Internal Medicine), was listed as one of the “100 Influential Health Care Leaders” in the August 2012 edition of Minnesota Physician and the September 2012 edition of Minnesota Health Care News. This quadrennial list features leaders who contribute to the high quality of health care in Minnesota. The list includes state and national legislators, internationally known researchers, and practitioners.
Get ready to power up!

Every day kids and families in our community might “power up” the computer, the lawnmower or an electronic game. What if we could also “power up” their bodies and minds the whole day? The good news is we can! PowerUp* is a new initiative by Lakeview Health to make it easy for kids to eat well and be active.

The habits kids develop today can last a lifetime; helping them be healthy is worth the investment. PowerUp is about making it easier for kids and families to find fruits, veggies and daily activity!

It will take a whole community working together to make a change in our kids’ future potential. PowerUp is partnering with families, schools, child care, clinics, parks, restaurants, grocers and the entire community to help this generation of kids be the healthiest ever!

For more information on PowerUp, new ideas to help your family get started, or to partner with us in this important initiative, visit www.powerup4kids.org or contact powerup@lakeview.org, 651-430-5200.

* The Lakeview Foundation is a dynamic resource working to enhance the health and wellness of the people served through the Lakeview Health System including Lakeview Hospital and Stillwater Medical Group—all a part of the HealthPartners family of care.

Count Down for Powered Up Kids and Families:

**FIVE** Fruits, Roots, and Vegetables!
Find fabulous fruits like melon, citrus, grapes, berries, and apples. Try yummy roots like potatoes, sweet potatoes, carrots and turnips and super vegetables like beans, peas and greens.

**FOUR** Colors or more.
Make a rainbow on your plate with RED apples, grapes, beets, cherries, peppers, papaya, BLUE/PURPLE blueberries, plums, eggplant, figs, pomegranate, YELLOW/ORANGE corn, squash, carrots, mango, melon, oranges, GREEN broccoli, spinach, kiwi, avocado, leeks, zucchini!

**THREE** MEALS every day.
Don’t skip! Breakfast and other meals give an energy boost and help you eat better and are great for connecting with your family.

**TWO** HOURS of SCREEN TIME…or less each day.
Power down the computer, television, cell phone, electronic games, notebooks and tune in to talking, playing, and moving more. Keep an eye on the clock (or use a timer) and enjoy family time without the screens!

**ONE** hour of PLAY!
Dance, run, skip, kick, tag…just get moving and have some fun! Take a family walk, play a yard game, collect rocks or leaves or play tag… just get moving to power up your mind and your body!

**ZERO.** Sugary Drinks!
Skip the sports drinks, pop, sweet tea, or fruit “drinks”. Refresh with water, low fat milk or a little 100% fruit juice.

Blast Off! Let’s PowerUp!
Kid's Activity Page

Your Plate

COLOR KEY
1 = green
2 = red
3 = yellow
4 = blue
5 = orange
6 = purple
7 = brown
8 = tan

Apple Chips

INGREDIENTS
2 large apples (Gala or Idared work well)
1 tablespoon sugar
1 teaspoon cinnamon

DIRECTIONS
Preheat oven to 225°F.
Wash apples and dry. Slice crosswise so they are about 1/8-inch thick. Line up slices in a single layer on two parchment-lined rimmed baking sheets.
Mix sugar and cinnamon in a small bowl, sprinkle evenly over apple slices. Bake on the top rack of oven until apples are dry and crisp, about 2 hours. Flip after 1 hour so both sides are even. Remove from oven and let ‘chips’ cool completely before munching!

KIDS IN THE KITCHEN
Apple chips make a healthy, flavorful snack for the lunch box or after school! Kids can:
- Wash and dry the apples and arrange them on baking sheets.
- Combine the sugar and cinnamon, then sprinkle the mixture over the apple slices.

Nutrition
Per serving size of 1/4 cup: 27 calories; 7 g carbohydrate; 2 g fiber

PowerUp your meal!
Take an adventure and pick your own locally-grown apples at an apple orchard!

Serves: 8
Serving Size: 1/4 cup

For delicious recipes, activities and more visit powerup4kids.org
To the Rescue!

On Friday, June 29, Steve Bolton was on the golf course and started to feel ill. At first he thought perhaps he had been in the sun too long, but he continued to feel worse. Eventually he decided that something was really wrong. He made it back to the clubhouse and asked them to call an ambulance. Lakeview EMS paramedics arrived on the scene four minutes later and checked him out. He was having a heart attack.

Within two minutes of leaving the golf course, Steve’s heart stopped the first of four times. The Paramedics revived him each time and continued on to the hospital. Within less than 60 minutes from the time of the 911 call, Steve was at Regions Hospital having the blockage removed and a stent placed in his heart. The national standard for treatment is 90 minutes. “All of the doctors and nurses in the hospital told me how lucky I was to survive this type of blockage,” Steve said. “I told them how lucky I was to receive such excellent care, including the care from the paramedic team that got me here.”

“Nic Barratt and Brian Galowitz [Lakeview paramedics] were very professional and well trained,” said Steve. “They treated me with respect and dignity, telling me what was happening every step of the way. Beyond this, what I remember is feeling great comfort that they were so efficient and competent.”

Four days after his heart attack, Steve and his wife visited Lakeview Hospital’s EMS quarters to personally thank the two paramedics who helped save his life. “This isn’t just about saving my own life; it’s about the service you provide every day, as well as all of the many lives you save,” said a grateful Steve. “I have so much respect and appreciation for what you do—you don’t just drive the ambulance, you are trained medical professionals and a critical part of the health care in our community.”

“Thanks to you, I’m not at home planning a funeral today,” said Mary, Steve’s wife.

“I intend to take full advantage of my new lease on life,” said Steve. “I am so filled with joy!”

St. Paul was one of 13 communities nationwide that participated in an innovative national study supported by the NIH National Heart, Lung and Blood Institute involving a glucose-insulin-potassium (GIK) solution for patients experiencing symptoms such as chest pains. Researchers found that the IV medication of patients with GIK within the first hour did not prevent the heart attack from happening. However, other promising results showed that the size of the heart attack was smaller and there were fewer cardiac arrests or deaths when the patients received the GIK solution versus the placebo. Under the local medical direction of Dr. Ralph Frascone of Regions Hospital EMS, paramedics from Cottage Grove Public Safety, Oakdale Fire Dept., Lakeview Hospital EMS, Mahtomedi Fire, Maplewood Fire and White Bear Lake Fire participated in the study. In addition to the local EMS providers, 29 other EMS agencies around the country participated and enrolled a total of 911 patients. The findings of the study were presented at the American College of Cardiology’s annual meeting in Chicago in March and were simultaneously published online in JAMA. This national study was led by Tufts Medical Center in Boston under the direction of Dr. Harry Selker.
Dana Nelson’s aortic valve had been a problem for about three years. Her valve was severely narrowed and compromising her heart function. When she heard about the work that HealthPartners cardiologist Dr. Thom Dahle was doing with an aortic valve study, she said, “I knew he was my man!”

Dana first visited Lakeview Heart Center; thanks in part to the partnership between Lakeview Health and Regions Hospital, she was referred to Dr. Dahle at Regions Hospital. Transcatheter aortic valve replacement (TAVR) was approved last December by the FDA. TAVR is a less invasive procedure in which an artificial valve is implanted through an artery in the groin using a procedure similar to coronary stenting. Dana, a very independent 92-year old, became the second person at Regions Hospital to have the TAVR procedure.

Degenerative calcified aortic stenosis (narrowed heart valve) affects between two and four percent of adults over the age of 65. Approximately 30 percent of patients with severe aortic stenosis are not candidates for traditional open heart surgery because they are too frail to survive the procedure.

“Before the procedure, Dr. Dahle told me I probably only had less than a year to live,” said Dana. “Now I have more energy and I can walk around more.” Patients who have the TAVR procedure usually spend 3-5 days in the hospital. There is no cutting into the chest or heart, and the sternum is not broken.

“Because of our partnership with Regions, we have the ability to offer our cardiology patients emerging technology that is not available anywhere else in the east metro,” stated Paul Hansen, Director of Specialty Services, Lakeview Health.

The Lakeview Heart Center offers comprehensive cardiac care to the residents of eastern Minnesota and western Wisconsin. A cardiologist is available at Lakeview Hospital Monday through Friday, providing outpatient consultative and follow-up care. Enhanced diagnostic imaging and specialty clinic offerings are also provided, including heart failure management, peripheral vascular disease management and device (pacemakers and ICDs) follow-up. For more advanced cardiac care, patients are most often referred to Regions Hospital in St. Paul.

“There are two types of people who refuse TAVR: those who have no insurance, and those who have insurance but can’t afford it,” said Dr. Dahle. “I think as time goes on, this will be used to replace traditional heart surgery.”

Left to right: Timinder Biring, MD; Johannes Brechtken, MD; Thom Dahle, MD; Dana Nelson, Carole Anderson (Valve Clinic Lead Nurse), Michelle Schumacher, PA-C (Valve Clinic Coordinator)
New Specialties at Lakeview Health…

RHEUMATOLOGY
Rheumatologists treat arthritis and diseases involving joints, muscles and bones. This includes arthritis, osteoporosis, gout, lupus, fibromyalgia and more. Beyond their four years of medical school, rheumatologists receive three years of training in internal medicine or pediatrics, plus two or three years in specialized rheumatology training.

ENDOCRINOLOGY
Endocrinologists specialize in disorders of the endocrine system. This includes diabetes, hyperthyroidism, metabolic syndrome and others. Endocrinologists have completed four years of medical school, three years of internal residency, and a two-year fellowship in endocrinology.

OB/GYN | Stillwater Medical Group OB/GYN Clinic
Abigail Heller, MD
- MD—University of Wisconsin
- Residency in Obstetrics and Gynecology—University of Minnesota

Urology | Stillwater Medical Group Specialty Clinic
David Henly, MD
- MD—Mayo Medical School
- Residency in Urology—Mayo Graduate School of Medicine
- Internship in General Surgery—Mayo Graduate School of Medicine
- Certified by the American Board of Urology

Family Medicine | Stillwater Medical Group Main Campus
Stephanie Hemmer, DO
- DO—Kirksville College of Osteopathic Medicine
- Residency in Family Medicine—University of Minnesota, St. Cloud Hospital

Family Medicine | Stillwater Medical Group Main Campus
William Manzel, DO
- DO—Kansas City University of Medicine and Biosciences
- Residency in Family Medicine—Mayo Clinic
- Board certified by the American Board of Family Practice (pending)

Rheumatology | Stillwater Medical Group Specialty Clinic
Marty Mertens, MD
- MD—University of Wisconsin
- Residency in Internal Medicine—University of Minnesota
- Fellowship in Rheumatology—University of Minnesota
- Board certified by the American Board of Internal Medicine

Endocrinology | Stillwater Medical Group Specialty Clinic
Shaban Narzarian, MD
- MD—University of Missouri
- Residency in Internal Medicine and Pediatrics—University of Minnesota
- Fellowship in Endocrinology, Metabolism and Diabetes
- Board certified in Internal Medicine, Pediatrics, ISCD

Surgery | Stillwater Medical Group Specialty Clinic
Eric Saterback, MD
- MD—University of Minnesota Medical School
- Residency in Surgery—Hennepin County Medical Center
- Board Eligible, American Board of Surgery

Internal Medicine | Stillwater Medical Group Main Campus
Thomas Zurbriggen, MD
- MD—University of Iowa College of Medicine
- Residency in Internal Medicine—Gundersen Lutheran Medical Center
- Board certified by the American Board of Internal Medicine

Emergency Department | Lakeview Hospital
Casey Woster, MD
- MD—Creighton University School of Medicine
- HealthPartners Institute for Medical Education (Regions)
- Board certified by the American Board of Emergency Medicine

To find a doctor: www.lakeviewhealth.org/physicians
Anticoagulation medications, such as Coumadin, Warfarin, Jantoven, and Lovenox, are prescribed for conditions such as clotting in veins (venous thrombosis), heart attack or stroke, some heartbeat irregularities, and those with artificial heart valves. Too much of this medication may lead to serious bleeding, and too little will not prevent clotting. As a result, patients on anticoagulation medication need to have their blood monitored very closely. There are many variables that can change the anticoagulation level in the blood, including foods that are high in vitamin K, antibiotics, steroids, antacids, aspirin and alcohol.

The Somerset Anticoagulation Clinic has a team of specially trained registered nurses who are certified in the care of patients on long- and short-term anticoagulation therapy, as well as home INR monitoring. They work closely with the patients’ providers to provide the best possible care. Having care managed by the Anticoagulation Clinic team improves efficiency, safety, and cost-effectiveness through patient education, assessment and monitoring of anticoagulation, dosage adjustment and follow-up care.

An estimated 25.8 million Americans have diabetes (7 million of these people are undiagnosed)*. Diabetes is the number one cause of blindness, kidney disease and amputations. Stillwater Medical Group has worked hard to optimally control diabetes in its patients. Diabetes patients are invited to have a focused diabetes visit every three to six months. These visits include lab work, a meeting with their provider and a visit with a panel manager. Lakeview Health’s Diabetes and Nutrition Education Department gives patients the skills they need to help manage their diabetes, so that diabetes does not control them. With advances in medications and knowledge, patients can learn how to live a normal life. Our team gets to know each diabetes patient and helps them adapt their plan to their life.

*Source: American Diabetes Association.
Warm summer days are often spent outdoors, but increased sun exposure can cause premature skin aging and skin cancer. Melanoma is the most serious type of skin cancer. It is more common in individuals with lighter complexions but can affect anyone. It is the seventh most common cancer in the US and the number of new cases each year is increasing at a very high rate. Just two severe sunburns can increase your lifetime risk for developing melanoma. Tanning beds have also been shown to increase your risk. Prevention and early detection are important because once it spreads to other parts of the body, the prognosis is poor. Proper use of sunscreen is an important factor in preventing sun damage to skin and skin cancer.

**Sun Protection Tips:**
- Use a sunscreen with an SPF rating of 15 or higher.
- Apply sunscreen liberally using one ounce to completely cover all exposed areas.
- Sunscreen should be applied in the morning and reapplied after swimming or perspiring heavily. Waterproof sunscreen loses effectiveness after 80 minutes in the water, reapply for maximum protection.
- Sunscreens should be used daily.
- Protect children by limiting their sun exposure. Apply sunscreen to children six months and older.
- Even on cloudy days or in the winter, the damaging effects of the sun are still present.
- Sunscreen is only a part of a good program which includes a wide-brimmed hat, sunglasses, a long-sleeved shirt and pants.

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**Warning signs that a mole might not be just a mole:**
- A sudden or continuous change in the appearance of a mole is a sign that you should see your doctor.
- Other warning signs include pain, itching, bleeding, oozing or a “scab” that doesn’t heal.
- If you have any of these warning signs or are concerned about a mole, your doctor can perform a complete skin exam and may recommend a simple skin biopsy.
- The “ABCD rule” can help you remember the symptoms of melanoma:
  - **A for Asymmetry**
    - One half is different than the other half.
  - **B for Border Irregularity**
    - The edges are notched, uneven or blurred.
  - **C for Color**
    - The color is uneven. Shades of brown, tan, and black are present.
  - **D for Diameter**
    - Diameter is greater than 6 millimeters (the size of a pencil eraser)

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**Skin Cancer**
**DATES:** October 8, 6:30 pm–7:30 pm
**LOCATION:** Lakeview Hospital
**COST:** Free—registration required
**CONTACT:** www.lakeviewhealth.org or call 651-430-4697

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**“I Have Joy Everywhere I Go!”**

With her eyes shining brightly, Eunice Simonson says, “I have joy everywhere I go!” That is apparent the moment you meet her. Eunice has lived a life that has taken her near and far.

Eunice and her husband moved from the Midwest to Arusha, Tanzania in 1956 to serve as Lutheran missionaries. For years, Eunice ran a backdoor medical clinic in their home, tending to the Maasai. Reflecting on her travels, she makes note of how everyone seems to be connected.

She met many wonderful doctors who were on mission trips in Tanzania, including St. Croix Orthopaedics surgeon Dr. David Palmer. “God brings the right person at the right time,” she said, “And that is how I felt about Dr. Palmer. He was a gift to me.” During his last visit to Tanzania in January 2012, he noticed that Eunice was having trouble with her hip. He invited her to Stillwater so that he could repair it for her. When she arrived at Lakeview Hospital in March, Dr. Palmer repaired a hip replacement she had done elsewhere a year and a half before.

“I loved the care I got at Lakeview,” said Eunice. “As a nurse, I pay attention to those things. They are some of the best!”

Other than having a persistent case of bursitis, Eunice is doing very well and has returned to Tanzania, where her three sons reside.

Lakeview Hospice: A Volunteer’s Perspective
By Gloria VanDemmeltraadt, Lakeview Hospice Volunteer

Someone recently asked me what it was like to be a Hospice volunteer. The question was asked with a frown, and it really went like this: “How can you stand to work with dying people?!”

In 2002, my then-husband, Gene Cannon, was told that there was no more treatment available for his advanced metastasized prostate cancer. We opted for Lakeview Hospice care, knowing little about it except that it was end-of-life comfort care. We had heard good things but had no real clue what was in store.

The next six months can only be described as an ongoing miracle. Along with compassionate and kind-hearted care, Hospice staff and volunteers brought good cheer and listening skills that encouraged relief of stress and worry. They brought true comfort not just to the patient but to the whole family. I know that Gene’s life was extended by several months because of the joy—yes, joy that flew into our home on the wings of what he called, “the Hospice angels.”

After Gene’s death, I knew that it was my turn to help provide this empathetic care to others. Looking for something that would fit my interests, I attended a training session on writing life stories for Hospice patients. This service is almost unique to Lakeview Hospice. I have worked with more than two dozen Hospice patients since 2009, transcribing and building their interviews into life stories that result in priceless memories for their families. Leading these people back in their memories to relive happy times brings amazing delight to them, their families and to us.

In 2004 I married a man whose wife had also been in Lakeview Hospice care at the same time as my husband. Onno, too, had a wonderful experience with Hospice staff and volunteers bringing loving care as well as laughter to his home. Today, we are both Lakeview Hospice Volunteers and part of a cohesive group of upbeat people who support each other while giving full attention to the patients we serve. Volunteers do a variety of activities and are encouraged to work to their strengths. A few of these might be to play music, to read to patients or to just sit quietly while caregivers get a break.

In reply to the question about working with dying people, my answer is that it is priceless to have the opportunity to work with people who have such rich history to share. We look on it as a gift from them to us, and it is equally priceless to present the resulting story to grateful families.

To learn more about Lakeview Hospice and Palliative Care, please call (651) 430-3320 or visit www.lakeviewhealth.org/hospice.

Remember a loved one, or honor someone living, by dedicating a star on the Lakeview Hospice Tree of Remembrance. For a donation of $10 or more, a star is dedicated to a loved one. For $75 or more, a string of lights is dedicated. All proceeds to benefit Lakeview Hospice patients and their families.

You are invited to the Tree of Remembrance ceremony on Thursday, December 6 at 6:30 p.m. at The Gables Auditorium, located in Boutwell’s Landing, 13575 58th St., in Oak Park Heights. For more information, please call Lakeview Hospice at (651) 275-8255.

Tree of Remembrance
Clip and return donation by November 19 to Lakeview Hospice, 1715 Tower Drive West, Suite 330, Stillwater, MN 55082

Yes! My donation of $_________ is to dedicate:
☐ A White Light in memory of (deceased): ___________________________
☐ A Colored Light in living tribute to: ________________________________
☐ A String of Lights ($75) in memory of: _____________________________

This donation given by
Name ____________________________________________________________
Address _________________________________________________________
Phone __________________________________________________________

All proceeds go to Lakeview Hospice to benefit Hospice patients and their families. Your support is greatly appreciated.
We give because...
By Jim and Susan Honsvall

We know how important it is for a community to have a great local hospital and clinic system. Most of our family members have utilized the resources of the Lakeview Health System and have felt the dedication and compassion of the entire staff. We are grateful to be able to provide some support to an award-winning institution which serves the health needs in this community. We believe that essentially everyone in our community benefits from Lakeview and it will become an even stronger institution if each person would give as they are able according to their time and resources. We hope that Lakeview will continue to be a remarkable health system long into the future. To do so will require strong leadership, great staff and, just as importantly, support from the community.

Visit our New Healing Garden

The Healing Garden outside of Oncology and Infusion Services on the Lakeview Hospital campus was dedicated in June. The garden was built through contributions from grateful patients, Lakeview Health employees, board members, physicians and a HealthPartners matching grant.

The healing qualities of nature on mind, body and spirit are evidenced by a number of studies. Simply viewing natural scenes can significantly reduces stress for patients, providing a calming, restorative effect on their well-being. Similar findings have been found on the impact nature can have on reducing employee stress levels.

Future enhancements to the Healing Garden will include additional seating space, a memorial paver path, a pergola and etched stonework.

We invite you to take a moment to visit the garden. If you would like to volunteer your time and skills in helping to maintain the garden, please contact Volunteer Services at (651) 430-8522.

Little Free Libraries are here!

Little Free Libraries, co-founded by Todd and Sue Bol of Hudson, are popping up all over. The 2,000th registered and documented library worldwide is located on the Lakeview Hospital campus in the Healing Garden. It was given in honor of Todd’s mother who died of breast cancer. Books in this library should promote gardening, healing, cancer recovery or inspiration. Another library is located near the Pharmacy entrance on the Stillwater Medical Group Main Campus. Working on an honor system, the rules are simple—take a book, leave a book. Gently used books in the Little Free Libraries can be either paperback or hardcover.

For information on the Lakeview Foundation, visit www.lakeviewhealth.org
Join us for our Community Appreciation Day!

Saturday, September 15, 10:00 am–2:00 pm
at the Stillwater Medical Group campus
1500 Curve Crest Blvd.

Fun activities for the whole family!

- Pantene Beautiful Lengths haircuts for donation—call (651) 430-8599 to register.
- Bounce house, face painting, temporary tattoos
- Petting zoo
- Photo booth
- Ambulance & fire truck appearances
- FREE pumpkins, fruit & vegetable giveaway (while supplies last)
- Flu shots (fee applies)
- Blood pressure & hearing screenings, plus other health information

Open to the public—come enjoy the fun!

For more information, visit www.lakeviewhealth.org.
Teacher, parent consultant, and author, Jenny Hanlon, M.Ed. provides support and guidance to professionals who work with children and parents of children from birth to the early teen years. Through over 15 years of experience working with children, parents, teachers, and raising her own children, Jenny provides tools and resources to empower children so they can grow to be genuinely happy and confident. Jenny lives in the St. Croix Valley with her husband and two school-aged children.

**Your Family Compass**

- **DATE:** October 11, 7:00 pm – 9:00 pm
- **LOCATION:** Lakeview Hospital
- **COST:** $10/class/cope or $25 for the series, Registration required, 651-430-4510

Parenting is hard work, and in today’s busy society it is easy for families to get off track, unsure of the direction they are headed. Jenny gives parents real tools for dealing with the challenges that come with raising children, birth through the early teen years. This class offers a guide to chart the course you want for your family.

**Praise vs. Encouragement**

- **DATE:** October 25, 7:00 pm – 9:00 pm
- **COST:** $10/class/cope or $25 for the series, Registration required, 651-430-4510

You’ve heard that you should praise children for positive behavior, but what is this really teaching children? Learn what research says regarding the consequences of using praise with children and what this means for our interactions with them. Includes large and small group discussions.

**More, More, More**

- **DATE:** November 8, 7:00 pm – 9:00 pm
- **COST:** $10/class/cope or $25 for the series, Registration required, 651-430-4510

How do we know when we have enough? How do we know when we have too much? Learn about the negative impacts overindulgence can have on our children and what we can do as parents and teachers to teach children what constitutes enough. Includes large and small group discussions.

**September–December 2012**

- **How to Prevent Injuries During Exercise**
  - **DATE:** Wed., Oct. 24, 6:30 pm–7:00 pm
  - **LOCATION:** Lakeview Hospital
  - **COST:** Free; registration required
  - **CONTACT:** 651-269-0480 to verify location/time

- **Hearing Impaired or Listening Impaired: Hear What You’re Missing**
  - **DATE:** Mon., Oct. 29, 10:00 am–2:30 pm
  - **LOCATION:** Lakeview Hospital
  - **COST:** Free; registration required

- **Better Breathers Club Support Group**
  - **DATE:** Third Wednesday of each month, 10:00 pm–3:00 pm
  - **LOCATION:** Lakeview Hospital
  - **COST:** Free; no registration required

- **Fibromyalgia Support Group**
  - **DATE:** Fourth Monday of each month, 7:00 pm–8:00 pm
  - **LOCATION:** Courage St. Croix 1460 Curve Crest Blvd, Stillwater
  - **COST:** Free; no registration required

- **Weathering Life’s Losses Grief Support Group**
  - **DATE:** Every Thursday, 6:00 pm–7:15 pm
  - **LOCATION:** Lakeview Hospital
  - **COST:** Free; no registration required

- **RESOLVE Infertility Support Group**
  - **DATE:** Fourth Tuesday of every other month, Jan., March, May, July, Sept., 7:00 pm–8:30 pm
  - **LOCATION:** Lakeview Hospital
  - **COST:** Free; no registration required

- **MEN’S HEALTH**
  - **Straight Talk (Erectile Dysfunction)**
    - **DATE:** Tues., Oct. 16, 6:30 pm–7:30 pm
    - **LOCATION:** Lakeview Hospital
    - **COST:** Free; registration required

- **FAMILY CARE**
  - **New Parent Connection**
    - **DATE:** Thursdays, 10:30 am–11:30 am
    - **LOCATION:** Lakeview Hospital
    - **COST:** Free; no registration required

For a complete list with class descriptions please visit: [www.lakeviewhealth.org](http://www.lakeviewhealth.org)
Spotlight on Parenting Series

**classes &**

September–December 2012

651-430-4510

**CONTACT:**

**COST:**

**New Brother/Sister Class**

DATE: Thurs., Oct. 4, 6:30 pm–7:30 pm

LOCATION: Lakeview Hospital

COST: $20/family; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510

**Parenting Series with Jenny Hanlon, M.Ed.**

**LOCATION:** Lakeview Hospital

**COST:** $10/couple ($25/series); registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510

**Your Family Compass**

DATE: Thurs., Oct. 11, 7:00 pm–9:00 pm

**Praise Versus Encouragement: The Truth About Motivation**

DATE: Thurs., Oct. 25, 7:00 pm–9:00 pm

**More, More, More! Overindulgence and Children**

DATE: Thurs., Nov. 8, 7:00 pm–9:00 pm

**New Grandparents Class**

DATE: Tues., Dec. 4, 7:00 pm–9:00 pm

LOCATION: Lakeview Hospital

COST: $20/couple; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510

**Alzheimer’s Assoc. Support Group for Caregivers—St. Croix Valley**

DATE: Second Tuesday of every month, 6:30 pm–8:00 pm

LOCATION: First Presbyterian Church 6201 Osgood Ave. N., Rm. 201, Stillwater

COST: Free; no registration required

**CONTACT:** call 651-210-7866 for details

**Caregiver Support & Education Group**

DATE: First Wednesday of each month, 1:00 pm–2:30 pm

LOCATION: Stillwater Medical Group Specialty Clinic 1500 Curve Crest Blvd., Stillwater

COST: Free; registration required

**CONTACT:** 651-789-4004

**ORTHOPEDICS**

**Need a New Knee? Is Surgery for You?**

DATE: October 15, 6:30–7:30 pm

LOCATION: Lakeview Hospital

COST: Free; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4697

**Joint Connections®**

COST: Free; registration required after hip/knee surgery is scheduled

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510

**CARDIO CARE**

**Taking the Pressure Off: Reducing Your Blood Pressure**

DATE: Tues., Oct. 16, 5:00 pm–7:30 pm

LOCATION: Stillwater Medical Group Specialty Clinic

COST: Free; no registration required

**CONTACT:** call 651-430-8715 for info.

**Cholesterol Screening**

DATE: Thurs., Nov. 1, 7:00 am–9:00 am

LOCATION: Lakeview Hospital

COST: $15; no registration required

**FASTING is required 9-12 hours prior to the test. A blood glucose screening will also be available.**

**Is it a Heart Attack or Not?**

DATE: Mon., Nov. 5, 5:00 pm–7:00 pm

LOCATION: Lakeview Hospital

COST: Free; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4697

**Heart to Heart: Heart Care Support Group**

DATE: Second Wednesday in March, June, September, December, 2:00 pm–3:00 pm

LOCATION: Boutwells Landing 5600 Norwich Pkwy., Oak Park Heights

COST: Free; no registration required

**CONTACT:** call 651-430-4510 for info.

**DIABETES CARE**

**Stomp Out Diabetes: Reduce Your Risk**

DATE: Tues., Oct. 9, 6:00 pm–7:30 pm

Tues., Nov. 13, 6:00 pm–7:30 pm

Tues., Dec. 11, 6:00 pm–7:30 pm

LOCATION: Stillwater Medical Group Specialty Clinic

COST: $20; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-8715

**Diabetes Support Group**

DATE: First Tuesday of each month, 6:00 pm–7:00 pm

LOCATION: Stillwater Medical Group Specialty Clinic 1500 Curve Crest Blvd., Stillwater

COST: Free; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4697

**FREE weekly e-mail for expecting & new parents?**

Visit www.lakeviewhealth.org and click on the weekly parenting icon to receive messages on your stage of pregnancy, infancy or toddlerhood. During pregnancy, messages include week-by-week information on fetal development, wellness tips and resources. After the baby is born, messages offer child development information, practical tips on baby and toddler care, health and safety and other topics of interest to new parents. You can sign up at any stage.

**CPR CLASSES**

**Registration for American Heart Association CPR classes can be made online at www.lakeviewhealth.org or in person at Lakeview Hospital’s First Floor Information Desk between 7:00 am–8:00 pm, Monday through Friday. If you register online, you will have to pick up your book at Lakeview Hospital’s First Floor Information Desk. For in-person registrations, you will need to pay at the time of registration and pick up your packet of information. This is important because you will need to review the materials before you come to the class. For more information, please call 651-439-5330 and ask for extension 401S or extension 4244. Private groups and industry classes may be scheduled upon request. All CPR classes take place at Lakeview Hospital.**

**Disclaimer:** Use of American Heart Association materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

**CPR for Family & Friends**

DATE: Mon., Nov. 12, 6:00 pm–8:30 pm

**LOCATION:** Lakeview Hospital

**COST:** $30

**Heartsaver Certification**

DATE: Mon., Oct. 29, 6:00 pm–9:00 pm

**LOCATION:** Lakeview Hospital

**COST:** $65

**Healthcare Provider Certification**

DATE: Wed., Oct. 3, 5:00 pm–9:00 pm

**LOCATION:** Lakeview Hospital

**COST:** $82

**Healthcare Provider CPR—Recertification**

DATE: Mon., Oct. 1, 9:00 am–12:00 pm

Wed., Oct. 24, 6:00 pm–9:00 pm

Mon., Nov. 5, 12:00 pm–3:00 pm

Wed., Nov. 28, 6:00 pm–9:00 pm

Mon., Dec. 3, 9:00 am–12:00 pm

Wed., Dec. 12, 6:00 pm–9:00 pm

**LOCATION:** Lakeview Hospital

**COST:** $68 (includes book) or $55 (without book)

**CHILDBIRTH EDUCATION**

**Labor: What to Expect**

DATE: Mon., Oct. 1, 7:00 pm–9:00 pm

Mon., Nov. 5, 7:00 pm–9:00 pm

**LOCATION:** Lakeview Hospital

**COST:** $30/couple; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510

**Childbirth Preparation**

**Weekender Class**

DATE: Fridays, 7:00 pm–9:00 pm

AND Saturdays, 9:00 am–4:00 pm

Oct. 12 & 13

Nov. 9 & 10

**LOCATION:** Lakeview Hospital

**COST:** $80/couple; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510

**Kidbirth Preparation**

DATE: Tues., Oct. 3, 7:00 pm–9:00 pm

Tues., Nov. 7, 7:00 pm–9:00 pm

**LOCATION:** Lakeview Hospital

**COST:** $20/couple; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510

**Breastfeeding Class**

DATE: Wed., Oct. 2, 6:00 pm–9:00 pm

**LOCATION:** Lakeview Hospital

**COST:** $45/couple; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510

**Another Time Around: Childbirth Refresher**

DATE: Mon., Dec. 3, 6:00 pm–9:00 pm

**LOCATION:** Lakeview Hospital

**COST:** Free; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4697

**Childbirth: What to Expect**

DATE: Mon., Oct. 8, 7:00 pm–9:00 pm

Mon., Nov. 12, 7:00 pm–9:00 pm

**LOCATION:** Lakeview Hospital

**COST:** $65/couple; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510

**Caring For Your Newborn**

DATE: Mon., Oct. 22, 7:00 pm–9:00 pm

Mon., Nov. 26, 7:00 pm–9:00 pm

**LOCATION:** Lakeview Hospital

**COST:** $20/couple; registration required

**CONTACT:**

www.lakeviewhealth.org or 651-430-4510
The intent is to keep you informed and current about services and programs we provide. Lakeview Health is an independent, non-profit healthcare organization committed to enhancing community health.

The information in this newsletter is not intended to diagnose illness, prescribe treatment or replace the recommendations of your healthcare provider. If you have concerns or questions about your health, please contact your healthcare provider.

Lakeview Hospital is proud to be endorsed by The Joint Commission.

Facebook: Lakeview Health; Stillwater Medical Group
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hudsonhospital.org

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lakeviewhealth.org

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(715) 243-2600
westfieldshospital.com