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# HealthNews

KANABEC HOSPITAL

FALL 2010 | issue 3 | volume 2



**the YOU  
Movement  
WOMEN'S Health Event** pg. 6



Randy Ulseth (Kanabec Hospital CEO), Dr. Jack Schwinghamer (Kanabec Hospital Physician), Jane Robbines (Pine City Mayor), Dr. Peter Donner (Kanabec Hospital Physician), Dr. Larry Brettingen (Kanabec Hospital Board member), Karen Kirschner (Kanabec Hospital Board Member), Not pictured: Robert Musgrove and Roger Niebor.

**For more information**

**Call 320-225-3328 with questions  
or for more information about the  
clinic transitions.**

# Growth and Expansion in Pine City

**W**ith the comfort of patients and commitment to service in mind, Kanabec Hospital is undergoing a period of growth and expansion.

A state-of-the-art clinic — where the latest advancements in medicine and technology will be implemented — is being built in Pine City, while the imaging department at the hospital in Mora is being completely remodeled.

“Our dedication to the health and wellness of our community means constantly innovating and advancing all aspects of our services,” said

Randy Ulseth, Kanabec Hospital CEO. “We are always looking for opportunities to improve the quality of services we are able to offer to our patients.”

The Imaging Department expansion and remodeling project is expected to be completed by the end of November. The imaging department will include in-house Nuclear Medicine, an in-house MRI and an entirely new mammography suite. The suite has been designed to create a soothing, calming atmosphere to bring comfort to patients.

The new Kanabec Hospital Pine City Outpatient Clinic, located at 1425 Main Street North, is expected to be completed in January 2011. The clinic was designed with the needs of the Pine City community as the focus, and will represent a new phase in healthcare in the Pine City community.

This is an exciting time of growth and opportunity for Kanabec Hospital. There are unique challenges involved with any construction project, and the hospital is working hard to ease the transition’s inconveniences for patients. Please excuse the mess!

# Kanabec Hospital earns five patient safety excellence awards



**K**anabec Hospital has earned a Minnesota Hospital Association Patient Safety Excellence Award for its work in preventing retained objects in the operating room.

Patient safety is a top priority for Kanabec Hospital. That's why the hospital has joined the



SAFE ACCOUNT initiative, where Minnesota teams are working collectively to implement an extensive list of recommended actions concerning both the counting of and accounting for all items used during invasive procedures, especially in the operating room.

“We are 100 percent committed to providing the highest quality of care for our patients,” says Kanabec Hospital CEO, Randy Ulseth. “The dedication and hard work of the staff at Kanabec Hospital helps us reach our commitments to patient safety and quality patient care.”

The MHA Patient Safety Excellence Award is given to facilities that have achieved more than 90 percent of the recommended actions. Kanabec Hospital is one of only 21 hospitals in the state to have received all five of MHA's SAFE awards.

“Hospitals that receive these awards are to be commended — the bar is set very high,” said MHA Patient Safety Vice President Tania Daniels. “Hospitals that qualify have achieved measurable and meaningful progress toward implementing best practices to drive down adverse health events.”

# Becoming an ENERGY STAR partner

## Protecting the environment for future generations

**K**anabec Hospital is announcing a fundamental commitment to protect the environment by becoming an ENERGY STAR Partner. This voluntary partnership with the U.S. Environmental Protection Agency's ENERGY STAR means the hospital will improve the energy efficiency and performance of hospital facilities.

Kanabec's organization-wide energy management approach will help patients enhance their overall health and wellness and aid in preserving the environment for future generations.

“Kanabec Hospital has made a commitment to becoming a green facility,” says Randy Ulseth, hospital CEO. “We take our role as a leader for health and wellness very seriously, and we view this partnership as another opportunity to enhance the quality of life in our community.”

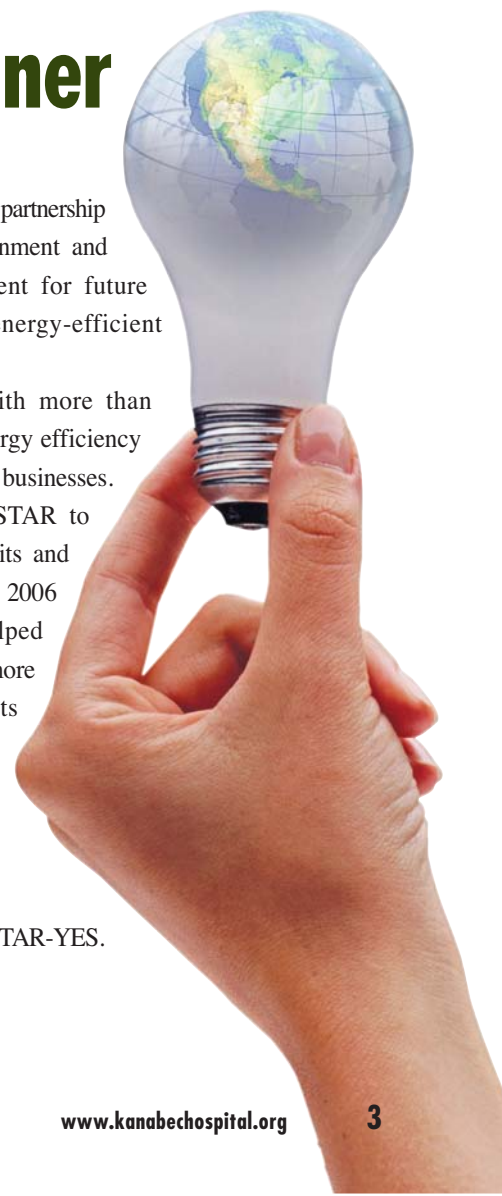
By partnering with ENERGY STAR, Kanabec Hospital will work to:

- Measure and track the energy performance of all facilities at all locations.
- Set a goal to improve the energy efficiency of all buildings by 10 percent or more.
- Encourage staff and the community to learn about the benefits of energy efficiency and implement appropriate energy efficiency measures.
- Encourage other organizations to join ENERGY STAR and take the ENERGY STAR Challenge.

ENERGY STAR is a voluntary partnership that unites businesses, the government and others to protect the environment for future generations by changing to energy-efficient practices today.

ENERGY STAR works with more than 9,000 partners to improve the energy efficiency of products, homes, buildings and businesses. Businesses can use ENERGY STAR to improve efficiency, enhance profits and create a competitive advantage. In 2006 alone, ENERGY STAR helped businesses and consumers save more than \$14 billion in energy costs while reducing global warming emissions equivalent to those from 25 million vehicles.

For more information on ENERGY STAR, visit [www.energystar.gov](http://www.energystar.gov) or call 1-888-STAR-YES.



# Welcome Doctors Liew & Allen

**K**anabec Hospital welcomes a new family practice physician and general surgeon. Kanabec Hospital is privileged and excited to announce the arrival of Dr. Matt Allen and Dr. Victor Liew to the Kanabec Hospital team.

## Meet Dr. Victor Liew



Victor Liew, General Surgeon

Dr. Liew joined the Kanabec Hospital staff as a full-time general surgeon. Dr. Liew is a native of Ontario, Canada. He received his education at the University of Hong Kong and graduated in 1997. He completed his residency in general surgery at East Tennessee State University in 2008. He became board certified in general surgery in 2009 by the American Board of Medical Specialties.

Dr. Liew has a special interest in surgical diseases of the gastrointestinal tract, abdominal wall and biliary tract. He is the primary general surgeon for Kanabec Hospital and is looking forward to developing his practice in this community.

## Meet Dr. Matt Allen

Dr. Matt Allen will be joining the clinic team as a family practice physician. He earned his bachelor's of science degree in biology from Iowa State University in 2002 and graduated from medical school at the University of Iowa, Carver College of Medicine in 2007. He moved to St. Paul in 2007 where he completed his residency at the United Family Residency Program.

Dr. Allen enjoys fishing, camping, hunting, working out, skiing, traveling and spending time with his family.

Join Kanabec Hospital in welcoming Dr. Allen and Dr. Liew to the hospital and the community.



Matt Allen, Family Practice



## Breast Health

**Chances are you know someone who has, or had some form of breast cancer.**

The odds of a woman having invasive breast cancer some time during her life is a little less than 1 in 8. It is the second leading cause of cancer death in women.

Studies have shown when it's detected early, however, the chance for successful treatment is nearly 100 percent.

Kanabec Hospital encourages women to get annual mammograms and promotes the importance of early diagnoses. The use of digital mammography – using state-of-the-art technology capable of producing high quality, digital images – makes mammograms at Kanabec Hospital more accurate and easier to read.

A new imaging department including a high-tech mammography suite is currently under construction at Kanabec Hospital. The project is expected to be completed in November, making mammograms even more precise and more comfortable for patients, with faster results.

Although there is no guaranteed way to prevent breast cancer, studies show getting annual mammograms, limiting alcohol use, exercising regularly and staying at a healthy weight can reduce the risk of getting breast cancer and increase a woman's odds if they do get the disease.

For more information about breast cancer and breast health, visit the 2nd annual Kanabec Hospital Women's Health event on Thursday, October 28th. Speaker Karen Rasmusson will be speaking on this important topic. Schedule a mammogram by calling Kanabec Hospital's imaging department at 320-225-3447.

# Your family starts here

## OB services at Kanabec Hospital



**K**anabec Hospital is committed to meeting the needs of patients — from conception to the end of life. Since the hospital opened in 1945, it has welcomed hundreds of new babies into the world each year.

From helping patients choose a physician to providing prenatal care, to being a part of their care plan and pregnancy from conception through delivery, Kanabec Hospital is prepared to be part of this important event.

Kanabec's frequently offered childbirth education classes will be helpful in understanding the physical and emotional changes associated with pregnancy and birth. Special Prenatal Education Classes and Baby Break sessions will provide every member of the family with the information they'll need to prepare for the new arrival.

Kanabec Hospital assists women in maintaining a healthy pregnancy and having a satisfying and safe birthing experience. They strive to ensure patients and their families are comfortable during their stay.

Mothers labor, deliver and recover in private birthing rooms that are specially designed to accommodate in-room sleeping for a designated loved one. A special meal to celebrate a baby's birth is also provided for new parents.

The birth of a baby is one of the most special and exciting times in a person's life. Kanabec Hospital is honored to be a part of that experience for the last 65 years.

## Classes for expecting and new parents



Kanabec Hospital offers free classes to expecting parents and parents of newborns. The classes are designed for parents to share the joys of pregnancy and parenthood with others who truly understand what they are going through. Medical professionals will teach and answer questions about pregnancy, birthing and newborn care.

### Prenatal Education Classes

Kanabec Hospital's Prenatal Education class is designed to assist soon-to-be parents in understanding pregnancy and their journey toward parenthood. The following is a sample of what is covered in the class:

- Understanding a healthy pregnancy
- The physical process of childbirth
- Relaxation and breathing techniques
- Learning the characteristics of a newborn
- Becoming a new parent
- Identifying area resources for young families

### Baby Break Classes

Baby Break classes bring parents together and form a supportive network where they can find comfort and share ideas as they learn more about their newborn babies. Some topics discussed include:

- Feeding a newborn (breast feeding and formula)
- Fevers, constipation and spitting up
- Skin care, treating rashes
- Bathing
- Car seat safety
- Immunizations
- Baby development and growth (height and weight checks weekly)
- Postpartum depression
- Maternal nutrition
- Juggling of multiple children

For more information on Prenatal and Baby Break classes, contact Melissa Merrick at 320-225-3640.



# the **YOU** Movement WOMEN'S Health Event

Thursday, October 28th  
5-8 p.m.  
Trail View Middle School

## SPEAKERS



**Karen Rasmusson**  
speaking on  
**The Importance of Breast Health  
&  
Ann Bancroft**  
Renowned Polar Explorer, Educator,  
Sought-after Speaker and Philanthropist.



**FREE** appetizers  
& beverages



Ask the experts  
about your health



**FREE** health  
screenings\*



**FREE**  
giveaways

Call 320-679-1212 for more information.

**KANABEC HOSPITAL**  
*Exceeding Your Expectations.*



# the **YOU** Movement WOMEN'S Health Event

**D**on't miss this year's Women's Health Event where women are invited to get a flu shot, visit with health care professionals, participate in health screenings and assessments and listen to speakers including renowned polar explorer Ann Bancroft.

The second annual Women's Health Event will be from 5-8 p.m. on Oct. 28. This free event will be at Trailview Middle School in Mora and will take the place of the Center Stage Health Event for the month of October. Prizes, giveaways and a light meal will be served.

Karen is a Women's Health Nurse Practitioner at the clinic in Mora. She has been a tireless champion for women's health and sees women for a wide variety of healthcare needs. Karen has been working in this role in Mora since 1989. Karen's background included over 20 years of nursing experience which was primarily in women's and children's health. It was a natural progression to become a Nurse Practitioner in OB-GYN. Karen is



credentialed both by the Minnesota Board of Nursing as well as NCC (the national agency for Women's Health Practitioners).

The featured Women's Health Event speaker, Ann Bancroft, will share her inspirational story of survival. As one of the world's preeminent polar explorers Ann is also an internationally recognized leader who is dedicated to inspiring women and girls around the world to unleash the power of their dreams. Ann's teamwork and leadership skills have undergone severe tests during her polar expeditions and provided her with opportunities to shatter female stereotypes.



Through her various roles as an explorer, educator, sought-after speaker and philanthropist, Ann believes by sharing stories related to her dreams of outdoor adventure, she can help inspire a global audience to pursue their individual dreams.

Plan on attending the Women's Health Event on Thursday, October 28th at Trailview Middle School.

# Mark Your Calendars

## Community Events

### the **YOU** Movement WOMEN'S Health Event

**October 28**

5-8 p.m.  
Trail View Middle School  
Free  
Prizes, giveaways, light meal will be served  
Taking the place of October's Center Stage Health

## Center Stage Health



**November 18**  
**Diabetes**

5 - 6 p.m.  
Free  
Supper will be served.



**January 27**  
**Men's Health Event**

5 - 6 p.m.  
Free  
Supper will be served.



**February 27**  
**Heart Disease**

5 - 6 p.m.  
Free  
Supper will be served.

## Support Groups



**Lymphedema**

3rd Monday of every other month at 6:30 p.m.



**Caregivers**

2nd Wednesday of every month at 1:30 p.m.



**Diabetes**

First Thursday of every month at 1:30 p.m. or 6:30 p.m.



**Lung Disease**

Last Thursday of every other month at 2 p.m.



**Cancer Support**

Beginning in September 2nd Thursday of every month at 2 p.m.



**Heart Disease**

Beginning in September 4th Tuesday of every month at 2 p.m.

To learn more about any of these events visit [www.KanabechHospital.org](http://www.KanabechHospital.org) under education and events or call 320-679-1212.

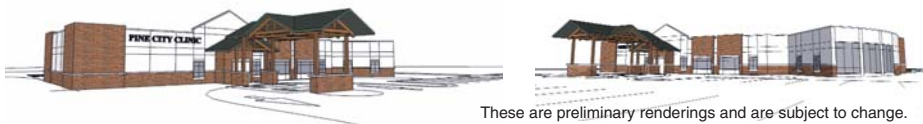


## Kanabec Hospital is excited to announce the decision to rename the hospital!

As Kanabec Hospital continues to move forward with the process of purchasing the clinics in Hinckley, Pine City and Mora, the acquisition has necessitated the hard work and commitment of all staff and departments. The new relationship between the clinics and the hospital poses many new opportunities and exciting possibilities. As part of the changes the hospital is experiencing with the purchase of the clinics, Kanabec Hospital is excited to announce the decision to rename and rebrand the hospital.

The status of the clinics will be defined as “provider-based” under the Medicare structure, and it is essential that the clinic be easily

identified as part of the hospital. Due to the legal requirements set forth by Medicare and the growing geographic region the hospital now serves, leaders at Kanabec Hospital felt this would be an excellent time to change the facility’s name.



These are preliminary renderings and are subject to change.

A process is underway to determine the new name and logo for the hospital and clinic. A consulting firm was brought in to assist with the rebranding effort. As part of the process, a major market research effort took place, which included a community survey, a competitor analysis and a thorough research and review process of the community. The survey took a

cross sample of participants from the Mora, Ogilvie, Pine City and Hinckley communities. The primary purpose of the survey was to solicit feedback about the hospital’s brand and image and to gain feedback from the community.

Since then, a committee comprised of members from Ogilvie, Pine City, Hinckley and Mora have been working tirelessly to analyze the different options and plan a course for the hospital that is reflective of our culture, mission and vision.

Kanabec Hospital expects to finalize its name and logo soon. The new name and logo will be formally introduced in the upcoming months. This is a time of excitement and enthusiasm for a great future of growth and opportunity.