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CUYUNA REGIONAL
MEDICAL CENTER

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BREAST HEALTH ALLIANCE
AN ALLIANCE UNLIKE
ANY OTHER P. 2

Crosby
Cares.

Lifetimes

Two Communities. One Goal. Great Orthopaedics.



In orthopaedics, as in other surgical specialties, advancing technologies, new procedures and new surgical philosophies are changing things for the better. Welcome to the Minnesota Center for Orthopaedics.

The concept has been years in the making. The Minnesota Center for Orthopaedics — a joint effort between Cuyuna Regional Medical Center and Riverwood Healthcare Center — focuses on all aspects of orthopaedics, including diagnosis, surgery, recovery and rehabilitation at both hospitals.

“Our goal is to provide this region with the best care,” said Tom Reek, CRMC’s CEO. “We’ve brought the care to the community, and the partnership between the two medical campuses have afforded us to do just that.”

In response to market need and community request, collaborating with Riverwood has allowed the two campuses to develop combined

programs in urology, oncology, breast health and now advanced orthopaedic services. What sets the Minnesota Center for Orthopaedics apart is its fellowship-trained physicians.

Dr. Erik Severson, who specializes in hip and knee reconstruction and total joint replacement surgery, joins Dr. Leo Chough, an expert in sports medicine injuries as well as shoulder, elbow, knee and hip replacement surgeries. Drs. Severson and Chough serve patients region wide and are available to doctors who may want (or need) to consult about especially complicated issues or cases.

“I’m pleased to welcome Dr. Severson to our orthopaedic team,” says Dr. Chough, who has been providing orthopaedic care in Aitkin and Crosby since 2000. “His expertise and experience with the latest technology for hip and knee reconstruction surgery will enhance the range of orthopaedic care we can offer our patients.”

Dr. Severson envisions the Minnesota Center for Orthopaedics becoming a regional referral center for revisional joint replacement surgery.

“Orthopaedic work is rewarding because it can dramatically improve people’s lives,” said Dr. Severson. “Functional limitations can be improved through just one surgery.”

Dr. Severson, originally from Deerwood, is the son of CRMC’s Dr. Paul Severson. He is enthusiastic about practicing medicine in the community where he was raised.

Dr. Severson, his wife Rachel, and their six children are enjoying life in the Cuyuna Lakes area.

“I grew up here. I was educated here.” Dr. Erik Severson said. “I feel I owe something back to this community.” ■

Erik Severson, M.D., Orthopaedic Surgeon

Dr. Severson is a fellowship trained surgeon, specializing in hip and knee reconstruction and joint replacement surgery. He completed medical school at the University of Minnesota and his residency in orthopaedic surgery at the University of Utah, then completed a fellowship at Mayo Clinic. As part of the Minnesota Center for Orthopaedics, Dr. Severson sees patients in Crosby and at Riverwood Healthcare Center in Aitkin.

CALENDAR OF EVENTS:

MIMIS WEIGHT LOSS SEMINAR

April 18th – 6 PM
Heartwood Conference Center, Crosby

MIMIS WEIGHT LOSS SEMINAR

May 16th – 6 PM
Heartwood Conference Center, Crosby

MIMIS WEIGHT LOSS SEMINAR

April 8th – 6 PM
May 6th – 6 PM
June 3rd – 6 PM
Initiative Foundation, Little Falls

WEIGHT LOSS SUPPORT GROUP

Third Tuesday, 6 PM
Heartwood Conference Center, Crosby

PRE DIABETES CLASSES

May 5th, 4 – 6 PM
May 19th, 4 – 6 PM
Heartwood Conference Center, Crosby
Diabetes Education: 218.546.4302

DIABETES SUPPORT GROUP

First Monday, 11:30 AM
Heartwood Conference Center, Crosby
Diabetes Education: 218.546.4302

CARDIO-PULMONARY RESUSCITATION (CPR)

Wednesday, April 20th – 12 PM – 4 PM
Heartwood Conference Center, Crosby
CRMC Education 218-546-2342

CARDIO-PULMONARY RESUSCITATION (CPR)

Wednesday, May 18th – 9 AM – 1 PM
Heartwood Conference Center, Crosby
CRMC Education 218-546-2342
Visit www.cuyunamed.org for more
information on our events

THE COMMUNITY NEWS
PUBLICATION OF

CRMC
CUYUNA REGIONAL
MEDICAL CENTER
Dedicated to You. Every Day.



Project Haiti front & center.

After seeing first-hand how Haiti, the poorest country in the world, practices medicine, Dr. Paul Severson knew he had to help. "Going to Haiti was a powerful, life changing experience for me," he said.

Dr. Severson, co-director of the Minnesota Institute for Minimally Invasive Surgery and LaparoEndoscopic surgeon, took his first trip to Haiti in 1989.

Three years later he created Project Haiti, an organization of medical professionals dedicated to educating and building a medical community in this Third World country. Project Haiti helped build a 65-bed hospital in Pignon, about 70 miles from Haiti's capital city of Port-au-Prince. Since then, doctors and

nurses from Cuyuna Regional Medical Center have visited Haiti numerous times, volunteering their time, knowledge and professional skills to help the Haitian people and their medical community.

On January 12, 2010, the stakes were raised when a devastating earthquake ravaged Port-au-Prince. Dr. Severson swung into action, taking 10 days off of work at CRMC to coordinate Project Haiti's relief efforts from his home. Dr. Severson said 575 surgeons from around the United States volunteered their equipment and services. Locally,



\$150,000 was donated to the cause.

"Three hundred thousand people died, 300,000 were injured and 1 million were displaced from their homes," Dr. Severson said. "The overwhelming proportions of this disaster are unimaginable."

Dr. Severson, along with a medical team from CRMC, including Dr. Timothy LeMieur, surgeon, and Randy Hanson and Vikki Monson, surgical nurses, visited Haiti in March for the first time since the earthquake. They were appalled to find

people still living under tarps and in churches.

"I don't know if they'll ever recover from this," Dr. Severson said. "People are still healing. It's sad to see the stress."

Dr. Severson said the focus of the March trip was to see how they could help the more than 4,000 amputees left in Haiti.

"There's nothing more powerful, more pure than helping someone and getting nothing for reward. I've fallen in love with Haiti. It's hard not to go back. We all think that way," Dr. Severson said of the CRMC medical mission teams who have visited the country.

If you're interested in learning more about Project Haiti and how you can help, visit www.projecthaiti.info. ■

An alliance unlike any other.



If you haven't already seen it, you're missing out. Bringing awareness to breast health and the newly formed alliance between Cuyuna Regional Medical Center and Riverwood Healthcare Center in Aitkin, the Pink Scrubs video has gone viral on YouTube, attracting more than 15,000 viewers. Doctors, nurses, paramedics, chefs, accountants, even hospital CEOs from both CRMC and Riverwood are shown in the video jamming to "This Town" by O.A.R.

The video and accompanying Web site, www.breasthealthalliance.org, communicates the joint efforts and enhanced services for breast cancer patients available in this area.

Combining the talents, resources and energies at CRMC and Riverwood, the Pink Scrubs video features 20 North Central Minnesota towns, but it doesn't stop there.

After grabbing the attention for several newspapers and TV stations statewide, the reach of the Pink Scrubs video has gone far beyond the Cuyuna Lakes area.

"When we decided to make the video, our goal was to put breast cancer in the limelight, creating awareness for the cause," said Todd Bymark, CRMC's director of public relations.

The alliance between CRMC and Riverwood made the partnership with the Virginia Piper Cancer Institute possible, bringing new technologies—including digital mammography and stereotactic imaging for biopsies—to help diagnose and treat breast cancer patients. It's

a new approach to providing the best possible breast health services right here, close to home.

For more information on the Breast Health Alliance or to watch the famed Pink Scrubs video, visit www.breasthealthalliance.org. ■



Visit www.BreastHealthAlliance.org to view the Pink Scrubs - This Town Video

Diverse housing & individualized care.

Exploring housing options in search of the ideal living situation for an elderly family member — complete with amenities that provide the look and feel of home — can be an overwhelming experience.

Cuyuna Regional Medical Center offers diverse housing and individualized care options to meet the needs of seniors, whether it's at home, in assisted living or a long-term care facility.

"Some people think of aging as a lonely time, but it doesn't have to be," said Kris Neff, CRMC's Chief Operating Officer of Senior Services. "We are community within a community here, like one big extended family. The feeling of isolation is almost nonexistent."

CRMC continues to expand its senior services, recently partnering with Presbyterian Homes to open Heartwood Senior Living — a retirement home like



"Some people think of aging as a lonely time, but it doesn't have to be,"

- Kris Neff, CRMC's COO of Senior Services.

none other in this area. Heartwood's up-north elegance provides an elaborate, but cozy atmosphere for residents and visitors.

After less than two years of being open, Heartwood reached its goal of occupancy, leaving only a few of the 98 apartments (50 for independent living, 36

for assisted living and a secure 12 apartment memory care area) available to rent.

Heartwood's success is only one example of CRMC's commitment to seniors. From independent living to residents needing 24-hour nursing care, the Medical Campus at Crosby is there every step of the way.

"We like to be cutting edge, providing services with a different look and feel for our senior living community," Neff said.

CRMC's 120-resident care center, which is attached to the hospital, provides

both transitional and extended care services while Hallett Cottages is a 16-unit assisted living facility for people with Alzheimer's or other memory loss conditions.

If you're interested in finding out more about CRMC's senior services, call 218-546-7000. ■



Earl Coil Heartwood resident profile

"This is my haven," said 81-year-old Earl Coil when he discovered Heartwood Senior Living in 2009.

Impressed by the warm and inviting atmosphere, Earl instantly knew Heartwood was the place for him. All it took was one peek into the lodge-like front lobby. With a crackling fire in the majestic fireplace, vast windows overlooking a shimmering pond and towering trees, Heartwood appears to be more like a vacation destination than a senior living facility.

"This is where I'm going to hang out for awhile," Earl declared.

After nearly 50 years of marriage, Earl's beloved wife, Shirley, passed away five years ago. The couple lived on Leavitt Lake near Outing and spent winters enjoying the Arizona sunshine for years.

Since Shirley's passing, Earl searched for year-round retirement homes in Arizona, but couldn't seem to find the right fit.

"Phoenix was big city and I'm kind of a small town boy," he said. "I enjoy living in the Northwoods."

Earl, an avid fisherman and world-traveler, loves being on the move. The daily activities offered at Heartwood provide an active social calendar for residents like Earl who love to dance, golf and meet new people.

"I just can't get over how a bunch old-timers are here together, but I haven't heard anyone griping about anything. There's nothing to gripe about," he said. "I couldn't ask for better." ■



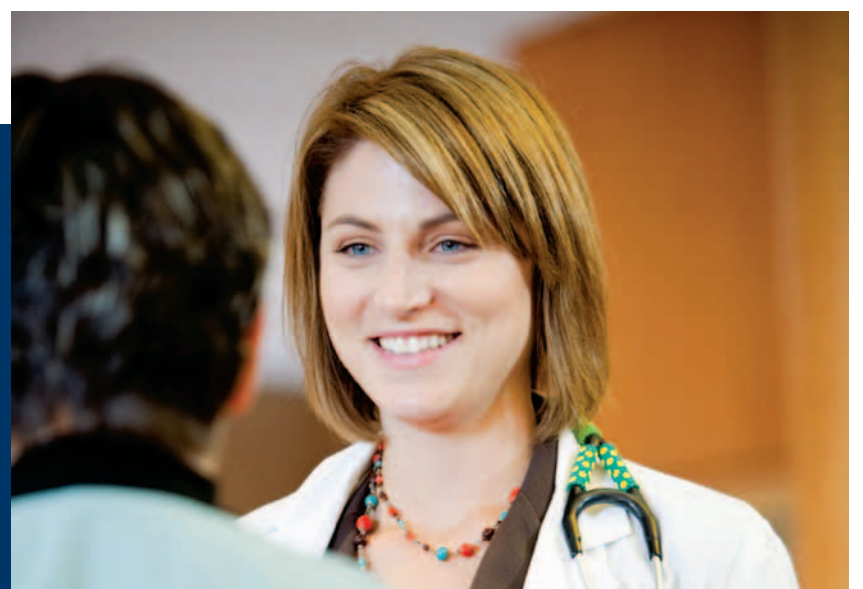
House Call: Influenza

Influenza is a viral illness affecting the nose, throat and lungs. Its most common symptoms include sore throat, fever and cough but can also include other symptoms like muscle aches, headaches and fatigue. It's oftentimes mistaken for the common cold but is different in that influenza symptoms have a more sudden onset and are more severe. This is a different virus from the stomach "flu" virus that causes predominantly nausea and vomiting.

Influenza is spread from person to person through respiratory droplets made when people talk, cough or sneeze. These droplets can travel as far as six feet and land in people's noses or mouths. People may infect others before symptoms start and remain infectious up to seven days after acquiring the virus.

Antiviral medications are available and work best when started within two days of the onset of symptoms. Most healthy people do not need to be treated with antivirals and will fight off the virus on their own. Certain populations including those with chronic illness (diabetes, asthma, COPD, congestive heart failure, etc.), suppressed immune systems and the very young and old should receive antiviral treatment to prevent pneumonia and other serious complications that can occur with influenza infection. People who have influenza should limit contact with others, rest, and stay hydrated.

The best way to avoid getting influenza is to be vaccinated annually. The vaccination consists of inactivated virus and will not cause influenza infection. Other preventative measures include frequent hand washing, covering sneezes and coughs and limiting your contact with those with respiratory infections. ■



"House Call" is a continuing series of health tips for you and your family provided by the medical staff at Cuyuna Regional Medical Center. This "House Call" is provided by Family Medicine Physician Dr. Christine Athmann of Central Lakes Medical Clinic.

Urgent Care services available Monday – Friday from 5 to 7:30 PM at Central Lakes Medical Clinic.

A medical campus growing for you.



Christine Athmann, M.D.,
Family Practice

Dr. Athmann, originally from Mahanomen, graduated from the University of Minnesota Medical School and completed her residency at St. John's Hospital in St. Paul. She has a special interest in the health and wellness of women, adolescents and Native Americans. Dr. Athmann joined the Medical Campus in Crosby in August 2010.



Ron Halvorson, M.D.,
Hematology & Oncology

Dr. Halvorson, of Minnesota Oncology, received his medical degree from the University of Minnesota Medical School. He completed his residency and fellowship training in hematology at Wilford Hall Medical Center in Texas. He is a member of the American Society of Clinical Oncology and the American Society of Hematology, among other organizations.



Clay Schulte, M.D.,
Emergency Medicine

Dr. Schulte received his medical degree from the University of Minnesota Medical School. He completed his residency at the University of Minnesota in Family Practice. He is a member of the American Academy of Family Practice and the American College of Emergency Physicians, among other organizations. Dr. Schulte has a special interest in emergency services.



Peggy Rutman, M.D.,
Family Practice

Dr. Rutman is a University of Minnesota Medical School graduate who completed her residency at the University of Minnesota. She is a member of the Academy of Family Practice and the American Medical Association, among other organizations. Dr. Rutman has special interests in pediatrics and preventative health care for women.



Henri Lanctin, M.D.,
Urology

Dr. Lanctin, of Adult and Pediatric Urology, is a board certified surgeon who received his medical degree from Dalhousie University in Nova Scotia, Canada, and completed his residency at the University of Ottawa in Ontario. He treats a broad spectrum of adult urological concerns and has a special interest in treating prostate cancer with cryotherapy, including focal therapy. He is a member of the American Urological Association, the Minnesota Urological Society and the Minnesota Medical Association, among other organizations.



Shawn McGee, M.D.,
Urology

Dr. McGee, of Adult and Pediatric Urology, received his medical degree from the University of Minnesota Medical School and completed his residency at the Mayo Graduate School of Medicine. His training includes a broad range of open and minimally invasive surgery techniques for the treatment of benign and malignant urological diseases. Dr. McGee's interests include kidney stone disease and management of benign prostatic hypertrophy. He is a member of the American Urological Association, the Minnesota Urological Society and the American Medical Association, among other organizations.

Longville clinic remodel.

For years, residents of Longville and the surrounding communities have trusted the professional staff at Longville Lakes Clinic.

The clinic continues to provide high quality primary care services, and now, thanks to a recently completed remodeling project, can do so with a fresh, updated look — complete with new paint, carpet and tile.

An inviting fireplace now greets patients and guests as they enter the main reception area, providing a comfortable, warm atmosphere, consistent with Cuyuna Regional Medical Center's look and feel. The clinic renovation was made possible after the Longville Community Care Center donated to the cause.

"We truly appreciate the community support we have received over our 18 years of serving the Longville area," said

"We truly appreciate the community support we have received over our 18 years of serving the Longville area,"

Theresa Sullivan, clinic CEO.

Longville Lakes Clinic offers exceptional, convenient health care provided by Dr. David Plattes, family practice physician, and Elizabeth Miles, nurse practitioner. Services offered include immunizations, well baby checks, consultations and physicals — the full realm of family medicine.

"We are here, supported by the community, and have quality providers," said

Debra Bergsnev, clinic manager. "It just makes rural living easier to have optimal access to health care in Longville supported by the many services of Cuyuna Regional Medical Center."

To make an appointment at Longville Lakes Clinic, call 218-363-3300. ■

Statement of sources and uses of funds.

Hospital Services

	FY09	FY10
Acute admissions	1,884	1,796
Acute patient days.....	5,503	5,164
Average length of stay.....	2.92	2.88
Care center resident days.....	40,453	40,873
Outpatient visits	35,556	37,652
Emergency room visits.....	7,931	7,817
Births.....	273	281
Surgical procedures.....	4,882	4,612
CT procedures.....	3,908	3,717
MRI procedures.....	1,898	1,708

OPERATIONAL SOURCES OF FUNDS

Hospital inpatient.....	32,181,953	37,437,049
Elderly services.....	7,976,338	8,355,168
Hospital outpatient	56,176,673	57,374,012
Total gross revenue.....	96,334,964	103,166,229

Other funds from non patient sources	3,687,834	3,777,043
Totalsourcesoffunds...100,022,798	106,943,272	

USES OF FUNDS

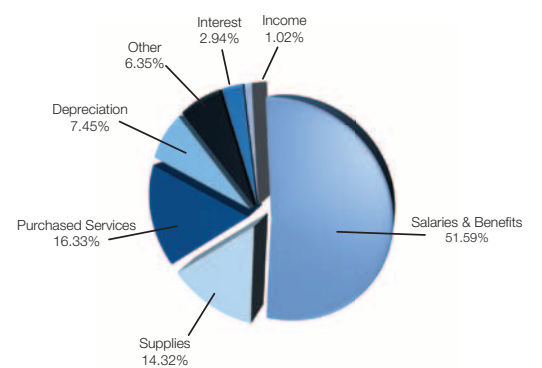
	FY09	FY10
Charity and uncompensated care	1,712,841	1,768,409
Less than full payment from third party payors....	40,430,930	44,881,874
Subtotal.....	57,879,027	60,292,989

FOR GOODS AND SERVICES

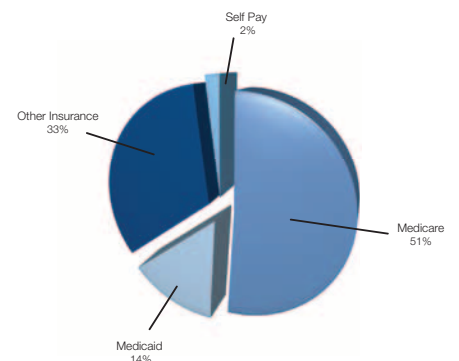
Salaries and benefits.....	29,168,989	31,102,508
Supplies.....	8,714,656	8,634,883
Purchased services.....	10,232,262	9,845,681
Other.....	4,652,197	4,494,360
Depreciation.....	3,640,057	3,828,774
Interest.....	1,727,635	1,772,570
Income.....	(256,769)	614,213
Subtotal.....	57,879,027	60,292,989

Total uses of funds..... 115,758,054 ... 120,585,978

USES FOR GOODS AND SERVICES



GROSS PATIENT REVENUE SOURCE



* After paying expenses, predominately salaries, supplies and purchased services, Cuyuna Regional was able to reserve 3% of earnings for future investment.

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