

New Dietician at MLHS

Mille Lacs Health System welcomes its new dietitian, Kari Sholing. Sholing comes to MLHS from Rejuv Medical in Waite Park, where she worked as a **Functional Dietician focusing on gut health and weight loss**. Sholing has a background in teaching and technical writing, and went back to school at the College of St. Benedict to get additional licensure as an R.D.N., (Registered Dietitian Nutritionist) and L.D.N., (Licensed Dietitian Nutritionist) and is also a certified LEAP therapist (LEAP stands for Lifestyle, Eating, And Performance.)

The LEAP certification Sholing has is that of food sensitivity therapist, and helps patients identify if certain foods are correlating with inflammation and chronic health conditions. Health difficulties such as digestive, sinus, and arthritic issues, as well as behavioral problems like ADHD, can be helped if a protocol is followed, with relief of symptoms starting within 7-10 days.

Sholing will be able to see patients at the Onamia clinic four days a week.



Kari Sholing, R.D.N., L.D.N. and certified LEAP therapist.

Mark your calendar

Mille Lacs Area Health Foundation

12th Annual Charity Golf Tournament

Friday, Aug. 5, 2016 at Fiddlestix Golf Course, Isle, MN.

4-person Scramble. Silent Auction, buffet & awards. Fun contests. Shotgun start at noon.

Entry \$100/person. Contact Diane Seefeld at dseefeld@mlhealth.org or 320-532-2604.

Spirit of the Wings – Sat., Aug 20

At Ellen Ruth Park in Wahkon, at noon. To buy a butterfly in honor of a loved one, contact Tina at 320-532-2807 or go to mlhealth.org

Classes and Clinics –

- *Foot/nail clinics for seniors*, sponsored by MLHS Home Care/Hospice - 1st Thurs. of each month. In Isle, at the Isle Senior Apartments from 9-11 a.m.; and in Onamia at the Onamia Senior Center, 12:30-2:30 p.m.

Support Groups –

- *Caregiver Support Group*: 3rd Tues., 10 a.m., East Conference Room at MLHS Long Term Care.
- *Diabetes Support Groups*: 1st Tues., 4-5 p.m. at IREC in Isle.
3rd Wed., 4-5 p.m., North Conference Room in Long Term Care, Onamia.
- *Cancer Support Group*: 3rd Tues., 2-3 p.m. in the Long Term Care East Conference Room in Onamia. For info, call Betsy Lundquist at 320-630-3079.



Mille Lacs
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Summer 2016

MLHS Senior Care has impressive ranking

Mille Lacs Health System's Senior Care Unit ranked **eighth in the nation** out of over 1,559 in High Performing In-Patient Psychiatric Facilities. The ranking came from the Center for Medicare and Medicaid Service, a government entity which licenses such facilities. Required Quality Data was submitted to this entity, and all facilities – large or small – must report measures of quality if they're seeking government and private insurance payments for their billable services. Some of the quality measures the Senior Care Unit reported were those relating to: dignity, communication, medications, and continuity of care.

The Senior Care Unit is an in-patient Geriatric Psychiatry Unit at MLHS, providing short-term diagnosis and treatment for aging individuals with any number of psycho/social issues, including depression, anxiety, social withdrawal, and aggressive behavior.

“This is really an important and impressive ranking for us,” says Jane Larson, R.N. and director of the unit. “We are the only facility from the state of Minnesota making that measure. It tells us that the government feels we are doing a great job here.”

Larson goes on to say that the geriatric psych patient sector of the population tends to be forgotten, and is often left on the margins of mental health. “I’m proud,” she says, “that this ranking acknowledges the hard work my staff does here to make sure people and families who come to us requiring help are treated with dignity and their needs are met.”



Some members of the Sr. Care Unit Team: Jorrie McDowell, N.A.; Greg Larson, Quality; Todd Anderson, R.N.; Brigitte Allen, Social Worker; Jane Larson, R.N. and Unit Director.

320-532-3154 www.mlhealth.org

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Mille Lacs Health System

Caring for body, mind and spirit



Rehabilitation Department at MLHS

Mille Lacs Health System's Rehabilitation Department offers Physical Therapy for patients of all ages and health conditions. Physical Therapists serve a dynamic, comprehensive role in health care. Sharon Grassel, P.T. and manager of the Rehabilitation Department at MLHS, says, "We assist our patients in achieving their maximum function, we help to reduce pain, improve quality of life, aid in recovery processes, and also help people remain in their homes or the least restrictive environment, as long as possible."

Common conditions therapists treat are disease or injury-related:

- Arthritic conditions
- Orthopedic conditions
- Neurological conditions
- Neck and low-back pain
- Burns, ulcers and wound care
- Joint and soft-tissue injuries
- Work and sports injuries
- Cardiopulmonary/circulatory conditions
- Pediatric conditions

The therapists at MLHS work with outpatients who are referred by their medical providers, inpatients at the MLHS hospital, residents of the connected Long Term Care facility, and Home Care program patients. "We have the opportunity to work closely with an exceptional group of medical providers," Sharon Grassel notes. "They value our opinions and we consult with them daily."

Other services provided by the Rehabilitation Department include: Occupational Therapy, Speech and Language Therapy, and Cardiac Rehab. Visit mlhealth.org and search under Health Services in the drop-down menu to read more about these programs.

Physical Therapy is offered at the Onamia Campus, at the MLHS Isle Medical Clinic, for Home Care program patients, and at the MLHS Chiropractic and Physical Therapy Clinic in Milaca.



Dawn Osterman, P.T., has been at MLHS for 21 years.

Vestibular Rehab Therapy

Vestibular Rehab Therapy is a specialized form of therapy to alleviate vertigo dizziness, gaze instability and prevent balance problems and falls. The inner ear is the brain's 'balance center' and when issues arise these symptoms can occur. The causes can include infections, medications, stroke, head injuries, aging, and sometimes no exact cause can be found.

The most common vestibular disorder is Benign Paroxysmal Positional Vertigo (BPPV) or a false sense of spinning. The vast majority of cases occur for no apparent reason. After careful assessment by a

physical therapist, a series of specific head movements work to alleviate the symptoms within several visits.

MLHS offers Vestibular Rehab Therapy (VRT) which can include vision stability training, posture and balance training, and neck motion exercises.

Patient education is key with VRT

as it helps to take away the mystery of what the patient is experiencing while helping the patient understand how to be part of the correction process.



A Patient's View: Physical Therapy

Getting back in the game

Playing basketball in high school can be a lot of fun, but it has its disadvantages, too. Nicole Schmidt (now 20) was injured in a game when she was a student at Onamia High School. The result was a torn ACL, torn meniscus, and a strained MCL.

Post-surgery, she knew Rehab was essential to getting back to the game. "I was nervous that I wouldn't progress as fast as I should, to be able to reach my goals and be able to play sports again," Nicole says.

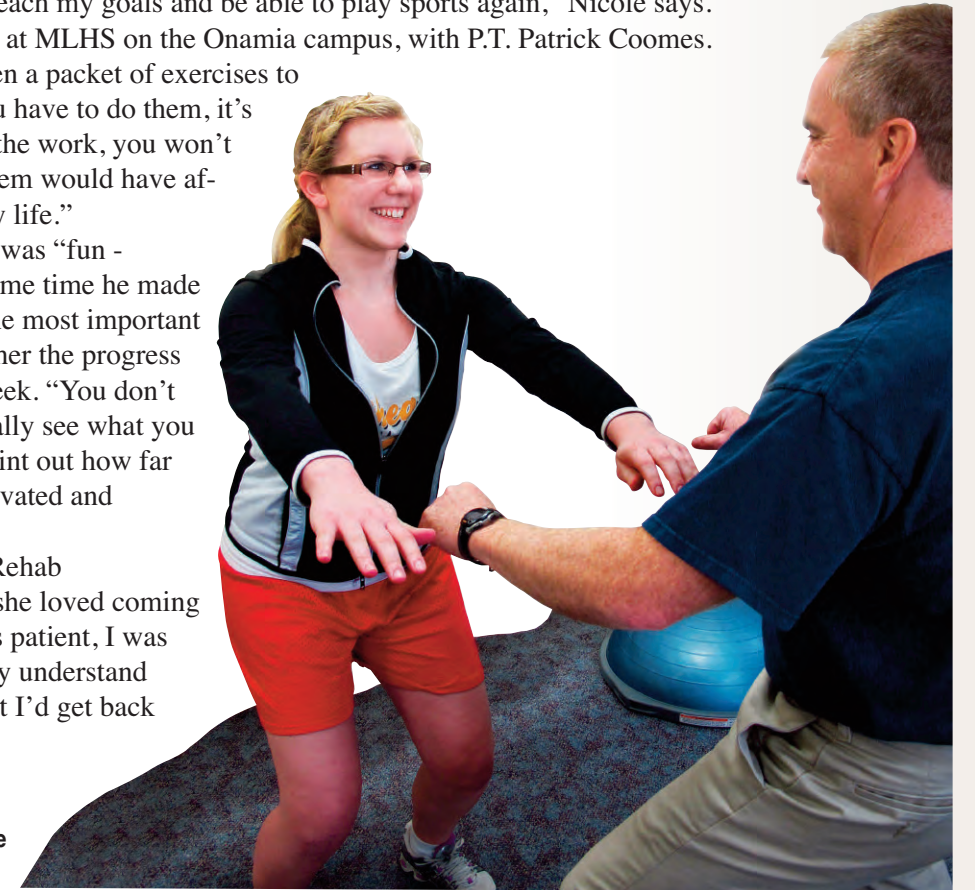
She began her physical therapy at MLHS on the Onamia campus, with P.T. Patrick Coomes.

Besides the therapy, she was given a packet of exercises to do at home, with directions. "You have to do them, it's like homework - if you don't do the work, you won't see the results. Plus, not doing them would have affected that joint for the rest of my life."

Nicole says Patrick's approach was "fun - because he's funny - but at the same time he made me take it seriously." Probably the most important part of the therapy was showing her the progress she was making from week to week. "You don't always see it yourself, you basically see what you can't do yet. Having someone point out how far you've come helps you stay motivated and positive."

The upbeat atmosphere in the Rehab department was one Nicole said she loved coming into. "Even if I wasn't someone's patient, I was always greeted with a smile. They understand sports injuries and I felt confident I'd get back in the game. And I did."

Physical Therapist Patrick Coomes got Nicole Schmidt back to sports after knee surgery.




Lymphedema Therapy

Lymphedema occurs when lymphatic vessels are removed or damaged, and it can even be hereditary. Causes may include cancer/cancer treatment, a genetic abnormality, or other types of medical conditions. The lymphatic system collects tissue fluid, proteins, waste products, and bacteria. It then filters the fluid, and channels it back into the bloodstream.

"When there is damage or disruption in the lymphatic system, swelling may occur, most commonly in the arms, and legs, but may also occur in the torso, head, neck or face," says MLHS Certified Lymphedema Therapist, Juanita Stageberg. Stageberg specializes in the treatment of this patient population, to help restore function, reduce swelling and decrease pain. Lymphedema treatment includes manual lymphatic drainage, exercise, compression bandaging, patient education and fitting of compression garments as needed.



Juanita Stageberg, Lymphedema Therapist