

Imagine better health.

Summer 2018

A Catholic Health
Initiatives Newsletter

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**CHI St. Francis
Health**

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Picture of Health

Routine mammograms can save lives—and three-dimensional (3-D) technology takes diagnosis to the next level.

July 13, 2012, is a day Shirley Fox-Trydahl will never forget. That's when she was told she had breast cancer—life-changing news for any woman.

But the real life changer happened two months earlier, when Shirley had a routine mammogram at CHI St. Francis Health. It revealed a tumor so small she couldn't see it on the scan, even after a doctor pointed it out. A biopsy confirmed that it was stage 1 cancer, treatable with a lumpectomy and six weeks of radiation. Shirley, now 68 and cancer-free, knows the test might have saved her life. She's also driven that point home to her 40-year-old daughter.

"If it hadn't been for that mammogram, it could have gone to stage 2, 3, or 4," she says. "I've been very loyal about having a mammogram every year. There was no history of breast cancer in our family, but like I told my daughter, now there is a history, and so we've got to be checked."

The American College of Radiology recommends that women age 40 and older have a mammogram yearly, says Lucinda Moore, (RT)(R)(M)(CT)(BD), mammography technologist at CHI St. Francis Health. The goal is to detect cancer early, before it can spread.



A Clearer Picture

New technology installed in the hospital's mammography suite this summer will make achieving that goal easier. Now, women can opt to get a 3-D mammogram, which takes pictures in "slices" so radiologists can view dense breasts in more detail, Lucinda says.

"They can see through the breast tissue much easier," she says. "If something is found,

it makes biopsy planning 100 percent easier, too."

The radiation emitted during a 3-D mammogram is well within U.S. Food and Drug Administration-approved safety standards, Lucinda says. Another benefit of 3-D imaging is that it reduces the need for repeat mammograms. Lucinda estimates that 10 to 15 percent of the women she tests require a second scan—typically not because cancer is suspected, but because the first scan was inconclusive. While Shirley's experience was rare, it reinforced what she already knew: annual mammograms are a critical part of preventive health. Shirley still gets a mammogram every year, even though her sensitive surgical scars can make testing difficult.

Lucinda, who performed Shirley's latest mammogram, says every woman is different, so she encourages each patient

to communicate with her throughout the 15- to 20-minute process to minimize the risk of pain. While mammograms can be uncomfortable, she says, they don't have to hurt.

For Shirley, the tradeoff is a no-brainer. "It's a few minutes of discomfort, but it's well worth it to detect breast cancer early," she says.

To schedule your annual mammogram at CHI St. Francis Health, call 218-643-0238.



Schedule a mammogram today.

CHI St. Francis Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at www.sfcare.org.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-218-643-0405.

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-218-643-0405.



Pat Swanson gives back in a very special way.

St. Francis Home: Senior Living at Its Finest

For Pat Swanson, the “little things” are the big reasons she has nothing but praise for the St. Francis Home. Pat’s husband, Chuck, was a resident there for nearly four years until he passed away early this year. They were both familiar with the facility—Pat’s mother and father had previously resided there, and her sister is a current resident.

“When the time came [for assisted living], Chuck told me he wouldn’t mind going to St. Francis Home because they’d always treated my family so well,” remembers Pat. “And he said it didn’t have that ‘nursing home’ smell!”

She chuckles at the memory, but it was just one of the little things that added up to a good experience in her book.

Everyone on the staff was always kind and professional, including the maintenance members who would often take a few moments to chat with and get to know the residents. It made for a friendly atmosphere—as did the plentiful windows, which were set low so those sitting in wheelchairs could see outside.

“I just think it makes the residents happier to look out and be able to see the sun shining and the grass growing,” she says.

Pat was also impressed with the extra effort the St. Francis Home staff took to make the place homier.

“My husband was an enthusiastic Bisons fan,” she says. “The home TV didn’t always get the channel that showed the games, but during the championship game, they set up a central station in the town center square and streamed it so people could come watch.”

It was a little thing, but it made a big difference to the resident sports fans.

Pat and her husband also appreciated the many opportunities to get out and be active. There were additions and improvements every year to a central courtyard where residents could enjoy being outdoors. And there were field trips to baseball games, casinos, and parks.

“They really try to get the residents out, especially during the summer,” Pat says.

The in-house activities were plentiful as well, although everyone was free to pick and choose the activities they liked. Chuck liked to play cards, but Pat preferred playing bingo with her sister. She still visits her sister regularly and they often have Sunday dinner together at the cafeteria.

“I haven’t had experience with any other home, but I just feel this is a very bright and cheery place,” Pat says. “I think Chuck was happy there. I know my sister is.”

Come see what the St. Francis Home has to offer. Call 218-643-0552 to learn more.

Giving Back

Pat Swanson’s husband lived at St. Francis Home for almost four years, and her sister still resides at the facility. It was such a positive experience that she wanted to give back. Pat always enjoyed helping with resident field trips, and now that her husband has passed, she still enjoys working in CHI St. Francis Health’s adjacent gift shop one day every week.

The volunteer program is one of the precious pillars on which the CHI St. Francis Health system is built, and they offer opportunities for volunteers of all ages and abilities to:

- Work in the gift shop
- Greet patients and visitors at the information desk
- Deliver mail, newspapers, and flowers to patients
- Assist with escorting patients and visitors

If you’d like to help provide those extra little services that make this organization special, please call the CHI St. Francis Health volunteer office at 218-643-0322.



Swing Bed team

When Healing Needs an Extension

The end of a patient's acute care hospital stay doesn't always signal readiness to return home. The Swing Bed Program at CHI St. Francis Health is here for you.

Every patient heals from illness or surgery at a different pace. Some patients may need extra time after an acute-care hospitalization to rebuild their strength and functional skills or receive additional nursing support before going home. At CHI St. Francis Health, those patients enter the Swing Bed Program.

Homeward Bound

Individuals recovering from major surgery, such as joint replacement, or a serious illness, such as stroke, can enter the Swing Bed Program from any hospital, as long as they have a physician's referral. During their time in the program, patients stay in private rooms and receive around-the-clock care from a multidisciplinary team of providers that includes:

- Medical case managers
- Nutrition counselors
- Nurses
- Physical therapists
- Occupational therapists
- Social workers
- Speech therapists

Rehabilitation therapy plays an especially important part in recovery for many swing bed patients.

"We simulate all the tasks patients may encounter at home, such as getting out of bed, dressing, bathing, and cooking," says Tim Peterson, OTR/L, Manager of Rehabilitation Services and Medical Wellness at CHI St. Francis Health. "That helps patients regain confidence in their strength and abilities."

The Swing Bed Team has one goal: ensuring patients are as prepared as possible to successfully resume life at home.

"We begin planning for discharge the day patients arrive," Tim says. "Each week, we have a care conference with the entire team, as well as patients and families, to assess each individual's status and progress toward discharge. Patients typically stay in the program seven to 14 days—or more if medically required. If they will need additional services after they leave, such as home health or cardiac rehabilitation, we work with those teams to arrange everything while they're still in the program."



Support Times Two

Few patients understand the value of the Swing Bed Program better than 88-year-old Evelyn Dudgeon of Campbell, Minnesota, who spent two stints in the program in four months.

Last December, Evelyn fell in the kitchen of her daughter's home, where she lives, and broke her right hip. Surgeons at CHI St. Francis Health inserted a pin and rod in the joint to stabilize it. When Evelyn's acute care ended, she

still needed intensive physical and occupational therapy to be able to get around at home. That's exactly what she received during three weeks in the Swing Bed Program. Therapists worked with her multiple times daily, and by the time she went home, she was able to use a walker. Evelyn's daughter, Marge Geist, never had to worry about her mother while she was in the program.

"Every Tuesday, the Swing Bed Team set up a meeting," Marge says. "We had such a horrible winter, so if I couldn't make it to the hospital, the team called me, and I got to speak with each of the providers about how Mom was doing. I'm a hands-on caregiver for Mom, so it was nice to know she was being so well taken care of."

In late March, nearly three months after leaving CHI St. Francis Health, Evelyn had aortic valve replacement surgery in Fargo. Evelyn expected to go straight home after two days in the hospital, but when the medical team proposed sending her to the Swing Bed Program at CHI St. Francis Health to recover, she didn't object.

"Mom didn't hesitate—she said 'OK,'" Marge says. "She was fine with it because she knew how great the Swing Bed Team was."

"My time in the Swing Bed Program was wonderful," Evelyn says. "The nurses were out of this world, and the therapists really helped me. I was able to get the rest I needed to recover. Everyone did a great job of keeping Marge in the loop."

Evelyn was able to go home after a week. Now, she spends her days enjoying her favorite things and looking forward to her next trip to Illinois to visit her great-grandchildren.

For more information about the Swing Bed Program, call 218-643-0550.

The Heart of Recovery

In March, 68-year-old Breckenridge retiree Louann Freitag had surgery in Fargo to replace a heart valve and repair two others. After spending seven days in the hospital, she returned to her hometown, but she wasn't quite ready to go home yet.

"I was weak and had swelling in my legs, so I entered the Swing Bed Program at CHI St. Francis Health," Louann says. "I needed to get my strength and function back."

Over the course of 12 days, Louann did just that. Physical therapists led her through exercises in her room, and treatment for the swelling helped her regain function. During Louann's

stay, Cardiac Rehabilitation Staff Nurse Melissa Kostreba, RN, met with her to discuss the next step in recovery: cardiac rehabilitation.



exercise," Melissa says. "When patients come to cardiac rehabilitation a little stronger and can tolerate more exercise

"The Swing Bed Program is great because it gives patients extra time to build up their energy and let their bodies recover a bit more before they start vigorous

of the muscles throughout their body, they get a better workout for the heart."

Louann's time in the Swing Bed Program helped prepare her for success in cardiac rehabilitation in the spring.

"That was a nice come-down period for me at CHI St. Francis Health after heart surgery," Louann says. "The staff was very friendly, and because I live in Breckenridge, I knew some of them, which was nice. My strength and ability to participate in activities is really coming along now. I hope to be able to play golf with my grandson this summer."

For more information about the cardiac rehabilitation program, call 218-643-0362.

When It *Isn't* Just Worry

Everyone has worries. Whether it's about a job situation, money trouble, or the ever-relatable speaking in public, feeling nervous and anxious in certain settings is completely normal. Nervousness and anxious feelings, however, are not the same thing as anxiety.

"Anxiety is more than just a feeling," says Jan Ketterling, PsyD, LP, clinical psychologist for the Hope Unit at CHI St. Francis Health. "It's a product of the body's fight or flight response, and it can involve a wide range of physical symptoms."

Anxiety symptoms a person may recognize include:

- Difficulty sleeping
- Dizziness
- Fatigue or tiring easily
- Headaches
- Racing heart
- Racing thoughts or worries that are difficult to control
- Shortness of breath
- Trembling or shaking
- Tense muscles
- Upset stomach

Parents who are concerned about their adolescents or teenagers can keep an eye out for specific signs as well.

"In teens you may see more withdrawal, or they may complain of having trouble sleeping," Dr. Ketterling says. "They may become more agitated and irritable or complain of stomachaches and headaches."

Managing Your Anxiety

Anxiety comes in many forms, with one of the most well-known being generalized anxiety disorder (GAD). While there is a genetic component to anxiety, it isn't the only factor. High-stress environments also play a role.

"If you put genetics and stress together, you are more likely to see an emergence of a disorder," Dr. Ketterling says. "But one of the things I remind people is that while anxiety is uncomfortable, it can be managed."

Treatment commonly involves therapy or medication or, for some people, a combination of both. Approaches to treating anxiety include:

- Cognitive behavioral therapy
- Group therapy
- Lifestyle modification
- Mindfulness training

"Anxiety doesn't have to rule your life," Dr. Ketterling says. "Many tools and strategies exist to help you take control of your anxiety and living the life you want."

Are your constant worries actually anxiety? Call the Hope Unit at CHI St. Francis Health at 218-643-0499 to schedule an appointment or learn more about our services.

Almost one in five adults in the United States lives with an anxiety disorder.

You're Not Alone

One way to manage anxiety is by joining a support group or other kind of group therapy. Jan Ketterling, PsyD, LP, clinical psychologist for the Hope Unit at CHI St. Francis Health, leads a weekly group for adults with anxiety.



"Sessions usually begin with an overview of our agenda and an inspirational story or message," Dr. Ketterling says. "Our educational component may focus on something like mindfulness. I would then introduce a number of exercises so that participants could have a chance to experience what mindfulness is all about."

Beginning in fall 2018, CHI St. Francis Health plans to offer a group for teenagers with anxiety. Dr. Ketterling expects the approach to be similar, though the teen group will likely involve more interactivity. Both groups involve a small homework assignment.

"Sometimes it's a checklist of an activity, sometimes it's a handout, and sometimes I'll refer them to a media resource, such as an app with relaxation and anxiety management activities," Dr. Ketterling says. "I want people to take what we did in our session and practice it at home."



Honoring Outstanding Care

The CHI St. Francis Health Foundation recently revitalized a very special program to honor CHI St. Francis Health employees who are “Guardian Angels.”



The Guardian Angel program encourages you to make a donation in honor of a CHI St. Francis Health staff or caregiver who truly made an impact in your experience. Everyone is welcome to donate, but in many cases, it is a patient, nursing home resident, or a family member who was really touched by the compassion or professionalism of a staff member during their visit.



“Many times someone is struck by an act of kindness from a staff member, or has developed a close relationship with staff who has been an integral part of their healthcare experience,” says Lynnae Wenker, Foundation Director. “We like to give you that opportunity to say ‘thank you’ to someone who is great at their job and really made a difference. It is so important that we help celebrate CHI St. Francis Health’s four core values of Reverence, Integrity, Compassion, and Excellence in the workplace.”

When you make a donation to the Guardian Angel program, proceeds go to Scholarship and Workforce Enhancement activities to support the needs of current staff and future health care workers. Then, the staff being recognized is presented with their Guardian Angel silver lapel pin to wear on their uniform. This special recognition presentation and photo op takes place in front of supervisors and coworkers to illustrate that it’s a very special acknowledgment for the staff.

One strong supporter of the Guardian Angel program would like to encourage community members to participate. Roger Miller of Wahpeton, North Dakota, comes to CHI St. Francis Health regularly to visit his wife, Joan, who has lived in St. Francis Home for four years.

“My wife lives at St. Francis Home and I see how hard everyone works,” he says. “I support the Guardian Angel program because I feel like St. Francis staff deserve extra recognition for all they do.”

Guardian Angel donation envelopes are available in all of CHI St. Francis Health’s waiting rooms, at St. Francis Home, and in the Walk-in After Hours Clinic. You can find one in your admission folder if you’re a patient, and you can visit www.foundationgiftlegacy.org or contact the Foundation at 218-643-0410 to request an envelope or make a donation at any time.

CHI St. Francis Health Foundation Gives Back!

Each year the Healthcare and Wellness Foundation at CHI St. Francis Health awards scholarships to area students going into healthcare careers. Contact us for more information.

2018 High School Scholarship winner:

Brianna Bell

2018 Hummingbird Scholarship winner:

Franzi Maurer





This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Festive Feta and Melon Salad



Warm summer days call for light meals that feature seasonal produce, like this sweet-and-savory salad packed with potassium-rich cantaloupe and refreshing watermelon. Pine nuts and olive oil, which are both rich in heart-healthy fats, and vitamin A-dense spinach round out the recipe's nutritious ingredients.

Ingredients

Salad:

2 cups watermelon chunks
2 cups cantaloupe chunks
¼ cup medium red onion, thinly sliced

6 cups fresh spinach
½ cup reduced-fat feta cheese crumbles
¼ cup pine nuts

Vinaigrette:

2 tablespoons balsamic vinegar
1½ tablespoon olive oil
1 dash black pepper

Directions

1. Prepare the fruit and vegetables by cutting wedges of watermelon and cantaloupe into chunks, peeling and thinly slicing the red onion, and washing the spinach leaves. Combine fruit, spinach, pine nuts, and reduced-fat feta cheese into a large bowl. Set aside.
2. Whisk together vinaigrette ingredients.
3. Pour vinaigrette over the remaining ingredients. Toss, and serve.

Nutrition

Serves 4

Calories: 221

Total fat: 15g

Cholesterol: 17mg

Sodium: 223mg

Total carbohydrates: 18g

Dietary fiber: 2g

Total sugars: 14g

Added sugar: 0g

Protein: 6g

Calcium: 155mg

Potassium: 631mg

Recipe courtesy of the Produce for Better Health Foundation and the "What's Cooking?" USDA Mixing Bowl