

BUFFALO HOSPITAL



Photo credit: Meredith Johanson

Albertville–St. Michael Clinic opens May 1. Providers include (from left) Jeff Kvant, MD, family medicine; Susan Johnson, MD, internal medicine; Mark Tonn, DC, chiropractor; and Kim Simon, MD, pediatrician. Not pictured are Giya Albert, MD, obstetrician; Harvey Bishow, MD, and Rajan Jhanjee, MD, orthopedic surgeons; and Brett Oden, MD, sports medicine.

Got a doctor?

TWO NEW CLINICS OPEN IN ST. MICHAEL AND ALBERTVILLE

WHEN YOU'RE not feeling well, a short drive to the clinic to see your doctor's familiar face can be as comforting as chicken soup.

To be ready for these situations and to have a partner working with you for your long-term health and wellness, it's a good idea to choose a primary care doctor close to home.

Your primary care doctor is the one you go to for most of your medical care needs—your annual checkup, screenings and health issues as they arise. He or she may refer you to specialists, if needed, but will coordinate your medications and medical care from all your caregivers.

“A primary care doctor can provide more than 90 percent of a person's health care and use specialists appropriately for the rest,” says Sue Johnson, MD, internist at the new Albertville–St. Michael Clinic opening May 1. “And we can function as a ‘health care personal trainer,’ teaching and encouraging people to take better care of themselves.”

BETTER HEALTH

Several studies by the World Health Organization and others show that access to primary care, with its coordination and long-term relationship, results in better health.

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3 Considering joint replacement?



5 Hospitalists: Focused care around the clock



6-7 Get fit! Classes and events for your health



BUFFALO HOSPITAL

Allina Hospitals & Clinics

New local clinics

NOW OPEN

Allina Medical Clinic—St. Michael

4300 Edgewood Drive N.E.

St. Michael, MN 55376

763-744-4000

www.allinamedicalclinic.com

Monday to Friday, 8 a.m. to 5 p.m.

Thursday evening until 7 p.m.

Public health fair: May 5,

11 a.m. to 2 p.m.

The family medicine doctors at Allina Medical Clinic also provide obstetrical care. Specialists in pediatric and mental health care are also available. The clinic provides basic lab and X-ray services. All patients have quick and secure online access to their Allina health information with MyChart, an easy-to-use Internet tool that allows you to conveniently schedule appointments, view your health information and more, around the clock. The clinic offers same-day appointments and you can schedule appointments by phone or on the Web site 24/7.

OPENS MAY 1

Albertville—St. Michael Clinic

11091 Jason Ave. N.E.

Albertville, MN 55301

763-684-8300

www.asmcclinic.com

Monday to Friday, 8 a.m. to 5 p.m.

Public open house coming this summer

The Albertville—St Michael Clinic will feature an array of basic and specialized services, including primary care, pediatrics, sports medicine, urgent care, chiropractic and obstetrics/gynecology. Basic lab and X-ray services will also be available at the clinic. In addition, Buffalo Hospital is opening a Sister Kenny® Sports & Physical Therapy Center in the clinic this summer, bringing renowned rehabilitation resources to the community.



Photo credit: Meredith Johanson

Allina Medical Clinic—St. Michael is now open with a public health fair scheduled for May 5. Providers include (from left) Stewart Sahlberg, DO, family medicine; Lynne Hagen, PsyD, psychology; Azra Durakovik, MD, family medicine; Dawn Ramaley, PA-C, family medicine; and Catherine Pham, MD, pediatrics.

Got a doctor?

—Continued from Page 1

“We care for the whole person, rather than focusing on one particular aspect,” says Stewart Sahlberg, DO, family medicine doctor at the new Allina Medical Clinic—St. Michael. “In addition to treating health problems, we work with patients to proactively prevent illness and help them meet health goals.”

CHOOSING A PRIMARY CARE DOCTOR

Primary care can be offered by family medicine doctors, internal medicine doctors, pediatricians, obstetrician/gynecologists, nurse practitioners and physician assistants. These caregivers may have special interests, such as sports medicine or allergies. “Try to match your needs and personality to your

primary caregiver,” Johnson says.

“Building a relationship with your primary care doctor is the key,” Sahlberg says. “The best primary care doctors are good listeners and knowledgeable about the health care services in the community and surrounding area.”

“You should feel very comfortable with your primary care doctor and have a trusting relationship so you can talk freely about your health issues,” Johnson says.

HOW TO FIND A PRIMARY CARE DOCTOR

Word of mouth is a good way to find a primary care doctor. Talk to friends, neighbors and health care workers that you know, and find out how satisfied they are with their doctor.



For background information, photos and practice philosophies of doctors in your area, visit www.buffalohospital.org. ❖

New again

CONSIDERING JOINT SURGERY

YOUR BODY didn't come with spare parts. But that doesn't mean damaged, worn-out joints can't be replaced.

Joint replacement surgery can relieve pain and restore movement to areas that have become sore and stiff because of injuries or conditions such as osteoarthritis or rheumatoid arthritis.

Surgeons replace the damaged joint with a new high-tech version that's made of plastic and metal components.

"Joint replacement procedures for the knees and hips are the most common, but replacements can be done for other joints as well, including shoulders and ankles," says Harvey Bishow, MD, orthopedic surgeon at Buffalo Hospital and Buffalo Clinic.

IS REPLACEMENT FOR YOU?

You're probably the best judge of how joint pain is affecting your life and whether you'd benefit from replacement surgery.

"You should consider replacement surgery if pain is disturbing your quality of life—interfering with sleeping or daily tasks, such as bathing, dressing and fixing meals—and if conservative therapy and exercise are unsuccessful," says



Joint replacement can help relieve pain and restore movement.

William Lundberg, MD, orthopedic surgeon at Buffalo Hospital and Allina Medical Clinic—Buffalo.

ARE THERE RISKS?

While there are risks in any surgery, joint replacements are successful in more than nine out of 10 people, the American Academy of Orthopaedic Surgeons reports.

And improvements in both surgical techniques and the materials used for artificial joints reduce the risk of problems.

BACK IN BUSINESS

Generally, a doctor will want you to use your new joint soon

Dispelling the age myth

Only older folks get new joints, right? Wrong. But you can easily be forgiven for thinking so.

In the past, people in their 40s and 50s generally were discouraged from considering joint replacement surgery.

Why? Because artificial joints didn't last very long, maybe 10 years or so. It was likely that a 40-year-old would eventually need surgery to replace the replacement. As a result, surgeons tended to be reluctant to recommend the procedure, according to the Arthritis Foundation.

But today's joints are improved. Most last at least 20 years, according to the U.S. Food and Drug Administration. That means younger people can get many years of benefit from an artificial joint.

after surgery. Once surrounding tissue and muscle recovers, you'll be able to use the joint for normal activities.

With their new knees or hips, most people return to walking or playing golf without any problems. More strenuous activities, such as tennis or running, may be discouraged since they can be hard on artificial joints.

But you don't necessarily have to rule out your favorite activity and should discuss the possibilities with your doctor.

If you think you might benefit from joint replacement or if you have questions about it, talk to your doctor.

Is joint replacement surgery an option for you? Get the facts at www.buffalohospital.org. ❖



Committed to you

BUFFALO HOSPITAL RECEIVES COMMUNITY HEALTH AWARD

THE MINNESOTA Hospital Association (MHA) recently honored Buffalo Hospital for its commitment to improving community health.

The MHA Health Care Awards honor the best and brightest in Minnesota health care.

“Buffalo Hospital has a long-standing history of working to improve the health of the communities we serve. From leading the state in innovative traffic safety practices to combating the obesity epidemic, Buffalo Hospital has partnered with many committed community leaders, including schools, local law enforcement, government, and others, to address the leading health challenges,” says Steve Hatkin, Buffalo Hospital president. “Raising much-needed funding and support for this important work, the Buffalo Hospital Foundation has allowed us to further our success.”

Following are the current health initiatives impacting our communities' health.

SAFE COMMUNITIES OF WRIGHT COUNTY

Safe Communities of Wright County is focused on reducing automobile crashes through safety education and prevention activities. Since this effort began in 1997, the rate of severe injury and fatal crashes in Wright County has declined by an average of 38 percent.

DAAN INSPIRES HEALTHY CHOICES

To inspire wise nutrition and activity choices, DAAN™ (dā on) services can be found in area schools, worksites and the community. Named for a Native American term that means “to live a healthy, balanced life,” DAAN services include the following:

- The Fitness Laboratory offers the most advanced science available today to evaluate body composition, cardiovascular health, biomechanical motion and metabolism.
- The King Wellness Center provides activity and diet consultation and education.
- DAAN@Work uses a mobile

fitness lab to evaluate the fitness of individuals and work groups to create personalized wellness plans and education programs that promote healthy lifestyle choices.

- The DAAN Youth Curriculum provides parents and children with the tools and knowledge to work together to make healthier choices.

HEART SAFE COMMUNITIES

Placing more than 80 defibrillators throughout Wright County and beyond, Heart Safe Communities has educated more than 2,400 citizens about sudden cardiac arrest and how to use an automatic external defibrillator (AED).

AND MORE

Buffalo Hospital has partnered with a variety of other community groups and organizations, including long-term care organizations, United for Youth, and the MEADA (Methamphetamine Education and Drug Awareness) Coalition of Wright County to address top health issues in our area.



Make your mark in our community. To get involved or to learn more, visit www.buffalohospital.org or call the Buffalo Hospital Foundation at 763-684-6800. ❖

The best and brightest: Representatives from Buffalo Hospital and the community gathered to receive the prestigious Community Health Commitment award from the Minnesota Hospital Association.



Imprint

making your mark on community health



BUFFALO HOSPITAL FOUNDATION

Spring 2007 • Vol. 4 No.1

A publication of Buffalo Hospital Foundation

Your gifts in action



Dear friends,
Imagine going to a store, selecting something to buy and announcing to the clerk that you only have to pay half the price because a government regulator said that was today's price for the item. And what if most shoppers did the same thing? And what if other shoppers said they couldn't pay at all and still walked out of the store with the item? The store would soon have to cut back on service and eventually would go out of business.

It's an oversimplification, but it's very similar to what hospitals are struggling with today. Check the facts about the growing need for hospital services and diminishing payments in the section below. While the decline of a store would be inconvenient, if this happened to a hospital, people's lives would be dramatically affected.

That's why Buffalo Hospital created its foundation – to serve as the center for community health philanthropy in our very rapidly growing community. Excellence in health care today must come through a partnership between donors and health care organizations. Nationally, most hospitals agree that philanthropy is critical to their future survival.

In 2006, your donations supported DAAN and Women's Heart Health prevention programs that help people make healthy living choices to prevent disease; installed life-saving automated external defibrillators (AEDs) in public places; and made important upgrades throughout the hospital. In 2007, the foundation will build on its efforts to keep people healthy through individual programmatic funds and its more general Fund for Community Health Improvement. The foundation will also unveil its Fund for Health Service Excellence which will be key in creating a Women's

Center through supporting the expansion of the hospital Birth Center and the enhancement of breast care services, in addition to opening a Sister Kenny® Sports & Physical Therapy Center in Albertville – St. Michael.

People sometimes get frustrated with the costs of health care and feel that the hospital is a "big business," but these are not the actions of a big business – it's people who care about your health doing all they can to keep you healthy.

Thank you for partnering with Buffalo Hospital to expand and create innovative health services in our community. Your gifts have made a difference in people's lives. We hope you will be inspired by the foundation's work in 2007 and continue your commitment to health care excellence.

Mary Clem, executive director
Buffalo Hospital Foundation

*"...every dollar
of our money is
well spent and
goes directly to*

*community health
programs or to
expand services
at the hospital."*

-Bob Halagan

Did you know?

- Medicare, Medicaid and other insurance plans pay 38 to 50 cents on the dollar for the average patient's hospital services. Ninety-one percent of Buffalo Hospital's revenue comes from these sources.
- Nine percent of Minnesotans have no insurance and can't pay for their hospital services at all. Buffalo Hospital serves all patients regardless of their ability to pay. In 2006, Buffalo Hospital provided more than \$1,675,000 in charity (free and uninsured) and discounted care.
- Nearly one-third of U.S. hospitals were losing money by 2003, after years of decreasing reimbursements and rising costs.
- Nearly 700 babies will be born at Buffalo Hospital this year. By 2010 the number is expected to be 1200. The Birth Center is already operating near capacity.
- Ninety-five percent of the average person's health care expenses occur in their last three years of life, and 76 million baby boomers are entering their "senior" years.
- The best way to reduce health care costs is to keep everyone healthy, but preventive care is seldom funded by insurance, Medicare or Medicaid. Buffalo Hospital offers many preventive health programs, like women's heart screenings, fitness assessments, workplace wellness, and an elementary school nutrition and activity curriculum that are funded through the foundation.
- Buffalo Hospital covers the administrative costs of the foundation, ensuring your donations go completely toward health improvement work.
- The creation of the Buffalo Hospital Foundation sparked building a community health promotion infrastructure, expanding outreach services and strengthening Buffalo Hospital's commitment in the community.

Supporting an essential community asset

Bob and Nancy Halagan have seen health care at Buffalo Hospital from the inside and from the outside. Nancy, a nurse, has worked in health care for nearly thirty years and was on the hospital board for nine years, serving as chairperson for three years. Bob has served on the hospital board as a representative of the Buffalo Hospital Foundation board. Both believe strongly that the hospital is an essential community asset. “With

new facilities in place when they are needed, and technology and services that add a measure of excellence that wouldn’t be possible using only hospital revenues,” says Nancy. The Halagan’s donation will support expansion and upgrades at the Birth Center. “Helping young families get a healthy start is key to the ongoing health of the community,” adds Nancy.

Money goes to health care, not administration

The Halagans feel the foundation is a unique opportunity for philanthropy in the area because Buffalo Hospital funds the foundation’s administrative costs. “Many people don’t recognize the contribution the hospital makes to community health programs outside of the hospital doors. By providing the resources to support and staff the foundation, every dollar of our money is well-spent and goes directly to community health programs or to expand services at the hospital,” explains Bob. “The Buffalo Hospital Foundation is poised to be the leader for philanthropy that contributes to improving our communities’ health. Unlike gifts to some of the bigger charitable organizations, dollars given to the Buffalo Hospital Foundation stay in our community and work in our community. That is the legacy I want to leave for my kids’ future in Wright County.”

Buffalo Hospital is a leader in health care

“It also feels good to support a hospital that is well run and doing a good job,” says Nancy. In recent years, Buffalo Hospital has been awarded the Minnesota Hospital Association’s (MHA) Commitment to Community Health Award, Innovator of the Year in Patient Care Award from the MHA, and Top 100 Hospitals award for two years from Solucient.



PHOTO CREDIT: MEREDITH JOHANSON

support from foundation revenues, Buffalo Hospital’s work goes well beyond the doors of the hospital. Its outreach programs and collaboration with other local organizations make it the center for community health activities,” says Nancy.

Their faith in the hospital and its value to the community led to a multi-year pledge that will help Buffalo Hospital expand services for women and children. Bob wanted to honor his wife’s work and feels that the work of nurses and other caregivers has a very high value to the community.

Doing it right

“The hospital has to grow right along with the community. Philanthropy helps the hospital do it right – with

DAAN inspires family wellness

Child obesity is an alarming national trend, expected to burgeon into adult obesity and serious health problems unless the tide is turned.

“I see more and more overweight children in my practice and they are becoming obese at younger and younger ages,” says Glen Pfister, MD, pediatrician at Buffalo Clinic and member of the DAAN™ curriculum committee. “We know that this will lead to more diabetes and heart problems.

“It’s a serious problem that goes from generation to generation,” adds Pfister. “Often, if a child is overweight, parents and siblings are overweight too.” Parents need to learn healthier habits and pass those on to their kids. He recalls seeing parents arrive at an obesity clinic for children with fast food bags in hand.

So how do we get parents and children to eat healthy and exercise? DAAN, an initiative created by the Buffalo Hospital, has been testing programs in the workplace and at school to foster healthy and balanced lifestyles in adults and children.

Last year, Jamie and Fred Schlafke, teachers at Annandale Middle School, participated in the DAAN@Work pilot program, and their daughter, Elizabeth, studied DAAN curriculum at school.

“Our program at work started with measuring our personal fitness,” recalls Jamie Schlafke. “Having the facts about your aerobic capacity, flexibility and other fitness factors is eye-opening and helps you set goals. Everyone in our DAAN group, even those who felt very fit, had areas they could work on.” Working in groups, employees exercised together, had social gatherings that featured healthy food choices, and heard presentations from dietitians and other Buffalo Hospital experts about healthy choices. “There was great reinforcement and we learned a lot,” says Schlafke.

Elizabeth’s DAAN program at school included measurements and learning about exercise and heart rate using pedometers and heart rate monitors. There were classroom curriculum and parent events. Elizabeth’s understanding of healthy choices is apparent in her comments at home. “We

have to eat well because it gives us energy,” she said one day. Although she still likes not-so-healthy foods, she asks for an apple or healthy snack more frequently, and asks to exercise with her parents.

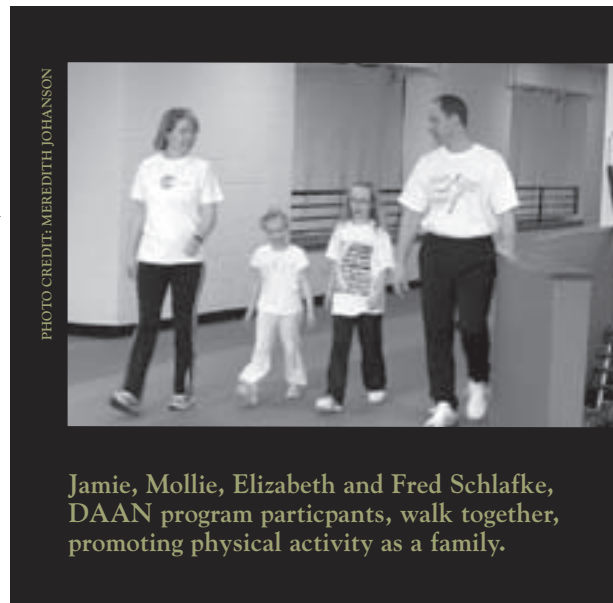
“We enjoy that and think it’s important,” says Schlafke. “So many parents work out at the club and leave their kids in front of the TV. Being active as a family is something kids will remember and continue as adults.”

Although Elizabeth’s younger sister Mollie hasn’t had DAAN curriculum at school yet, she’s observing and learning from her older sister and parents. “She loves to eat and will often ask for veggies or something healthy,” says Schlafke.

While vegetables and healthy foods aren’t really her favorites, Jamie’s committed to being a good example and helping her kids develop healthy habits. Based on the trends and the research, that’s a big part of solving the national crisis and helping children have happier, healthier lives.

Slated to roll-out to all Wright County schools and five worksites later this year, DAAN successfully helped children control their body mass index. And, like the Schlafke family, parent surveys indicate that student intake of fruits and vegetables improved significantly.

Watch for more information about developing DAAN programs for healthier families in your community and at www.buffalohospital.org.



Jamie, Mollie, Elizabeth and Fred Schlafke, DAAN program participants, walk together, promoting physical activity as a family.

Giving report

We offer our deepest gratitude to the individuals, foundations and corporations listed below whose contributions help ensure the excellence in care that our patients and the community have come to expect. Please call 763-684-6800 to correct any errors or discrepancies that may appear.

Gifts from January to December 2006

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Landscape Structures, Inc.

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"...Being active
as a family is
something kids
will remember
and continue as
adults."

-Jaime Schlafke,
DAAN program
participant

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Palwasha Nissiri's grandmother
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Gifts in memory of

Darvis Dixon
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by Deloris T. Rohlin

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Gifts in kind

Affordable Sanitation, Inc.
Allina Medical Transportation
Bank West
Buffalo Chamber of Commerce
Buffalo Floral
Buffalo Police Department
Cenex-Lake Region Co-Op
Church of Latter - Day Saints
in Buffalo
Coborn's
Cub Foods
Cub Scouts of Pack #358
Culligan
The Dobo's Cafe & Bakeshop
Robert Hageman
Pomjit Henry
William M. Henson
Jude Vending
Klein Bank of Buffalo
Land O'Lakes
Len Busch Roses
Karen Linnell
Marketplace Grocery
McDonald's
New Leaf Health & Fitness
Reliable Medical
Renaissance West
Save-A-Lot
Barbara J. Spanier
Sunsets of Woodbury
The Market Place
Upper Lakes Foods, Inc.
Wright Lumber & Millwork

Mission:

Buffalo Hospital Foundation is a catalyst for innovative services and facilities to improve community health.

2006 financial summary

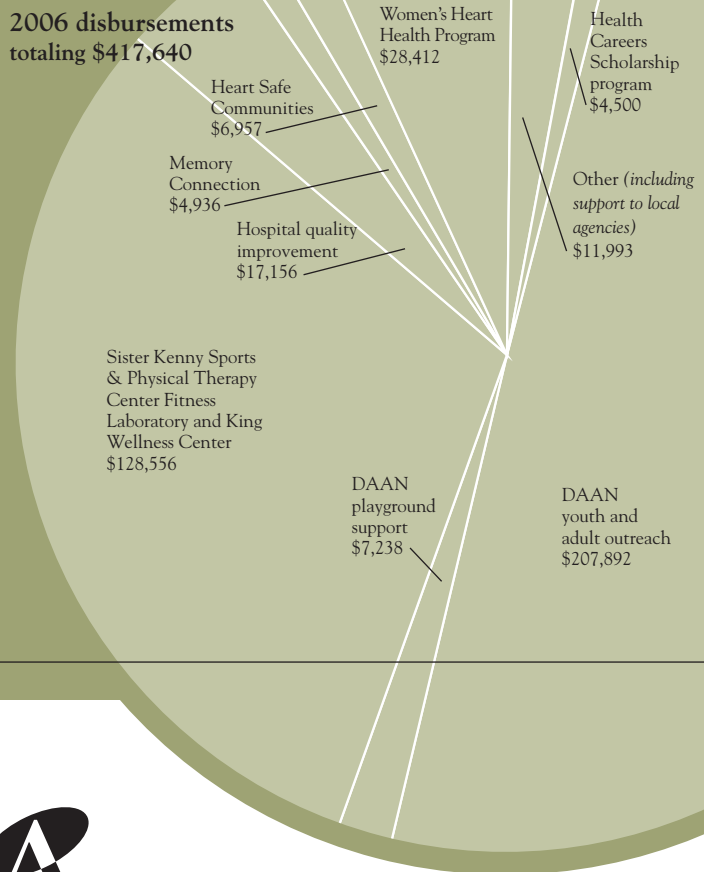
Revenues, gains and support

Community contributions	\$49,967
Grants	\$46,653
Gift Shop profits	\$8,500
Contributions by Allina employees.....	\$30,000
Gifts in kind.....	\$5,785
Investment income	\$12,700
Support from Allina Hospitals & Clinics/ Buffalo Hospital	\$130,396
2006 total.....	\$284,001

Expense summary

2006 disbursements for community health improvement.....	\$239,505
2006 disbursements for health care service innovation	\$178,135
Foundation administrative, marketing and fundraising expenses	\$130,396
2006 total.....	\$548,036
Net assets as of Dec. 31, 2006	\$627,964

2006 disbursements totaling \$417,640



Save the date!

Tough Enough to Wear Pink at Buffalo Rodeo

Thursday, June 21, 2007 at 7:30 p.m.
(gates open at 5:30 p.m.)

Support the Buffalo Hospital Foundation by attending this special event to raise funds for breast cancer awareness. One dollar from each ticket will be used to enhance Buffalo Hospital's breast care services.

Get your event tickets at www.buffalorodeo.com. Visit our booth at the rodeo grounds for your Tough Enough to Wear Pink t-shirts and more.



BUFFALO HOSPITAL

Allina Hospitals & Clinics

Buffalo Hospital Foundation

303 Catlin Street
Buffalo, MN 55313
763-684-6800

www.buffalohospital.org

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Doctors focus on hospital care

HAVE YOU EVER been in the hospital and wondered why your primary care doctor visited so early in the morning? Have you waited in the clinic because your doctor had been called to the hospital? These are two examples of what can happen when a primary care doctor needs to care for patients in the clinic and in the hospital.

Buffalo Hospital is now caring for hospital patients in a new way—with doctors from Allina Medical Clinic and Buffalo Clinic who are completely focused on hospital care and have no clinic patient responsibilities during their time at the hospital. These doctors, called hospitalists, are part of a rapidly growing national trend.

According to two studies in the *Annals of Internal Medicine*, patients cared for by hospitalists had lower costs, shorter hospital stays and better medical outcomes. In Buffalo, the clinics have tested and modified the concept to suit the needs of patients and the size of the hospital and clinics.

Buffalo Clinic has two hospitalists who care for all hospitalized Buffalo Clinic patients and other hospital patients who don't have primary care doctors. They have no clinic

patients of their own and alternate seven-day shifts at the hospital.

Eight doctors from Allina Medical Clinic rotate in five-day shifts as dedicated rounding hospitalists.

Hospitalists and rounding doctors like Chris Ugwu, MD, internist, Buffalo Clinic, (standing) and Ann Sidwell, MD, internist/pediatrician, Allina Medical Clinic—Buffalo, are available throughout the day when questions or emergencies come up at Buffalo Hospital.

AVAILABLE ALL DAY

“The new system works well,” says Ann Sidwell, MD, an internist/pediatrician who is one of Allina Medical Clinic—Buffalo’s rounding hospitalists. “One doctor is there during the day, tracking everything, working with the patient’s specialists, reviewing tests and ordering the next step in the patient’s care right away.”

Chris Ugwu, MD, hospitalist for Buffalo Clinic, agrees. “Patients receive very timely care. Also, fami-

lies are an important part of patient care, and we’re available to them all day,” he adds.

The nurses like it, too. “Instead of seeing patients early in the morning, giving orders

and going to the clinic, we’re there all day, available when questions or emergencies come up,” Ugwu says. “It’s a more collaborative relationship.”

Hospitalists provide all-day, in-hospital care.



Photo credit: Meredith Johanson

WORKING WITH YOUR PRIMARY CARE DOCTOR

Even though you may be cared for by a hospitalist or rounding doctor in the hospital, your primary care doctor will be notified that you have been admitted, updated on your progress, and consulted about your background and needs.

“We communicate on the phone and by e-mail and send a report to your primary care doctor when you are discharged,” Ugwu says.

Medical records from Buffalo Hospital and Allina Medical Clinic all go into a single electronic medical record for each patient, facilitating communication with the primary care doctor.

“In addition to our phone calls, the Allina Medical Clinic primary care doctor can watch the electronic medical record from the sidelines, seeing every test and notation as it happens in the

—Continued on Page 8



BUFFALO HOSPITAL



Buffalo Hospital invites you to register for a health-promoting class or seminar by visiting www.buffalohospital.org or calling 763-684-7121.

GENERAL WELLNESS

Healthy Hearts

For cardiac patients and their loved ones. Meets monthly on the third Monday, 7-8:30 p.m. FREE

Stroke Support Group

Meets monthly on the second Wednesday, 1-2 p.m. FREE

Before Surgery Party for Children

Children view a video and tour the Surgery & Outpatient Center. Call to schedule. FREE

CPR AND FIRST AID COURSES

Classes can be customized for businesses to meet their individual needs.

Basic CPR—Heartsaver

May 5, 8:30 a.m.-12:30 p.m. \$45

Pediatric First Aid with AED and CPR

Meets child day care training requirements. June 2 or Aug. 4, 8 a.m.-3:30 p.m. \$55

Adult First Aid with AED and CPR

May 12, 8 a.m.-3:30 p.m. \$55

Basic Life Support for Health Care Providers

This course covers adult, infant and child CPR and foreign-body airway obstruction.

June 19, 5-9:30 p.m. \$55

CHILDBIRTH AND PARENTING

A Healthy Pregnancy

June 5 or Aug. 7, 6:30-8:30 p.m. \$25

Childbirth Preparation Series

Five-week series starts May 3 or July 5, 6:30-9 p.m. \$90

Childbirth Preparation—Single Session

June 16 or Aug. 18, 9 a.m.-4 p.m. \$90

Refresher for Childbirth Preparation

May 19, 9 a.m.-noon;
June 12 or Aug. 14, 6:30-9:30 p.m. \$45

Taking Care of Baby Fair

June 7 or Aug. 9, 6:30-9:30 p.m. \$45, or FREE if you are registered for Childbirth Preparation or Refresher for Childbirth Preparation classes.

Breastfeeding Preparation

June 14 or Aug. 16, 6:30-9 p.m. \$30

New Brother, New Sister

May 8 or July 10, 6:30-8 p.m. \$25 per family.

Birth Center Tour

May 15, June 12 or Aug. 14, 6:30-7:30 p.m.; or July 14, 9-10 a.m. FREE



COMING EVENT

Memory Loss: Cognition, Personality Changes and the Family

May 2, 12:30-4 p.m., Monticello Community Center, \$5

Designed to enhance the lives of people affected by memory loss, this seminar will help participants develop a greater appreciation for the abilities and disabilities of people with dementia. An occupational therapist and social worker will explain the different levels of dementia along with the range of cognitive functioning within each level. Participants will also learn to recognize mood and personality changes that affect behavior. In addition, caregiver coaches will share ideas for ways people coping with memory loss can better care for themselves.

Presented by the Memory Connection in partnership with the Memory Disorder Clinic and Faith In Action, Sherburne County.



To register, call 763-295-2000 or visit www.buffalohospital.org.



memory connection™

DAAN HEALTH IMPROVEMENT SEMINARS AND EVENTS



Free Sleep Seminar and CPAP Clinic

April 30, 7-9 p.m., Buffalo Hospital Conference Center

■ **Women and Sleep Seminar, 7-8 p.m.**

■ **Continuous Positive Airway Pressure (CPAP) Clinic, 8-9 p.m.**

Women are more likely than men to have difficulty falling and staying asleep, and they experience more daytime sleepiness on a weekly basis, according to the National Sleep Foundation. Join Courtney Whitney, DO, board-certified sleep specialist at the Sleep Center of Buffalo Hospital and Allina Medical Clinic in Buffalo and Cokato, to learn about gender differences related to sleep disorders, including environmental impacts; restless leg syndrome; and hormonal influences related to PMS, menstrual cycles, pregnancy and menopause. Bring your CPAP machine to ensure it's functioning properly and learn about the latest advances.

Free Heart Health Fair and Seminar

May 9, 6-9 p.m.

Buffalo Hospital Conference Center

■ **Heart Health Fair, 6-7 p.m.**

■ **Heart Health Seminar, 7-8:30 p.m.**

■ **Heart Health Fair continues, 8:30-9 p.m.**

According to the National Institutes of Health, heart disease is almost twice as likely to occur in inactive people as in those who are more active. Join Brent Simons, MD, cardiologist, Buffalo Hospital's Cardiac Center, and Melissa

Mulder, exercise physiologist, Buffalo Hospital's DAAN@Work program, to learn what you can do to help prevent heart disease and stroke, including why your heart needs regular exercise and the latest trends in heart-healthy living. Enjoy a variety of interactive, heart-healthy exhibits, including demonstrations of exercises easily incorporated into your daily routine, healthy eating tips and cooking techniques, blood pressure checks, a stroke risk assessment, information about the Women's Heart Health Program, and the latest on automated external defibrillator use and placement throughout the area.

Get Fit in '07

Classes take place at the King Wellness Center at Sister Kenny® Sports & Physical Therapy Center of Buffalo Hospital, located at Gold's Gym in Buffalo. Each session will be led by a Buffalo Hospital health and wellness expert and costs \$5 per person.

The Whys and Hows of Stretching

May 22, 7-8:30 p.m.

We all know that stretching before and after you exercise is important. But which stretching exercises? For how long? And why? Learn the answers to these questions and more, along with an optional stretching activity.

These Shoes Were Made for Walking and That's Just What We'll Do...

May 29, 7-8:30 p.m.

Walking is a basic exercise we can all do anywhere, at no cost. But understanding your gait and speed, and knowing whether to use ankle or wrist weights and which shoes to wear can maximize your walking time and promote your bone and foot health. The session will conclude with an evening walk through Buffalo.

DAAN (dā on) is a transformative initiative to inspire wise nutrition and activity choices. Derived from a Native American term, DAAN means "to live a healthy, balanced life." DAAN activities can be found in area schools, worksites and the community.

Join us for '07 Heart Walk in St. Michael

WITH THE AMERICAN HEART ASSOCIATION'S ANNUAL HEART WALK

HELP STOMP OUT heart disease and stroke by lacing up your shoes and joining Team Allina in the annual American Heart Association's Heart Walk.

The 2007 Heart Walk will be on April 28 in two locations:

■ **Walk Wright County, 9:30 to 11:30 a.m., Cinemagic IMAX Theater in St. Michael**

■ **Walk Harriett Island, 8 to 10 a.m., St. Paul**

Throughout the Walk Wright County event, you'll enjoy a variety of interactive, heart-healthy exhibits at a health fair, including the latest information on automated external defibrillator (AED) use and placement throughout Wright County through Heart Safe Communities; tips on eating smart and exercise made easy through DAAN; heart-healthy living information, featuring the Women's Heart Health Program; blood pressure checks; and complimentary water and snacks donated by Cub Foods in Buffalo.

After your walk, unwind with a movie at noon. Discounted theater

tickets can be purchased at registration the day of the walk at Cinemagic IMAX in St. Michael. For show options, call 763-746-0229.

Proceeds from the walk go to the American Heart Association to advance research on heart disease and stroke, diseases that claim the lives of more than 910,000 Americans each year.



To register for the walk or to make a donation, visit our Web site,

www.buffalohospital.org, and click on *Heart Walk*. Buffalo Hospital teams will walk at St. Michael and Harriet Island. ❖



Focus on hospital care

—Continued from Page 5

hospital," Sidwell says. "And we can see the patient's entire clinic history on computers in the hospital as we share the same electronic chart."



For more information about hospitalists and doctors who practice at Buffalo Hospital and area clinics, visit www.buffalohospital.org or call 763-684-7121. ❖

HOW TO CONTACT US

General information	763-682-1212
Emergency and Urgent Care	763-684-7500
Birth Center	763-684-7640
Cardiac Center	763-684-3801
Women's Heart Health Program	763-684-5100
Foundation	763-684-6800
Sister Kenny® Rehabilitation Institute	763-684-3888
Sleep Center	763-684-3808
Surgery & Outpatient Center	763-684-7738
Volunteer Services	763-684-7107
Albertville—St. Michael Clinic	763-684-8300
Allina Medical Clinic:	
Annandale	320-274-3744
Buffalo	763-682-5225
Cokato	320-286-2123
St. Michael	763-744-4000
Buffalo Clinic	763-682-1313
Catalyst Medical Clinic	952-955-1963

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