



**NEW ULM
MEDICAL
CENTER**

Allina Hospitals & Clinics

Foundation

The Key

Summer 2009

Heart of New Ulm

The Heart of New Ulm project – with its aggressive goal of reducing and eventually eliminating heart attacks in the New Ulm area – got out of the gate in April with the beginnings of heart health screenings that will stretch on through the summer and fall. In the end, the goal in 2009 is to have screened as many adults as possible in New Ulm.



The very first screening occurred at Martin Luther College, where almost 200 staff, faculty, retirees and spouses were screened. “We learned a lot at the first screening and have refined the system so that we’re able to get people in and out within 30 minutes,” said Betsy Pieser, Heart of New Ulm community coordinator.

That first screening was followed quickly by screening of staff, physicians and their spouses at New Ulm Medical Center. The first screening open to the public was held May 15 and 16 at Vogel Arena. Other worksite screenings have been held at Windings, J&R Schugel, AMPI (both at the corporate offices and at the butter plant), City of New Ulm, Design Home Centers, and SouthPoint Federal Credit Union.

After so many weeks of planning, the Heart of New Ulm staff has enjoyed putting the process into place and discussing the project with community members at the screenings. “People are so excited about this project – the enthusiasm is really contagious,” Pieser said. “We hear from many people at the screenings that they feel very lucky that New Ulm was chosen for this project.”

At the screenings, participants will fill out a questionnaire, which includes family and personal health history, and lifestyle indicators. Staff measure the participant’s blood pressure, weight, height, waist circumference, draw blood and review their Heart of New Ulm Lifestyle Score. The Lifestyle Score indicates, on a scale from 0-10, how optimal a person’s lifestyle choices are in terms of maintaining their health.

All of the data gathered is used to create wellness activities and clinical interventions based on the needs identified. The data is strictly confidential and only aggregate data is used for reporting in the study.

Based on initial results seen at the screenings, Registered Dietitian Rebecca Fliszar and Health Educator Holly Glaubitz say one pattern emerging already is relatively low fruit and vegetable consumption. Glaubitz and Fliszar are two of the people discussing screening results with participants onsite. They



A new surgery suite at New Ulm Medical Center.

help each individual screened develop an action plan to improve their health and, if needed, connect them to various resources within the community for further support.

“Increasing your consumption of fruits and vegetables is a small step, but it’s an easy thing people can start doing right away and, long term, it’s something that can have a big impact on your health,” said Fliszar. That immediate chance to help people down the road to better health is a very exciting opportunity for the Heart of New Ulm team, she said. “That’s what this project is all about.”

For more information about the Heart of New Ulm project, go to www.heartofnewulm.org and join the Heart of New

Golf Tournament set for August 17

The Seventh Annual New Ulm Medical Center Foundation Golf Tournament - “Swingen für Gesundheit” (Swing for Health) - is Monday, August 17. Registration begins at 11 a.m., shotgun start at 12 p.m. and dinner served around 6:30 p.m. For an \$80 entry fee and non-member fee of \$10, each golfer will receive 18 holes of golf, golf cart, and dinner. The New Ulm Medical Center Foundation’s Golf Tournament is held at the beautiful New Ulm Country Club. Teams of four golf 18 holes with carts, play many unique games throughout the day and have the chance to participate in the “Drive of Champions” and “Fantasy Golf.” Join hundreds of others who have experienced the New Ulm Medical Center Foundation’s Golf Tournament over the years and see why it’s considered one of the best in the area! To participate, please call Missy Dreckman at the NUMC Foundation at 507-233-1180.



New Ulm Medical Center celebrates 125 years of healthcare

New Ulm Medical Center (NUMC) began a year-long recognition of 125 years of health care starting last November. Throughout its history, health care in New Ulm has gone through many transitions in its buildings, people and services. “One thing has remained constant - the compassionate care given to the patients of New Ulm and surrounding communities,” said Lori Wightman, NUMC president.

Healthcare in New Ulm traces its heritage to 1883 when Father Alexander Berghold, organizer of the Catholic Church in New Ulm, founded St. Alexander Hospital. The need for a hospital in the community became apparent when a devastating tornado hit the city Friday, July 15, 1881. About a dozen people were killed and several hundreds injured. There were many people who needed aid, but no where to take them for treatment. It was at this time that the Sisters of Christian Charity opened their school, which had not been destroyed, to care for these victims. Overnight, the school Sisters became nursing Sisters; the school, a hospital.

Two years later, Father Berghold began a community campaign to raise money to build a “real hospital.” The St. Alexander Hospital, located in a “most picturesque spot under the bluff, overlooking the city from the west,” accepted its first patient on Nov. 1, 1883.



St. Alexander Hospital, built in 1883.

Union Hospital, a non-sectarian hospital located across town from Loretto Hospital, opened its doors to patients in 1915. For many years, the two hospitals in New Ulm worked together to meet the needs of patients in the area. On Jan. 1, 1980, Loretto and Union hospitals merged, creating Sioux Valley Hospital. By 1983, all services were relocated to the former Loretto Hospital campus and the Union Hospital building was demolished.

In 1974, the New Ulm Medical Clinic was formed by eight physicians to consolidate three of the city’s five medical practices. The new clinic was located on the corner of Garden and Center Streets.



The original Union Hospital, erected in 1915.

“The next chapter of healthcare in New Ulm is off to a great start,” Wightman said. “New faces and new services continue to be added to the roster at NUMC. But, from Nov. 1, 1883 to today the spirit of compassion and innovation continue to be the strength behind the success at New Ulm Medical Center,” Wightman said.



Surgery at St. Alexander Hospital in 1903.

In 1884, Sisters from the Poor Handmaids of Jesus Christ in Fort Wayne, Indiana, agreed to assume responsibility for the operations of the St. Alexander Hospital, allowing the Sisters of Christian Charity to return to their teaching profession.

In 1912, the name of the hospital was changed to Loretto Hospital, when a new building replaced the 1883 structure. The present building was built in 1962.

Union Hospital, a non-sectarian hospital



The original Loretto Hospital, built in 1912.

In 1984, Sioux Valley Hospital agreed to an ownership arrangement with Health Central, a healthcare management company located in Minneapolis. Between 1984 and the late 1990s Health Central, through a number of mergers and changes became Allina Hospitals & Clinics.

New Ulm Medical Center became a fully integrated healthcare organization after the merger between Sioux Valley Hospital and the New Ulm Medical Clinic in 1996. This integration culminated many years of close cooperation between the two facilities, which had been operating on the same campus since 1991. At the same time, the two organizations merged their laboratory, radiology and medical records departments.

Today, NUMC provides primary care services to residents in a 25-mile radius around New Ulm and many patients drive 60 – 80 miles to receive specialty services such as Orthopedics, General Surgery, Obstetrics, Psychiatry and Pediatrics.

Serenity Garden

It started out as an idea, then grew into a conversation and now this year will grow into a beautiful garden outside the New Ulm Medical Center's (NUMC) Oncology Department. What is being dubbed the "Serenity Garden" is set to begin construction in Summer 2009.

The NUMC Foundation is raising 100% of the project expenses, around \$20,000, to make the project a reality. "The Foundation is very excited to do this project – what a great chance to create an exceptional experience for our patients," said Carisa Buegler, NUMC Foundation director.



"We envision this as a place for patients and family members to take time to reflect, to meditate, to rest and relax," said Pat Hartman, RN, a nurse in the Oncology Department. "And many family members of past patients will see it as a living tribute to their loved ones who aren't here anymore."

"This project is evidence of how the staff in the Oncology Department regards their patients," Buegler said. "They don't just treat patients' symptoms and conditions. They treat the whole person – the body and the mind."

The plan includes trees, bushes, flowers, a patio area and benches for patients and visitors to enjoy. Because of the location of the garden just outside the Oncology Department, it will also serve to benefit those who may be with a loved one in the adjacent Emergency Department.

Sharon Boisselle, master gardener, retail manager and landscape designer for River Creek Nursery and the widow of a former patient of the department, is donating her time in drawing up a plan for the approximately 70 foot by 18 foot space that will change with the seasons. "There will be some color there all year round – including evergreens in the winter and some shrubs that will turn colors in the fall." Boisselle is hoping the spot may even become a destination for those out on an evening walk.

Naming opportunities for donors to the project exist for donations received of \$500 or more, including having names of loved ones inscribed on plaques, benches or boulders, Buegler said. All donations, no matter what size, are welcome and will make the project a reality. For more information on the garden or donating opportunities, please visit www.NewUlmMedicalCenter.com, then select 'Foundation' or call the NUMC Foundation at 507-233-1188 or 507-233-1180.

Did you know?

Eating nuts can help your health. Five major studies have confirmed that eating nuts can greatly reduce your risk of heart disease. Can you add a one ounce serving (a small handful) of nuts to your daily diet?

Donor Spotlight

Optimist Club of New Ulm

An organization best known for its focus on youth, the Optimist Club of New Ulm has made a significant investment to the DAAN program, a school-based nutrition and activity program introducing children to both good nutrition and active lifestyle, at New Ulm Medical Center over the past three years. In fact, the organization's total donation has exceeded \$40,000 and is the very reason DAAN is being provided in our area schools.

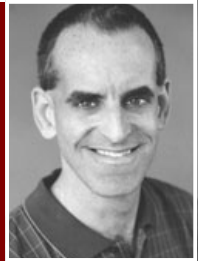
The Optimist Club of New Ulm is part of Optimist International, a service club focused on "Bringing Out the Best in Kids." The club is comprised of community leaders from various sectors within our community. To learn more about the Optimist Club, please contact Derek Shaver at 217-9422.



The Optimist Club of New Ulm members (l to r) Pat Furth, Jim Schmidt, Darlene Schmidt and Phyllis Brandt (far right) presented a check to Carisa Buegler (second on right), NUMC Foundation Executive Director, to support DAAN in all New Ulm schools next school year.

Physician's Corner

Terry Knowles, MD, is a family physician at New Ulm Medical Center, with specialized training in treating allergies.



Q: What natural things can I do to control seasonal allergies?

A. The top three most important steps to take when you have determined you have an allergy is avoidance, avoidance, avoidance. Tree pollen can affect allergy sufferers in the spring and grass pollen can aggravate allergies in early to mid-summer. The best way to avoid pollen is to limit going outside in the afternoons, close your windows and avoid hanging out laundry when pollen counts are high. Year-round allergies can include dust mites and molds. Dust mites can be diminished by frequent vacuuming, minimizing stuffed animals in the house, eliminating upholstered furniture and draperies, and washing bedding in 130 degree temperatures once a week or more. Wood or linoleum floors are the best to have in a house to reduce dust mites.

Two useful internet sources for allergy sufferers are www.pollen.com and www.familydoctor.org. On the pollen website, the user needs only to type in their zip code and the site will display what the pollen count is for that area on that day.

Allina Health System
New Ulm Medical Center Foundation
1324 Fifth North Street
New Ulm MN 56073

Summer 2009 Edition

*“The Key” newsletter is a publication
of the New Ulm Medical Center
Foundation.*

*New Ulm Medical Center Foundation
exists to enhance the health of New
Ulm Medical Center patients and the
wellness of the communities we serve.*

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Center Foundation at 507-233-1180
or visit our website at
www.newulmmedicalcenter.com
and click on ‘Foundation.’*

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Upcoming Events

NUMCF Golf Tournament

NUMC Foundation “Swingen für Gesundheit” (Swing for Health) Golf Tournament Fundraiser—Monday, August 17, 2009.

Heart of New Ulm Screenings

Sign up for Heart of New Ulm community-wide screenings at www.heartofnewulm.org or call 233-1945. The next community screenings dates are below:

Tuesday, July 14, 6:30 am - 11 am

Wednesday, July 15, 6:30 am - 11 am

Location: New Ulm Medical Center, 3rd Floor Auditorium

3M Golf Championship Tournament

The 3M Golf Championship Tournament will be taking place this year at the Tournament Players Club (TPC) in Blaine from July 6 - 12. Sunday, July 12, it will be Allina Day! Gates are open with free admission to all NUMC Foundation donors and Allina employees, their families, friends, neighbors, etc. The July 12 events include the Final Round of Championship Play, along with the Final Round of Greats of Golf Challenge.

NUMCF Have a Heart Gala

It's never too early to start planning for this fun and elegant evening filled with entertainment, delicious food and unique auction items being held on Saturday, February 20, 2010.

Healthy recipe

Dana's tropical fruit smoothie

This drink refreshes, especially in hot weather. Makes 2 servings in 2 simple steps.

- 1 15-ounce can crushed pineapple with juice
- 1 cup low-fat plain yogurt
- 1 banana
- 8 cubes of ice
- 1 cup of orange juice

1. Combine the first four ingredients in blender.
2. Blend, adding orange juice, until the fruit reaches the consistency you like.

Nutrient information for 1 serving: 313 calories, 9g protein, 68g carbohydrate, 3g fat, 1g saturated fat, and 3g dietary fiber. (Note: this recipe also contains 145% of your daily recommended Vitamin C.)

For more heart-health recipes, visit www.allina.com and select 'Be Healthy.'

