



**OWATONNA
HOSPITAL**

Allina Hospitals & Clinics

Healthy Communities™

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ALLINA HOSPITALS & CLINICS

MAGAZINE

Winter 2010



Sister Kenny Occupational Therapist Brandon Simmons and Bailey Kircher have fun with a slide activity that helps her tolerate motion.

KENNY KIDS

Making lives work through play

All children develop at different rates, and some need extra help with physical, cognitive and developmental abilities.

Bailey Kircher is a fun 5-year-old from Owatonna. Until recently, autism made it nearly impossible for her to express herself to her parents and siblings.

“Bailey is very smart and can talk, but she doesn’t know how to communicate,” says her mom, Caren Kircher. “When she began therapy a year ago, we could barely communicate with her, and it was incredibly difficult for everyone.”

Bailey receives therapy twice a week at Kenny Kids™, part of Sister

Kenny® Rehabilitation Institute – Owatonna (formerly Center for Rehab & Wellness at Owatonna Hospital). The specialized pediatric staff is dedicated to helping children who have medical conditions or syndromes that may interfere with normal development.

“Bailey’s therapy sessions are having a tremendous impact,” says Caren Kircher. “She can tell us now what she wants or needs, and that’s a huge step. The ability to communicate also means she is less frustrated, and in turn, less aggressive.”

“Children with autism often have trouble answering questions,” explains Sister Kenny Speech-Language Pathologist Anna Forsman-Johnson. “For example, if you ask ‘Do you want milk?’ they often respond with ‘Milk?’ They echo the last thing you say, so we work on how to respond with a ‘yes’ or ‘no.’ Bailey is such a quick learner, she meets every goal we set.”

Sensory integration

Bailey Kircher also receives occupational therapy, which includes sensory integration.

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Another goal is helping Bailey become comfortable with things that bother her, such as movement and touch.”

Bailey’s mom and dad say that therapy has made it possible for them to touch Bailey more and that simple things like brushing and washing her hair are easier.

About Kenny Kids

The dedicated pediatric area at Sister Kenny Rehabilitation Institute – Owatonna includes a climbing wall, a gym, private treatment rooms and a room where parents can watch the therapy session on closed-circuit TV.

The Kenny Kids staff consists of occupational and physical therapists and speech-language pathologists who have extensive training in pediatric rehabilitation.

Physical therapists focus on increasing flexibility, balance, coordination and gross motor skills such as rolling, crawling, running or jumping.

Occupational therapists focus on fine motor coordination; sensory processing, including sensitivity training to touch, movement, and noise; daily living skills; and cognitive skills, including problem solving and attention span.

Speech-language pathologists focus on improving the ability to produce speech, put words together and understand language, as well as overcoming swallowing, voice and communications problems.

Learning through play

“Our goal is to make sure a child doesn’t feel like he or she is coming to therapy,” says Forsman-Johnson. “Children learn best through play. We set individual goals and find ways to reach those goals with fun activities.”

Kenny Kids

Sister Kenny® Rehabilitation Institute – Owatonna’s Kenny Kids program helps children from birth to age 18 who have:

- ADD/ADHD
- apraxia
- arthritis
- autism and PDD
- brachial plexus injury
- brain injury
- cerebral palsy
- cleft palate
- delay in motor development
- delay in speech or language development and speech articulation
- feeding and swallowing disorders
- genetic syndromes, such as Down syndrome and Fragile X
- hearing loss
- orthopedic injuries and surgeries
- physical disability
- sensory processing disorders
- torticollis.

Bailey Kircher thinks it’s play, but her Kenny Kids activities are helping her develop important skills.



Sister Kenny Speech-Language Pathologist Anna Forsman-Johnson chooses therapy activities that keep Bailey happy and engaged.

Play

—CONTINUED FROM FRONT PAGE

“It’s easy for Bailey to become overstimulated and excitable,” says Sister Kenny Occupational Therapist Brandon Simmons. “We work on finding ways to calm her, including deep pressure and rhythmic motions, so she can concentrate and stay on task.

“Bailey is always excited to go ‘play’ at Kenny Kids, especially rolling around in a tube and being pulled in a scooter by Brandon,” says Caren Kircher. “We incorporate what she learns at home, too. If we run into issues, we can easily reach her therapists to find solutions. We work as a team to set goals to help Bailey overcome her challenges.”

Getting started

To begin a therapy program, patients need a referral from their health care provider.

Go! To schedule an appointment or for more information, call 507-977-2150 or visit owatonnahospital.com.

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Helping hands: Volunteer tradition continues at the new Owatonna Hospital

Volunteers made a valuable contribution at the old Owatonna Hospital, and that tradition has been carried to the new one.

It started immediately, with volunteers setting up the Pink Pantry, Coffee & Gift Shoppe—planning the space, purchasing the fixtures, and purchasing and displaying the products sold there. Volunteers also helped with the many tours of the new hospital.

Now volunteers are needed more than ever, because the expansion of the hospital has also expanded some of the volunteer tasks. For example, the coffee and gift shop is larger, has more offerings and is open longer. The front desk is open until 8 p.m., requiring another shift. Volunteers also help out in Sister Kenny® Rehabilitation Institute – Owatonna and other departments that have expanded.

“Our volunteers love working in the new hospital,” says Sue Simons, volunteer services supervisor. “There are all kinds of volunteer opportunities, and we match you up with jobs that fit your skills and interests—and your schedule.”

There are now volunteer shifts in the evenings, so people with daytime jobs can volunteer at the hospital, too. Anyone 17 or older can be a volunteer.

“I’ve been a volunteer since March,” says Simons. “It’s allowed me to use my talents, try new things, and meet and work with really nice people. If you or a loved one has been in the hospital, volunteers probably made a difficult time a little easier for you.” She also notes that the coffee and gift shop is a fundraiser, so volunteer efforts help raise money for unfunded

equipment at the hospital and health care-related scholarships.

Volunteers are members of the Owatonna Hospital Auxiliary. The benefits of membership include:

- a discount in the gift shop on days you volunteer
- a discount at the Owatonna Clinic – Mayo Health System Optical Department
- discounted membership fees at the hospital fitness center
- a hospital-sponsored annual volunteer luncheon
- personal satisfaction, new friends, new interests and contributing to the community
- receiving auxiliary newsletters.

Volunteers are needed for such jobs as welcoming and guiding patients and visitors at the front information desk, working in the

coffee and gift shop, delivering afternoon beverages to patients, filing, assembling information kits, and helping with special events and fair booths.

All volunteers get training on basic hospital procedures and rules—everything from how to handle a wheelchair to patient confidentiality. You will receive additional training specific to the volunteer job you select.

To get started, call Simons at **Call** 507-977-2778. She’ll discuss available jobs and help you with an application form.

“We are looking for people who can set up a regular schedule of shifts,” says Simons. “Some jobs may require two four-hour shifts a month, but for many jobs, fewer shifts will work fine.”



Sharan Standke and Joan Salmonson, Owatonna Hospital Auxiliary volunteers, greet and guide visitors and patients from the reception desk at the new hospital. This is one of many volunteer jobs that have expanded, creating a need for more area residents to volunteer at the hospital.



‘Everything we need is right here’

When the new hospital hosted open houses for the community last fall, thousands of people filed through the new Surgery Department.

Jill Berg, RN, Surgery Department manager, remembers one woman who summed up what other people were saying. She said, “Well, there’s no need to go to Minneapolis or Rochester for surgery. They’ve got everything we need right here.”

Keith Paley, MD, fellow of the American College of Surgeons, surgeon at Owatonna Clinic – Mayo Health System, agrees that the new department helps health care providers give excellent care when surgeries are done there.

“There are certain procedures we refer to larger hospitals, like neurosurgery, but for the many surgeries we do here, our new

operating rooms and equipment are better than most major hospitals have,” he says. “Allina did this hospital right. It’s functional, efficient and beautiful. It has an award-winning staff and the latest technology. People can have their surgery here, close to family; be cared for by people who know them; and follow up with their doctors without travel. It’s a great situation for the community.”

The new surgery department has four large operating rooms (ORs) that are identical for efficiency and safety. The old hospital had cameras and monitors for laparoscopic surgeries, but they were on carts, with cables on the floor. The new ORs have large, high-definition monitors that are mounted on booms from the ceiling. They can show multiple images at the same time, allowing the surgeon to see fluoroscope

or X-ray images while doing surgery. It’s easier for a surgeon and assistant to see the monitors, position them and move as they need to around the patient. The new lighting is also an important part of the design, giving surgical teams better vision.

Patient comfort was carefully considered in the department design. Operating, preparation and recovery areas are located together, so patients move from one to the next without being transported down public hallways. In ambulatory surgery, preparation and recovery are done in private rooms with doors and curtains for additional privacy. Families have comfortable and spacious waiting areas.

In addition to the expanded and upgraded space, the Surgery Department is expanding its surgical offerings.



New SILS surgery at Owatonna Hospital results in an almost invisible scar in the belly button.



Miguel Mulet, MD, ophthalmologist, is able to treat patients faster and more comfortably with Owatonna Hospital's new laser for photocoagulation. The hospital is the first in the state to have the laser.



All of the new operating rooms at Owatonna Hospital are identical for efficiency and safety. Monitors, controls, and lighting are all on overhead booms, allowing better access to the patient, better visibility and increased safety.

In addition to the photocoagulation surgery, eye surgeries at Owatonna Hospital include cataract removal, multifocal lens implants, eyelid surgery, corneal transplants and laser treatments for glaucoma. The new laser is upgradable and may be used for more procedures in the future. Eye surgeries are performed in the new laser room, which was designed with the same efficiency and patient comfort considerations as the other operating rooms.

Plastic and cosmetic surgery

Owatonna Clinic's David Yao, MD, now offers plastic surgery procedures at Owatonna Hospital. Yao trained in surgery at Maricopa Integrated Health System in Phoenix and in plastic surgery at Mayo Clinic in Rochester. He completed an aesthetic/cosmetic fellowship at Manhattan Eye, Ear and Throat Hospital in New York.

Because of Yao's expertise, patients can now have reconstructive work done in Owatonna after cancer surgery and other appearance-altering surgeries and traumas.

Yao performs cosmetic procedures, including skin care and chemical peels; injections of BOTOX® and fillers; face-lifts; ear, brow, nose and neck procedures; breast augmentation, reduction and lifting; liposuction; and procedures for the abdomen and body.

Yao encourages patients to do some research, then come in to discuss the procedures, clarify goals and set expectations before going forward.

"Everyone is an individual, and so is his or her treatment plan and goal," says Yao. "Reconstructive and cosmetic surgery is a blend of art and science that can enhance people's quality of life."

Go! For more information, visit owatonnahospital.com.

'Belly button surgery'

Surgeons at Owatonna Hospital have been performing laparoscopic surgeries for 20 years, inserting a camera and instruments through several small incisions to complete the procedure. Now they're taking laparoscopic surgery one step further. Abdominal surgery can now be performed with a single incision in the belly button instead of three or four on the abdomen, leaving no visible scar.

"We use a special port that can accommodate several instruments for performing the surgery," says Paley, who pioneered the procedure at Owatonna Hospital. The incision, made in the belly button, is around an inch long and usually becomes invisible.

"Some people are embarrassed that they care about having a scar, but really, nobody wants an unnecessary scar on their body," adds Paley.

Called the SILS™ procedure, the surgery doesn't cost the patient any more than traditional laparoscopic surgery. So far, Owatonna surgeons have used the procedure for gall bladder surgery and appendectomy.

First in state to have latest eye laser

Owatonna Hospital is the first in the state to have the newest laser for photocoagulation, a treatment for eye problems common in people with diabetes.

The laser energy is applied to the retina in a dot pattern with hundreds of dots. With older technology, it took several sessions to complete the treatment.

"The new laser takes half the time, and it's twice as effective," says Miguel Mulet, MD, ophthalmologist at Owatonna Clinic and chief of staff at Owatonna Hospital. "It's much more comfortable for patients, and it uses less power to get the same result."



Health care support that puts patients first

Allina's Care Navigation Help Desk

Allina's Care Navigation Help Desk provides personalized health care support to patients and their families.

"The Care Navigation Help Desk is one way the health care team at Allina works to provide seamless care to patients," explains Gayle Mattson, president, Allina Home & Community Services.

"When you or a loved one has many medical needs, trying to determine how to get help and what services exist can be difficult," Mattson says. So the Care Navigation Help Desk staff steps in to help. Registered nurse and social worker care navigators provide an assessment to determine what needs

Care navigators help connect patients with care and services.

a patient might have and how to connect them with the right care and services. Resources offered include home health care, home oxygen and medical equipment, hospice, resources for people with advanced illnesses, life care management, private caregiving, and housing referral and placement.

Julie and Jane's story

When Julie was diagnosed with stage III lung cancer, she and her sister Jane weren't sure what the future would hold. In subsequent months, Julie's health continued to decline, and her doctor recommended that she quit chemotherapy because of the side effects she had from the treatment. Jane thought Julie seemed depressed and that they both needed help figuring out what to do next.

That's when Jane went online to look for help and found information about Allina's Care

Navigation Help Desk. Jane called and talked to a registered nurse care navigator, who offered to work with Julie's doctor to get a referral for palliative care.

A palliative care nurse visited Julie at home three times over the summer to care for her and talk to her about her condition. When the time was right, the palliative care nurse recommended that Julie begin hospice care.

"Ever since Julie went into the hospital, we've been glad we're hooked up with Allina," says Jane. "They've been able to help with home oxygen, palliative care and now hospice care. Not every health system has all those services."

For more information about the Care Navigation Help Desk, go online to allina.com/care or call

**651-635-9173 or
1-800-261-0879**

Primary care



Owatonna Healthcare Campus

Owatonna Clinic – Mayo Health System
2200 26th St. N.W.
507-451-1120 or 1-800-628-2538

Urgent care



Urgent-care locations

Owatonna Clinic
Monday-Sunday: 8 a.m. to 8 p.m.
507-451-1120

Emergency care

IN CASE OF EMERGENCY,
CALL 911.



Hospital listings

Owatonna Hospital
2250 N.W. 26th St.
Owatonna, MN 55060
507-451-3850

Abbott Northwestern Hospital
800 E. 28th St.
Minneapolis, MN 55407
612-863-4000

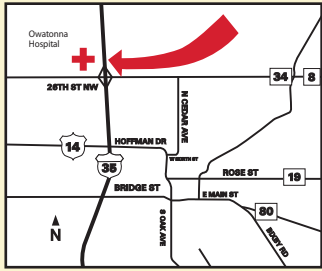
Patients have the right to choose their providers for primary, urgent and emergency care. This listing may not include all medical providers in your area.

Phone directory

Administration.....	507-977-2320
Billing	1-800-859-5077
Emergency Department.....	507-977-2100
Foundation	507-977-2562
General Information/Operator.....	507-451-3850
Marketing and Communications.....	507-977-2330
Owatonna Home Care & Hospice	507-446-0936
Owatonna Pharmacy Care.....	507-977-2020
Pink Pantry, Coffee & Gift Shoppe.....	507-977-2777
Release of Medical Information.....	507-977-2300
Same-Day Surgery	507-977-2277
Sister Kenny® Rehabilitation Institute – Owatonna ..	507-977-2150
Volunteer Services	507-977-2778
To reach a patient room	507-451-3850



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Owatonna, MN 55060




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and ideas, visit allina.com.

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Parenting news

Each month, receive the pregnancy, birth and early parenthood information that's right for you. Starting with preconception and continuing through the first three months of parenthood, each issue is customized to your due date or your child's birth date.

Here's how to sign up:

1. Go to allina.com/pregnancy.
2. Select the *Pregnancy & Parenting eMagazine* button in the lower left.

PRENATAL, NEWBORN, CHILDREN'S PROGRAMS

Many of the following programs are offered in collaboration with Owatonna Hospital, Early Childhood Family Education, Steele County Public Health and Owatonna Clinic.

Birth, Babies & Beyond

First-time parents learn how to get ready for the birth of their child and begin the parenting journey.

Call 507-444-7900 for dates and times and to register, or visit owatonnahospital.com and select *Classes, Events and Support Groups*. \$60

Amazing Newborn Clinic Tuesdays, 12:30-2 p.m.

Roosevelt Community School

Free clinic where babies are weighed and parents' questions are addressed. Breastfeeding guidance is provided. Drop in anytime the clinic is open.

WELLNESS PROGRAMS FOR SENIORS

Chair Aerobics

- Mondays and Fridays, 10:30-11:15 a.m., Senior Place \$10/month or \$1.25/class
- Tuesdays and Thursdays, 3:30-4:15 p.m., Cedar Place Free

Get an aerobic workout with members of Sister Kenny® Rehabilitation Institute – Owatonna. It includes warm-ups, exercises, stretches and cool downs.

Call 507-977-2150 for more information.

Weight Training for Seniors Mondays, Wednesdays and Fridays, 8:30-9:30 a.m. and 3:15-4:15 p.m.

Senior Place

A staff member from Sister Kenny® Rehabilitation Institute – Owatonna leads a program of warm-up exercises, weightlifting with handheld weights, stretching and cooldown exercises. \$25/month.

Call 507-977-2150 for more information.



Lend us a hand while making new friends—volunteer! See Page 3.