

OWATONNA HOSPITAL

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Ready, set, succeed!

TAKE-HOME ADVICE FOR PARENTS AS KIDS HEAD BACK TO SCHOOL



“HOW WAS SCHOOL today?”

With another school year at hand, that’s a question you’re bound to ask—often.

As a parent, there’s much you can do to see to it that your child’s

response is a positive one.

Consider the following tips to help your child succeed at school.

Help make homework a habit. Set aside a regular time for tackling homework, and create a permanent study spot—either in your child’s bedroom or another part of your home—that allows your child to concentrate. Be sure that the TV stays off during homework time.

Also be available to answer questions and provide guidance—but never do a child’s homework.

Boost brainpower with breakfast. Regular breakfast-skipping is tied to lower school performance. Breakfast helps provide fuel to learn.

Make sleep a priority. A good night’s sleep—generally at least nine hours of shut-

Show children you care about how they do in school.

eye for school-age children—improves memory. If your child has spent the summer sleeping in, gradually adjust his or her schedule so that waking up earlier won’t

be such a shock. Start about 10 days to two weeks before school starts.

Be a positive force. Express interest and excitement about the school year’s start. Encourage initiative and curiosity. Praise your child when he or she participates in school activities and tries new things. Your positive attitude is likely to be contagious. ♦

Sources: American Academy of Pediatrics; American Dietetic Association; Mental Health America; National Sleep Foundation



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OWATONNA HOSPITAL

Allina Hospitals & Clinics

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HEALTH NEWS UPDATE



Whether for a romantic meal or a quiet evening at home, **CANDLES** are great for creating just the right mood. But to prevent fires, keep them out of the reach of children and pets and never leave them unattended.

—U.S. Consumer Product Safety Commission

Always watch children near any body of **WATER**. No matter what the child's age or presumed swimming ability, there is still a risk of drowning.

—Safe Kids Worldwide

You may have heard that carrots are the star vegetable when it comes to vision. But here's something you may not know: **SPINACH** is even better. Among veggies, Popeye's favorite has the best nutrients for eyes.

—American Optometric Association

Save a stamp and save a tree. Pre-registration for your Owatonna Hospital stay is coming online soon. Watch www.owatonnahospital.com this fall for more information.

Are you friends through thick and thin?

Acceptance in close friendships is a good thing. But can getting too comfortable with our closest pals spell trouble for our waistlines?

A study in *The New England Journal of Medicine* suggests that obesity can be contagious. One finding: A person's chances of becoming obese during a given interval (three-year period) increased if he or she had a close friend who became obese within that same period.

The obesity effect was greater among same-sex friends and same-sex siblings.

The researchers suggest that obesity becomes acceptable when a certain body size is viewed as normal within a social network of friends and family. ❖

Heart-friendly workouts may help knees too

Exercise that gives your heart a boost may also benefit your knees, too.

According to research reported in the journal *Arthritis Care & Research*, physical activity that improves heart health—exercise that increases your heart rate and makes you sweat—appears to also help protect knees from the cartilage loss that contributes to osteoarthritis.

The research involved nearly 300 healthy adults between ages 50 and 79 who did not have a history of knee problems or osteoarthritis.

Using MRI (magnetic resonance imaging), the researchers found that vigorous physical activity can build knee strength and reduce the risk of cartilage loss. Even moderate physical activities, such as walking, seemed to be good for the participants' knees as well as their hearts.

This study didn't determine which specific kinds of exercises are best for



knees. But for a healthy heart, the American Heart Association recommends at least 30 minutes of moderate physical activity, such as brisk walking, at least five days a week.

If you have questions about what kind of exercise is right for you, check with your doctor. ❖

Community benefit goes beyond the bedside

WATONNA HOSPITAL is a part of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside to improve the health status of the communities it serves.

Q What is community benefit?

A Community benefit is a planned, coordinated and measured organizational approach to identify and respond to the health needs of the community. “As a not-for-profit organization, we understand that the health of the communities we serve is essential to Allina’s mission and strategy,” says Dick Pettingill, chief executive officer, Allina Hospitals & Clinics.

Allina collaborates with community-based organizations by forming Community Health Advisory Councils (CHACs) to help drive its community benefit work. The local CHAC is composed of community representatives who work together to identify, plan, implement and evaluate programs and activities that improve the health of the people here in the communities served by Owatonna Hospital.

Q How much did Allina give back to the community in 2007?

A Allina’s total 2007 investment was nearly \$402 million, which is approximately 16 percent

of Allina’s total operating expense. Owatonna Hospital has contributed \$5.4 million to benefit the health of the community.

Of Allina’s total contribution, \$140 million provided community benefits designed to lessen the health care burden for all in the community, as defined by two leading national organizations, Catholic Health Association (CHA) and VHA. These include charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom the government-sponsored Medicaid program does not cover the full cost of services.

They also include the Medicaid surcharge, MinnesotaCare tax, community services, education, research and other community benefit costs. For Owatonna Hospital, this contribution amounts to \$2.1 million.

“At both the local and Allina level, we’re proud of the community benefit services we provide in Steele County,” says Debra Brase, Owatonna Hospital’s marketing and communications manager. “We partner with our communities around efforts that will improve the health and wellness of our residents, while providing care to all who need it.”

Owatonna Hospital’s community benefit work includes participation in Women’s Health Day and the Children’s Safety Fair; Heart Safe Communities project, placing 32 automated external defibrillators in Owatonna; exercise classes, such as Senior Weight Training and Senior Chair Aerobics; childbirth education classes; on-call certified athletic trainers at high school and other sporting events; charitable/in-kind donations to local non-profits and event sponsorships; health professional education for student nurses; Mobile Meals to deliver hot meals to the homebound; and meeting space for not-for-profit organizations. ♦

Owatonna Hospital	
Cost providing charity care	\$195,000
Costs in excess of Medicaid payments	\$267,000
Medicaid surcharge	\$392,000
MinnesotaCare Tax	\$614,000
Community services	\$227,000
Education and workforce development	\$186,000
Subsidized health services	\$17,000
Cash and in-kind donations	\$176,000
Community building	\$53,000
Other community benefit cost	\$6,000
Total cost of community benefit (as defined by CHA/VHA guidelines)	\$2,133,000
In addition, we track other supported community contributions as defined by the Minnesota Hospital Association, which are below.	
Owatonna Hospital	
Costs in excess of Medicare payments	\$847,000
Other care provided without compensation	\$1,682,000
Discounts offered to uninsured patients	\$764,000
Taxes and fees	\$11,000
Total value of community contributions	\$5,437,000

A hardworking

UNDERSTANDING AND LIVING WITH HEART FAILURE



A great team: (from left) Simon Mittal, MD, VPMA for Owatonna Hospital; Bea Oberg, assistant patient care manager; and Cheryl Lentz, RN, Special Care Unit.



SOMETIMES IT seems like you're just too tired. You can't summon the energy to deal with everyday activities like housework and carrying groceries. And climbing stairs—even walking—can seem like climbing a mountain.

Your excessive fatigue may be caused by heart failure, especially if you are older than 65 and have other signs, such as:

- shortness of breath
- persistent coughing or wheezing
- swelling in the feet, ankles, legs or abdomen due to excess fluid buildup
- nausea and loss of appetite
- confused thinking and memory loss
- a feeling that your heart is racing or throbbing.

HEART FAILURE

Heart failure doesn't mean that your heart is about to stop. It does mean that your heart is losing its ability to pump oxygen- and nutrient-rich blood to your body's cells. This inability to circulate blood can be caused by conditions that damage the heart muscle or make it work too hard, including fatty deposits that slow blood flow to your heart, high blood pressure,

heart valve disorders, heart attacks and other medical issues.

Heart failure progresses gradually as the heart tries to adapt by working harder to meet the body's demands. Over time, the heart weakens and isn't able to pump blood as well as it should, causing fatigue.

TREATMENT OPTIONS

According to the American Heart Association, people with mild to moderate heart failure often can lead nearly normal lives if they make certain lifestyle changes and get the medical care they need.

Lifestyle changes. The most important lifestyle changes include:

- eating healthy, low-sodium foods
- balancing activity and rest
- taking medicines as directed
- stopping all tobacco use
- recording daily weight taken with an accurate scale to detect fluid buildup
- keeping follow-up appointments with your doctor

Medicines, surgery and other devices. Most people with heart failure take several medicines. Some strengthen the heart's pumping action; others expand blood vessels or reduce water and sodium to lessen the heart's workload.


People with heart failure may

heart

also benefit from a pacemaker or implantable defibrillator to regulate the heart's rhythm, or coronary artery bypass surgery or angioplasty to improve blood flow. A heart transplant may be considered if other treatments don't help.

LIVING WITH HEART FAILURE

Many people lead full, enjoyable lives when heart failure is managed with medicines and healthy lifestyle changes. See sidebar for more information about special help available at Owatonna Hospital.

 For heart failure tips and tools, visit www.allina.com, select *Conditions & Treatments*, and then *Heart Failure* under *Condition Centers*. You'll find useful weight, blood pressure and appointment logs, menus, and information about diagnosis and treatment of heart failure. ❖



Award-winning heart failure program

BETTER LIFE, LESS HOSPITALIZATION

Heart failure is a serious disease, and it's the most frequent hospital admission reason for people older than age 65. Symptoms like difficulty breathing and chest pain can flare up to the point that hospital care is needed. The flare-up can be caused by medical problems like pneumonia or respiratory diseases, not taking medicines properly, not following lifestyle recommendations, or not recognizing signs of trouble at an early stage. It often happens soon after returning home from the hospital.

A LOCAL APPROACH

At Owatonna Hospital, a team of caregivers from the hospital and clinic looked at the problem and came up with a plan that has successfully reduced readmissions by 73 percent. In the second half of 2007, only one heart failure patient was readmitted. The Minnesota Hospital Association awarded Owatonna Hospital its 2007 Innovation of the Year in Patient Care Award for putting into place new methods that deliver enhanced care for patients diagnosed with congestive heart failure.

"The real reward is in the patients' quality of life," says Sharon Kapp, RN, Inpatient Care manager at Owatonna Hospital. "We can't cure heart failure, but we can help people live better with it."

To prevent severe flare-ups and readmission, patients need to understand the illness and why their medications, diet and monitoring of fluid retention are so important. They need

to know warning signs of a flare-up. At Owatonna Hospital, patients see a series of videos about heart failure, medicines and diet and nutrition. They meet with nurses, a pharmacist and a dietitian to reinforce the information and answer questions.

GET INFORMED

An Allina-published award-winning book, *Heart Failure, Your Guide To Living And Succeeding With Heart Failure*, is given to each patient to take home. This book received a merit honor in the 2007 National Health Information Awards program. Worksheets are included to help patients keep track of their appointments, weight, health records and test results. A special pullout page features tips for managing heart failure and when to call the health care provider.

The 92-page book is available for \$5. For a copy, call Allina Patient Education at 612-262-4991 or e-mail patienteducation@allina.com. You can also find it online by following the links in the main story.

A couple of days after discharge from the hospital, patients visit the Heart Failure Clinic at Owatonna Clinic – Mayo Health System, where there is further assessment and education, using the same book. A series of appointments helps monitor progress and manage medications. The clinic also gives the Allina book to patients who have been diagnosed with heart failure but have not been hospitalized.



OWATONNA HOSPITAL



For more healthy living events and ideas, visit www.allina.com and select *Be Healthy*.

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 \$55

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 www.owatonnahospital.com and select *Classes & Support*.

Refresher Childbirth Class \$25

This one-day class is designed for those who have previously attended a child-birth class within the past three to five years. Call 507-444-7900 for dates and times and to register.

Sibling Preparation Classes Second Tuesday of each month, 6:30-7:30 p.m., Free

This class is designed for children ages 2 to 6 whose parents are expecting a new baby. Call 507-444-6032 to register.

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.

SENIORS WELLNESS PROGRAMS

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 Owatonna Hospital's Center for Rehab & Wellness. It includes warm-ups, exercises, stretches and cooldowns. Call 507-455-7631 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

\$18 to \$27/month, sliding fee
A member from Owatonna Hospital's Center for Rehab & Wellness leads a program of warm-up exercises, weightlifting with handheld weights, stretching and cooldown exercises. Call 507-455-7631 for more information.

FITNESS PROGRAMS

Weekly Sports Clinics with Certified Athletic Trainers Mondays, 7-8 p.m., West Hills Fitness Center, 502 Dunnell Drive \$15/15-minute consultation

Whether you're a weekend warrior or high school athlete, getting answers about how to prevent and treat sports injuries is now easier than ever with weekly sports clinics offered through Owatonna Hospital and Owatonna Parks and Recreation. Certified athletic trainers T. C. Carlyle and Jen Lorenzo work one-on-one with clients to answer questions about prevention and treatment of sports injuries, conditioning for a specific sport, or relieving current aches and pains. Student athletes 18 and younger must be accompanied by a parent or provide written parental consent.

Appointments are encouraged. Call 507-444-4290.



RECIPE OF THE WEEK

Start each week with a fresh, healthy addition to your menu when you sign up for www.allina.com's Recipe of the Week e-mail. Each recipe you receive has its own nutrition label, complete with per-serving information about calories, fat content and cholesterol, as well as key vitamins and minerals.

Here's how to sign up:

1. Go to the *Be Healthy* section of www.allina.com.
2. Select *Health e-newsletters*.
3. At the free subscription sign-up page, select *Recipe of the Week* and confirm your e-mail address.



For more recipes, visit www.allina.com/ac/allinarecipes.nsf/recipes.

Fish on! Grilled Ginger Tuna

- 1 pound fresh tuna, boneless and skinless
- 1 teaspoon canola oil
- 1 teaspoon grated, peeled fresh ginger
- 1 small jalapeño pepper, seeded and minced, or to taste
- ¼ teaspoon salt
- Freshly ground black pepper
- 1 tablespoon freshly squeezed lime juice

Prepare a barbecue grill to medium-high.

Cut the tuna into 16 equal-size cubes and place them in a bowl. Add the canola oil and toss fish to coat. Add the ginger, jalapeño, salt, a few grinds of pepper and lime juice. Toss and mix well. Cover and refrigerate 20 to 30 minutes.

To grill, divide the tuna cubes evenly among 4 skewers. Grill for

4 to 5 minutes, turning frequently using tongs. The fish is done when it is just cooked through and no longer pink on the inside.

Serve immediately, with a fruit or tomato salsa. Makes 4 servings.

Per serving: 140 calories, 2.5g total fat (0g saturated fat), 1g carbohydrate, 27g protein, 0g dietary fiber, 190mg sodium.

Source: *The New American Plate Cookbook* (American Institute for Cancer Research, 2005). Reprinted with permission.

Owatonna community resources for exercise

FITNESS CENTERS

MC Fitness 507-451-8833
Anytime Fitness 507-456-8587
Curves for Women 507-455-4060
SNAP Fitness 507-455-3500
Park & Rec/West Hills.. 507-444-4290

WATER AEROBICS

Community Education.. 507-444-7900
West Hills 507-444-4290

WALKING

You can pick up a trail map at the Parks and Recreation Department at 540 West Hills Circle or online at www.ci.owatonna.mn.us and select *Parks & Recreation* under the *Departments* tab. Select the *Trails* link.

SENIOR EXERCISE PROGRAMS

Sponsored by Owatonna Hospital's Center for Rehab & Wellness
Senior Weight Training.. 507-455-7631
Chair Aerobics 507-455-7631

SWIMMING

Owatonna Country Club
(seasonal) 507-451-5942
West Hills 507-444-4290

TAI CHI

Senior Place 507-444-4280

YOGA

Yoga & Wellness Center.. 507-390-0279
Community Education . . 507-444-7900

PILATES

Yoga & Wellness Center.. 507-390-0279
Community Education . . 507-444-7900

Nationally recognized

OWATONNA HOSPITAL RECEIVES NATIONAL AWARD FOR PROVIDING EXCELLENT CARE TO PNEUMONIA PATIENTS

OWATONNA Hospital received the 2008 VHA Leadership Award for Clinical Excellence in treating hospitalized patients with pneumonia at the May 2008 VHA Leadership Conference in Philadelphia. VHA Inc., a national health care alliance, honors organizations that have distinguished themselves from other VHA members by achieving national performance standards in specific clinical categories. VHA serves more than 1,400 hospitals nationwide. Owatonna is one of only 20 VHA members to receive the award for pneumonia care.

“This award validates the dedicated focus of our hospital clinical staff and physicians to pursue excellence in the care provided to our patients,” says Dorothy Erdmann, president of Owatonna Hospital. Optimum care is when pneumonia patients have received all of the care listed below:

1 Patients receive influenza



Sharon Kapp, RN, inpatient care manager at Owatonna Hospital, admires the 2008 VHA Leadership Award for Clinical Excellence in treating hospitalized patients with pneumonia. Of more than 1,400 VHA member hospitals nationwide, Owatonna Hospital was one of only 20 to receive the award.

PHOTO: Ed Brown

vaccination.

2 Staff conducts initial antibiotic selection for community-acquired pneumonia in immunocompetent patients, special care unit (SCU) patients and non-SCU patients.

3 Patients receive oxygenation assessment.

4 Adult patients receive smoking cessation advice/counseling.

5 Patients receive pneumococcal vaccination.

6 Patients are administered

initial antibiotic within six hours of hospital arrival.

7 Patients have a blood culture conducted within 24 hours of arriving at the hospital and before administration of first antibiotic, if applicable.

Owatonna is ranked in the top 10 percent of the nation for the Clinical Excellence Award. The organization sustained the highest level of improvement for third quarter 2006 through fourth quarter 2007. ♦

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