

stay motivated to lose with the great winter meltdown

giving in to peer pressure is usually a negative thing. But not this time! The Great Winter Meltdown is about getting together with your neighbors, co-workers, family, and friends and encouraging each other to make healthy choices.

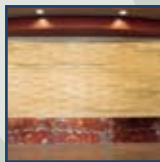
We all need a little help during these cold and sometimes dreary winter months to get out and stay active.

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John Kutch

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The Great Winter Meltdown kicked off in November and runs through February to keep you motivated even on the coldest of days.

Be a Loser

Whether you want to lose weight or not, this fun program is for everyone. Here's how it works:

- Sign up and weigh in at Grand Itasca Clinic & Hospital at 11:45 a.m. on the second Tuesday of each month or at another designated community site.
- Exercise, eat healthier, and lose fat.
- Weigh in on the same scale the week of Feb. 18-22.

On Feb. 26, we'll add up everyone's weight loss to see how much we have lost as a community.

Earn Points and Prizes

Grand Itasca physical therapist Reid Morrissey and registered dietitian Valerie Plackner kicked off the Meltdown with a seminar on working out to lose weight, making behavioral changes, and eating right.

Each month there's a new event with empowering messages to keep you fired up to melt down. You will receive a coupon for each event you attend that you can use for door prizes at the "Leap to Success" celebration on Feb. 29.



Weighing in for the Winter Meltdown

Have the Right Mindset

Terry Lawler signed up because she needs motivation to continue her healthy habits during the winter. As a busy advertising salesperson at the local newspaper, Lawler could have a lot of excuses for not participating.

"I'm busy – everyone is busy," Lawler says. "You realize that everyone struggles at times, but we can still build healthy choices into our days."

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grand itasca welcomes our new CEO, John Kutch



John Kutch
Grand Itasca CEO

John Kutch has been named the new chief executive officer at Grand Itasca Clinic & Hospital. Kutch joined Grand Itasca on Dec. 1, 2007, replacing former CEO Dan McCormick, who announced his resignation in May.

Kutch is an experienced health care executive whose most recent position was chief operating officer and senior vice president at Willis-Knighton Health System in Shreveport, La. Prior to his position in Shreveport, Kutch served as CEO of Heartland Independent Provider Network, Inc., a physician hospital organization, in Fargo, N.D. He also served as the CEO of Mobridge Regional Hospital in Mobridge, S.D.

Kutch graduated from the University of North Dakota in Grand Forks with a Bachelors of Business Administration and Financial Management. He completed his Master of Health Services Administration at Xavier University in Cincinnati, Ohio.

Although Kutch comes from a much larger organization, he believes there are a lot of similarities with Grand Itasca. "Both organizations have a passion for and the pursuit of high-quality clinical outcomes, customer

service, patient safety initiatives, physician and allied health professional recruitment, and growth, all while meeting an acceptable threshold for cost and profitability," Kutch says. "Grand Itasca is focused, aligned, and passionate about making a difference in the way care is delivered in Grand Rapids and the surrounding communities.

"The new clinic and hospital built with the patient experience in mind and an emphasis on innovation were also big attractions for us."

Kutch's priorities include acting as a visible resource for the clinic and hospital staff, providing leadership, support, and guidance and ensuring that our staff members have what they need to provide excellent patient care. "Listening is critical as well," he says. "I plan to listen to physicians, hospital staff, and community stakeholders in order to seek their perspective on where the hospital is and gain insight on what the critical success factors are for the Grand Itasca care system going forward."

Although John and his family have been in Shreveport for the past six years, he and his wife, Nicole, still consider the Midwest home. John grew up in

Minnesota and his wife Nicole is from Minot, N.D. "We really like the community, its size, and its schools. Minnesota is a national leader in education and it is important that we are located in a community that has a good school system. We wanted to raise our children in a community and environment similar to those we grew up in. Grand Rapids is an excellent choice," Kutch says.

"The Grand Itasca Board is very pleased with the outcome of the search process," says Barbara McDonald, Grand Itasca Board Chair. "John brings a particular passion for patient-centered health care and high energy to accomplish his goals. He possesses strong leadership experience in working with innovative, integrated health care systems. We were particularly impressed with John's excellent communication and relationship-building attributes and his desire for creating high-quality, results-oriented medical services. John will make a great addition to our community."

We welcome John Kutch to the Grand Itasca community and look forward to his contributions as CEO.

celebrating the beauty and generosity of our community

On Sept. 21, 2007, Grand Itasca Clinic & Hospital and Grand Itasca Foundation held an open house to celebrate and thank the generous donors to our capital campaign, “My health, our future – a capital campaign for patient-centered excellence.” An artists’ reception was held in conjunction with the open house.

The spectacular new “donor wall,” located in the main hallway of the Grand Itasca campus, was unveiled at the event.

“Our donor wall reflects the generosity of our area communities and the artisans and craftspeople who contributed to its design and construction,” says Elizabeth Miskovich, director, Grand Itasca Foundation. “It is designed to highlight the beauty of our natural surroundings – the lakes, river, and woods that are such an integral part of our area.”

An architectural firm, KahlerSlater, was used in the design of the wall. “However, the architects worked very closely with our committee of foundation and clinic and hospital staff and community representatives,” Miskovich says. “The committee worked diligently to ensure the design embraced our facility, the grounds, and the communities that Grand Itasca serves.”

A Work of Art, a Work of Community

The donor wall is truly a celebration of the community as well as a work of art. “We felt strongly about using local talent and natural resources

from our area,” Miskovich says. “Our general contractors, Stevens and Heiken, are a local firm. The wood was donated by a local lumber company, Rajala Lumber. The copper was created by local artisan Jim Arnhold. The glass, which represents the river portion of our campus, came from Anderson Glass, and the engraving was done by Great Engravings, a firm right here in Grand Rapids. And our engineering staff and other staff members played an important role.

“The wall isn’t static,” Miskovich adds. “It’s alive with the vibrancy of its design and with the heart and soul of Grand Itasca. We are truly thankful to our capital campaign donors and everyone involved in making this donor wall a reality.”

Please be sure to stop by Grand Itasca to view the donor wall as well as the artwork by local artists, whose outstanding creations enhance our surroundings and the experience of our patients.



Corine Buechner, NP, Returns to Grand Rapids



Corine Buechner
Grand Itasca, NP

After a four-year absence, Corine Buechner, a nurse practitioner who worked in the Grand Rapids area from 1993 to 2003, has returned to the area to serve patients at Grand Itasca Clinic & Hospital.

Buechner began as a registered nurse and obtained a B.S. degree from the University of Minnesota in Minneapolis in 1979. She will work in family medicine, serving patients with a wide variety of general medical care needs. She will also see patients at Grand Village each morning.



IT'S UP TO YOU!

healthy lifestyle: what does it *really* mean?

With all the information out there about healthy lifestyles, you'd think it would be easy to develop one of your own. But sometimes too much information confuses things.

"The basics of a healthy lifestyle aren't complex," says Dr. Terri Radovich, a Family Medicine and Emergency Room physician at Grand Itasca Clinic & Hospital. "It's actually pretty simple: Eat a nutritious diet, exercise, and develop healthy habits."

You probably already have a lot of healthy habits! Just eating breakfast, brushing and flossing your teeth, and washing your hands are part of a healthy lifestyle. And remember, small things now can add up to significant benefits later. Decreased risk of disease and lowered health care costs are just a couple of the reasons that healthy lifestyles make you feel good.

MyPyramid Simplifies Your Diet

Healthy eating is based on moderation and follows the United States Department of Agriculture "MyPyramid," a personalized approach to healthy eating.

"Dieting is not part of a healthy lifestyle," says Dr. Radovich. "'Going on a diet' is something that you do, and then you stop doing it. That's why it doesn't work. A healthy lifestyle is how you live every day."

Log on to mypyramid.gov, and enter your age, sex, weight, height, and your daily amount of physical activ-

ity. In one click, you'll see about how many calories you need, how many servings of each food group you should eat, and you'll get a detailed food list for each food group.*

What's Not Part of a "Healthy Lifestyle?"

Beware of hype that suggests a drink or two a day is "good for you." Newer studies may suggest small amounts of alcohol on a consistent basis may slightly reduce the risk of heart attacks and strokes in some people. But older research maintains that drinking alcohol increases risk of mouth, throat, esophageal, and liver cancers.

USDA dietary guidelines say those who choose to drink alcoholic beverages should do so "sensibly and in moderation," up to one drink per day for women and up to two drinks per day for men.

If you smoke, you probably already know you need to quit. And you will probably need to quit more than once.

"Very few people can quit the first time they try," Dr. Radovich says. "It's not 'failing' if you start smoking again. Just make adjustments next time and change the things that were hard for you. And if you're worried about weight gain, exercise."

The Great Winter Meltdown

We're fortunate in Itasca County to have a plethora of activities even in the winter for all fitness levels.

"Just get up and start moving. Your doctor may even write you a prescription to walk – that's how important moving your body is," Dr. Radovich says. "Even when it's cold we can go outside – just bundle up."

Reinforce your healthy habits by participating in the Great Winter Meltdown, the *Get Fit Itasca* winter wellness activity. Sign up on your own or with people at your business or organization. Then, exercise more, eat healthier, and lose weight. At the end of February, celebrate how far your group has come.

"The idea behind the Winter Meltdown is positive peer pressure," Dr. Radovich says. "When everyone is healthy, it's easier to make the right choices. You can use your peers for support and motivation." Read more about participants in the Winter Meltdown on page 1 and log on to getfititasca.110mb.com to learn more about the program.

* MyPyramid food patterns are designed for the general public ages 2 and over. They are not therapeutic diets for specific health conditions. Those with a chronic health condition should consult with a health care provider to find a dietary plan that is right for them.

Terri Radovich, MD
Family Medicine
Emergency Room Physician



"Just get up and start moving. Your doctor may even write you a prescription to walk – that's how important moving your body is,"
Dr. Radovich says.

lose weight with the great winter meltdown *continued from page 1*

Deb Nyquist could claim she's too busy to participate, also. A family practice physician who works in the Grand Itasca Emergency Room, she hopes the Winter Meltdown will help her develop consistency with her healthy habits.

"Sometimes I work out at the Y, or I walk or bike at home, but I haven't had a disciplined schedule," says Nyquist, who says she's struggled with her weight for most of her life. "Now, I'm part of the Winter Meltdown team. That's what motivates me: We're doing this for the team to make our community better – together."

Nyquist will also have the support of her husband, Ralph, who is Grand Itasca's chaplain. "We're trying to eat more fruits and vegetables and less fat," Deb says. "It's easy, when I come home, to say, 'Let's just have pizza.' But now there's an accountability factor."

For Lawler, the Great Winter Meltdown focuses on changing her mindset to be more positive. In February, Lawler hopes to look back and see that she's gained self-acceptance.

"I've been on a diet my entire life, and I probably haven't needed to be," she says. "I diet because that's what society encourages us to do. You're

told you have to be a certain weight or look a certain way. So, I need to change that mindset."

Register and Start Melting

The Great Winter Meltdown is part of Get Fit Itasca, a community health initiative to encourage everyone in the area to make healthy choices and participate in activities that improve their quality of life.

Register by downloading a registration form at getfititasca.110mb.com, or call Grand Itasca Clinic and Hospital for more information at **218/327-1161**.

How Much Exercise Do You Need?

Daily fitness guidelines acknowledge that we all don't need the same amount of physical activity to enjoy health benefits.*

- **Healthy adults under age 65:** Choose between 30 minutes of moderately intense cardio five days a week or 20 minutes of vigorous cardio three days a week. Add in two strength-training sessions.
- **Adults over age 65 and adults ages 50-64 with chronic conditions,** such as arthritis: Choose between 30 minutes of moderate aerobic exercise five days a week or 20 minutes of vigorous aerobic exercise three days a week. Add in strength-training two or three times. Those at risk of falling should perform balance exercises.

* Source: American College of Sports Medicine and the American Heart Association.

check up on your health



Cary Cole-Anthony, MD

They say that an ounce of prevention is worth a pound of cure. Regular physical exams can help prevent serious health problems by catching them early. Create a partnership with your doctor with the mutual goal of maximizing your health. Your doctor will know what screenings are necessary based on your age, sex, health history, and risk factors. “Annual exams give us an opportunity to touch base with our patients once a year and make sure the preventive tests and screenings get taken care of,” says Cary Cole-Anthony, MD. “Don’t skip an annual physical just because you’re feeling healthy – you’ll stay in control of your health by staying on top of your physicals.”

She also advises you come to the appointment with a list of prescription and over-the-counter medications you take. If you are a new patient, make sure to have your records sent to Grand Itasca Clinic, or bring them with you to your appointment.

Be candid with your doctor. You may be embarrassed that you are a smoker or are overweight, but by telling your doctor the truth about your lifestyle, diet, and exercise habits, he or she can help make an honest assessment about your health.

Don’t be shy to talk to your doctor about your health goals. If quitting smoking or losing weight are things

you would like to accomplish, your doctor can work with you to determine how and point you toward the resources to succeed.

Come See Us Today!

“Women of all ages should have Pap smears, and as they get into middle age they should be seen yearly for mammograms and bone density tests. It’s equally important for middle-aged and older men to monitor for prostate cancer and colon cancer,” Dr. Cole-Anthony says. Has it been awhile since you’ve had a physical? Start on the path to better health by getting regular checkups. Call us at **218/326-7344** to schedule an appointment.

Getting the Most Out of Your Annual Exam

If you are healthy, your annual exam is likely the only time you will get to talk to your doctor. And doctors are usually busy – you typically have less than 15 to 20 minutes of one-on-one time with your doctor when you go in for a checkup. The best way to make the most of your short visit is to be prepared.

Come to the appointment with a list of written questions for your doctor. Include any particular concerns, such as questions about medications or increased risk factors or family history that might be worth mentioning.

“Discussing your list of concerns with the nurse before the visit with the doctor can help set the agenda for the appointment,” says Dr. Cole-Anthony.

Screening Schedule

The following chart shows recommendations for women, men, and children. Talk to your doctor for a schedule based on your specific health needs.

Women

Routine physical	Every 3 years until age 64, then yearly at age 65 and older
Blood pressure reading	Every 1-2 years
Cholesterol test	Start at age 20, then every 3-5 years
Diabetes screening	Start at age 45, then every 3 years
Pap smear	Start at age 21, or when you are sexually active, then every 1-3 years
Mammogram	Start at age 40, then every 1-2 years
Osteoporosis test	Start at age 65
Thyroid test	Start at age 35, then every 5 years
Fecal occult blood test	Start at age 50, then yearly
Colonoscopy	Start at age 50, then every 10 years
Skin/mole exam	Every 3 years for women ages 18-39; every year for women age 40 and older

Men

Routine physical	Every 3 years until age 64, then yearly at age 65 and older
Blood pressure reading	Every 1-2 years
Cholesterol test	Start at age 20, then every 3-5 years
Diabetes screening	Start at age 45, then every 3 years
Prostate cancer screening	Consult your health care provider
Fecal occult blood test	Start at age 50, then yearly
Colonoscopy	Start at age 50, then every 10 years
Skin/mole exam	Every 3 years for men ages 18-39; every year for men age 40 and older

BREATHE EASIER

quit smoking

Mark Twain said, "Quitting smoking is easy. I've done it 1,000 times." Many smokers want to quit smoking, but it's not easy. Nicotine, a drug found naturally in tobacco, is highly addictive; over time, a person becomes physically and emotionally addicted to nicotine.

So why should you quit? Health concerns often top the list of reasons why people quit smoking: About half of all smokers will die from a smoking-related illness. Based on data collected in the late 1990s, the Centers for Disease Control and Prevention (CDC) estimated that adult male smokers lost an average of 13.2 years of life, and female smokers lost 14.5 years of life, because of smoking.*

If you're one of the smokers who want to quit, try the following advice:

- **Don't smoke.** Even smoking a few cigarettes a day hurts your health. Smoking "low-tar, low-nicotine" cigarettes does not help. Since nicotine is so addictive, switching to lower-nicotine brands will likely cause you to just puff harder, longer, and more frequently on each cigarette. The only safe choice is to stop completely.
- **Write down why you want to quit.** Do you want to have better health? Set a good example for your children or for others? Find a reason for quitting.
- **Understand it takes effort to quit smoking.** A large part of the battle is knowing you need to quit. Remember: Nicotine is addictive, and nearly all smokers experience symptoms of nicotine withdrawal while quitting.
- **Know it's possible to quit.** Half of all adult smokers have quit, so you can, too.*
- **Seek help if you need it.** The CDC Web site provides a list of organizations that can help you at www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm.

* Source: Centers for Disease Control and Prevention, www.cdc.gov.



Dorrie Lisle, PA, Joins Grand Itasca



*Dorrie Lisle
Grand Itasca, PA*

Dorrie Lisle, physician assistant (PA), recently joined Grand Itasca Clinic & Hospital. She has a Bachelor of Science in nutrition from Pennsylvania State University and 20 years' experience providing professional services in nutrition and community health.

Lisle sees patients in the clinic's Unit D and works closely with the physicians based in that unit. She focuses on general services such as physicals, ear infections, upper respiratory infections, and other acute illnesses.

Grand Itasca Clinic & Hospital
1601 Golf Course Road
Grand Rapids, MN 55744

Grand Itasca Hospital
218/326-3401

Clinic Information
218/326-5000

Clinic Appointments
218/326-7344

Email: info@granditasca.org
www.granditasca.org

Hours of Operation:

Clinic Hours
Monday through Thursday 8-6,
Friday 8-4:30, Saturday 9-noon

Day Surgery
Monday through Friday 7-5
and as hospital needs dictate

Emergency Room
Open 24 hours a day

Professional Building
111 SE Third Street
Grand Rapids, MN 55744
218/326-3401

Professional Building Hours:
Monday through Thursday 7-6,
Friday 8-5

Appointments can be made during regular business hours.

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The Great Winter Meltdown Events at Grand Itasca

Medical Complications of Obesity

Monday, Jan. 28 - 6 p.m.

Grand Itasca County Family YMCA

Leap to Success Celebration & Resource Fair

Friday, Feb. 29 - 6 p.m.

Itasca Community College

Join us for a healthy, delicious gourmet meal and browse the resource fair. Door prizes!

Grand Itasca Board of Directors

Grand Itasca Clinic & Hospital is governed by a Board of Directors comprised of volunteer community members and Grand Itasca providers. The following is a list of our officers and members.

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