



**NEW ULM
MEDICAL
CENTER**

Allina Hospitals & Clinics

Foundation

Fall 2009

The Key



Heart of New Ulm needs you to attend a heart health screening



More than 3,500 of area community members, friends, family and co-workers have attended a Heart of New Ulm screening. If you haven't attended a screening yet, there's still time and many good reasons for you to participate.

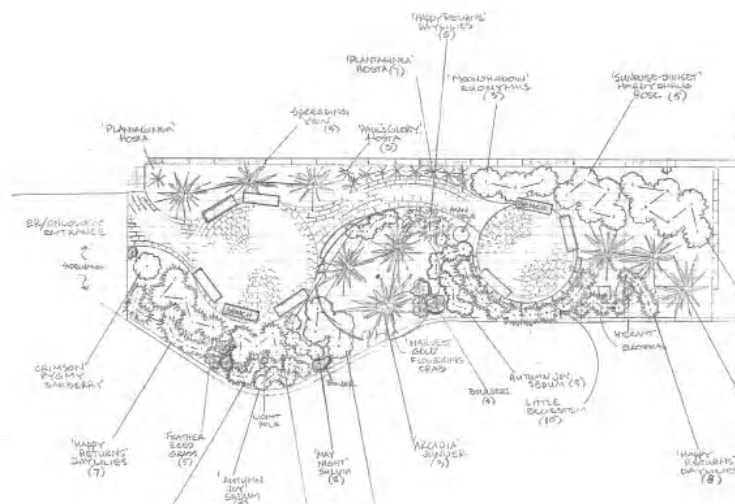
The Heart of New Ulm's goal is to screen at least 6,000 community residents in the 56073 zip code to assess their risk of having a heart attack. When you participate in a screening, you'll have your blood pressure checked; be weighed and have your waist circumference measured; have blood drawn to check for several important indicators of risk for a heart attack and have the opportunity to talk about health goals with an onsite wellness coach.

The project's ultimate goal is to reduce, and eventually eliminate, heart attacks in the New Ulm area. The screenings are a very important first step in the project. The Heart of New Ulm is a research project that involves the entire community and will only be successful with your participation. Register for your screening at www.heartofnewulm.org.

The screenings and some other project-related services are offered to New Ulm residents at no charge because of local and national fundraising efforts through the New Ulm Medical Center Foundation and the Minneapolis Heart Institute Foundation to match Allina's \$5.7 million investment.



U.S. Senator Al Franken chatted with Charles Stephens, MD and Dietitian Rebecca Fliszar during a brief stop at a Heart of New Ulm screening in August. Franken expressed an interest in learning more about the project from a preventive health care and best practice aspect, in light of the nationwide health care reform debate.



A partial view of the sketch for the new Serenity Garden is shown above. The garden will be located near the Oncology Department and Emergency Room entrance and includes trees, bushes, flowers, a patio area and benches for patients and visitors to enjoy.

Serenity Garden breaks ground

The Serenity Garden project has officially broken ground in September, with plans to completely finish the project early next spring, thanks to many generous donations received through the New Ulm Medical Center Foundation. The garden will be located directly outside the Oncology Department near the Emergency Department entrance. "The project is being entirely funded with donations, many in memory of a loved one who lost their battle with cancer," said Carisa Buegler, NUMC Foundation executive director. In fact, the garden will have a new name, the 'Janel Anderson Serenity Garden,' in memory of Janel, who lost her battle to cancer in 2007.

"Our sister was loved and cared for by so many people, and New Ulm Medical Center was not only where she received her treatment, but was also where she worked," said Denice Anderson, sister to Janel. "You couldn't help but wear a smile when you were around Janel. Our family believed this was a great way to honor her memory."

Other memorial opportunities are planned throughout the garden on plaques, benches and boulders, but only a few remain. If you are interested in learning more about a memorial opportunity within the Serenity Garden or other areas at New Ulm Medical Center, please contact Carisa Buegler at 507-233-1188 or carisa.buegler@allina.com or visit www.newulmmmedicalcenter.com, then click on 'Foundation.'

NUMC Foundation purchases new equipment to control pain following surgery

New Ulm Medical Center (NUMC) has begun offering epidurals to their general surgery patients to help control pain following their surgery thanks to donations received through the New Ulm Medical Center Foundation to purchase the equipment. The benefits to the patient are significant, says General Surgeon Karl Papierniak, MD. Papierniak is primarily using them with abdominal surgeries.

“The pain control is wonderful and with the epidural you don’t have to administer systemic narcotics and subject the patient to the side-effects that come with those,” Papierniak said. The post-op epidurals allows the patient to take deep breaths and cough without pain, which greatly reduces their chance of contracting pneumonia; and it helps them get out of bed and walk around sooner following surgery, which decreases the risk of potentially deadly blood clots.

The epidural is administered following surgery via a small catheter at the base of the back and medications are infused there for up to five days, if necessary. The medication is a local anesthetic with a small amount of narcotic, said Certified Registered Nurse Anesthetist Chris Pippert. “It does an effective job of blocking the pain message from the incision traveling to the brain.”

Patients also have a certain amount of control over their dosage of medication, Pippert said, with a button they can press to increase the medication if they are experiencing an uncomfortable level of pain.

Ronald Thompson was the first patient to receive a post-op epidural following the removal of an abdominal tumor in July and he described the pain control as “excellent.”

“I went home after a few days and never had any pain, even when the medications from the epidural wore off,” he said. “They got me up and walking right away and I really felt no pain.”

“The bottom line is it’s a safe service that people will really appreciate,” Pippert said. “We can decrease the patient’s pain while increasing their satisfaction with the overall experience.”



Karl Papierniak, MD, chats with patient Ronald Thompson during a follow-up visit after Thompson had an abdominal tumor removed in July. Thompson was the first general surgery patient at NUMC to benefit from a post-op epidural to control his pain during recovery.

New Ulm Medical Center welcomes four new providers

New Ulm Medical Center (NUMC) welcomed four new providers in August. Now seeing patients in the clinic are family medicine specialist Michelle Wilkening, MD; internal medicine/pediatrics specialist Jason Mohror, MD; and orthopedic specialist Duane Oftedahl, PA-C. New to the emergency department is emergency medicine specialist Luke Albrecht, MD.



Wilkening

Dr. Michelle Wilkening earned her medical degree from the University of Minnesota Medical School. She completed her residency at United Family Practice Residency Program in St. Paul, Minn. Dr. Wilkening enjoys family medicine because of the opportunity to treat people in all stages of life. “I aim to treat the whole person and to meet my patients where they are at in their life’s journey,” she said. She has a special interest in prenatal care, women’s health issues and preventative medicine. Dr. Wilkening and her husband, Josh, have relocated to New Ulm.



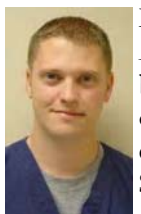
Mohror

Dr. Jason Mohror earned his medical degree from the University of South Dakota School of Medicine. He completed his residency at Creighton University Medical Center in Omaha, Neb. He has practiced internal medicine and pediatrics the last six years in Menomonie, Wis. Dr. Mohror enjoys internal medicine/pediatrics because of the versatility it allows to care for families and individuals with acute and chronic disease conditions from the newborn baby to the geriatric patient. His dedication to caring for patients with chronic diseases was recognized this year by the National Committee for Quality Assurance (NCQA), a private, non-profit organization dedicated to improving health care quality. Physicians who qualify for this recognition must demonstrate evidence of managing at least 25 diabetic patients in a given year and exceed benchmarks of performance. Dr. Mohror and his wife, Melanie, have three children: Hannah, 10, Marshall, 8, and Liliana, 5.



Oftedahl

Duane Oftedahl, PA-C completed his Bachelor of Science degree in Human Biology at Minnesota State University, Mankato; and his Bachelor of Science degree in Physician Assistant Studies at the University of Wisconsin, Madison. He also served eight years with the United States Army as a combat medic. He is certified by the National Commission on Certification of Physician Assistants (NCCPA). Duane chose orthopedic medicine as a career, he said, “because of the challenge and the reward of making people feel better.” Along with his wife, Rachel, and infant son Gavin, Duane has relocated to the New Ulm area.



Albrecht

Luke Albrecht, MD, and his wife Emily Groebner-Albrecht are natives of New Ulm and are happy to be returning to their home town with their one-year-old son Henry. Dr. Albrecht completed his medical degree at the University of Minnesota Medical School and finished his residency at Regions Hospital in St. Paul, Minn. He enjoys emergency medicine because, “I get to help patients when they are most in need,” Albrecht said.

Golf Tourney a great success

The New Ulm Medical Center Foundation's 7th Annual Golf Scramble was held on Monday, August 17 at the New Ulm Country Club, and a great time was had by all 130 golfers and event volunteers.



Along with fun on- and off-course games, like longest drive, closest to the pin, longest putt, closest to the rose bush, Drive of Champions, Putt Game and a Pizza Drive, the event raised over \$11,000 for essential health programs and equipment at New Ulm Medical Center.



John Wisniewski tries his skills at the Putt Game sponsored by Workflow One.

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Campaign kicking off in October

The New Ulm Medical Center Foundation will begin a telefundraising campaign in October to raise funds in support of various health services, projects and equipment at New Ulm Medical Center and in the community. If you have any questions, please contact Missy Dreckman, NUMC Foundation's Annual Giving Coordinator, at 507-233-1180.



Scholarship awards

New Ulm Medical Center Foundation recently awarded two scholarships to area nursing students.

Megan Bauer, daughter of Allan and Ann Bauer, was awarded the Mary E. Paquay scholarship for nursing. Megan is a 2006 graduate of New Ulm High School and is currently a senior at Minnesota State University - Mankato working towards her nursing degree.



Bauer

This scholarship was made possible through the generous contributions by Art Paquay and his children in memory of wife and mother, Mary Paquay.

Andrea Petersen, daughter of Bill and Renee Petersen, was awarded the Ida Ozias scholarship for nursing. Andrea is a 2004 graduate of Cathedral High School and is currently a senior at St. Cloud State University working towards her nursing degree.



Petersen

This scholarship is for second year nursing students and was made possible by a donation from Ida Ozias.

Physician's Corner

Joan Krikava, MD, is an internist and the medical director at New Ulm Medical Center.



Q: How can I best protect my family from the Novel H1N1 flu?

A. Washing your hands and practicing good health habits are the best things you can do to protect yourself. However, if you do develop symptoms of H1N1, like fever, coughing, runny or stuffy nose, sore throat, and body aches, the best thing you can do is to stay home and avoid contact with other people for at least 24 hours after you are free of a fever or symptoms of a fever without fever-reducing medications. More than likely, you'll recover without needing medical care. However, contact your doctor if your symptoms are severe or if you are in the group considered at high risk for flu complications (people age 65 or older, children younger than 5 years old, pregnant women or people of any age who have a chronic medical condition.) To learn more about the H1N1 flu, visit www.newulmmedicalcenter.com.



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New Ulm Medical Center
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New Ulm, MN 56073

Fall 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.*

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

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Healthy recipe

Hot chili soup

Getting tired of your usual cold-weather recipes? Warm up with this chili-influenced soup.

Ingredients

- 1/2 cup dry kidney beans
- 1 medium onion, diced
- 3 to 4 cloves of garlic, crushed
- 1/2 medium red bell pepper, diced
- 1/2 medium green bell pepper, diced
- 1 celery stalk, diced
- 1/2 cup dry, white rice
- 3/4 cup frozen corn kernels
- 1 fresh jalapeno pepper
- 1 tablespoon fresh basil, chopped
- 2 plum tomatoes, chopped
- 3 cups water
- 3 cups low-sodium beef broth
- 2 tablespoons fresh parsley, chopped
- salt and freshly ground black pepper to taste, if needed*
- low-fat cheese for grating*

Directions

- Cover the beans with water and soak in the refrigerator overnight. Pour beans and water into a saucepan and simmer, covered, for one hour or until beans are tender. Drain.
- Bring the beef broth and water to boil in a large saucepan. Add kidney beans, onion, garlic, bell peppers, celery, jalapeno pepper, basil, tomatoes and parsley. Salt and black pepper can be added to taste, if needed.* Return to a boil.
- Cover and simmer for 30 minutes.
- Add the corn kernels and rice. Simmer uncovered for 15 minutes.
- Serve and top with a low-fat cheese* of your choice. Makes 6 servings. *Option is not included in nutrition facts.



Nutrient information for 1 serving=1 cup: 135 calories, 6g protein, 26g carbohydrate, 1g fat, 0g saturated fat, and 3g dietary fiber. (Note: this recipe also contains 60% of your daily recommended Vitamin C.)

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

Save the Date!

Saturday, February 20, 2010, Have a Heart Gala—The Have a Heart Gala is a fun semi-formal fundraiser held at the New Ulm Holiday Inn, with a great meal, fun entertainment and a silent and live auction with unique items!