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Avera 
 Marshall Regional
 Medical Center
 MARSHALL, MINNESOTA

In
Great

SUMMER 2011

HealthTM



**A PLAYFUL
PLACE**

for Hard Work

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Avera Is Focused on Providing Local, High-Quality Health Care

I'm often asked what's new at Avera Marshall. It's a question I look forward to, since there is always something exciting in progress or on the horizon. We have been focusing heavily on recruitment of specialists to our community, and with great success. Having high-caliber medical staff right in Marshall is a boost for the whole region. Travel and time away from home and work can be challenging and inconvenient for people, and being able to get quality care from experienced doctors is important. I hope you share our enthusiasm as we continue adding to our great team of doctors on the medical staff.

The strength of the Avera system allows for resources like recruitment of physicians and group purchasing savings. At the same time, Avera's commitment is to keep health care local, and our board of directors is largely made up of local individuals. This combination of local autonomy and system strength means Avera Marshall is poised for growth and success. I invite you to watch us as we keep working to bring you more. We recently opened a pediatric therapy playground, the only one in the region. Our new state-of-the-art surgery center will be complete this summer. And

construction on a medical office building will begin soon. All of this progress reflects the strength of Avera Marshall, being there for you and continuing to find innovative ways of delivering health care in the region.

It takes a team to ensure quality care is delivered for every person, every time. It means keeping up with advances in technology by investing in equipment and expert staff. It involves careful monitoring of what's occurring in the industry and at the legislative level. It implies adhering to all of the regulations inherent in being a large business and particularly in providing health care. It requires concentrated effort on attracting and retaining physicians to be a part of our community so you don't have to travel. Avera is here for you. Follow our news on the website, or become a Facebook friend for frequent updates. Your support and feedback are appreciated.

In service,

Mary Maertens

Mary Maertens, President and CEO

Provider Directory

MEDICAL STAFF AT AVERA MARSHALL

Emergency Medicine

Tim Hindbjorgen, MD *
Terence Parr, MD *
Omer Qureishy, MD *
Ed Wolske, MD *

Additional physicians provided by Wapiti, Inc. and ACI Inc.

Family Medicine

Michael Anyasike, MD
Kristina England, MD
Laurie Hill, MD
Bill Kremer, MD
Steven Meister, MD
Tom Odland, MD
Gary Skrien, MD
Jill Vroman, DO
Jane Willett, DO

General Surgery

Gordon Bos, MD
Michael Schneider, MD *

Hospitalist

Paul McHenry, MD *
Additional physicians provided by Wapiti, Inc.

Internal Medicine

Chris Swanson, MD *
Joe Willett, DO

Obstetrics/Gynecology

Kevin Gildner, MD *
Donna R. Hartfiel, MD *
Raymond Michael, MD
Heather Reber, MD *
coming summer 2011

Ophthalmology

Chris Buntrock, MD *
Ted Fritsche, MD *
Curtis Louwagie, MD *

Optometry

Daniel W. Baker, OD *
Nancy L. Hemmingson, OD *
Roger D. Pabst, OD *
Brian D. Temme, OD *

Orthopedics

John Kemp, MD *
Anthony Nwakama, MD

Pediatrics

James Hanna, MD *
Atul Mishra, MD

Psychiatry

Timothy Beyer, DO *
Christi Leach, MD *

Psychology

Ed Yerka, PhD *

Radiology

Services provided by Suburban Radiologic Consultants

* Member of Avera Medical Group

SPECIALTY CARE AVAILABLE IN MARSHALL

Allergy

Amy Ellingson, MD

Audiology

Linda Grong, AuD

Bariatrics

Laurie Hill, MD
Stephanie McKee, PA-C

Cardiology

Raymond Allen, MD
C. Thomas Gaeckle, MD
Sean Halligan, MD
Christopher Paa, MD

Dermatology

Brian Knutson, MD

Ear, Nose, Throat (ENT)/Otolaryngology

Jonathan Mellema, MD
Kenneth Rogotzke, DO

Gastroenterology

Charles Ulrich, MD

Hematology/Oncology

Mark Huber, MD

Nephrology

Oleg Georgiev, MD
Richard Jensen, MD

Orthopedics

Evan Hermanson, MD
Eric Watson, MD

Pathology

Services provided by Physicians Laboratory

Perinatology

Naomi Wahl, MD

Physiatry

Jonathan Stone, MD

Podiatry

Michael DeBrule, DPM
Mark Johnston, DPM

Pulmonology

Brian Hurley, MD

Urology

Sheila Gemar, MD
Kevin Unger, MD

Wound, Ostomy, Incontinence Care

Valerie Buysse, RN
Ruth Lanoue, RN
Rhonda Lee, RN
Courtney Pohlen, RN

AVERA MARSHALL BOARD OF DIRECTORS

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Mary Maertens
Art Olson
Roger Pabst
Sr. Joan Reichelt
Mike Rich

Randy Serreyn
Sr. JoAnn Sturzl
Sr. Jodelle Zimmerman

**CONSTRUCTION
TO BEGIN ON**

Medical Office Building



A new clinic facility for patients will be added to the medical center campus, providing additional exam rooms, lab space and treatments areas. This project is a natural outgrowth of the hospital's successful physician recruitment efforts. Begun in 2009, the Avera Medical Group in Marshall has grown to more than 20 providers in a range of specialties.

"Our steady growth in physician specialties is driving our need for expanded and improved clinic space," says Mary Maertens, Avera Marshall president and CEO. "We've made a commitment to the community to recruit specialists in order to provide quality local care with the tools, technology and skills that rival larger communities. Those efforts are working."

The new medical office building will be a one-story construction, extending from the hospital's existing clinic toward Bruce Street, with access on the lower level. The new space will be designed for efficiency and easy access with an emphasis on the patient experience. The construction is expected to be completed by January 2013.

Easy access. Specialized care. The combination that makes sense for you.

The Avera Medical Group is a collaboration of nearly 550 Avera physicians and other health care professionals who provide a full range of high-quality, technologically sophisticated care. For patients, Avera Medical Group provides care right where you live, easy access to specialists and seamless referral to more than 60 specialty areas.

"Physicians in the Avera Medical Group have individual practices while benefiting from

Avera's resources, strengths and advanced technology," says Mary Fischer, regional administrator of the Avera Medical Group. "One of our primary reasons for joining the Avera system was to have the ability to recruit more specialists to the area, and we are making that happen for our community. The caliber of skills is impressive and we are proud to have a strong physician group who can provide the kind of care people expect."

Twenty-two Avera Medical Group physicians in the Marshall area provide care in specialty areas, including general surgery, obstetrics/gynecology, orthopedics, psychiatry, internal medicine, ophthalmology, optometry, emergency medicine and pediatrics. Additional recruitment efforts are underway for more providers in these specialties.



Check out our list of Avera Medical Group providers on page 2.



Ed Yerka, PhD

NEW PROVIDERS

Psychology – Ed Yerka, PhD

Dr. Yerka specializes in evaluation and therapy for personality disorders, chronic mental illness, marital issues, depression and anxiety and behavioral problems in adolescents and adults. He provides services for the inpatient program and at outpatient locations in Marshall, Tyler and Montevideo.



Christopher Swanson, MD

Internal Medicine – Christopher Swanson, MD

Dr. Swanson is experienced in prevention, diagnosis and treatment of adult diseases. Internists specialize in problems that affect internal organ systems such as the stomach, kidneys, liver and digestive tract. They are uniquely skilled in the management of patients who have multi-system disease processes.



James Hanna, MD

Pediatrics – James Hanna, MD

Dr. Hanna specializes in providing medical care for children from birth to age 18 – whether their needs are simple or complex. He has more than 25 years of experience, including general pediatric clinic care, hospital medicine, emergency care and research. He is certified by the American Board of Pediatrics with a sub-board in pediatric nephrology (diagnosis and treatment of kidney disease in children).

COMING THIS SUMMER: OB/GYN – Heather Reber, MD



AVERA MEDICAL GROUP CLINICS UTILIZE THE Avera@CARE™

SUITE OF SERVICES THAT:

- Extends the reach of specialty care to the hometown doorstep, which means you may not need to travel to access nearly 40 different types of specialty care
- Brings highly trained critical-care and emergency-trained specialists right to the bedside through sophisticated telemedicine applications – saving time and lives in emergencies
- Often eliminates the need for costly transport away from hometown care and the support of friends and family

Work Meets Play at the PLAYGROUND

*Pediatric Rehabilitation at Avera Marshall
Is Convenient for Families*

Just a few months ago, 2½-year-old Quinn Marcus couldn't crawl. Today she's crawling, and every day she is closer to walking. Quinn, who has Down syndrome, has been going to physical therapy sessions since May 2010 at both Avera Marshall and the local school.

"We've seen lots of changes. She has started crawling recently, which was nowhere on the horizon even three or four months ago," says Quinn's mother, Danielle Marcus. "She is much more mobile, which is the main goal. It's just been a great experience."

A rehabilitation program at Avera Marshall allows children to receive therapy near home in a fun, playful and safe environment. Avera Marshall and Big Stone Therapies have partnered to offer the outpatient pediatric rehabilitation.

Physical, occupational and speech therapies are available at Avera Marshall to help children hone their developmental skills without spending hours getting to their therapy appointments every week. The therapists work with children from birth to 12 years old who have conditions such as autism and Down syndrome, or delays in motor or speech skills.

Occupational Therapist Amy Wing works with a child to develop his motor skills.

"If parents have questions about their child's development, we do free 15-minute developmental screenings that can tell us if children are on-target for their age or if they need more thorough evaluation," says Amy Wing, occupational therapist at Big Stone Therapies. "It's a valuable resource for the community."

Children who do need assistance usually come for therapy once or twice a week, depending on their needs. To bolster strength, coordination, sensory input and more, the specially trained pediatric therapists work with children using child-sized equipment and a playground-themed gym.

"We also have a private treatment room that is quieter for a child who needs a calmer environment or more privacy," Amy says. "And our waiting room for parents and families has one-way glass if they'd like to watch their children in therapy."

The pediatric therapy area, located on Avera Marshall's fourth floor, is called "The Playground" for its child-friendly atmosphere and safe child-sized equipment. It also prepares children to have more fun on the regular playground.

"It allows them to practice skills that are hard for them," Amy notes. "Going to school and being on a playground may be overwhelming for them because they can't keep up with their peers. Here, they can practice and catch up to their peers while not feeling so uncomfortable."

Danielle says her daughter, Quinn, who's been using therapy services since she was 2 months old, knows that she has to work hard and do activities that challenge her when she goes to The Playground. Yet she enjoys going to weekly therapy sessions at Avera Marshall.

"We really love the people who work there. They have the kids' best interests at heart, and they want kids to succeed as much as the parents do," Danielle notes.



Quinn Marcus, a 2-year-old from Marshall, improves her muscle tone at therapy.





SERVICES AVAILABLE

Pediatric Physical Therapy

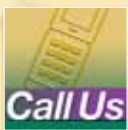
- For mobility concerns and motor planning
- For neurodevelopment treatment
- For muscle tone or spasticity

Pediatric Occupational Therapy

- For help with activities of daily living
- For development of fine motor skills
- For sensory integration techniques

Pediatric Speech Therapy

- For articulation and language development
- For voice and fluency training
- For feeding and swallowing



If you have concerns about your child's development, call us at (507) 537-9172 for a **FREE** 15-minute screening. Appointments are available during day-time hours Monday through Friday and Tuesday evenings.

REMODELED AREA PROVIDES GOOD EXPERIENCE FOR

New Parents

Having a baby is a joyful and exciting time of life. To make the experience the best one possible for the entire family, Avera Marshall recently remodeled its Labor and Delivery area to include new equipment and a fresh look.

"We wanted to improve patients' experiences while they are here and increase access to the quality services we provide," says Cheryl Vershelde, Patient Care Services director. "The labor and delivery rooms have looked the same since the area opened in 1999. Now the look and feel is so much better. The rooms are uplifting, brighter and more modern."

Upgrades include equipment for screening newborns' hearing, bassinets and two more labor and delivery beds. Each room has new flooring, wall coverings, window treatments and privacy curtains. A fold-out loveseat has been added to each room, and all whirlpool tubs have been replaced.

"The mothers really love the whirlpool tubs, which are now easier to get in and out of," Cheryl adds. "With the addition of the loveseats, which pull out into beds, it's more convenient for family members to stay with women during labor and recovery."



And that's really the goal of the area's renovation. Families can be more involved, and the remodeling of the rooms is done in a way that focuses on patients' needs. As a result, the quality of care and experience is just that much better for new moms.

Funding for the project came in part from a grant from the Office of Rural and Primary Care at the Minnesota Department of Health. The Avera Marshall Auxiliary contributed \$100,000 for the remodel.



Check out our 360-degree room tour online by going to www.AveraMarshall.org and clicking on the link for the video tour.



Avera Marshall Introduces Vice President of Mission Services



Sr. Sharon Altendorf

With a background rich in ministry, Sr. Sharon Altendorf is the vice president of Mission Services, a new position at Avera Marshall. Sr. Sharon, a member of the Presentation Sisters, has worked on social justice issues, cultural diversity and civic planning both nationally and abroad.

Each regional Avera facility has a designated person working in Mission Services to serve as a role model and educator for issues such as Christian identity, ethics, values and care of the poor.

“Every successful mission-based organization has a leader in this role, and we value Sr. Sharon being a champion of furthering our mission within our organization and community,” says Mary Maertens, president and CEO of Avera Marshall.

Avera Marshall Foundation News

The Avera Marshall Foundation provides valuable support to Avera Marshall by raising funds and awareness to enhance regional health care. Every contribution to the Avera Marshall Foundation stays local to enhance services, educational programs and expansion of existing facilities.

The Grateful Patient Program: In appreciation for care they’ve received, many patients and their families express their support for Avera Marshall by making donations to the Foundation’s Grateful Patient program. Maggie Bergstrom’s family donated \$1,000 in memory of Maggie’s husband, Gene Bergstrom. Maggie and her family were grateful for the kind and responsive treatment Gene had received at Avera Marshall’s Emergency Department over the last several years.

New Members to the Board of Directors: The Avera Marshall Foundation welcomes Jennifer Hlubek, Nick Schwarz, John Drown and Kristin Hanneman. Additional members include Chairman Don Louwagie, Gary Becker, Willard Engel, Donna Hartfiel, Jim Knudson, Sara Kraft, Mary Maertens, Mike Rich, Scott Williams, Mark Dunn and Executive Director Marty Seifert.

To make a donation, go www.AveraMarshall.org and click on the Foundation link. Or contact Marty Seifert at (507) 537-9145 or marty.seifert@avera.org.



Avera Marshall’s third annual “Tough Enough to Wear Pink?” campaign is under way. This campaign aims to raise awareness of breast cancer and the importance of early detection. Funds raised support the fight against breast cancer at Avera Marshall.

Watch for the “Tough Enough to Wear Pink?” truck from Lockwood Motors in local parades. You can get a “Tough Enough to Wear Pink?” T-shirt at the Avera Marshall Gift Shop, Lockwood Motors or the Marshall Hy-Vee. Cost is \$10 (extended sizes are \$12), and sizes range from youth extra small to adult 3XL. The campaign culminates at the Lyon County Fair PRCA rodeo on Aug. 4 and 5.

Fast Care for Minor Illnesses at CURAquickSM Avera CLINIC

Walk-in medical care for common ailments is available at CuraquickSM Avera Clinic in the Marshall Hy-Vee. Since opening Dec. 1, 2010, the clinic has provided the community with a good option for fast and immediate health care.

Theresa Bly, certified nurse practitioner who works full-time at Curaquick Avera Clinic, sees patients who have minor acute illnesses such as sinusitis, bronchitis, ear infections and strep throat. She says patients like the convenience of having a clinic where they can shop and bank.

“There’s no appointment necessary, and patients are usually in and out in 15 minutes,” Theresa adds. “I also follow up with phone calls to check on patients, and they seem to appreciate that, too.”

Theresa is backed by the support of collaborating physicians at Avera Marshall. If patients have serious or chronic illnesses, Theresa refers them to urgent care or the Emergency Department at Avera Marshall. “If people have questions about their health, they can stop by, and I can help them figure out if it’s something we can see here or not. We certainly encourage people to give us a try,” she remarks.



CuraquickSM Avera Clinic • (507) 532-4450
Hours: Monday - Friday, 9 a.m. - 6 p.m. • Saturday, 9 a.m. - 1 p.m.
Sunday, 12 - 4 p.m. Office visits are \$59, and most insurance is accepted.



CuraquickSM Avera Clinic is located next to the Marshall Hy-Vee Pharmacy, which makes picking up your prescriptions fast and convenient.



Dr. Nancy Hemmingson

New Eye Care Equipment, Clinics KEEP PATIENTS NEAR *Home*

Two years ago, Marshall-area patients with macular degeneration had to go to Sioux Falls, S.D., St. Cloud, Minn., or the Twin Cities for their monthly treatments. Now, they can receive treatments at six Avera Medical Group eye care clinics in southwest Minnesota.

While less common than other eye diseases such as cataracts and glaucoma, macular degeneration is the most common cause of permanent vision loss. It occurs when the pigments underlying the retina degenerate and fail to provide nutritional support to the eye. The wet version of the disease, which is less common than the dry version, causes swelling and bleeding in the retina that can lead to rapid vision loss.

While the disease can't be cured, regular medication can control it. "Some treatments developed in the last few years help preserve vision for longer periods of time," says Dr. Curtis Louwagie, ophthalmologist at Avera Marshall Southwest Ophthalmology.

Many patients who have macular degeneration first notice a decrease in vision, difficulty with night vision and trouble reading. Because macular degeneration affects central vision, and it's most common in elderly patients who may not drive anyway, traveling to receive care is difficult. That's why it's so important for macular degeneration patients to be diagnosed

and treated near their homes. To detect the disease, the Avera Medical Group eye care clinics use a portable OCT device, which scans the retina.

"The biggest breakthrough in eye care in the last 10 years has been the dramatic ability to stem the devastating loss of vision from wet macular degeneration," says Dr. Chris Buntrock, ophthalmologist at Avera Marshall Southwest Ophthalmology. "OCT technology allows us to detect the disease early so we can prevent damage and preserve vision."

If patients who have macular degeneration notice a rapid change in their vision, they need to schedule an appointment with their ophthalmologist as soon as possible. "For patients with the wet form of macular degeneration, any delay in evaluation can lead to worse vision outcomes," says Dr. Louwagie. "We want to treat it right away to prevent vision loss."



The Avera Marshall Auxiliary donated \$82,000 so Avera Marshall Southwest Ophthalmology could purchase a portable OCT scanner, a visual field machine and an auto refractor. The OCT scanner is used at all of the Avera Medical Group eye clinics to help diagnose macular degeneration and manage glaucoma.

AVERA MEDICAL GROUP EYE CARE CLINICS

Call the closest office for appointments or more information.

Avera Marshall Southwest Ophthalmology
300 S. Bruce St. in Marshall • (507) 537-1427
or toll free (800) 537-1427

Avera Medical Group Optometry Mountain Lake
1040 Third Ave. in Mountain Lake • (507) 427-2345

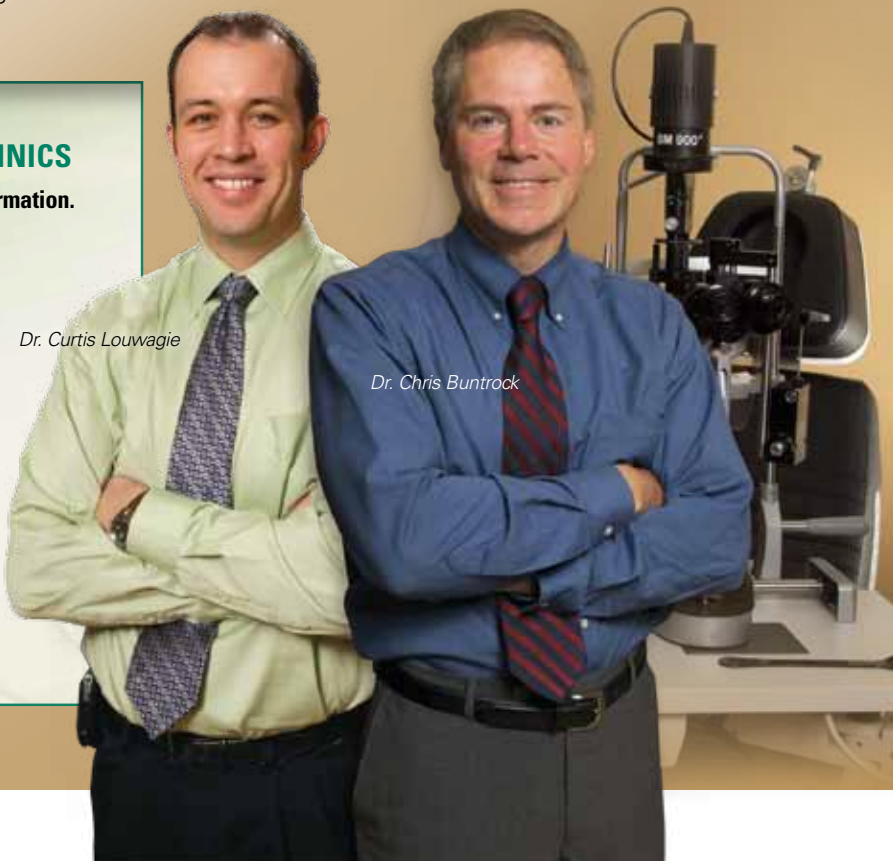
Avera Medical Group Optometry Redwood Falls
500 E. Bridge St. in Redwood Falls • (507) 637-5715

Avera Medical Group Optometry Springfield
602 N. Jackson Ave. in Springfield • (507) 723-6548

Avera Medical Group Optometry Tracy
505 State St. in Tracy • (507) 629-3230

Avera Medical Group Optometry Windom
1006 Fourth Ave. in Windom • (507) 831-2429

Outreach ophthalmology care is also available in Montevideo and Madison.



Dr. Curtis Louwagie

Dr. Chris Buntrock

Eyes on the Prize

PATIENT LOOKS NO FURTHER THAN AVERA TO RESTORE VISION



Joyce Armstrong

Joyce Armstrong, a retired second-grade teacher who lives in Springfield, Minn., loves to read and do crossword puzzles. So she was distressed when she began having great difficulty seeing numbers in the phone book. She noticed she couldn't tell the difference between quarters and nickels, and she'd often knock objects off the counter because she wasn't judging distances correctly.

Because of her noticeable vision changes, Joyce made an appointment with Dr. Chris Buntrock for an eye exam at Avera Medical Group Optometry Springfield. He connected her with Dr. Curtis Louwagie at Avera Marshall Southwest Ophthalmology.

"I'm so thankful each day that Dr. Buntrock referred me to Dr. Louwagie. They have done wonders for me," says 83-year-old Joyce. "My first treatment was on a Thursday. The next Monday, I realized I could read the numbers on my medical bottles. You just can't imagine how happy I was that I wouldn't have to read them with a magnifying glass."

Dr. Louwagie diagnosed Joyce with macular degeneration, a common eye disease that can cause permanent vision loss. Treatments for the disease involve monthly injections to the eye. When it's nearing her monthly appointment, Joyce starts to notice her vision has diminished, but it's restored after her treatment.

"My daughter gave me a book that's not large print, just normal print. When I could read that book, it was just wonderful," she notes.

Because Joyce relies on one of her daughters to drive her to the hospital, she's glad to be able to receive treatments in Marshall instead of the Twin Cities, Sioux Falls, S.D., or Rochester, Minn.

Turn to page 7 to read more about macular degeneration and how it's treated at Avera Marshall Southwest Ophthalmology.



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SIGN UP TODAY at www.AveraMarshall.org!



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