



**3**  
Mayo Clinic  
cardiologists seeing  
patients at Northfield



**4**  
Ron Anderson's  
strength inspires  
those around him



**6**  
Do you have  
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**NORTHFIELD HOSPITAL & CLINICS**

# FamilyHealth

Summer 2009 • Vol. 14, No. 3

507-646-1494

## New physician joins Women's Health Center

Dana Olson, MD, an obstetrician-gynecologist, has joined the staff of Women's Health Center, a service of Northfield Hospital & Clinics.

Dr. Olson comes to Northfield from Dearborn, Michigan, where she recently completed a four-year Ob/Gyn residency program, serving as Administrative Chief Resident in her last year there. A graduate of Luther College, she received her medical degree from University of Nebraska Medical Center in Omaha, Nebraska.

Dr. Olson joins a medical staff that includes Deborah Suppes, MD; Ann Friedmann, MD; Melanie Dixon, MD; and Christine Braun, MD. She will be seeing patients at the Women's Health Center in Northfield and at FamilyHealth Medical Clinic in Lakeville.

"I'm very happy to join a practice with a strong tradition of women caring for women," said Dr. Olson. "I appreciate the patient-centered care and the opportunity to grow professionally in a progressive and supportive environment."

For an appointment with Dr. Olson, call FamilyHealth Medical Clinic at 507-646-1478.

Dr. Dana Olson



## Hospital expands services for pregnant women



Dr. Calvin

Steve Calvin, MD, a maternal-fetal medicine specialist from the Twin Cities, will begin offering high-risk pregnancy care to patients in Northfield and the surrounding area in July through the Northfield Hospital Outpatient Clinic.

Dr. Calvin is a board certified obstetrician and perinatologist who specializes in the care of patients with maternal-fetal complications. He also provides genetic counseling. Patients will see him by referral from their primary provider.

Dr. Calvin is an independent maternal-fetal medicine specialist who brings 30 years of obstetrics experience to the community.

This new consulting service will facilitate the expansion of obstetrical care at Northfield Hospital. Mayo Clinic Outreach maternal-fetal medicine specialists also offer care once each month in the Women's Health Center at Northfield Hospital to referred patients.

# Public urged to “Take It To The Box”

Law enforcement agencies in Northfield and Faribault are preparing to launch a safe medication disposal campaign called “Take It To The Box.”

Police in both communities are installing secure, medication drop boxes (thus “Take It To the Box”) in the front lobbies of their headquarters and encouraging people to be more intentional about how they use, store and dispose of their medications. Officials plan to have the boxes available by September.

The casual handling of prescription drugs and over-the-counter medication has created both environmental and public health issues in the community. Research shows that medications are tainting groundwater and rivers and streams due to their leaching out of landfills or being flushed down household drains. On the public health front, painkillers (such as OxiContin and Vicodin), anti-anxiety medication and stimulants have become gateway drugs for teenagers, and they are often all too available in family medicine cabinets.

“Our best information suggests that more teens abuse prescription drugs than any other illicit drug other than marijuana,” said Mark Taylor, Northfield Chief of Police. “The safe disposal of medications that are no longer needed will do a lot to keep addictive substances out the hands of kids.”

“Take It To The Box” is a collaborative initiative funded by the Northfield Mayor’s Task Force on Youth Alcohol & Drug Use, Rice County Public Health, the Rice County Chemical Health Coalition, Northfield Healthy Community Initiative, and a Rural Hospital Flex Grant to Northfield Hospital. Police Chief Taylor in Northfield and Faribault Police Chief Dan Collins have been instrumental



developing the program. The boxes will be secure and available 24 hours a day in both Northfield and Faribault.

A certified disposal company will periodically destroy disposed drugs.

The campaign will encourage citizens to adopt best practices for use and storage of medications. Healthy habits include:

- Using only those medications prescribed for you or recommended by a healthcare provider;
- Using medications only for the purposes intended;
- Not using outdated medications;
- Keeping an inventory of your medications and keeping medications in secure places, out of the hands of youth;
- Taking unneeded or outdated medications to the box.

For more information, visit the Northfield Healthy Community Initiative’s website: [www.northfieldhci.org](http://www.northfieldhci.org) and click on “Take It To The Box.”

## Buckle up: every body, every seat, every time

When you hear that seat belt go “click,” you’ve just dramatically increased your chances of surviving a car crash or avoiding a life-altering injury. Members of the Rice County MOD Squad, a consortium of local law enforcement personnel dedicated to reducing the number of fatalities

on area roads, will tell you that the most dangerous part of your day is when you are driving or riding in a vehicle.

Rice County Sheriff’s Deputy Blaine Smith says more than half of those killed in Minnesota traffic crashes were not belted in. The odds are six times greater

that you will sustain an injury if you are not restrained at the moment of impact.

That has real meaning for residents of Rice County. Based on statistics from 2005-2007, Rice County was ranked the eighth deadliest county in the

Continued on page 7

# Lessons learned from H1N1 alert

As health officials work to understand and contain the H1N1 novel influenza virus, they say previous investments in pandemic preparedness are paying off.

Andy Yurek, Safety Director at Northfield Hospital & Clinics, and Colleen LaVine, Infection Prevention Coordinator, agree with that assessment. Past planning and training exercises produced a best practice response plan that has proved to be a reliable blueprint in the face of a potentially catastrophic health threat. That effort produced a working document to guide Northfield Hospital & Clinics' measured and progressive response to a pandemic. It was developed in cooperation with numerous external partners, ranging from the World Health Organization (WHO) and the Centers for Disease Control to local colleges, faith-based organizations and service clubs. The plan is constantly evolving, Yurek said.

"Northfield Hospital & Clinics will draw on our connections

with other planning groups to plan, respond, and make necessary updates in a coordinated effort to best serve our patients, residents, staff, and community," he said.

In June, WHO formally pronounced the H1N1 flu a pandemic. The decision was based on the flu's geographic reach, not the severity of the illness it causes. H1N1 has proved not to be as fatal as planners were anticipating, but it has spread to more than 70 countries in a short period of time.

WHO officials predict the pandemic will be of moderate severity, however countries have been advised to prepare for a second wave of infection. Work is underway to develop a vaccine to combat the new flu. Currently, officials say up to three shots may be required this fall, one for the seasonal flu and two for H1N1.

LaVine says people should continue to follow these recommendations for preventing the spread of the flu virus:

- Cover your nose and mouth



with your sleeve when you cough or sneeze.

- Use tissues to contain respiratory secretions and dispose of them in the nearest waste receptacle after use
- Clean your hands frequently and thoroughly – with soap and water or an alcohol-based hand rub solution.
- Limit your contact with others who may be ill.
- Clean your hands after shaking hands or having other close contact with other people – before eating or preparing food, or touching your eyes, nose or mouth.
- Stay home from work or school – and generally avoid going out in public – if you are sick.
- If you are an employer, encourage your employees to stay home if they are sick.

## Seatbelts: Now mandatory for everyone

From page 2

state with six alcohol-related traffic deaths, 36 alcohol-related serious injuries and 1,119 DWI arrests.

New, upgraded seat belt legislation now requires everyone to wear a seat belt, even those riding in the back seat, regardless of age. The upgraded law will be enforced like all other traffic laws and should encourage better compliance. It went into affect earlier this summer. Strengthening Minnesota's seat belt law to primary enforcement is estimated to increase seat belt use from 87 percent to

at least 95 percent. That translates to many lives saved, injuries prevented or made less severe, and significant savings in health care dollars.

Kathy Cooper, coordinator for Rice County Safe Communities, says seat belt use is the most effective thing people can do to protect themselves in a crash or from drunk drivers.

"Our motto is: Buckle Up: Every body, every seat, every time," Cooper said.

For more information, go to: [www.dps.state.mn.us](http://www.dps.state.mn.us) or [www.mnsafetycouncil.org](http://www.mnsafetycouncil.org).

FAMILYHEALTH is published as a community service for households served by Northfield Hospital & Clinics. Additional copies are available by calling Community Relations, 507-646-1034.

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## NORTHFIELD HOSPITAL ROUNDUP

# Dr. Randolph Reister appointed clinic medical director

Randolph Reister, MD, an internal medicine specialist with FamilyHealth Medical Clinic in Northfield, has been named medical director for clinics owned and operated by Northfield Hospital & Clinics.

Dr. Reister will provide leadership and coordination for patient care and performance improvement initiatives for all hospital-affiliated clinics, with special attention to FamilyHealth Medical Clinics in Northfield, Lonsdale, Farmington and Lakeville and the

Women's Health Center. He will continue his practice in internal medicine at FamilyHealth Medical Clinic in Northfield.

Dr. Reister joined FamilyHealth Medical Clinic in 2006. He received his medical degree from the University of South Dakota School of Medicine. He performed his internal medicine residency at Creighton University, where he served as chief resident. He did his undergraduate work at Augustana College.



**Dr. Reister**

## Book fair sets record

The Northfield Hospital Auxiliary's 48th annual book fair, "The Great Northfield, Minnesota Book Raid," raised a record \$49,500 last spring. The auxiliary has committed \$30,000 of the proceeds to help fund the expansion of the Breast Care Center at Northfield Hospital. It will be the second installment on the \$100,000 commitment the auxiliary made in 2008.

## Nurse practitioner joins Lonsdale clinic

Rhonda Meyer, a certified family nurse practitioner (CNP), has joined the staff of FamilyHealth Medical Clinic and is now seeing patients in Lonsdale.

Meyer comes to FamilyHealth with a wide-range of experience in both hospital and clinic settings. She worked as a registered nurse for more than 30 years in coronary care, medical-surgical care and pediatrics and has been a nurse practitioner for the past 13 years, working in a variety of clinic settings in Faribault and Northfield and most recently at the Carleton College Health Service.

She sees patients of all ages, providing acute care, preventive care and

managing chronic conditions. Meyer also provides diabetes education.

Meyer received her bachelor of science and her master's degree in nursing from Minnesota State University at Mankato. She is also a graduate of Minnesota State University at Mankato's nurse practitioner program and board certified as a Family Nurse Practitioner.

To make an appointment with Meyer, call 507-744-3245.



**Meyer**

**Our focus is to provide a positive and healing environment that is patient centered. If you are interested in becoming a member of our highly-skilled and compassionate staff, please view our employment opportunities at [www.northfieldhospital.org](http://www.northfieldhospital.org).**