

OWATONNA HOSPITAL

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HOSPITAL FOUNDATIONS

Securing a future for health care

THIS IS AN EXCITING time to be living in Steele County as we anticipate building a new health care campus in Owatonna. The new health care campus, breaking ground next year, is an opportunity to create a physical structure that supports and enhances a healing environment.

In 2007 Owatonna Hospital will be creating a development office and embarking on a philanthropic campaign to fund special enhancements to the new hospital. Your support, along with the support of other grateful patients and community members, will make the critical difference in our degree of success in the coming years.

Chances are, you've probably heard of hospital foundations or development offices. But like most people, you may wonder what they

are—or why they're so necessary.

Simply put, a hospital foundation or development office raises money and community awareness for a hospital or medical center. The same way a concrete foundation physically holds up a house, hospital foundations financially hold up thousands of not-for-profit hospitals and medical centers.

Through fundraising efforts and community education, hospital foundations help keep health care providers and their communities in touch with each other's needs.

WHY ARE THEY IMPORTANT?

"Foundations became more common in the late 1960s when government funding for hospitals started to decrease," says Sid Mallory, executive vice president for

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Total care: Philanthropy at Buffalo Hospital, part of Allina Hospitals & Clinics, helped enhance the total care experience for patients by providing a comfortable patient waiting area.



3 The community benefits from philanthropy



4 Designing a healing environment



5 Take care of your feet



OWATONNA HOSPITAL

Allina Hospitals & Clinics



Philanthropic support:

At Buffalo Hospital a program made possible by philanthropy fosters health and fitness to prevent chronic diseases. Owatonna Hospital is in the planning stages of establishing a development office to support programs for community health and enhancements to the new hospital.

Mallory says.

According to the American Hospital Association, nearly one-third of U.S. hospitals lose money every year. These strains have made foundations and fundraising more important than ever to hospitals' survival.

MONEY WELL-SPENT

Hospital foundations

raise money in several different ways, including:

- **Annual campaigns**—yearly mailings to former patients and community members. The mailing may include an update on the hospital's activities and growth and includes an appeal for a gift.
- **Capital campaigns**—one-time efforts over limited periods of time to raise funds for specific projects, such as a new facility, new equipment or a new service.
- **Planned giving**—when a person leaves part of his or her estate to the hospital foundation in a will.
- **Endowments**—investments set

up by the foundation for the hospital. The money for the investment comes from contributions. The returns go to the hospital, but the original money isn't touched. This provides a stable, long-term income source for the hospital.

- **Special events**—such as black-tie dinners, golf tournaments and galas.
- **Major gifts**—large, one-time donations from individual donors.

WHERE DOES THE MONEY GO?

Contributions may help with building or maintaining facilities, buying new equipment, or offering outreach programs and services.

Foundations also fund special programs, such as mammography vans, free clinics and dental care for low-income families, and programs to help people pay for long-term medications when they don't have prescription drug coverage.

A REASON TO GIVE

"People give for a number of reasons," Mallory explains. "More often than not...they believe that they are contributing to better health care in their community."

And they're absolutely right, he says.

Better hospital funding means more and better services. In the long run, any contribution to a hospital's foundation is an investment in your and your community's health.

Better hospital funding means more and better services.

YOU CAN HELP

To find out how you can help with enhancements to the new Owatonna Healthcare Campus project, call 507-444-6085. ♦

Securing a future

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philanthropy, Allina Hospitals & Clinics. "Since then, funding has continued to decline while costs of providing services have continued to rise."

Now, hospitals often receive less reimbursement from insurance companies and the government than what it costs to provide the service. This reduction in payment costs hospitals billions of dollars every year.

At the same time, the costs of labor, medications and technology are increasing. And then there are the approximately 44 million uninsured Americans who need health care, whether they can pay or not.

Collectively, these forces have "created some very, very difficult times for hospitals in recent years,"

Giving back through Community Benefit

THE HEALTH challenges in our communities today are great. At Owatonna Hospital we recognize that the need for a total community approach is more important than ever.

We are keenly aware that people cannot be healthy if they live in unhealthy environments—regardless of the excellence of the care they receive in the examining room.

Our vision for Owatonna Hospital Community Benefit is clear and compelling: Together with our partners, we will improve the health of our community through our Heart Healthy Living and Childhood Obesity initiatives, as well as through other community outreach activities.

Over the next five years, we will be making concerted efforts to improve community nutrition and promote physical activity, by working with public health agencies and community-based organizations, to decrease obesity and improve heart health.

In addition, we provide financial and in-kind support to organizations that work on improving the health of our community.

Here is a brief listing of our Community Benefit work this past year:

- **Sponsor of *Power of the Pyramid*:** A 30-minute play that teaches kids that they have the power to eat well and get fit.
- **Co-sponsor of *On the Move***—

We will improve the health of our community through our heart and obesity initiatives.

Walk Across America:

A program designed to increase physical activity and improve nutrition by having students and adults use a pedometer to track their daily steps.

- **Co-sponsor of Children's Health Day:** A program to educate youth and their parents about a wide variety of issues to keep kids safe in the summer.

- **Heart Safe Communities project:** A program to raise money to place automated external defibrillators (AEDs) in the community.

- **CPR/AED training:** Training for up to 100 community residents on using CPR/AED.

- **Co-sponsor of Women's Health Day:** A program to educate women about women's health issues.

- **Mobile Meals:** A program that delivers hot meals to people unable to prepare their own food.
- **Sports Medicine/Athletic Training Program:** Sports medicine and certified athletic training services for athletic programs at area schools and community sports events.

- **Birth and parenting education:** Education classes for parents and parents-to-be. In 2005 Owatonna Hospital gave



Women's Health Day: Anne Draeger, (left) registered nurse and Owatonna Hospital Emergency Department manager, talks with Jan Clemenston about the signs and symptoms of heart attacks in women at the fourth annual Women's Health Day event in October.

more than \$3.2 million back to the community in Community Benefit programs, which included unreimbursed expenses from Medicare, Medicaid and other public programs; uninsured discounts, charity care and medical assistance surcharges; and MCHA/MN Care taxes.

For further details about Owatonna Hospital's community benefit work, go to www.owatonnahospital.com and click on *Community Benefit*. ♦



Designed with you in mind

WHEN THE new Owatonna Healthcare Campus opens in 2009, patients and visitors will enjoy a different care experience. Every detail is being planned for patient comfort and healing.

“For years we’ve focused on the healing and comfort of our patients,” says Dorothy Erdmann, president of Owatonna Hospital. “It’s exciting that the new health care campus will provide an environment that reflects and supports that patient-centered attitude.”

ENVIRONMENT SUPPORTS HEALING

Studies clearly show that a patient’s surroundings can have a powerful healing effect. There are many elements that can contribute to a patient-centered, healing environment.

Sight. Light and color can have

a great impact on a patient’s overall well-being, especially the quality, quantity and placement of natural or artificial light and views to the outside. Artwork can also help reduce patients’ stress levels by offering visual stimulation to distract them from their health problems.

Smell. Pleasant smells, such as from flowers and fruit, can lower our blood pressure and heart rate, as well as relax muscles. On the other hand, medicinal smells or unpleasant odors can increase anxiety, heart rate and respiration rate.

Touch. The placement of controls—nurse call, lighting, telephone, television and radio—within the patient’s easy reach enhances self-reliance and increases patient safety. In addition, soft bedding and fabrics, rounded corners, and ergonomically designed

furniture can also be beneficial.

Sound. Noise can increase heart rate, blood pressure, respiration rate and even blood cholesterol levels. It can also disturb sleep patterns. By reducing noise, such as telephones, carts, toys, alarm panels, nurse call systems and hallway conversations, we can go a long way in creating a more healing experience for patients.

A patient’s surroundings can have a powerful healing effect.

PATIENT INPUT ON DESIGN

Part of patient-centered care is listening carefully to patients, and that’s part of the campus design, too. In a

survey and five community forums, we listened. The message was loud and clear: Area residents want a family-friendly, healing environment in their new Owatonna Healthcare Campus. (See the results of the online survey in the table below.) ❖



Heart of the Mall at Abbott Northwestern Hospital is an example of incorporating nature into a healing environment.

Community survey



Here’s what area residents say is important to them in a new health care campus. To see the full results, go to www.owatonnahospital.com.

Environmental element	Very important	Somewhat important
Having privacy from others.	91%	9%
Having clear, simple signs.	90%	9%
Having calm, comfortable, welcoming areas for visiting family/friends.	87%	13%
Having a receptionist greet you and offer directions.	75%	21%
Having sound control features to lower noise levels for a quieter environment.	74%	23%
Having one centralized point of entry for registration and information.	72%	21%
Having a warm, healing environment.	71%	25%
Having pleasant lighting in patient rooms/lounges.	66%	31%

Taking good care of your feet



WHILE OUR FEET take us everywhere we need them to go, we may take them for granted.

Unfortunately, more than half of us will experience a foot problem at some point, but many don't do anything about it.

Correcting the cause of foot pain can prevent it from becoming a more serious issue later. Foot problems are sometimes the first symptom of vascular disease, diabetes, arthritis or other conditions that affect the whole body. People with foot problems associated with a medical condition like diabetes are encouraged to take care of their feet on a daily basis by following some simple steps:

- Check your feet every day for cuts, blisters, red spots, sores, cracks and swelling. Use a mirror to check the bottoms of your feet or ask a family member for help if you have trouble seeing. **Call your health care practitioner right away if a cut, sore, blister or bruise does not heal after several days.** Your health care practitioner may apply a special dressing to help the injury heal

More than half of us will experience a foot problem at some point.

and protect it from infection.

You may also receive antibiotics (medicine) to fight an infection.

- Wash your feet with mild soap and slightly warm water every day. Don't soak your feet because they may dry out.
- Dry your feet well and be sure to dry between the toes.
 - Use a thin coat of lotion and cream for dry skin, but not between your toes.
 - Avoid lotions with perfumes.
 - Use a pumice stone to smooth corns and calluses.
 - Trim your toenails straight across and file the edges with an emery board or nail file.
- Wear shoes and socks at all times. At night wear socks if your feet get cold.

- Never walk barefoot.

- Wear comfortable shoes that fit well and protect your feet.

- Always check inside your shoes for worn areas or things that might cause sores on your feet. Ask your health care practitioner about special shoes.

- Avoid crossing your legs for long periods of time. Instead, cross your legs at the ankles.

- Wiggle your toes and move your ankles up and down for five minutes, two or three times each day.

If you have foot pain or need help taking care of your feet, please see your family doctor or a podiatrist.



For more information about foot care for those who have diabetes, visit www.allina.com, go to *Conditions & Treatments*, then select *Diabetes* under *Condition Centers*. ❖



OWATONNA HOSPITAL

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.

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 507-444-5009 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. Drop in anytime the clinic is open.

SENIORS

Chair Aerobics

■ Mondays and Fridays,
10:30-11:15 a.m., Senior Place
\$10/month or \$1.25/class

■ Mondays and Thursdays,
3:30-4:15 p.m., Cedar Place
\$10/month or \$1.25/class

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

Birth Center Tour Free

This tour includes the labor area, post-partum rooms and nursery for parents planning to deliver at Owatonna Hospital. For dates and times, call the Birth Center at 507-455-7623.





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 individual

fitness programs, prevention and treatment of sports injuries, conditioning for a specific sport, or relieving current aches and pains. Student athletes 18 and under must be accompanied by a parent or provide written parental consent.

Appointments are encouraged. Call 507-444-4290.

Five-minute soup

This flavorful soup takes only minutes to make. Serve it with whole-grain bread or crackers.

INGREDIENTS

- 4 cups canned low-sodium chicken broth
- ½ medium cucumber or 1 medium zucchini, thinly sliced
- 2 cups shredded fresh spinach or cabbage
- 1 medium tomato, diced
- ½ cup cooked chicken or lean meat, shredded

INSTRUCTIONS

- Combine broth, cucumber or zucchini, spinach or cabbage, tomato, and meat in a large pot. Bring to a boil over medium heat.
- Reduce heat and simmer for 5 minutes.

Makes 6 servings

NUTRITION FACTS

Serving size: 1 cup
Amount per serving
Calories: 53
Fat: 1g

Source: Recipe adapted from the American Heart Association

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

MC Fitness 507-451-8833
 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/services/parkrec/trails.php.

SENIOR EXERCISE PROGRAMS

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

SWIMMING

MC Fitness 507-451-8833
 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



Does it hurt to walk? A leg-pain alert

WHILE YOU MAY just be chalking it up to getting older, leg pain when you walk is not something you should ignore.

Here's why: Leg pain or cramping while walking may be signs of a serious condition called peripheral arterial disease (PAD), also known as peripheral vascular disease. With PAD, fatty deposits build up and cause blockages that restrict blood flow to arteries in the legs and many other parts of the body, including the heart and brain. PAD not only limits your ability to walk without pain, but it also raises your risk of heart attack and stroke.

"It's the same disease process as

heart attack or stroke but in a different site," says Charles Sandhofer, M.D., Owatonna Clinic internal medicine doctor. "People with PAD have four to five times the risk of stroke or heart attack, so it's important to take care of it.

"Besides that, the leg pain keeps people from doing things they enjoy, like golf or shopping. It can start a downward spiral of walking less, weighing more and becoming less healthy."

Who's most at risk? Because PAD does not always cause symptoms, it's a good idea to talk to your doctor about being screened if you're at risk. Risk factors for PAD include:

■ Being over age 70.

PAD detection

Early detection of vascular disease is important in preventing or decreasing the risk of heart disease and stroke. Vascular disease can be diagnosed with a simple, painless blood pressure measurement of the arms and legs, called ABI, or ankle-brachial index.

To find out if you're at risk for PAD, see your primary care doctor or visit Allina's Vascular Services online at www.allina.com/vascular.

- Having a family history of PAD, heart disease or stroke.
- Smoking.
- Being overweight or sedentary.
- Having diabetes, high blood pressure or high cholesterol.

Fortunately, PAD can be treated with lifestyle changes, medication or both. More serious cases may require surgery or angioplasty, a procedure to open blocked arteries.

Learn more. For more information about risk factors or the treatment and prevention of PAD, visit  Allina's Vascular Services at www.allina.com/vascular or go to the American Heart Association Web site at www.americanheart.org. ❖

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