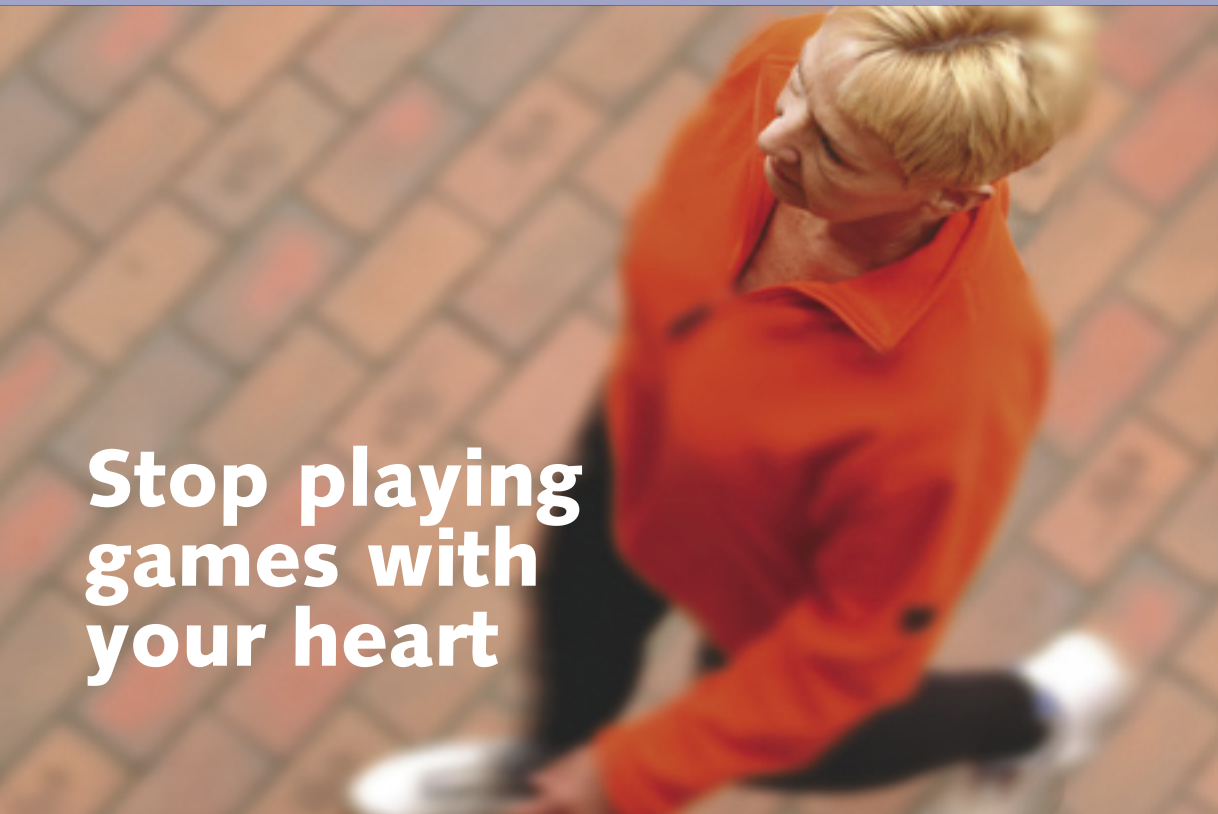


This section contains the health news and events calendar you usually find in your *Healthy Communities™ Magazine*.



# Stop playing games with your heart

**M**OST OF US AVOID real danger and don't do things we fear might kill us—like jumping out of airplanes or driving race cars. But we take big chances every day if our lifestyle puts us at risk for heart disease.

"It should be simple," says Jeffrey Larsen, MD, River Falls Medical Clinic. "We're fairly good at telling who is at risk for heart disease. We know how to reduce the risk with lifestyle and medication, but heart disease is still the No. 1 killer in America."

Heart disease is the No. 1 killer of men *and* women. In fact, more women die of heart disease each year than men, and heart disease kills more women than the next top five causes of

death combined, including breast cancer.

"Learning your risk for heart disease and taking steps to prevent it can save your life," Larsen says. "We're fortunate that here in River Falls we have great resources to help people fight heart disease. Our clinic physicians are supported by dietitians and educators who can help people develop healthier lifestyles. The staff at the Wellness Center helps people develop safe exercise programs and measure progress toward heart-healthy goals. And cardiologists from St. Paul Cardiology come to our clinic to care for heart patients. We're able to do most non-invasive testing right here, and the resources

—Continued on Page 6



**2**

Do-si-do to support the community free clinic



**3**

Pay attention! Help kids with ADHD succeed



**6**

In Touch With Heart Health



RIVER FALLS AREA HOSPITAL  
Allina Hospitals & Clinics

# Free clinic provides safety net for uninsured

“EVERYONE KNOWS somebody who is one paycheck away from disaster,” says Mary Conroy-Johnson, President of the Kinnickinnic Health Foundation. “They’re in our neighborhoods, in the grocery store, in our church. That’s why the response was so positive when we started talking about creating a free clinic in the River Falls area. We all know people who are laid off or can’t pay for health insurance.”

Conroy-Johnson is on the steering committee for a free clinic that will serve uninsured patients with

no other source of care, specifically targeting residents of Pierce and St. Croix counties living at or below 185 percent of the federal poverty level. The clinic is scheduled to open in April 2007, and the planning and fundraising are under way.

The need for health care for the uninsured is urgent in Pierce and St. Croix counties, both of which have higher than average rates of uninsured people and people going without needed health care, ac-

According to the University of Wisconsin Population Health Institute.

“People without insurance often can’t afford to go to the doctor when they’re sick,” says Heather Logelin, director of the Kinnickinnic Health Foundation. “They end up in emergency rooms with conditions that should

have been treated much earlier in a regular medical clinic. This isn’t good for the patient’s health, and it’s not good for the public, which ultimately subsidizes the higher cost of these unnecessary emergency room visits.

“We’re very fortunate that River Falls Medical Clinic has offered us space at their facility to run the clinic one night each week,” Logelin says. “It will be staffed by volunteer doctors, nurses and nonmedical volunteers. We’re going to focus on preventive care and take care not to

duplicate services offered by other area agencies.”

The free clinic will provide basic care for anything that might require a medical clinic visit, including persistent colds and flu, or management of high blood pressure or diabetes.

Planning for the free clinic was spearheaded by the Kinnickinnic Health Foundation, River Falls Area Hospital and the River Falls Medical Clinic. Health care providers from throughout the region are coming together to make the clinic a success.

The free clinic will receive all funds raised at the Kinnickinnic Health Foundation barn dance in October (see left for details). If you would like to make a donation to support the free clinic, call Heather Logelin at 715-426-4503 or send your check, payable to “Kinnickinnic Health Foundation—Free Clinic,” to Logelin’s attention at: 1629 East Division St.

River Falls, MN 54022

To volunteer at the clinic, contact Mary Conroy-Johnson at 715-425-2127. ♦

The free clinic will provide urgently needed basic care for the uninsured in the River Falls area.

The Kinnickinnic Health Foundation



HARVEST MOON BARN DANCE

## Kick up your heels!

### Kinnickinnic Health Foundation's Harvest Moon Barn Dance!

**Saturday, Oct. 14, Barbecue dinner: 5:30-7:30 p.m.**

**Dance: 7:30-11:30 p.m., Bjerstadt Barn, Highway 35 and Glover Road, between Hudson and River Falls, Tickets: \$25 per person**

Come on down and kick up your heels! Enjoy live music and dancing and a great barbecue dinner. We have some fabulous auction items including fine art by local artists, fun trips and lots of fun raffle prizes, too.

“This year the Foundation will donate all proceeds to the free clinic,” says Julie Gore, event chairperson. Tickets can be purchased in advance or at the door. To purchase tickets or for more information, call Gore at 715-425-7079 or Mary Conroy-Johnson at 715-425-2127.

“If you’d like to help in any way—with time, talent, prizes or dollars—please call,” Gore adds.

## HELPING KIDS WITH ADHD SUCCEED

# Pay attention!

**S**OME KIDS happily anticipate the new school year, buying notebooks and supplies, and looking forward to new classes, new teachers and new friends.

For other kids, school looms as another year of struggle—fidgeting, daydreaming, forgetting, getting in trouble, and unfinished homework. That's what school is like for many children who have untreated attention-deficit/hyperactivity disorder (ADHD).

Children with ADHD have difficulty paying attention and focusing on tasks. They may act impulsively without thinking about consequences and have a difficult time sitting still. They may just daydream and quietly tune out what's going on. That sounds like normal kid stuff, but with ADHD it's more extreme and interferes with school and home activities.

### GET A THOROUGH DIAGNOSIS

“About 3 percent to 5 percent of school-age children have been diagnosed with ADHD,” notes Kerri Bagnall, MD, pediatrician at River Falls Medical Clinic. “It's a medical condition—not something the kids do on purpose. Children are usually diagnosed between the ages of 6 and 12, using criteria developed by the American Psychiatric Association. School counselors, psychiatrists or pediatricians often make



the diagnosis based on detailed questionnaires administered to the child's parents and teachers.

“Diagnosis and treatment is important, because these kids get unfairly labeled as lazy or unintelligent or troublemakers,” Bagnall adds. “That is bad for their self-esteem and can hinder their ability to learn necessary life skills and make friends.” Besides that, children with ADHD are more susceptible to accidents and have more frequent, more serious injuries.

### WHAT CAN HELP

Treatment often includes medications and behavioral therapy. Stimulant medications reduce hyperactivity and improve focus for many children.

“Long-term studies have demonstrated the safety of the medications, but I discuss the risks and benefits thoroughly with parents,” Bagnall notes. “Close follow-up is important to ensure proper dosage and minimize side effects.”

Children should see their doctor before stopping or restarting medications. These medications are sometimes abused and should

not be stored where any children can access them.

Behavioral therapy can help parents and children learn strategies for staying on task and solving problems.

### PARENTING TIPS

Parenting children with ADHD can be challenging. “It's important to remind ADHD children that they are just as smart and capable as other kids—they just need help with attention,” Bagnall says.

Children with ADHD need clear rules with consequences that are consistently enforced. Parents can help by establishing routines, removing distractions, breaking projects into smaller steps and having children repeat instructions. Checklists, colorful reminders and verbal single-step reminders help children focus on tasks. Children also need to be allowed to play and release energy.

If your child has symptoms of inattention, impulsivity or hyperactivity that interfere with activities at school and at home, see your family



doctor or school counselor. Visit [www.allina.com](http://www.allina.com), and search for “ADHD” in the “Conditions & Treatments” tab for more information and resources. ❖

ADHD is a medical condition—it's not something kids do on purpose.



# RIVER FALLS AREA HOSPITAL

## EXERCISE

### Tai Chi

**Instructor: Mark Tomlinson**  
**Tuesdays, Oct. 24-Jan. 2**  
**(no class Dec. 26)**

**6:30-8:30 p.m.**

**RFAH Classroom B/C**

**\$72 per 10-week session for members, \$85 for nonmembers**

Tai Chi is a martial art that uses slow, graceful movements and meditation to improve balance, posture and fine motor control, which in turn allows practitioners to move better in everyday life. All ages and levels are welcome.

### Pilates Orientation/Kettlebell Demonstration

**Thursday, Sept. 14**

Please sign up with the Wellness & Fitness Center at 715-426-4545.

### Pilates Mat Work Level 1-2 (Beginners/Advanced Beginners)

**Instructor: Marty Larson**

**Fridays, Sept. 22-Nov. 17**

**(no class Oct. 20)**

**10:45-11:45 a.m.**

**RFAH Classroom B/C**

**\$76 per eight-week session for members, \$96 for nonmembers**

A holistic approach to exercising that focuses on proper breathing and muscle control. Practiced with correct form, posture and alignment, Pilates mat workouts can lengthen, strengthen and tone muscles without joint stress. Beginners are welcome and are asked to attend an orientation session.

### Pilates/Kettlebelling Level 3 (Intermediate/Advanced)

**Instructor: Marty Larson**

**Fridays, Sept. 22-Nov. 17**

**(no class Oct. 20)**

**9:30-10:30 a.m.**

**RFAH Classroom B/C**

**\$115 per eight-week session for members, \$144 for nonmembers**

Building on the skills and strength of Level 1-2, this class is for those who have mastered the beginner and intermediate Pilates moves and wish to challenge themselves with a more intense and fast-paced routine. Must have a minimum of six months' experience with Pilates or speak to an instructor if interested.

Kettlebelling is a complete body workout that develops dynamic and

explosive strength, conditions core muscle groups, increases flexibility, builds cardiovascular stamina and burns fat. Kettlebell exercises are characterized by focused cardio activities that involve swinging kettlebells through precise and balanced movements.

### Fit Kids

**Instructor: Pam Nordseth**

**Call for class schedules**

**RFAH Classroom B/C**

**FREE**

Fit Kids will emphasize the importance of living an active, healthy lifestyle starting at a young age. It will get kids moving by incorporating stretches, heart-pounding action, creative strengthening techniques and even fun hands-on learning. For ages 5 through 10.

## COMING EVENTS

### In Touch With Heart Health screening event

**Sept. 16 and 25**

Learn about your risk for heart disease at this screening and education event. See details on Page 6.

### Parenting Teens

**Roger A. Ballou, PhD, licensed marriage and family therapist**

**\$30 per single parent, \$45 per couple**

The River Falls Area Hospital's Wellness and Fitness Center is sponsoring a two-week class to teach new skills to help you successfully parent your teen. This class is aimed at parents of teens ages 13 to 18. Topics include teens' needs and development challenges, parenting style, signs of trouble, communication, and more.

### Smoking Cessation Clinic

**Mondays, Oct. 16, 23, 30;**

**Nov. 6, 13, 20; and**

**Wednesday, Nov. 1**

**7 p.m. (session lasts one to 1½ hours)**

**RFAH Administration Conference Room**

**\$45**

Are you trying to make the decision to quit smoking? This program designed by the American Lung Association helps you prepare to quit smoking, explores your reasons to quit, helps you take the actual steps and teaches you how to maintain your new nonsmoking lifestyle. The program emphasizes stress management, relaxation techniques, healthy eating and physical activity.



## CHILDBIRTH

- Friday, Sept. 8, 6-9 p.m.
- Saturday, Sept. 9, 9 a.m.-noon
- Wednesday, Nov. 8, 6-9 p.m.
- Wednesday, Nov. 15, 6-9 p.m.

RFAH Classroom B/C

**\$65 per couple**

Education Classes include information about the signs and stages of labor, true vs. false labor, admission to the hospital, comfort measures, a tour of The Birth Center, the role of the support person, positioning, relaxation, postpartum care for mom, taking care of yourself at home, videos, security, baby care and much more. These classes are offered both during the week and on the weekend. Classes are limited to 10 couples.

### Fast Track Childbirth Education Classes

- Tuesday, Oct. 17, 6-9 p.m.
- Tuesday, Dec. 19, 6-9 p.m.

RFAH Classroom A

**\$50 per couple**

This is a fast-paced course for busy parents-to-be. It covers information from the time that you enter our hospital in labor until immediately after delivery. Classes are limited to five couples. The fee is \$50 per couple.

### Sibling Class: Big Brother/Big Sister

- Wednesday, Sept. 20, 6:30-8 p.m.
- Wednesday, Nov. 15, 6:30-8 p.m.

## RFAH Classroom A

**\$10 per family**

When families are sharing the birth of a new child with other children at home, the brothers and sisters of the new baby also face a new relationship. We'll talk about what babies are like, practice diapering a doll and take a tour of The Birth Center, where mom will be staying when she has the baby. Recommended for children ages 2 years and older.

## COMMUNITY EDUCATION

### American Cancer Society: Look Good, Feel Better

First Monday of the month on alternating months: Oct. 2, Dec. 4

Call for times

Classroom A

A free, national public service program to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control of their lives. These side effects may include hair loss and changes in complexion and fingernails and are often emotionally and psychologically traumatizing. If you have questions or to sign up, please contact your local American Cancer Society navigator at 1-877-423-9122, ext. 212. You may also contact Rebecca Hayden in the Wellness & Fitness Center at 715-426-4545.

## CPR, AED AND FIRST AID CLASSES

The River Falls Area Hospital is teaming up with the River Falls Area Ambulance Service (RFAAS) to offer community training on Tuesday and Thursday evenings. With a wide range of choices, you can learn for the first time, take a refresher course or a course for certification. Call the River Falls Area Hospital Wellness & Fitness Center at 715-426-4545 to register.

### Heartsaver AED

■ Tuesday, Sept. 12

■ Tuesday, Nov. 14

6-10 p.m., RFAH

**\$35 (does not include book)**

### Heartsaver AED Refresher

■ Tuesday, Oct. 10

■ Tuesday, Dec. 12

6-9 p.m., RFAH

**\$20 (does not include book)**

### Heartsaver First Aid

■ Tuesday, Sept. 26

■ Tuesday, Nov. 28

5-10 p.m., RFAAS

**\$65 (does not include book)**

### Heartsaver First Aid Refresher

■ Tuesday, Oct. 24

■ Tuesday, Dec. 26

6-9 p.m., RFAAS

**\$25 (does not include book)**

### Healthcare Provider Refresher

■ Thursday, Sept. 14

■ Thursday, Nov. 9

6-10 p.m., RFAAS

**\$25 (does not include book)**

### CPR For Friends & Family

By request only—non-certification

### Healthcare Provider Initial

By request only—three students minimum

One day, 8 a.m.-5 p.m.,

RFAAS

**\$60 (does not include book)**

# Find out if your heart is in danger

## In Touch With Heart Health

### ■ Screenings

Saturday, Sept. 16

Appointments from 7-10 a.m.

### ■ Education Night

Monday, Sept. 25, 6:30-8 p.m.

\$25

The In Touch With Heart Health screening event is open to all community members and is a primary screening for cardiovascular risk factors. You'll complete a heart-health questionnaire and have your blood pressure, pulse, height and weight measured at the screening, as well as a fasting cholesterol and glucose screen. These results and questionnaire answers are then tabulated to produce a personal risk level for cardiovascular disease. The screening typically takes about 30 to 45 minutes.

At the education night following the screening, you'll review your results and discuss lifestyle changes and recommendations for reducing risk. Jeffrey Larsen, MD, will present information about heart health, and a dietitian will be on hand to answer questions about diet and nutrition.

For more information or to make a screening appointment, call the Wellness Center at 715-426-4545.



## Your heart

—Continued from Page 1

at United Hospital's John Nasseff Heart Hospital complement the care we deliver here."

The American Heart Association (AHA) recently released new recommendations for an overall pattern of diet and lifestyle that will help reduce your risk of heart disease. The new guidelines focus on weight control, physical activity, avoiding tobacco and heart-healthy eating. The AHA urges you to:

- Reduce saturated and trans fatty acids in the diet.
- Minimize your intake of food and beverages with added sugars.
- Work on physical activity and weight control.

- Eat a diet rich in vegetables, fruits and whole-grain foods.
  - Avoid using and exposure to tobacco products.
  - Achieve and maintain healthy cholesterol, blood pressure and blood glucose levels.
- The AHA provides detailed information about its new guidelines at [www.americanheart.org](http://www.americanheart.org).

For more information about heart disease and prevention, visit [www.allina.com](http://www.allina.com) and click on "Heart Health Condition Center."

See the sidebar at left for information about a heart screening in River Falls. ❖

## HOW TO REACH US

- General Information . . . 715-425-6155
- Kinnickinnic Foundation 715-426-4503
- Sleep Center . . . . . 715-426-4696
- Wellness & Fitness . . . . 715-426-4545
- Sports Medicine & Rehabilitation . . . . . 715-426-4537
- The Birth Center . . . . . 715-426-4515
- River Falls Medical Clinic 715-425-6701
- Ellsworth Medical Clinic 715-273-5041
- Spring Valley Medical Clinic . . . . . 715-778-5591

For hospital information and services, visit [www.riverfallsareahospital.com](http://www.riverfallsareahospital.com).

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