

CommunityCaring



Providing the Melrose area quality health care with a personal touch

CentraCare Clinic - Melrose

Quality care provided by:

Dante Beretta, MD
Patrick Heller, MD
Julie Klasen, MD
Carl Melling, MD
Kurt Schwieters, MD
Erin Bjork, CNP
Tina Evenson, CNP

Clinic hours:

Monday – Friday
8 a.m. to 5 p.m.

Saturday
9 a.m. to noon

Main line: (320) 256-4228

Visit us on the Web at
www.centracare.com

Welcome to Community Caring

Welcome to the first edition of the *Community Caring* newsletter! This publication, which will be printed three times a year, is filled with news and events at Melrose Area Hospital, CentraCare Clinic - Melrose and Pine Villa Care Center. We hope you will enjoy this new publication!

Orthopedic services expands locally

Minimally invasive surgery now available in Melrose

Melrose Area Hospital announces its partnership with St. Cloud Orthopedic Associates, expanding minimally invasive surgery services in Melrose. Kim Schaap, MD, from St. Cloud Orthopedic Associates, will see orthopedic patients at Melrose Area Hospital two Mondays each month. She joins partner, John Geiser, MD, who continues to see orthopedic patients three Tuesdays each month. Patients who need rehabilitation after surgery will be referred to rehabilitation services at Melrose Area Hospital.

“We are very excited to have another orthopedic physician onsite to perform



John Geiser, MD



Kim Schaap, MD

minimally invasive surgeries in our community,” said Julie Klasen, MD, chief of staff at Melrose Area Hospital.

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Visiting Specialists

Cardiology
Gastroenterology
General Surgery
Depression Care
OB/GYN
Oncology
Ophthalmology
Orthopedics
Podiatry
Psychiatry
Psychology
Urology

Please see the *Melrose Beacon* or visit www.centracare.com to view our monthly visiting specialist schedule.

Call (320) 256-4231 to set up a specialist visit under the guidance of your physician.

New faces

Certified family nurse practitioner joins CentraCare Clinic - Melrose

CentraCare Clinic - Melrose welcomes Tina Evenson, CNP, as the newest addition to the clinic's growing list of providers. Evenson has more than 14 years of nursing experience.



Tina Evenson, CNP

She received her master's degree in science and nursing from North Dakota State University in Fargo and spent most of her internship in Alexandria rotating through family medicine, women's health, endocrinology and orthopedics. Evenson is certified as a family nurse practitioner through the American Nurses Credentialing Center and is a member of the American Academy of Nurse Practitioners.

She looks forward to working in Melrose and getting to know her patients.

In her free time, she enjoys spending time with family and friends, especially at her family's cabin, as well as walking, biking, reading, boating, gardening and going to movies.

For more information or to schedule an appointment with Tina Evenson, call the clinic at (320) 256-4228.

Welcome Dr. Pelletier

Greg Pelletier, PhD, a psychologist with St. Cloud Hospital's Behavioral Health Clinic, now is seeing patients at CentraCare Clinic - Melrose on a regular basis.



Greg Pelletier, PhD

Dr. Pelletier will see adult and geriatric patients with depression, anxiety and stress-related disorders. To schedule an appointment with Dr. Pelletier, call (320) 256-4228.

Orthopedic services expands locally

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Dr. Schaap, originally from Slayton, Minn., is a small-town girl who enjoys spending time with her children (ages 7, 5, 3), riding ATVs, motorcycling and boating.

She attended the University of Minnesota School of Medicine and finished her residency at the University of Minnesota Department of Orthopedic Surgery. Dr. Schaap has been with St. Cloud Orthopedic Associates for 10 years. Her experience will allow Melrose Area Hospital to continue to strengthen its existing orthopedics program.

Dr. Schaap has special interest in sports medicine, including arthroscopic knee and shoulder procedures. She will focus on minimally invasive surgeries including knee, shoulder, wrist, ankle, hand, carpal tunnel and other orthopedic cases. She hopes to expand into full knee and hip replacement in the future at Melrose Area Hospital.

Minimally invasive surgeries, also known as arthroscopic procedures, only require small incisions for insertion of a tiny camera for the surgeon's navigation during surgery. Benefits include:

- Less tissue trauma because muscles and tendons are not cut;
- Reduced blood loss;
- Smaller incision with less scarring;
- Quicker and less painful rehabilitation;
- Faster return to work and daily activities.

To schedule an orthopedic visit under the guidance of your physician, please call St. Cloud Orthopedic Associates at (320) 259-4100 and ask for the Melrose scheduling desk. For more information about Melrose Area Hospital's orthopedic services, contact Judy Servatius, RN, Surgical Services manager, at (320) 256-4231, ext. 24225.

Break that habit!

CentraCare Clinic - Melrose now offers QUITPLAN® Services as a new resource for smokers who wish to break their habit. The program offers one-on-one sessions in which CentraCare's QUITPLAN® counselors discuss nicotine replacement products and tips for becoming smoke/tobacco free. Follow-up sessions are included to help ensure success. If the QUITPLAN® program is not covered by your insurance plan, QUITPLAN® Services will pay for counseling and an eight-week supply of one method of nicotine replacement products.

With a telephone counseling helpline and a lifetime free membership, QUITPLAN® offers help when help is needed most. To start the program today, call (320) 229-5010.

Facing surgery? We can help.

Whether it's an inpatient, outpatient or emergency surgery, Melrose offers a wide variety of surgical services.

"What most people don't realize is that these services are available right here in Melrose," said Julie Klasen, MD, medical director of CentraCare Clinic - Melrose. "Melrose Area Hospital offers many of the same surgeries as larger hospitals."

George Fortier, MD, a board-certified general surgeon and member of the American College of Surgeons is available every Friday. Dr. Fortier also provides emergency surgeries as needed throughout the week.



George Fortier, MD

"Living near the hospital campus makes Dr. Fortier easily accessible in emergency cases," said Gerry Gilbertson, administrator of Melrose Area Hospital.

Full spectrum of care

Dr. Fortier treats people of all ages and performs many types of surgeries, including:

- Abdominal (laparoscopic and open);
- Appendectomy;
- Bariatric (Lap-Band);
- Bowel;
- Caesarean section;
- Cancer;
- Carpal tunnel release;
- Colon;
- Colonoscopy;
- Endocrine;
- Endoscopy (upper);
- Gynecology;
- Hernia;
- Rectal;
- Sterilization - Elective (vasectomy, tubal ablation);
- Thoracic;
- Thyroid;
- Trauma;
- Vascular;
- Vein stripping (treatment of varicose veins);
- VNUS Closure (treatment of varicose veins)



Quality care

Advances in technology make it possible to perform many surgeries on an outpatient basis.

"Minimally invasive surgery is performed laparoscopically through small incisions," Dr. Fortier said. "Patients experience less pain and recover more quickly."

This approach is used to treat problems such as: gallbladder disease; chronic gastroesophageal reflux (heartburn); hernia; colon disease including cancer; uterine and ovarian problems; appendicitis and many other types of diseases and conditions.

For more information about surgical services, contact Judy Servatius, RN, Surgical Services manager, at (320) 256-4231, ext. 24225.

CentraCare Health Foundation - Melrose engages the philanthropic community in partnership to improve health and health care. We enable life victories every day.

You can make a difference in the communities of Central Minnesota by making a gift to CentraCare Health Foundation.

Ways to give include: Individual gifts; corporate gifts; establishing a trust; life insurance, stocks and other assets or through a will. If you would like to discuss ways you can show your generosity or for a copy of our "Guide to Estate Planning Options," call Amy Allen at (800) 835-6652 or (320) 291-9048.

Calendar of Events

Alzheimer's Support Group

Caregivers of Alzheimer's patients and those with family members with the disease are invited to join us at 9:30 a.m. the second Monday of each month for our support group meeting. Meetings take place at Pine Villa Care Center and are open to the public. If you have questions or would like more information, please call (320) 256-4474.

Childbirth Preparation Class

These classes cover the labor and birth process, breathing and relaxation techniques, common interventions, Caesarean births and pain medication. The next series of classes begins in September on Tuesday nights. For more information, please call (320) 256-4231.

Hospital remodeling, new clinic construction on schedule

Excitement continues to build as the new two-story, 40,352-square-foot addition to CentraCare Clinic - Melrose begins to take shape.

"We anticipate a fall opening for the new clinic," said Gerry Gilbertson, administrator of Melrose Area Hospital. "The new laboratory department and retail pharmacy also will open at the same time as the clinic."

The existing clinic then will be transformed into the hospital's new Outpatient Service Area. Patients will see visiting physician specialists at this location.

Internal remodeling to many hospital departments continues to move forward as well. Tentatively, the Rehabilitation and Emergency departments will be complete and ready for occupancy in August. Rehabilitation is purchasing new exercise equipment to place in its new 4,749-square-foot department.

Along with Rehabilitation, the

Emergency department also will be larger and more private.

The new structure, once completed, will feature new entrances for both the clinic and the hospital. The hospital's new main



entrance eventually will replace the existing clinic's entrance. The clinic will have a new entrance to the west.

"We are very excited to present our newly remodeled facilities to the public with an open house later this year," Gilbertson added.

The entire construction and remodeling project is expected to be complete in early spring 2010.

CommunityCaring

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