



Reach

connecting us to you



WELCOME ELIZABETH LESSARD, DNP, FNP

Elizabeth Lessard, DNP, FNP, has joined Rainy Lake Clinic's family practice team, and will begin seeing patients mid-August.

Lessard has strong connections to the community, having served as a family nurse practitioner in International Falls for nine years. She will continue to meet Borderland's healthcare needs at Rainy Lake Clinic.

To make an appointment, call 218.283.5503 (option 5).

DERMATOLOGY

Brittany Geditz is a Certified Physician Assistant treating patients of all ages and cultural backgrounds with skin, hair and nail conditions. She started her career as a Physician Assistant providing primary care, functional orthopedic, and hormone replacement therapy services.

Brittany understands how dermatological conditions affect a person's overall physical health as well as how scrutiny caused by visible conditions can limit daily activities and impact emotional well-being. Brittany's goal is to ensure that every patient feels included in their healthcare plan to achieve healthy skin, hair and nails.

Brittany is particularly excited about having the opportunity to serve the dermatological needs of patients at Rainy Lake Medical Center starting this fall. She has a passion for giving back to underserved communities and cannot wait to be another resource, alongside Dr. Britton, to the people living in northern Minnesota.



Brittany Geditz

BARIATRIC SURGERY

RLMC has partnered with Sanford Health to offer bariatric surgery. The initial consultation, following referral from the patient's primary care provider and meeting criteria for surgery, will be done via telehealth from Rainy Lake Clinic with a nurse on site and the provider in Bemidji. They will cover the education, help plan for the process and answer questions.

Nutrition appointments will be in

Bemidji with other follow-up prep for surgery over the course of 3-8 months.

All preparation appointments that can be done at Rainy Lake Clinic will be through telehealth as will the pre-op and post-op appointments. These telehealth appointments will often be on Thursday afternoons.



Dr. Michael Joannides and Kayla Persons

Message from the CEO

As we step further into another year, Rainy Lake Medical Center (RLMC) continues to grow and flourish. From the addition of exceptional healthcare providers to the introduction of new services, our facility is buzzing with exciting developments that continue to allow us to achieve our mission of delivering outstanding care. We are delighted to share these updates with you, and we cannot wait for you to be part of this journey.

We are excited to welcome Elizabeth Lessard, DNP, FNP, to our Rainy Lake Clinic provider team. Elizabeth brings with her a wealth of experience and an outstanding reputation within our community. Her clinical expertise, collaborative approach to patient care, and unwavering commitment to quality standards align perfectly with our organization's culture of excellence. We are truly grateful to have Elizabeth join our team in August, and we are confident that her presence will further enhance the exceptional care we provide.



Robb Pastor, RLMC CEO

In response to the growing demand for dermatology services, we are thrilled to announce the upcoming addition of Brittany Geditz, a certified physician assistant, to our esteemed dermatology team. By welcoming Brittany alongside Dr. Britton, we are expanding our capacity to see twice as many patients each month, ensuring timely access to specialized care. This development showcases our commitment to meeting the evolving healthcare needs of our community and offering comprehensive services that prioritize your well-being.

We are also diligently working toward offering the Bulkamid procedure—a new, remarkable and enduring treatment option for stress urinary incontinence. Led by Dr. Scott Johnson and our esteemed surgical team, we are actively striving to bring this minimally invasive procedure to our facility. It is a matter of great pride that Dr. Johnson will be the sole practitioner providing this procedure in our region, solidifying RLMC's position as a leading provider of cutting-edge treatments.

We continue to move forward with our plans to acquire City Drug and want to ensure that every step is executed with utmost care and precision. While the process has been slower than anticipated, we remain committed to preserving the exceptional legacy built by the Anderson family in our community. By keeping this business under local leadership, RLMC aims to honor the community's best interests. We eagerly anticipate welcoming the dedicated City Drug employees to our RLMC team, as together, we work towards providing exceptional healthcare and essential pharmacy services.

The RLMC Foundation is thrilled to invite you to participate in the upcoming Labor Day Color 5K at Smokey Bear Park. This fun-filled event is designed to bring our community together while supporting a worthy cause. In light of the changes in our annual fundraising events, the Color 5K will play a crucial role in supporting the upgrade of life-saving equipment in our emergency department. We wholeheartedly invite community members and visitors alike to join us for this meaningful and enjoyable occasion.

Looking ahead, RLMC is also excited to revive and refresh a few of our other cherished community events this fall and winter. Mark your calendars for the health fair at Minnesota North College on September 27, the delightful Pumpkinpalooza in October, and the much-anticipated Home for the Holidays Community Christmas Parade on November 24. These events further strengthen the bond we share as a community while promoting health, happiness, and togetherness.

The future of healthcare in Borderland shines brightly with RLMC, and we owe our heartfelt gratitude to our community for their unwavering support. Our dedicated staff is passionately committed to providing accessible, high-quality healthcare to you and your loved ones. Together, let us forge ahead, creating a healthier and more vibrant future for all.

With utmost appreciation,

Robb



STATE-OF-THE-ART MRI

- Delivers exceptional quality and speed
- Designed with a larger bore to reduce claustrophobia in patients
- Offers several MRI advantages for patients, including a larger, more powerful magnet, and higher quality, higher resolution images
- Bright scan room

ULTRASOUND

- Latest technology
- Higher frequency probe for breast imaging
- Full body imaging
- 3D probes for transvaginal, 4D probes for abdominal
- Latest software with technology to make scans faster and more accurate



3D MAMMOGRAPHY

- 3D offers more images with multiple layers
- Faster, less painful
- Earlier detection than 2D mammography
- Detects 20-65% more invasive breast cancers
- Reduces callbacks by up to 40%

CHEM ANALYZER

- Top of the line, newest model available.
- Can process many tests at once faster than before
- New high-sensitivity cardiac marker can detect heart damage earlier in a cardiac event.



New procedure

Rainy Lake Medical Center is diligently working toward offering the Bulkamid procedure—a new, remarkable and enduring treatment option for stress urinary incontinence. Led by Dr. Scott Johnson and RLMC's esteemed surgical team, RLMC is actively striving to bring this minimally invasive procedure to our facility. It is a matter of great pride that Dr. Johnson will be the sole practitioner providing this procedure in our region, solidifying RLMC's position as a leading provider of cutting-edge treatments.



Scott Johnson, MD
OB/GYN

About Bulkamid

The procedure includes a smooth, water-based gel which remains in the body over time without causing reactions in the surrounding tissue. The Bulkamid procedure consists of 3-4 injections into the wall of the urethra (this is the tube that allows urine to leave the bladder). By adding additional volume to the wall of the urethra, it helps prevent urine from leaking out of the bladder during normal daily activities. The procedure is minimally invasive, can be done under local anesthetic, usually takes around 10-15 minutes and there is a short recovery time along with less risk of serious complications.

Giving Back



Ann Tupper, RN, demonstrates rowing on a new machine RLMC employees purchased for the facility's cardiac rehab program.

Rainy Lake Medical Center is incredibly grateful to the generous RLMC employees who support our employee giving program, Employees Supporting Patients (ESP). The more than 65 percent of employees who are part of ESP recently purchased a rowing machine for our cardiac rehab program.

Over the past year, our employees have raised more than \$15,000 to support RLMC's patients. We are proud so many of our team members who choose to support their hospitals and wider communities.

Employee Giving plays a large role in the success of the RLMC Foundation. The Foundation is a group of individuals who are passionate about improving healthcare in our community. Their goal is to cultivate relationships and philanthropic support to enable the creation of new facilities, upgrade of current facilities, and acquisition of new equipment and medical technology.

In 2022, the Foundation raised more than \$50,000 for RLMC's new respiratory and pulmonary service line.

If you'd like to support the RLMC Foundation, please visit rlmcfoundation.com.





Back to
SCHOOL

SPORTS PHYSICALS

AUGUST 12

CALL RAINY LAKE CLINIC FOR AN APPOINTMENT
218.283.5503

*REMEMBER TO BRING IN YOUR SCHOOL'S FORM



Rainy Lake
CLINIC

Power of Play

Language development is one of the most important skill a child learns, and the best way for them to do this is through play. When children play with other children and adults, they learn how to get along with others, to problem solve, increases attention, and how to communicate and use language effectively. Through play, children learn nouns (the names of things), verbs (what objects do or action words), and how to describe the various items they come in contact with. They learn to explore objects and see how they feel, where you can put them, and how big or small they are. Play face to face with your child – be involved, not an observer. Play that your child's level and share the activity while talking about what you and your child are doing during play. Play should be active and allows children to use words to take turns.

Four ways to facilitate language growth in the home:

1. Play!

- Play the way your child is playing and imitate what they are doing.
- If you had a plan, don't be afraid to change it to focus on the child's interests.
- Use fun sounds, words, and gestures to go with what you're doing (e.g., "beep beep" when playing with cars, "pop" when popping bubbles, "yummy/mmm" and rubbing your stomach when pretending to eat play food).

2. Get silly

- Repeat actions they think are funny
- Switch up routines in a silly way (e.g., "forget" their favorite bath toy, give them a fork with their yogurt). This encourages language when your child notices and wants to tell you something is different.
- Change song lyrics or words in stories to be about your child, their interests and/or what is happening around you in the moment.

3. Pause

- Slowly sing familiar nursery rhymes and songs and then pause at key words to encourage them to fill in a word or gesture.
- Pause a familiar activity, such as pushing a swing, and wait for them to ask you to continue using words or gestures (e.g., "more," "again," "go").
- When looking for a response, stop talking, lean forward and look at them expectantly. You can slowly count to 10 silently, which gives the child time to respond.

4. Expand!

- When your child uses 1-2 words, turn it into a short sentence. For example, if they say "up" wanting you to pick them up, you could say, "Okay, I'll pick you up."
- Be sure to use correct grammar when expanding their message, even if your child is still using immature grammar. For example, if your child says "wawa" when they want water, you can respond "Okay, lets gets some water."
- Use a variety of words (e.g., describing words, action words, words for feelings, location words, etc.). Start with words your child would want to say to talk about the things they are interested in.



Many of these ideas are things you may already be doing throughout the day, but it is good to think about how doing so helps your child learn to understand and use language. If you feel that your child may be behind in their language understanding or production, talk to your primary care provider, and get a speech referral. If therapy is warranted, your speech-language pathologist can make recommendations specific to your child and family and show you how to best encourage language growth in the home environment.

For more information on how Rainy Lake Medical Center's Therapy and Wellness team can assist you, call 218-283-5420.



Our commitment is to

YOU



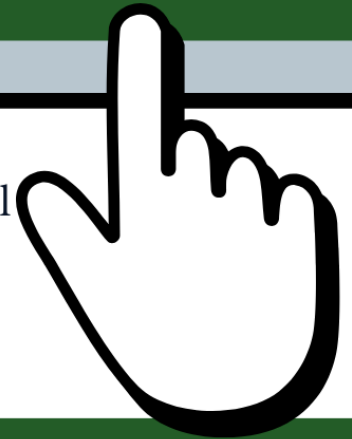
**Thank you for trusting us
with your clinical care.
At Rainy Lake Clinic, our mission
is to be Borderland's health care
provider of choice. Our talented
and dedicated staff takes great
pride in serving our communities.**

**Thank you for
recommending
RLMC!**



TAKE SURVEY

Your feedback helps
us improve. Please fill
out surveys delivered
to via mail, text
message or email.



WAIT! BEFORE YOU GO:

If you have questions or concerns about today's appointment,
please notify a member of our staff before leaving.

RLMC Foundation Presents

COLOR 5K

Smokey Bear Park

Labor Day – Sept. 4 🌈 2 p.m.

Early registration (includes T-Shirt)

- \$25 adults
- \$15 children 12 and under
- Children 5 and under FREE

EXTENDED

Deadline: Aug. 10, 2023

\$30 late registration (T-Shirt not guaranteed)

Register online:
rlmcfoundation.com/color5k

Registration is non-refundable.
In the event of inclement weather, the run will be canceled.
Registration fees will not be refunded.



It is with a heavy heart that we say goodbye to a longtime member of the Rainy Lake Medical Center Board of Trustees, Dr. Jon Talsness. While we mourn the loss Dr. Talsness, who passed away May 6, we pay tribute and celebrate his life dedicated to RLMC and the International Falls community. He leaves behind quite a legacy of dedication and accomplishment.

Dr. Talsness was a brilliant and visionary leader who began his career in medicine at the University of Minnesota Medical School in 1968, and returned to International Falls after his Internship in Orange County, California in 1969. He quickly became ensconced in the community. He was elected to the Hospital Board in 1983, and was still actively serving on it. Dr. Talsness was in private practice from 1969 to 1975, and then transitioned to medical consultant and ran the health center at Boise Cascade, eventually becoming the corporate medical director. He said his best achievement was banning smoking from all Boise Cascade property.

Dr. Talsness ended his career working again as medical director at the health center in International Falls. Medicine was Dr. Talsness' passion, and it showed. He enjoyed learning, keeping up his medical license and helping people.

While being a strong advocate on the Hospital board for 40 years, Dr. Talsness also supported First Lutheran Church by his attendance and involvement as a council member, choir member and teacher of theology. Both were very important to him.

We will long remember Dr. Talsness' energy, tenacity and support of Rainy Lake Medical Center. He will be greatly missed.



Dr. Jon Talsness

Oct. 8, 1942 - May 6, 2023

