



Appleton Area Health

Exceptional service. Trusted care.

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February 2023

AAH Newsletter

Wow, 2022 has come and gone so quickly. It seems like yesterday that I began my Journey at Appleton Area Health. It has been an exciting year for sure! I cannot begin to express how impressed I am by the colleagues I work for at AAH. I want to express my appreciation to everyone for making me feel part of the AAH family.

We want to welcome to the AAH family Dr. Bill Vandivier and Dr. Bill Lee who began seeing patients in November. We're also incredibly excited that Dr. Charles Keller has agreed to join our awesome team and will begin seeing patients toward the middle to end of March. It is very exciting as our new physicians bring a wealth of experience, skills, and leadership to AAH. As you may know, I am originally from Iowa and have been known to cheer for the Iowa Hawkeyes. All three of these physicians have ties to Iowa and particularly the city of Ankeny. They say it's a small world and I have been known to have 2 degrees of separation from anyone and our new physicians are no different. In addition, Dr. Chakravorty will be back in April and has committed two more years to AAH and Lesa Thielke, FNP will begin seeing patients in early February! We are so blessed to have these phenomenal physicians and Nurse Practitioner to compliment our current team of AAH providers. Truly a "dream team" for us!



Greg Miner
Chief Executive Officer

As we begin 2023, we will have more exciting things to come...stay tuned. I also want to thank all the staff who have endured during the pandemic. These are true hometown heroes. If you see any of our staff, thank them as they truly had a calling to take care of patients during this unprecedented event. To the staff at AAH...you are my heroes! As a leader in the community, "Thank You for your dedication and taking care of our patients". You truly are the "best of the best!"

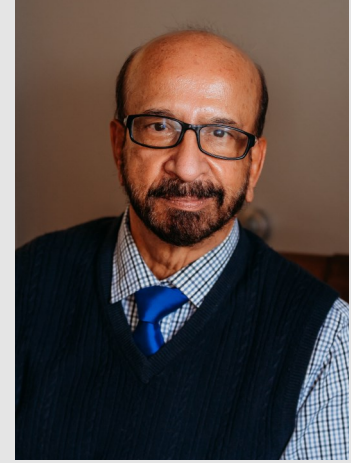
Provider Team



Dr. William Vandivier
Family Practice



Dr. William Lee
General Surgery



Dr. Uptal Chakravorty
Family Practice



Crystal Turner
APRN-CNP, FNP
Family Practice



Elizabeth Charles
APRN-CNP, FNP, CNM
Family Practice/
Women's Health/Midwifery



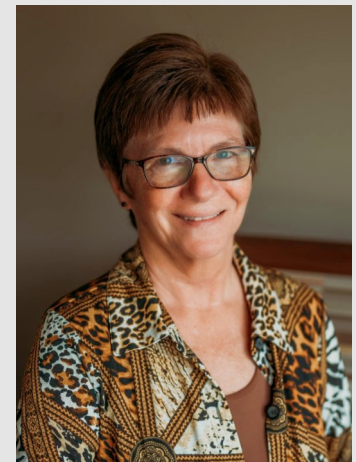
Tonya Diggins
APRN-CNP, FNP, CNM
Family Practice/
Women's Health/Midwifery



Deb Colón
APRN-CNP, FNP, PMHNP
Mental Health Provider



Kelsey Tollefson, LICSW
Mental Health Therapist



Lisa deCathelineau, LMFT
Marriage & Family
Therapist

Clinic Hours are Monday through Friday 8:00am - 5:00pm

Coming soon!



Marcia Kells
APRN-CNP, FNP
Family Practice/Dermatology



Lesa Thielke
APRN-CNP, FNP
Family Practice



Dr. Charles Keller
Family Practice

Welcome to Appleton Area Health!



Dr. William Vandivier
Family Practice

Dr. Vandivier, DO, has over 19 years of health care experience as a practicing physician, a physician expert in medical informatics consisting of electronic health record system implementation, management, and design, as well as serving in executive level leadership roles. His most recent role was serving as the president and chief physician executive for MercyOne Central Iowa Medical Group, in Des Moines, Iowa, where he was responsible for employment of all the providers as well as all the staff and clinics in the ambulatory space.

Dr. Vandivier is board certified in family practice as well as medical informatics. He earned his B.A. in Biology from Grand View College in Des Moines, IA and his Doctor of Osteopathy at Des Moines University. He is a member of the American Academy of Family Practice,

the American Medical Association, and the American Medical Informatics Association.

In his spare time, Dr. Vandivier enjoys motorcycles and music. "I look forward to being a part of Appleton Area Health and serving the community for all their health care needs."

Welcome to Appleton Area Health!



Dr. William Lee
General Surgery

Dr. William Lee received his Bachelor's degree at the University of South Dakota and attended medical school at the University of Iowa College of Medicine in Iowa City, Iowa. He also completed his surgical residency at the Kalamazoo Center for Medical Studies/Michigan State University in Kalamazoo, Michigan. He is certified by the American Board of Surgery.

Dr. Lee has worked as a general for over 25 years and has specialized in bariatric surgery for more than 15 years. He has practiced in Minnesota and South Dakota his entire career.

As a member of the American Board of Surgery, Dr. Lee performs a variety of surgical procedures and has had extensive experience in gastrointestinal and bariatrics and can perform a broad array of general surgical procedures.



Lesa Thielke
APRN-CNP, FNP
Family Practice

Lesa received her Associate degree in nursing from MN West in 2017, her Bachelor of Science in Nursing degree in 2019, and completed her Master of Science in Nursing from Clarkson College in August 2022.

Lesa has worked at Appleton Area Health since 2019, and looks forward to continuing to serve the community she grew up in. She has a variety of nursing knowledge ranging from surgery, dialysis, long-term care, wound care and Emergency care. She chose to further her nursing education as a family nurse practitioner to help others achieve and maintain their health from the beginning to end of life by building a relationship based on trust. She has a passion for diabetes education and looks forward to offering these services to the community.

Lesa grew up in Appleton. She resides in Holloway with her husband Rod and three sons Daniel, Landan, and Tyson. In her free time, she enjoys camping, boating, fishing, and spending time with family and friends. Lesa will begin seeing patients in early 2023.

New Services coming soon!

X-Ray that Moves - Dynamic Digital Radiography

The next generation of digital x-ray is here!

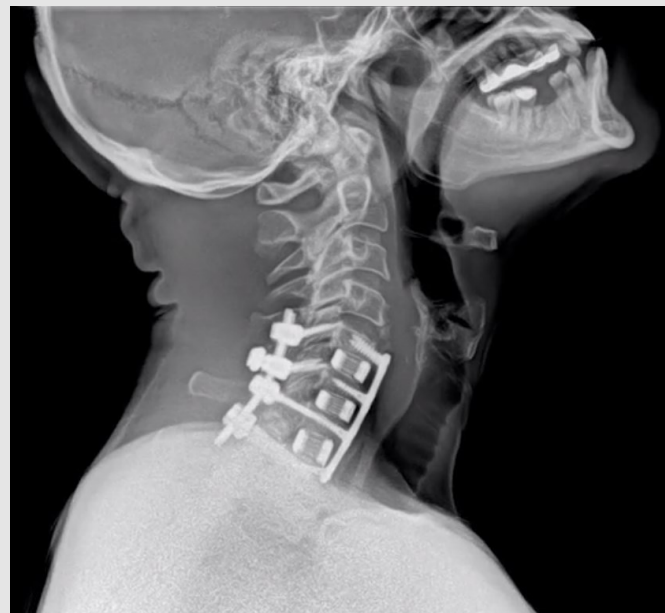
Dynamic Digital Radiography (DDR) allows your provider to observe movement during an x-ray. This low-dose x-ray technique enables us to see anatomy in motion. The DDR can take up to 15 sequential images per second, allowing us to observe physiological cycles, as well as individual radiographic images. Cineradiography is x-ray in motion that is derived using digital radiography.

Benefits of X-Ray that moves:

- It's FAST! In less than a minute, X-Ray that Moves gives clinicians up to 20 seconds of physiological movement with a simple acquisition, performed by radiology staff without the need for a physician to be present .
- Low Dose Radiation. With X-Ray that Moves, radiation is lower than an average fluoroscopy exam.
- Convenient and Versatile. The X-Ray that Moves system performs all standard X-rays, and images are taken standing, seated or on a table.
- DDR Exams are Used to Assess Spine Stability and Joint Motion. Standard X-ray exams usually show a stationary views. DDR can help assess spine stability by providing a detailed view of the full range of motion. Assessing movement has been shown to Dynamic imaging has been shown to help assess joint and extremities in motion. Orthopedists use this to diagnose stability, joint space, assess sources of pain biomechanics, musculoskeletal injury, such as whiplash, as treatment follow-up, and postoperative evaluation of movement before ordering a more advanced exam like CT or MRI.

“We’re incredibly excited and proud to be the first in Minnesota to offer this advanced technology to our patients and the surrounding region. X-ray in motion will allow our providers and specialists to provide the best diagnosis and treatment plan for you!”

-Jason Boonstra,
Director of Ancillary Services



Strengthening our future!



Appleton Area Health employees along with members of the community teamed together to offer nutritious meals by hosting a cereal drive during the month of November.

Food insecurity is a concern for families in our region. The USDA estimates that 12.5 million households with kids in the United States experience food-insecurity. Appleton Area Health is committed to helping families and start each day with a nutritious meal that benefits children's overall health.

During the drive, more than 100 boxes/bags of cereal were collected from staff and community members totaling more than 1,160 servings which will be donated to the local Food Shelf.

“Caring for our friends and neighbors in our great community is extremely important to our team members. During difficult economic times, families are struggling to feed their families. If we can share with others, put a meal on the table, and brighten a family's day, then we have made a difference.”

- Greg Miner, CEO



Appleton Area Health is continually enhancing their antimicrobial stewardship program in an effort to improve patient outcomes and minimize adverse effects.

Antimicrobial stewardship programs are essential in helping limit antibiotic resistance. AAH medical staff will continue to be antibiotic stewards when prescribing antibiotics. To learn more about antimicrobial stewardship, ask your provider or pharmacist.

Patient Spotlight

My life had become quite difficult in the last few years. I had extreme knee pain caused by degenerative arthritis. I decided to look into having a knee replacement. I'm not someone that likes to travel very far for appointments so I decided to work with the outreach program through Appleton Area Health in Appleton, MN.

My first knee replacement was in July 2022. There is always some anxiety that comes with having surgery but the surgical team at Appleton Area Health were so caring and compassionate that I felt safe and well taken care of. My surgery went



Julie Oman

very well and I was even able to go home the same day.

Within two months, I was experiencing zero pain in the knee that I had replaced. In November 2022, I was ready to replace my other knee. Once again, my surgery went well and I was able to go home the same day.

I am now "on the mend" and am so looking forward to having my life back. I know that soon I will be able to do all the things that I used to love to do like shopping, camping, or just enjoying a nice, long walk. My life will be full again thanks to Dr. Nwakama and the great surgical team at Appleton Area Health.

- Julie

I actually came in because I was having trouble breathing and just hadn't felt good. I had all kinds of tests including some blood tests for my heart and a CT Calcium Scoring. The CT Calcium Score showed that I had a major amount of blockage. Thankfully they did that test because that next morning I had an angiogram, consultations, and procedures to clean out my arteries.

I'm doing much better now...I didn't realize how much I had slowed up. I just didn't have the gumption to do stuff and felt dragged out.

The CT Calcium Scoring is such a great addition to this hospital! If you're nervous about having this test just know that there is nothing to worry about. There isn't one issue to be concerned about and you don't even know there is anything happening during the test.

I'm so glad to be here...had in not been for Appleton Area Health and the CT Calcium Scoring, I may not be here today!



Doris Arnold

National Heart Month

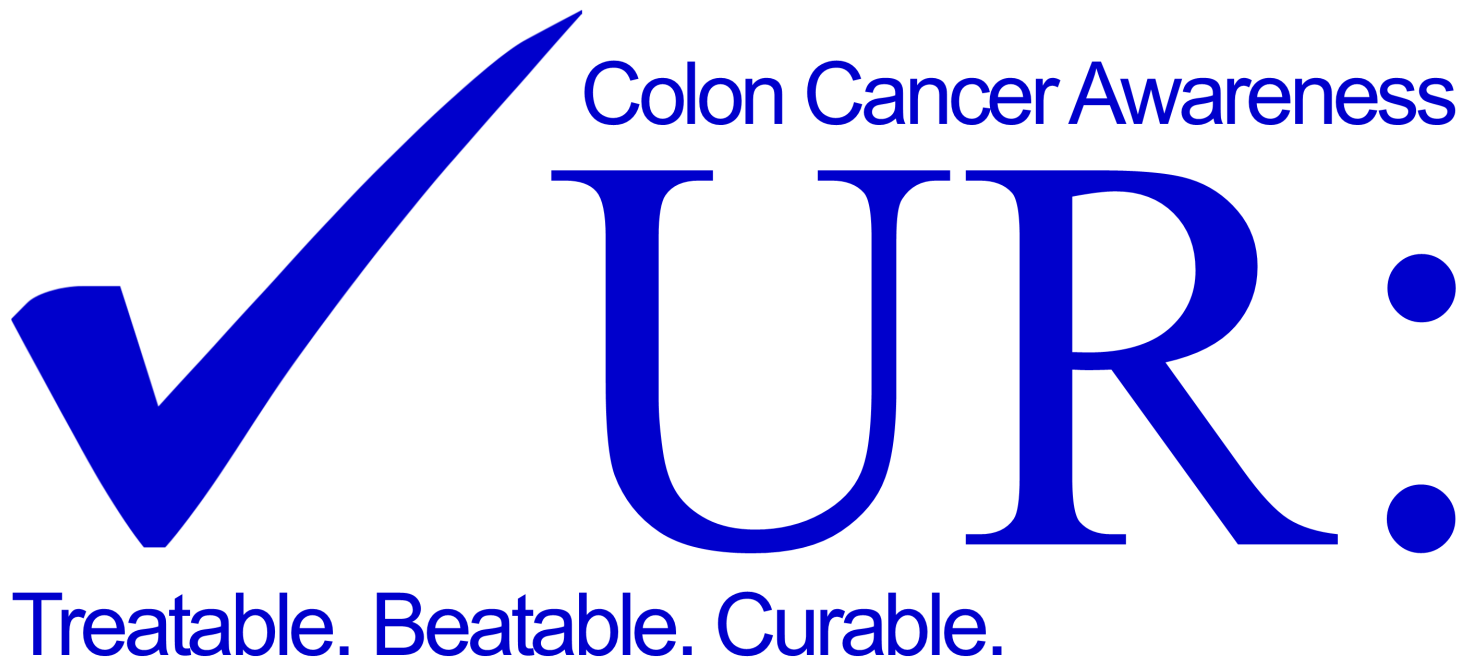


Appleton Area Health showed their support of American Heart month by wearing red for Valentine's Day! AAH staff were provided "BE KIND" t-shirts through Sunshine Sisters. For every t-shirt that is ordered, 10% of the proceeds go to help support hospitals, schools, charities, families and organizations in need. To learn more about the Sunshine Sisters visit their site at www.shopsunshinesisters.com.

While some risk factors, such as age and family history of early heart disease, can't be changed, the truth is, there is something we can all do and that is pay attention to your health! Here are 5 things you can do to keep your heart healthy:

- Eat a healthy diet and move your body. Being more physically active and eating a healthy diet are important steps for your heart health.
- Stop smoking and drink in moderation
- Control your blood pressure and cholesterol levels
- Aim for a healthy weight
- Manage stress

Colon Cancer Awareness Month



March is Colorectal Cancer Awareness Month. Colorectal cancer (or CRC) is the third most diagnosed cancer and is the second leading cause of cancer death in the United States. Most colorectal cancer occurs in people ages 45 and older, however studies show that CRC is increasingly affecting younger people as well. Screening is the best way to prevent and detect CRC early and when it is most treatable.

Often times with colorectal cancer, and especially in the early stages you may not have symptoms. This means you can have colon cancer and not know it and is why getting screened is so crucial.

Symptoms of CRC include:

- Change in bowel habits such as constant, intermittent, or chronic diarrhea and/or constipation. A change in your stools consistency or stools that are more narrow than usual
- Persistent abdominal pain including cramps, gas, bloating, feeling full, or feeling as if your bowel is not emptying completely, or nausea and/or vomiting.
- Blood in or on your stool is a symptom of rectal or colon cancer. Keep in mind that sometimes blood can be bright red while other times your stool may be more of a brick red, or black and tarry.
- Fatigue and/or weakness.
- Anemia or low red blood cell count.
- Unexplained weight loss. Weight loss for no reason should be looked at.

Talk to your provider about when to begin screening, which test is right for you, and how often to get tested. Screening is generally recommended at age 45 however, depending on your risk factors, you may need to start screening early. Several screening tests can be used to find polyps or colorectal cancer. It is important to know that if your test result is positive (abnormal) on screening tests such as stool tests, flexible sigmoidoscopy, and CT colonography, a colonoscopy is needed.

Outreach Services



Dr. Rebecca Younk
Audiology



Dr. Jonathan Mellema
ENT



Dr. Richard Backes
Cardiology



Lindsay Ourada
Dietitian



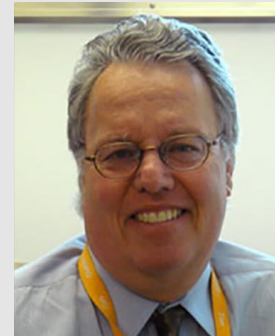
Dr. Lisa Baker
Obstetrics/Gynecology



Dr. Vijay Rao
Oncology



Dr. Anthony Nwakama
Orthopedics



Dr. Steven Johnson
Pain Injections



Dr. Ameer Gibson
Podiatry



Dr. Steven Saccoman
Podiatry



Dr. Yuan Stevenson
General Surgery



Dr. Steven Strinden
Urology

Welcome to AAH



Dr. Amee Gibson specializes in Podiatry and handles all foot and ankle concerns. She specializes in:

- Diabetic foot care
- Wound care
- Sports medicine
- Ulcers
- Toenail issues and more

Dr. Gibson is a graduate of Des Moines University's Doctor of Osteopathic Medicine. She completed her residency at Millcreek Community Hospital in Erie, Pennsylvania and currently practices at Stevens Community Medical Center.

Dr. Gibson and her husband, Brad, have a combined family of seven children: Aidan, Olivia, Ethan, Nate, Zach, Piper, and Grayson. Together the family enjoys a wide variety of school and sport-related activities.

She is a member of the American Podiatric Medicine Association.



Dr. Lisa Baker is a graduate of the University of Minnesota Medical School and completed her OBGYN residency at UCSD Medical Center San Diego. She is Board Certified by the American Board of Obstetrics and Gynecology and is a member of the American College of Obstetrics and Gynecology.

As an Obstetrics and Gynecology provider, Dr. Baker will primarily focus on gynecologic consultations. Her consultations help in addressing issues such as:

- Pelvic pain
- Endometriosis
- Infertility
- Recurrent miscarriages
- Abnormal bleeding
- Heavy periods
- Ovarian cysts
- Uterine fibroids
- Pelvic prolapse
- Other women's health conditions.

She will also be providing procedures including laparoscopy, hysteroscopy, endometrial ablation, LEEP cone biopsy, D&Cs, and hysterectomy.

Dr. Baker is originally from Detroit Lakes and is the oldest of eight girls. She is married and has three children.

Senior Living!



Community Wellness

Christmas Salad!



Instructions: Place greens in a large serving bowl (or divide evenly among individual salad plates). Arrange oranges, pistachios, and pomegranate arils over top of greens. Sprinkle with goat cheese. For dressing, whisk together orange juice, honey, champagne vinegar, canola oil, mustard, salt, and pepper until the salt has dissolved and the dressing is emulsified. Dress salad just before serving, or pass the dressing at the table.

Recipe/Photo Credit: Two Healthy Kitchens

Salad

- 5 ounces of salad greens (such as spring mix or sweet baby lettuce mix)
- 2 navel oranges, peeled and cut into sections
- 4 ounces shelled, roasted and salted pistachios
- 4 ounces pomegranate arils
- 2 ounces crumbled goat cheese

Dressing

DRESSING:

- 5 tablespoons fresh-squeezed orange juice
- 4 teaspoons honey
- 3 1/2 teaspoons champagne vinegar
- 1 tablespoon canola oil
- 1/2 teaspoon smooth Dijon mustard
- 1/8 teaspoon kosher salt
- 1/16 teaspoon black pepper

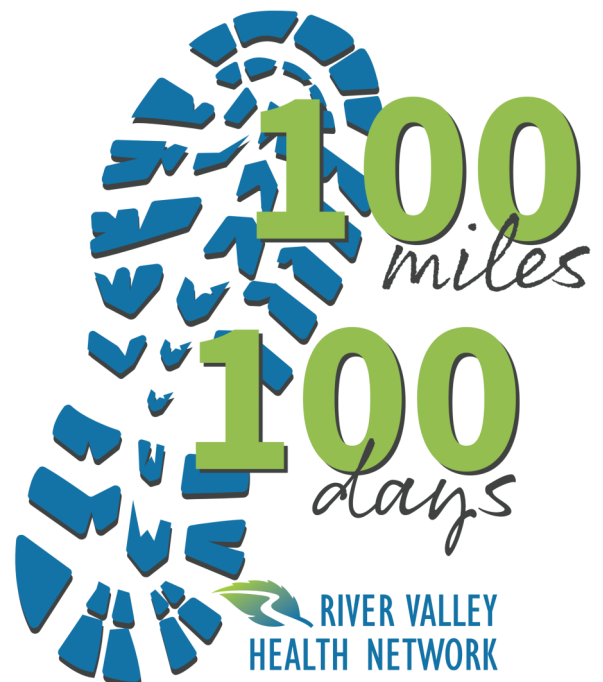
100 Miles in 100

Days...starting March 1st!

The River Valley Health Network Annual Wellness Challenge is intended to help participants develop sustainable habits to improve overall health and well-being.

This year's challenge is focused on encouraging you to get up, get out, and get moving! Participants will be challenged to walk 100 miles in 100 days starting on March 1st and ending on June 8th. Cost to participate is only \$10/person. There will be a random drawing for all participants that have completed the challenge for a \$250 Visa Gift card as well as additional drawings throughout the challenge. To register visit www.rvhn.org or contact Angel Molden, Marketing at 320.289.8504

The River Valley Health Network 100 in 100 Challenge is a fun and competitive program that provides great motivation and accountability to help challengers improve their lives!



Clinic Hours are Monday through Friday 8:00am - 5:00pm

Appleton Area Health Foundation



Sponsorships and Donations, 2022

2022 AAH Foundation Golf Classic

The 11th annual AAH Foundation Golf Classic was held on August 5th with twenty teams participating on that day and an additional 5 throughout the month of August. We are very excited Appleton Area Health Foundation raised a record...

\$13,083.07

Your dedication and support, helped us raise monies to provide healthcare related scholarships to our youth. We greatly appreciate your support!

Sincerely,

AAH Foundation Board of Directors

Our deepest and most heartfelt thanks for your generous support!

Platinum Sponsor

Conroy Eye Care
Farmers & Merchants State Bank
Prairie Lakes Healthcare System

Edward Jones - Steve Grages
Martinson Foundation
Transmed Inc.

Wojtalewicz Law Firm, Ltd.

Gold Sponsor

Appleton Dental Care
Bremer Insurance
Metro Sales
Vaaler

Appleton Oil Co.
Greg Miner
MN Pathologists Chartered
Wipfli

Big Stone Therapies
Lewis Family Drug
SeWearables

Silver Sponsor

Appleton AMVETS
Madison Bottling
Ottetail Power Company
Thomas Mechanical dba Mitlyng Electric

Chanhassen Dinner Theater
Marcia Kells
Prairie Playhouse Child Care

G & R Controls
Odden & Zimbelman
Unger Furniture
Wold Architects

Other Sponsorships/Donations from 2022

Marlys Mahoney
Randall Hanson
Chuck & Sandra Tatge

Dan & Cindy Enke
LQPV Volleyball Team/Jim's Clothing

Craig Wilkening
Carolyn Soper

For more information about how you can support the Appleton Area Health Foundation, contact Angel Molden, Marketing Manager/PIO at 320.289.8504 or email questions to amolden@aah-mn.org

Save the Date!

Boots & Bling

Cost: \$50/person

Appleton Area Health Foundation Gala

March 24, 2023

Shooter's Bar & Grill | Appleton

Social Hour: 6:00pm

Dinner: 7:00pm

Canyon Cowboys: 8:00pm

- Raffle Drawing
- Silent Auction
- Photo Booth
- Live Music
- Dancing

Attire: Country with a touch of bling!

For more information or to purchase tickets to attend, please contact Angel Molden at 320.289.8504 or amolden@aah-mn.org.

Cost is \$50/person and includes meal, drink tickets, gift, and entertainment



Appleton
Area Health

Exceptional service. Trusted care.

PLEASE
PLACE
STAMP
HERE

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