

Nurse practitioner residency program operating in Pine River

JoAnn Bresnahan, a nurse practitioner in family medicine at the Essentia Health clinic in Pine River, completed the 12-month residency program one year ago.



Sheley



Bresnahan

Tucker Sheley, a nurse practitioner in family medicine also at the Essentia Health clinic in Pine River, completed the residency program in September.

North Dakota State University's School of Nursing received a four-year, \$1.57 million federal grant recently to help advance the skills of rural nurse practitioners. The partnership between NDSU and Essentia Health involves nurse practitioners working in rural Essentia Health clinics, ensuring those patients continue to have immediate access to high-quality health care.

The award expanded Essentia Health's current Transition to Practice program into a Nurse Practitioner Residency Program for new graduates. Addressing a significant gap in health care, it better prepares nurse practitioner graduates for rural care practice through enhanced educational content, procedural training and immersive clinical experiences.

"Essentia Health is committed to providing high-quality care to all of the communities we are privileged to serve,"

Christie Erickson, DNP, director of Essentia's Transition To Practice program, said in a news release. "Our NPs working in rural clinics are key to providing this care, highlighting the value of this partnership that will offer enhanced educational opportunities."

The NDSU/Essentia Health program has trained eight nurse practitioners so far, who remain in rural, underserved Essentia Health clinics in Minnesota, North Dakota and Wisconsin, where they were hired and completed a residency program.

"Rural nurse practitioners often treat a wide range of complex conditions, as well as perform many procedures that are not as common in urban primary care," said Mykell Bar-

nacle, assistant professor of nursing practice at NDSU and the project's director.

"This type of care is often practiced without the benefit of in-office colleagues or easy access to specialists. Highly prepared nurse practitioners who function at the highest scope of practice benefit rural patients and communities," said Barnacle.

The goal of the Nurse Practitioner Residency Program is to expand Essentia Health's Transition to Practice initiative, further enhancing nurse practitioner skills and competencies to improve the health of rural and underserved populations.

For more information, visit https://www.ndsu.edu/nursing/outreach/ane_npr/

Heartland Hospice seeks volunteers in Brainerd and Pequot Lakes areas

Heartland Hospice is looking for caring and dedicated volunteers with an interest in serving terminally ill patients and their families in Brainerd, Pequot Lakes and surrounding communities.

Volunteers provide services such as friendly visiting, pet visits, musical enrichment, art enrichment, veteran to veteran visits and clerical services. Volunteer classes are available to

fit each person's schedule.

Heartland Hospice's priority and commitment to patients and families is to provide safe, quality care. They believe having a vaccinated workforce is one way to deliver that promise.

If interested or for more information, call Keshia Kettler at Heartland Hospice at 218-829-1252.

Essentia Health urges people to donate blood amid severe shortage

Like hospitals across the country, Essentia Health is facing a severe blood shortage and urges people to donate accordingly.

Donation numbers are usually lower this time of year, which is hurting an already hampered supply due to fewer people donating during the pandemic.

Shelly Moen, laboratory operations director for Essentia Health's East Market, said in a news release that there is currently a critical need for Type O-negative, a blood type that has universal acceptance. There is also an urgent need for all other blood types.

"Blood shortages can pose a significant risk to hospital operations and can result in delay of some surgeries," Dr. Maria Beaver, a pathologist and transfusion services medical director at Essentia Health, said in the news release. "A healthy and continuous blood supply is crucial for normal operations and excellent patient care."

Essentia strongly encourages healthy people to consider the gift of donation this holiday season to replenish the blood supply both within and outside the region.

"We are really hoping people can get in and donate blood before holiday travel starts," said Moen. "This will help us build up an adequate supply to hopefully get through the holiday season when not as many people are in town to donate."

It's said that every two seconds in the United States someone will need blood. And blood from one donation can save up to three lives.

Visit <https://www.aabb.org/for-donors-patients/give-blood> to find the blood donation center, as well as upcoming blood drives, nearest you.

To be eligible to donate blood, you must be 17 years old (16 with parental consent), weigh at least 110 pounds and in good health.

Pequot Lakes woman reflects on hospice

Eileen Springer, of Pequot Lakes, was appreciative of the empathetic and warm-hearted hospice team from Cuyuna Regional Medical Center in Crosby that took care of her husband of 59 years and provided her with care and support during the most difficult time of her life.

"The care he was given was exceptional," Springer said in a news release. "He was treated with dignity and compassion and his pain was well-controlled. They helped me understand what Bob was going through and prepared me for his impending death."

She explained how wonderful it was for her husband to remain home where he was most comfortable and for her to have someone there who could explain what was happening to him.

She knew nothing about the dying process and each new symptom or slight change in his condition resulted in her being concerned. The team provided her with emotional support and answered all her questions regarding medications and equipment.

"Having an experienced hospice team explain the physiological changes happening to my husband and saying that these things were normal and expected helped me cope so much better than I would have otherwise," Springer said.

She added that the nurses, home health aides, chaplain and Dr. Kara Maucieri were all a joy to work with over the 18-month experience.

"It was Bob's choice to be in hospice; at the end of Bob's life, they were here as we needed them," she said.

And, they were there for Eileen when she needed to step away



Contributed (November 2021) Pequot Lakes resident Bob Springer's last days were made easier through the efforts of hospice workers.

from caregiving for a bit.

Bob especially looked forward to visits from massage therapist Gabby Hudrlik, who also gave Eileen massages when she was uptight. Eileen was grateful for the home health aide who expertly gave Bob a bath in his chair or bed.

Until about three weeks before he died, Eileen was able to help him bathe in a walker using their home's walk-in shower and use a shower chair. After that, however, she couldn't move him and said it really helped her when the aide came to her assistance.

Also, of great support was Social Worker Kim Olesen, who would pick up Bob's prescriptions and medical supplies and bring them to the couple's home on her way

home from work.

"I was unable to leave Bob, and Kim regularly checked in with me to find out if we needed anything," Eileen said.

When COVID-19 restrictions are over, Eileen plans to give back by becoming a hospice volunteer. She hopes to play cards and cribbage with patients, knowing how much of a relief it can be to give family members a break.

"My hospice experience with my husband was excellent and I recommend hospice to all families who need it for a family member," Eileen said. "I could not have asked for better care than they gave, not just to my husband, but to me as well."

CRMC's Home Health and Hospice services are provided to area residents regardless of their ability to pay thanks to the generosity of the community. The program is subsidized by CRMC and supported with proceeds from a golf tournament and the annual Tree of Love campaign.

Tree of Love memorial and honor gifts for the 37th annual Tree of Love are now being accepted. The official tree lighting and dedication of the hospice tree was held Saturday, Dec. 4, at Crosby's Memorial Park.

Hospice accepts donations all year and the Tree of Love accepts donations through the end of December. Make donations at www.cuyunamed.org/treeoflove or send a check payable to CRMC for \$10 for each person to be honored or remembered to: CRMC Tree of Love, 320 E. Main St., Crosby, MN 56441.

Provide the name of the person the gift is in memory or in honor of, and to whom a card of notification can be sent.

Crosslake-Ideal Lions donate to Rotary music event

Jeremy Knippel, president of the Crosslake-Ideal Lions Club, along with club members recently met with Central Lakes Rotary Club members to present them with a check for \$5,000 in support of the Rotary Club's upcoming project, Rotary Ends Human Trafficking.

This large event, scheduled for Aug. 12-14, 2022, at the Lakes

Music and Events Park just north of Pine River, will include a weekend music concert featuring regional bands 32 Below, Remedy Drive, Kent Dudley and Bended Knee, Tim Eggebraaten and more. Speakers will give presentations, and there will be a food court, vendors and beer garden.

Central Lakes Rotary Club members who

attended the check presentation were Mackenzie Sepin, Marsha Prescott, Diane Collins and Bruce Meade, who is also a member of the Crosslake-Ideal Lions Club.

"How very grateful we are to receive this generous gift in support of our event. It is amazing what can be done when service organizations work together, and

we could not be more appreciative and thankful for the outstanding contribution made by the Crosslake-Ideal Lions Club," Collins said in a news release.

For more information about Rotary or the REHT Music Festival, contact Mary Kay Verkennes at 218-820-4049, Diane Collins at 218-330-1960, or visit rehtmusicfestival.com.



Contributed

Crosslake-Ideal Lions Club members donated \$5,000 toward the Rotary Ends Human Trafficking event coming in August 2022.

LOOKING BACK

40 years ago, Dec. 24, 1981

Kathy Vold is named Pequot Lakes Teacher of the Year.

30 years ago, Dec. 26, 1991

The Brainerd area deer harvest is up 53% from the previous year, with 15,750 deer harvested.

The Lakes Area Food Shelf serves more than 100 families over the holiday season.

20 years ago, Dec. 28, 2001

The Nisswa City Council approves a lease for a new liquor store - Spirits of Nisswa - in town.

Felicia Foster and Teresa Parker both



topped the 20-point mark as the Patriot girls basketball team beat McGregor 69-47.

10 years ago, Dec. 22, 2011

Thai exchange student Junior Juthatungcharoen shares his new experiences of the American holidays, as well as traditions of his home.

The Patriot girls basketball team tops Park Rapids 93-30, as Kayla Miller scored a career-high 27 points.

Compiled by Dan Determan, Staff Writer

PAGES FROM THE PAST

60 years ago, Dec. 22, 1961

(Headline) Firemen answer call at Jesse McClintock home Wednesday evening

(Headline) Tigers stop Pequot Lakes to stay in the race for Loop Lead

50 years ago, Dec. 23, 1971

The Jack Swensons have been named winner of this year's Christmas Lighting Contest in the general category.

(Headline) Fire destroys sauna bath at Leonard Miller home Friday

25 years ago, Dec. 27, 1996

Longtime Pine Riv-



er-Backus teacher Jim Machacek has been named Minnesota Student Council Adviser of the year.

(Headline) Cass makes plan for centennial; committee seeks new centennial logo design

10 years ago, Dec. 22, 2011

(Headline) PR-B music students taste the 'Big Apple'

(Headline) Holm, Howard earn all-tournament recognition

Compiled by Travis Grimler, Staff Writer