

hometown health

A newsletter from Immanuel St. Joseph's regional system

WINTER 2008

- 2 Springfield Dental Clinic
- 3 St. James Medical Center joins ISJ as part of Mayo Health System
- 4 Coordinated primary and specialty care, close to home for St. Peter rector



ISJ Heart Center set to open

Full-time Mayo Clinic Cardiologists will provide comprehensive heart care services in a brand new state of the art facility. Immanuel St. Joseph's provides the most comprehensive cardiology care in the region.



Patients in south central Minnesota already have access to world-class heart care without the need to travel long distances, thanks to Mayo Clinic cardiologists working full-time at Immanuel St. Joseph's. In just a few weeks they will also have access to world-class facilities and enhanced technology, with the opening of the new ISJ Heart Center in Mankato.

"This new facility enables us to utilize the latest diagnostic and treatment equipment and procedures to improve care to our patients right here, without the need for unnecessary travel," says Kevin Cragun, M.D., a Mayo Clinic cardiologist at Immanuel St. Joseph's. "Full-time care and no delays mean higher quality care with

better outcomes, and that's what we're all about — putting the needs of our patients first."

A strategic milestone

The heart center construction represents the first stage of the largest expansion project in Immanuel St. Joseph's 116-year history. It is the third largest development project in recent Greater Mankato Area history.*

The new \$23 million building will include a new cardiac cath lab, patient examination rooms, cardiac rehabilitation facility and physician offices.

Immanuel St. Joseph's currently has six full-time Mayo Clinic cardiologists living in

continued on page two

ISJ Heart Center, continued from page one

Mankato and providing comprehensive heart care to patients 24 hours per day, seven days per week. Plans call for that number to grow to a total of 11 full-time cardiologists in the near future.

“Ten years ago when we chose to become part of Mayo Health System, a new vision with a plan to raise the quality standards for local health care was put into place,” says Greg Kutcher, M.D., president and CEO of Immanuel St. Joseph’s. “Currently, Immanuel St. Joseph’s is the only facility in the region where Mayo Clinic cardiologists see patients every day. That means patients in this area not only get the most up-to-date, clinically-advanced care, they don’t have to travel far to receive it. The need for services is growing. The expansion is a milestone within a long-range strategic plan to enhance local health care services and invest in the communities we serve.”

Building on a solid foundation

Mayo Clinic cardiologists at Immanuel St. Joseph’s have been laying the foundation of a successful interventional program since March of 1999. According to a study done in 2004, the national goal to get a patient into a cardiac catheterization lab for an angioplasty was 90 minutes from the time they arrived at the emergency department. At Immanuel St. Joseph’s, the average time in 2007 was 52 minutes.

In addition, a recent study compares success rates for cardiac interventions between Immanuel St. Joseph’s and Saint Marys Hospital, part of Mayo Clinic in Rochester, Minn.**

In a comparison of more than 1000 patients, the outcomes for elective and emergency cardiac interventions done at Immanuel St. Joseph’s were shown to have been as successful as the same procedures done at Saint Marys Hospital.

“Just a few years ago, patients needing interventional cardiology services had to travel to the Twin Cities or Rochester,” says Dr. Cragun. “Today we are building on that strong foundation — rather than driving 90 miles, people in our area can walk 90 feet for their cardiac care, without sacrificing the level of care they can receive.”

Mayo Clinic and Immanuel St. Joseph’s have provided three-quarters of the funding for the project. Immanuel St. Joseph’s Foundation is working to raise the remaining funds through donations to the “Generations of Care” capital campaign.

Patients and their families from around the region are invited to a special open house at the new ISJ Heart Center on Sunday, Feb. 17 from 1 to 3 p.m. Please join us for this free event as we celebrate this new milestone in local patient care.

*Source: Greater Mankato Economic Development Corporation

**Source: Journal of American College of Cardiology, March 2006



Springfield Dental Clinic fills community need

Dr. Adam Beers

Based on market research and community input, Springfield Medical Center saw the need to develop a dental practice. Adam Beers, D.D.S., has established a first-of-its-kind Mayo Health System dental practice at the new Springfield Dental Clinic.

“I was impressed to see a world-class option from Mayo Health System come to Springfield,” said Paul Tauer, a local resident, business owner and longtime patient of the previous dental practice that has closed. “I was even more impressed once I visited the office. It’s nice because the people working there are from Springfield too, and I think that really strengthens the community.”

Dr. Beers received his dental degree from the University of Minnesota and completed his residency at Meriter Hospital in Madison, Wis. He is board certified by the Commission on Dental Accreditation, American Dental Association.

“I am excited to join Springfield Medical Center,” said Dr. Beers. “By bringing a dental practice to Springfield, we are truly putting the needs of our patients first, making dental care in the community much more convenient.”

“We had a great need in the community, and we were very fortunate to have it filled by Dr. Beers and Mayo Health System,” Tauer said.

Dr. Beers will provide general dentistry, including implants, cosmetic dentistry and adult orthodontics. To schedule an appointment, please call the Springfield Dental Clinic at 507-723-7775.

Office hours:

Monday – Thursday.....8 a.m. to 5 p.m.

Friday 8 a.m. to noon

St. James Medical Center joins Immanuel St. Joseph's as part of Mayo Health System

Residents in the St. James area have a brand new, modern health care facility to meet all their family's primary health care needs. St. James Medical Center opened its doors in November, and earlier this month joined Immanuel St. Joseph's as part of Mayo Health System.

"This is a milestone in our ongoing commitment to provide quality care to people throughout the area," says Michael Guimaraes, M.D., a family physician at St. James Medical Center. "By partnering with Immanuel St. Joseph's, we will continue to improve the care we offer locally and enhance access to advanced specialty care in Mankato and Rochester if needed."

St. James Medical Center opened a new facility on November 18. It includes a modern 13-bed hospital featuring all private patient rooms, each with its own bathroom. The hospital has emergency room, radiology and laboratory space, surgical suite and heliport. The clinic has 23 exam rooms, a procedure room and offices for full-time primary care providers and visiting specialists.

"The new facility — a medical home for residents in and around St. James — is really a front door to comprehensive primary and specialty health care services," says Greg Kutcher, M.D., president and CEO of Immanuel St. Joseph's.



St. James Medical Center — now part of Mayo Health System — is the medical home for people in the St. James area.

"Because our organizations are affiliated, providers have access to patients' medical records, diagnostic images and lab results more quickly. That can lead to faster diagnosis and treatment, which means better outcomes for patients."

Increased efficiency in patient care is one of many benefits to this new formal working relationship between St. James Medical Center and Immanuel St. Joseph's. Additional specialty providers will see patients in St. James, making it more convenient for people who otherwise might have to travel for such care.

"A partnership with Immanuel St. Joseph's and Mayo Health System is significant. It means we will be part of an extraordinary health care system," says Mike Kircher, a community member of the St. James Medical Center Board of

Directors. "Not only is this a benefit to patients, but it also truly enhances the quality of life and economic viability of the community."

St. James Medical Center is accredited by the Joint Commission, which means it meets or exceeds national standards for safety and quality. It employs more than 100 people at its hospital and clinic in St. James as well as outreach clinics in Trimont and Comfrey. There are approximately 325 admissions to the hospital, 13,000 outpatient visits and 17,000 clinic visits each year at St. James Medical Center.



For more information about the new St. James Medical Center, visit their Web site at www.stjmc-mhs.org.

St. Peter woman grateful for quality primary and specialty care, *close to home*

At age 71, Barbara Haack wasn't going to let something like a painful gall bladder attack slow her down. As an owner of her own real estate company, she knew time away from the office and her customers would not be good.

"One day last January, I had this terrible pain; I thought it would go away," says Barb. "Because it was late in the evening, I went to the St. Peter Community Hospital where they gave me medications. It was recommended I see my regular doctor."

The next day Barb contacted St. Peter Clinic — Mayo Health System to schedule an appointment with her primary care provider, Liz Osborne, M.D. Barb had been a patient of Dr. Osborne's for several years.

Dr. Osborne was able to see her that same day. Following a complete examination, she recommended a consultation with Timothy Deaconson, M.D., a surgeon at ISJ Specialty Clinic in Mankato. Dr. Deaconson provides outreach services at the St. Peter Community Hospital.

"The most important thing to me, as a patient, is the connection between Dr. Osborne and the specialists at Immanuel St. Joseph's," says Barb. "I feel I have access to any one of them because they are all part



Barbara Haack of St. Peter is grateful for health care she can trust from a local provider she is familiar with.

of Mayo Health System. I like having an entire medical team ready to help me at any time."

The day following her appointment with Dr. Osborne, Barb was able to meet with Dr. Deaconson in St. Peter to discuss her surgical procedure.

"He sat down with me, explained what he was going to do, responded to all my questions and reassured me that everything was going to be all right. That type of personal care makes all the difference in the world," says Barb.

Dr. Deaconson performed laparoscopic surgery at the St. Peter Community Hospital, for the convenience of his new patient. The procedure involves using a very small incision through which the surgeon inserts a telescoping rod connected to a video camera. The camera enables the surgeon to see inside the abdomen and remove the gall

bladder with a few additional small incisions. Barb was able to go home the same day as her surgery.

"He talked to me right after my surgery and explained what had happened and how I needed to care for myself when I went home," she says. "It's wonderful to meet with a trusted provider in your hometown with the added convenience of not having to travel for your care."

Today, more than a year following her surgery, Barb is still busy. She's had no reoccurrence of abdominal pain. She continues to see Dr. Osborne for her primary care and Dr. Deaconson for minor surgical procedures.

"Seeing doctors that you know and trust calms the human spirit," she says. ●

Derailed by Crohn's,

*Life back
on track now*

QUICK READ

Crohn's disease is an inflammatory bowel disease that causes chronic inflammation of the digestive tract. The disease can be painful and debilitating, and is characterized by severe bouts of watery or bloody diarrhea and abdominal pain. Therapy to treat Crohn's disease includes medication and surgery.

Mayo Clinic is recognized internationally for its excellence in treating Crohn's disease, and is involved in clinical trials of many new medications being tested for irritable bowel diseases.

In college, Nikoa Stassi, now 35, felt like life was a full platter placed in front of her. She had an active social life, had lead roles in plays and was the president of the student government. She never imagined how things would change. Today, she's beginning to feel again like the person she was in college — optimistic, active and healthy.

Crohn's disease changed Stassi's life. When she was 21 and a college student, Stassi began having

abdominal cramping and diarrhea. She consulted her physician and tried over-the-counter anti-diarrheal medications. But the problem persisted.

Stassi noticed her life beginning to change due to her constant and unexpected need to go to the bathroom. She curtailed her social life and became less involved in activities. Sometimes even getting to class was difficult.

continued on page six

Mayo Health System

When your health care provider is part of Mayo Health System, you have excellent primary and specialty care close to home. When situations demand specialty care not locally available, Mayo Health System patients have smooth access to the highly specialized care provided at Mayo Clinic in Rochester, coordinated through their local physicians.

We share information about Mayo Clinic — also a leading medical research and education organization — in the next four pages of *Hometown Health*. For information about specialty services at Mayo Clinic, check MayoClinic.org.



Nikoa Stassi's symptoms of Crohn's disease are manageable with medication she receives in a clinical trial at Mayo Clinic.

"Morning classes were the toughest," she says. "One teacher gave a quiz in the first few minutes of class and I was always late to class, so I got a lower grade than normal."

Stassi's physician referred her to a gastroenterologist. A colonoscopy revealed inflammation in Stassi's colon, indicating Crohn's disease. Initially, Stassi thought the problem might be easily fixed. When she learned more about Crohn's, she was shocked to realize the condition was permanent.

"I didn't know anyone else who had Crohn's, so I felt alone," she says.

Stassi began treatment with medication, which improved her condition and put her symptoms in

remission for a while. Then the symptoms returned, and Stassi's gastroenterologist prescribed a different medication. Each new medication worked for a while, then stopped working, caused intolerable side effects or was prohibitively expensive.

First Mayo experience

Stassi developed complications, including pancreatitis (an inflammatory condition that occurs when pancreatic digestive enzymes become active within the gland and attack the pancreas), a rectal fissure (a crack in the rectum or in the surrounding skin where infections can occur, often associated with painful bowel movements) and an abscess of the fissure. Her gastroenterologist referred her to Mayo Clinic in Rochester, where she had surgery to treat the fissure and abscess. Stassi didn't

know then the important role Mayo Clinic would play in her medical future.

"I had bad luck with medications not working on my Crohn's and getting bad side effects and complications of the disease," says Stassi. "Things were bad. I felt like my life was falling apart."

For two years, Stassi taught high school. At work, she would often double over in pain and need to run to the bathroom.

"Crohn's is a mentally and physically exhausting disease," she says. "High school is about the last place you want to be with an unpredictable disease like Crohn's."

Back to Mayo, long-awaited relief from symptoms

By early 2005, Stassi had tried every possible medication for Crohn's. A gastroenterologist again referred her to Mayo Clinic, where she met William Sandborn, M.D., a gastroenterologist who specializes in research and treatment of inflammatory bowel diseases, including Crohn's disease and ulcerative colitis.

"Dr. Sandborn reviewed my chart, did lots of tests and asked me why I was at Mayo Clinic," says Stassi. "I told him my other doctor didn't feel there was much else he could do for me except surgery to remove my colon, which I did not want to have. Dr. Sandborn mentioned medication clinical trials under way and suggested one that might be appropriate for me."

Stassi qualified for the trial and began making frequent trips to Mayo Clinic — 290 miles each way — for the medication. Initially, she drove from her home in Madison, S.D., to Mayo Clinic every week. Frequency reduced to every other week, then monthly, then every three months. She still participates in the medication trial, goes to Mayo Clinic every three months and keeps a daily health diary of her symptoms.

After six months in the trial, Stassi saw her gastroenterologist in South Dakota. He did a colonoscopy to see if the new medication was working.

“I didn’t think I felt that much better yet,” says Stassi. “My pessimism about my life was affecting my physical health. I was stunned when my doctor told me the colonoscopy didn’t show any inflammation — that I was in remission from Crohn’s. I was so used to getting bad news that I had trouble believing it. Once reality sunk in, I started to feel better physically.”

Stassi still has occasional cramping and goes to the bathroom more than most people, but she is reclaiming her life.

“I want to enjoy my life. I can feel good and healthy. At times, I didn’t believe that was possible,” she says. “I’ve learned there are solutions out there. Mayo Clinic gave me a whole new lease on life. I have hope that if this medication quits working, they’ll have something else because they’re constantly researching medications at Mayo.”

Stassi has advice for others who have Crohn’s disease.

William Sandborn, M.D., is an internationally recognized expert in inflammatory bowel disease (Crohn’s disease, ulcerative colitis and pouchitis). Dr. Sandborn is a gastroenterologist and clinical researcher who leads the Inflammatory Bowel Disease Clinical Research Unit at Mayo Clinic.

“Go beyond your local doctor’s office. Read books about the disease, research online, investigate nonmedical therapies and diet and exercise, go to support groups,” she says. “This disease can wreak havoc on your entire life if you let it. I know what it’s like to not get the help you need and want nothing more than for someone to help you and listen to you. I’m so grateful to have been part of this clinical trial at Mayo Clinic and to feel better. Don’t give up hope.” •



Mayo Clinic in Rochester was ranked

No. 1

among U.S. hospitals in the specialty of digestive disorders in the most recent U.S. News & World Report Best Hospitals ranking.



Mayo Clinic and Crohn’s disease

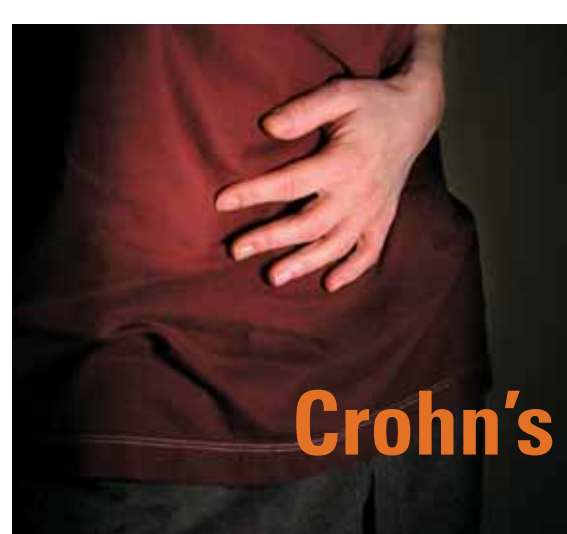
Mayo Clinic is recognized internationally for its excellence in treating Crohn’s disease. Each year, 2,000 patients who have Crohn’s disease come to Mayo Clinic for care.

Gastroenterologists, colorectal surgeons, radiologists and pathologists work together to diagnose and treat Crohn’s disease. Patients have access to the latest therapies and leading experts and researchers on Crohn’s disease. The primary goal of treatment is to reduce and prevent the inflammation that triggers symptoms.

Surgery is necessary in some cases. Mayo’s colorectal surgery program is one of the largest in the world. Mayo surgeons are at the forefront of minimally invasive surgery for inflammatory bowel disease, including Crohn’s.

Mayo Clinic is involved in clinical trials of many new medications being tested for irritable bowel diseases. Mayo Clinic serves as the coordinating center for the Crohn’s and Colitis Foundation of America Clinical Research Alliance, a group of 70 medical centers testing new drug therapies for Crohn’s disease and ulcerative colitis.

i To schedule an appointment for a consultation in the Inflammatory Bowel Disease Clinic (subspecialty clinic within the Division of Gastroenterology and Hepatology), call 507-284-2469. For appointments related to other gastrointestinal disorders, call 507-284-2141.



Crohn's disease

— Begins with inflammation, most often in the lower part of the small intestine or in the colon, but sometimes in the rectum, stomach, esophagus or mouth; can develop in several areas simultaneously

- Is an inflammatory bowel disease
- Causes chronic inflammation of the digestive tract
- Can occur anywhere in the digestive tract, often spreading deep into the layers of affected tissue

Symptoms

- Can range from mild to severe and may develop gradually or suddenly
- Can be painful and debilitating
- Can cause severe bouts of watery or bloody diarrhea and abdominal pain
- Severe Crohn's can cause dozens of bowel movements a day, fever, fatigue, arthritis, eye inflammation, skin disorders, and inflammation of the liver and bile ducts
- Can cause small, scattered sores on the surface of the intestine; sores may develop into large ulcers that penetrate deep into and through intestinal walls
- Can lead to life-threatening complications

Who gets it

- Affects an estimated 500,000 Americans; men and women are affected equally
- Risk factors include:
 - **Age:** Most people are diagnosed between the ages of 15 and 35
 - **Ethnicity:** Whites have the highest risk; Jewish people and those of European descent are four to five times as likely as other people to have Crohn's disease
 - **Family history:** Fifteen to 20 percent of people who have Crohn's disease have a parent, sibling or child who also has the disease; if your brother or sister

has Crohn's disease, your risk is 30 times greater than the general population's

Treatment

- Has no medical cure
- Therapies greatly reduce symptoms and even bring about long-term remission; usually involve drug therapy (anti-inflammatory drugs, immune system suppressors, antibiotics) and, sometimes, surgery (resection, removing a damaged portion of the digestive tract and reconnecting the healthy section; or stricturoplasty, a procedure that widens a segment of the intestine that has become too narrow)
- Almost three of four people who have Crohn's eventually need some type of surgery
- Having Crohn's disease increases risk for colon cancer; the longer you've had Crohn's disease and the larger the area affected, the greater the risk

Causes

- No one is sure what triggers inflammation in Crohn's disease; researchers no longer believe that stress or diet are the main culprits although these factors can aggravate symptoms
- Current theories among researchers and clinicians focus on:
 - **Immune system:** A virus or bacterium may cause Crohn's

disease, and the digestive tract may become inflamed when the body's immune system tries to fight off the invading microorganism; or the inflammation may stem from the virus or bacterium itself; some researchers think the disease is caused by an abnormal immune response to bacteria that normally live in the intestine

- **Heredity:** Twenty percent of people with Crohn's disease have a parent, sibling or child who also has the disease; mutations in a particular gene tend to occur frequently in people with Crohn's disease and seem to be associated with an early onset of symptoms and a high risk of relapse following surgery for the disease
- **Environment:** Crohn's disease occurs more often among people who live in cities and industrial nations; environmental factors, including a diet high in fat or refined foods may play a role

Diagnosis

- Crohn's is diagnosed after ruling out irritable bowel syndrome, diverticulitis and colorectal cancer
- Tests include blood tests, colonoscopy, small bowel X-ray, CT scan of the bowel, and endoscopy •

Excerpted with permission from MayoClinic.com

Welcome new providers



Javaid Ahkter, M.D.
Le Sueur Clinic
Family Medicine



Adam Beers, D.D.S.
Springfield Dental Clinic
Dentistry



Virginia Clementson, N.P.
ISJ Specialty Clinic
OB/GYN



Giovaninna De La Cruz, M.D.
Waseca Medical Center
Family Medicine



Lindy Eatwell, M.D.
St. James Medical Center
Family Medicine



Zack Mack, M.D.
Immanuel St. Joseph's
Diagnostic Imaging



Michelle Pemble, Ph.D.
ISJ Clinic – EastRidge
Behavioral Health



Lori Schumacher, P.A.
Waseca Medical Center
Emergency Medicine/Urgent
Care



Vishal Sekhri, M.D.
ISJ Specialty Clinic
Internal Medicine/Hospitalist



Brian Whited, M.D.
Waseca Medical Center
Family Medicine

classes programs

Immanuel St. Joseph's

PRENATAL CLASSES



- Childbirth Education**..... 507-385-2922
- Newborn & Parenting Class**..... 507-385-2922
- Sibling Preparation**..... 507-385-2922

Breast Feeding Information and Preparation..... 507-385-2922

Breast Feeding: Returning to Work..... 507-385-2922

Family Birth Center Preadmissions 507-385-2934

Healthy Beginnings:
Safety for Your Children..... 507-385-2922
Infant CPR..... 507-385-2922

PRESURGERY CLASSES

Pediatrics Presurgery — The Pre-Op Shop.....507-385-2616 or 800-327-3721, ext. 2616

Presurgery for Adults..... 507-385-2934

PROGRAMS

Lactation Services..... 507-385-2967

Nutrition Counseling (a fee is charged) 507-385-2607

Maternity Pagers (rental \$10) 507-385-2922



Pulmonary Rehabilitation (cost varies)..... 507-385-5605

Nicotine Dependence 507-385-4662

Cardiac Rehab..... 507-385-2607

Heart Plus Fitness Program
 (physician referral required)..... 507-385-2607

SPECIAL EVENTS

Visit our Web site and check local news media for more information on spring health seminars and events celebrating the opening of the new ISJ Heart Center.

SUPPORT GROUPS

- AIDS and HIV 507-385-2766
- ALS..... 507-345-1694
- Alzheimer's..... 507-387-2133
- A.W.A.K.E. (sleep apnea) 507-385-2679
- Cancer..... 507-327-7104
- Colitis (September through May) 507-345-8781
- Diabetes Education..... 507-385-2607
- Diane's Hope (women's cancer support)..... 507-387-6916
- Family Caregivers..... 507-387-1666
- Grief507-385-2989 or 800-327-3721, ext. 2989
- Heart to Heart (heart disease) 507-385-2607
- La Leche League (breastfeeding) 507-625-7134
- MS Support..... 507-385-2600, ext. 2414
- Ostomy 507-934-2089
- Parkinson's 507-327-7104
- South Central Brain Injury Network..... 507-245-3390
- Suicide Survivors 507-388-5313
- Weavers (widowed – over 60) 507-385-2989
- Windjammers..... 507-385-5605
 (chronic lung disease)

For information about Immanuel St. Joseph's classes, events and programs:



Call the numbers listed or contact Communications, 507-385-2922 or 800-527-2922 (toll free)



or check our Web site, www.isj-mhs.org

events support groups

Springfield Medical Center

Call 507-723-6201 for more information, preregistration or meeting times.

PROGRAMS

Diabetes Education

Cardiac Rehabilitation

Quitting for Life! Tobacco cessation program. Cost \$45



Childbirth Education Cost \$15

Sibling Class No charge

Osteoporosis Exercise Class Cost \$4 per session. Call Springfield Medical Center Rehab Services for detailed information.

Urinary Incontinence/Pelvic Floor Program

Call Springfield Medical Center Rehab Services for detailed information.

Aquatic Fitness Held at Springfield Microtel. Call 507-723-4288 for complete information.



Heart Center Open House

Patients and their families from around the region are invited to a special open house at the new ISJ Heart Center on Sunday, Feb. 17 from 1 to 3 p.m. Please join us for this free event as we celebrate this new milestone in local patient care.

Waseca Medical Center

SUPPORT GROUPS

Caregivers	507-837-4171
Diabetes.....	507-837-4267
Multiple Sclerosis	507-833-4003

PROGRAMS



Cardiac Rehabilitation

Monitored exercise program	507-837-4279
Independent exercise program.....	507-837-4261

Caregiver Educator..... 507-837-4171

Is able to plan, counsel, educate, assess/interpret the care and health management issues of the caregiver. Caregivers not only learn information that is shared, but also receive assistance to put the skills learned into practice, thus enabling them to effectively manage their daily life.

Just for the Health of It..... 507-837-3976
Community health education program

Home Health..... 800-327-3721
Home health care for certain conditions

Hospice 507-385-2618 or 800-327-3721
Support and care for families facing terminal illness

VOLUNTEER SERVICES PROGRAMS

Call 507-837-4227

In-Home Assistance — Regular help with grocery shopping, management of mail and personal correspondence.

Lifeline — Lifeline is a personal emergency response system that is worn on a neckchain or wrist strap and links you to 24-hour assistance at the push of a button. Sliding fees and alternate funding are available.

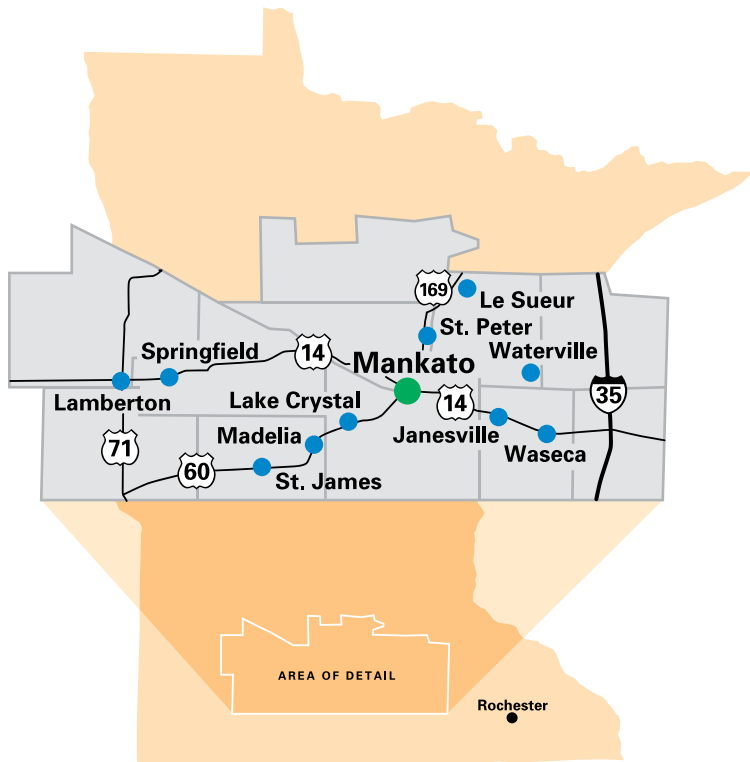
Project Assistance — Provide help with simple or seasonal chores. Individual homeowners provide any necessary parts or supplies.

Respite Care — Stay with homebound individuals to provide family caregivers time away from caregiving responsibilities.

Scheduled Visits — Regularly visit individuals in the home to provide social opportunities.

Stephen Ministry — Offer care and support to individuals in a time of grief or crisis.

Immanuel St. Joseph's system



Immanuel St. Joseph's

Mayo Health System

Visit our Web sites:

www.isj-mhs.org

www.smc-mhs.org

www.wmc-mhs.org

www.stjmc-mhs.org



hometown health

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If you have comments or suggestions for *Hometown Health*, please direct them to Communications, 1025 Marsh St., Mankato, MN 56001, 507-385-2691 or 800-527-2922 (toll free).

Information for *Hometown Health* stories is provided by Mayo Health System medical professionals. If you have medical questions about these stories and how they affect your health, please contact your physician.

Immanuel St. Joseph's

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