Amy Bouma got a surprise visit when her son was born.

Just hours after Waylon arrived, Amy’s nurse had an unusual request.

Margit Fredrickson was turning 100. Her son Karl was asking if Margit could meet this baby who shares her birthday...100 years apart.

“We said ‘Yes, absolutely, that would be awesome,’” Amy recalls.

The Boumas’ room was full of family when Margit and Karl arrived. “She held him for 10 minutes or so. She was kind of quiet, just taking it all in,” Amy says. “As they were leaving, she said to her son, ‘That was so special.’ It was super cool for us, too.”

Amy is used to birthday surprises. Her oldest son Walter, now two, was born at Northfield Hospital via emergency cesarean section. “It was rough,” she says.

Little brother Waylon’s birth was a scheduled c-section. “It was awesome,” Amy says. “I checked in, they monitored the baby, I walked to the OR, they prepped me and then brought my husband Justin in, and 15 minutes later Waylon was born.

“Every single nurse and doctor there was amazing,” Amy says. “They were so hopeful and upbeat, joking with us to put us at ease. It was much less stressful this time around.”

OB/GYN Nicole Dohm-Palmer, MD delivered the baby. “We were nervous about having a c-section,
two birthdays

“They really cared about what I needed...from pain management to keeping my water cup filled.”

Amy Bouma

and she was so calm, so warm and welcoming, and took time to answer all our questions,” Amy says.

Amy and Justin chose Northfield Hospital’s Birth Center for its welcoming size and personal attention. “It’s not a huge place; you get the care you deserve and need during labor and delivery,” Amy says.

“I tend to say 'I'm good' even if I'm in pain. The nurses would say, 'Tell me how you really feel.' They really cared about what I needed – everything from pain management to keeping my water cup filled. Everyone was so great from the second we got there.”

And Waylon’s welcoming committee was pretty special, too.

It was an unusual way to celebrate a birthday. But then, 100 isn’t your typical birthday.

“It just occurred to me it would be fun to find someone a century younger,” says Karl Fredrickson. So he called the Birth Center at Northfield Hospital that day to ask if any new babies had arrived. That’s how Karl’s mother Margit met Waylon, just hours after he was born.

“How many changes – my mother has seen over her century,” Karl says. “And how different the world will appear to Waylon in the coming century.”

Margit has lived in Northfield for 70 years. Her children were all born at Northfield Hospital.

“We’re proud that Northfield Hospital is a place where community connects . . . for over 100 years.”
Samantha Cobb was asleep when her dad felt chest pain.

Frank was shoveling snow early that morning. Suddenly, “it felt like my lungs were on fire, and I had sharp pains across my chest,” Frank recalls. “I figured I overdid it, so I thought I’d just sit down.”

Frank told his wife Janice that his chest hurt; she woke up Samantha for help.

Samantha’s been studying Emergency Medical Response through Explorer Post 3300, where young adults explore career options as first responders (paramedic, fire, police). Samantha checked her dad’s vital signs: “His pulse was irregular; he said pain was radiating to his left shoulder, down his arm and towards his back – all signs of a heart attack,” she says. “I told him he should go to the hospital.”

Frank hesitated.

“Samantha said, ‘There’s not any more time for you to sit and think about it,’” Janice recalls. “She said, ’You either get in the car and go now, or I’m calling 911.’”

“I’m kind of stubborn,” Frank says. “But when she
her dad’s life

said it was a possible acute heart attack, that convinced me.”

The Emergency Department team at St. Francis Hospital confirmed the heart attack; an EKG showed ST-elevation myocardial infarction (STEMI) as blood failed to circulate to parts of the heart, causing tissue to die. They rushed Frank to Abbott Northwestern Hospital in Minneapolis with lights and sirens blaring. Time was crucial; Samantha’s quick, decisive action gave Frank the best chance for his recovery.

“While the ambulance crew was loading me up, they said Samantha saved my life,” Frank says.

“Samantha was great throughout the whole hospital experience,” Janice recalls. “She knew enough about the medical activities that she could tell us what was going on. She did so much of the communication with the doctors that it made it easier for me to just process the information and relay it on to family.”

Frank was hospitalized for three days; he now has a LINQ cardiac monitor implanted in his chest, which uploads data to Abbott’s Minneapolis Heart Institute for ongoing care.

“This is exactly what Explorer Post training is all about: being able to handle a real-world situation,” says NH+C EMS Assistant Chief Chris Matek, also Lead Advisor for Explorer Post 3300. After graduating from Northfield High School this spring, Samantha will take her EMT certification course, probably through NH+C.

Her advice for those who don’t have the training to spot an emergency? “If you think something might be wrong, it probably is,” Samantha says. “If you’re guessing whether it’s an emergency, there’s no problem calling 911. If it doesn’t feel right, you should get help.”

Don’t sleep on it.

SHOULD I CALL?

Sometimes health emergencies have subtle signs. Call 911 for:

Sudden pain. On a scale of 1-10, if your pain is 8 or more, call 911 or go to the Emergency Department. If your pain is closer to 3-4, then it’s best to see your provider or visit Urgent Care.

Sudden, unexplained physical changes. Call for any sudden change that can’t be explained. Sudden, overwhelming fatigue can signal a heart attack in women. EMS can help evaluate.

Signs of stroke. Think “BE FAST”: Problems with Balance, Eyes, Face, Arms, Speech. Stroke symptoms can be subtle. Watch also for any absence – blank stare, not responding, muscle weakness. Time is crucial. Get help right away.

Even if you’re not sure, EMS can tell if it’s an emergency.
Brian Edwards, Chief of Emergency Medical Services, talks about what takes place when you call 911...and how you can help first responders help you.

What happens when I call 911?
A dispatcher decides which EMS agency is in the best geographic position to respond. While the ambulance is on its way, the dispatcher stays on the line asking you questions – and sends that information directly to the ambulance crew as you’re talking. It’s important to stay on the line because the information you give the dispatcher is being given to the paramedics as they travel to you.

The dispatcher also tells you what to do until the ambulance arrives – everything from CPR and opening an airway to collecting medications and putting away the family dog.

Whether you call from a cell phone or a landline, it doesn’t affect response time or procedures.

What happens when the ambulance arrives?
Paramedics make a medical assessment, checking vital signs, illness or injury, blood sugar level and heart activity (via EKG). The crew’s “first-in bag” is stocked with equipment to start immediate care if needed, including a heart monitor and oxygen.

The paramedics talk with the patient and observe the environment, gathering clues about the medical problem. Even when patients give details of what’s troubling them, paramedics look for signs that tell them more.

There may be treatment paramedics can do immediately – for pain, asthma, allergic reactions, heart rate that’s too slow or fast, low blood pressure. Paramedics are in constant contact with the hospital Emergency Department during an ambulance call.

If you need hospital care, paramedics will transport you to the hospital best equipped to care for you. Most of the time, in our region, that’s Northfield Hospital. For more critical care, that may mean another hospital – a Level 1 trauma center, a pediatric specialty hospital, a cardiac care hospital.

Also, you can ask paramedics to take you to the hospital you choose.

A Vial of Life kit helps organize your information. Keep it posted on your refrigerator, in the pink envelope; paramedics are trained to look for it.
What’s most critical during a medical emergency?

Information, and time.

You can help by having medical documents on hand: A list of all your medications. Your latest EKG. Your health care directive. Prepare now, to be ready in an emergency.

A Vial of Life kit helps organize your information. Keep it posted on your refrigerator, in the pink envelope; paramedics are trained to look for it. You can download a free Vial of Life kit at www.vialoflife.com, or get one at EMS headquarters.

Time is crucial in medical care. Paramedics begin medical care on the scene and while driving, so the Emergency Department can take over right away when the ambulance arrives. (Driving yourself may take the same amount of time, but paramedics can coordinate your care en route.)

Sometimes patients are embarrassed to answer questions, or they don’t trust paramedics as a healthcare provider. We want to get you the most appropriate care, as quickly as possible, with dignity and respect.
Healthy sleep boosts

Sleep changes as you age.

The amount of ZZZs your body needs, your ability to fall (and stay) asleep, your body’s response to lack of sleep…it’s a shifting landscape.

But healthy sleep is important at every age. Sleep benefits your physical and mental health. “Your metabolism is at its most efficient when you’re well-rested,” says Dr. Bryan Hoff, Medical Director of the Sleep Center at Northfield Hospital and board-certified in sleep medicine. “Your brain works better too, which helps you think, learn and work at your best. That’s important at every age.”

Studies show that good sleep lowers risk for depression, cardiac distress, hypertension, swings in blood sugar and more. For kids, good sleep helps physical growth and cognitive development.

How can you tell if someone needs more sleep? There are different signs at every age.

**Toddlers and children:** Irritability, moodiness, poor emotional control. “Often, overtired kids can’t focus, and that lack of concentration is sometimes misdiagnosed as ADHD,” says Dr. Hoff. Talk to your pediatrician if you’re concerned.

**Teens:** Lack of concentration, poor impulse control and emotional control, riskier behavior. Chronically overtired teens have higher risks of depression and anxiety, especially after puberty. If you’re concerned about depression and sleep, contact your teen’s primary care provider.

**Adults:** Overeating, reliance on caffeine, lower productivity, coordination, concentration. Overtired adults feel run down: “They get tired of feeling tired,” Dr. Hoff says. If that’s you, consider a sleep study; you may have apnea, which can be treated.

**Seniors:** Daytime drowsiness, lower immunity, lack of concentration that can feel like memory loss…but isn’t. Body changes make it easier to wake up and harder to fall back asleep, so seniors often don’t get enough sleep at night. With lower sleep drive, you can sleep the edge off in a few hours, then wake up but aren’t fully rested. Chronic illness and some medications can affect sleep. “If you wake up feeling good but you’re tired two hours later, it may be your medication,” Dr. Hoff says. Talk to your primary care provider.

“Driving drowsy” is as risky as driving drunk. Pull over for a nap – at least 15 minutes. The greater your sleep deprivation, the longer nap you’ll need.
wellness at every age

So, what is “healthy” sleep? Check these five factors:
• Fall asleep within 30 minutes
• Sleep through the night (you might wake 1-4 times, but should fall back to sleep quickly)
• Wake up without an alarm
• Feel refreshed, without caffeine
• Stay awake most of the day

To find your own best sleep, try this simple test: Go to bed when you want, and wake up when you want.

“Your metabolism is at its most efficient when you’re well-rested.”

Dr. Bryan Hoff
Medical Director
Sleep Center at Northfield Hospital

“How much sleep? We used to think “8 hours” was right for everyone. Experts now recommend 7+ hours, based on your individual sleep needs.”

Our Birth Center now offers Baby Boxes to help families create safe sleep for newborns. Baby Box is a safe bassinet, with a custom mattress and fitted sheet. It’s given free to all expectant and new parents who complete the Baby Box University training, a series of online videos on topics including how to use your Baby Box, breastfeeding and infant nutrition, postpartum depression, brain development, and baby health.

Ask your OB/GYN provider or pediatrician about Baby Box. Learn more at babyboxco.com
You’ll see some new faces at our clinics this Spring...including our newest clinic in downtown Northfield.

Cristina Gonzalez-Mendez, MD joins the Women’s Health Center, offering OB/GYN care for women of all ages. Dr. Gonzalez-Mendez enjoys getting to know her patients and helping them through all the stages of their lives – especially pregnancy and birth.

“Childbirth is probably the happiest and most inspiring moment in a woman’s life,” she says. “The blessing of helping them throughout has transcended from being a job to my vocation.”

Dr. Gonzalez-Mendez sees patients at the Women’s Health Center on the Northfield Hospital campus, and in the Farmington Clinic.

Services include:
• Routine and high-risk pregnancy care
• Contraception
• Colposcopies
• Implant insertion
• Gynecological surgery and procedures

The Women’s Health Center has six OB/GYN providers, all women. Call for an appointment: 507-646-1478.

Kimberly Gher, MSN, CNP is the primary provider at the new Express Care Clinic in downtown Northfield. As a nurse practitioner, Kimberly has cared for patients in Urgent Care and retail clinics.

Kimberly strives to provide thorough, compassionate, evidence-based care to patients and their families. She also works to close gaps in care, and help patients find the right resources for their needs.

“I became interested in medicine after a hospital stay when I was just five years old,” she says. “The nursing staff and physicians really made a positive impact on
great care

me, and I wanted to be a part of that.”

Kimberly is board-certified by the American Academy of Nurse Practitioners. She holds a Bachelor of Science in Nursing from St. Louis University, and a Masters of Science in Nursing from Maryville University in St. Louis.

All Express Care patients are seen by a nurse practitioner or physician assistant, qualified health care professionals who provide much of the same care and treatment as medical doctors. They are certified to perform many of the same tasks, and work closely with doctors to manage patient care. Their experience leads to timely diagnoses, and referral if needed.

If you need more complex care, such as an x-ray or CT scan, Express Care providers will coordinate that for you at Northfield Hospital or one of our full-service clinics that’s convenient to you in Northfield, Lonsdale, Lakeville or Farmington.

The Express Care Clinic team can also help you establish a primary care provider for continued care, if you wish. Express Care providers also can make referrals to specialists when you need specialty care, such as cardiology or orthopedics.

Learn more at northfieldhospital.org/express-care

EXPRESS CARE CLINIC IN DOWNTOWN NORTHFIELD

For those times when you need to treat a health issue right away, Express Care Clinic offers high-quality, immediate care from experienced providers.

Monday-Friday, 12:00 pm to 7:45 pm
No appointment needed

706 Division Street
(Sterling Pharmacy building)

• Cough
• Sore throat/strep
• Flu
• Rashes
• Infections of the ear, eye, sinus
• Minor cuts and stitches
• Minor injuries
• Urinary tract infections
• Allergies
• Minor burns
• Insect or animal bites
• Nausea, vomiting, diarrhea

Express Care is open to everyone age 12 months to adult, whether or not you’ve been a patient with NH+C before.
Clinics, Hospital + Specialty Care close to you

Hospital + Emergency
Northfield Hospital + Emergency
2000 North Avenue, Tel: 507-646-1000

Clinics + Urgent Care

Farmington Clinic
4645 Knutsen Drive, Tel: 651-460-2300

Lakeville Clinic + URGENT CARE
9974 – 214th Street W, Tel: 952-469-0500

Lonsdale Clinic
103 15th Avenue SE, Tel: 507-744-3245

Northfield Clinic
2000 North Avenue, Tel: 507-646-1494

Express Care Clinic – Northfield
706 Division Street, Tel: 507-646-6700

Specialty Care

Breast Care Center – Northfield
2000 North Avenue, Tel: 507-646-1143

Cancer Care & Infusion Center – Northfield
2000 North Avenue, Tel: 507-646-6979

Endoscopy – Northfield
2000 North Avenue, Tel: 507-646-1201

ENT Clinic – Faribault
1645 Lyndale Ave N, Tel: 952-469-0500

Northfield Eye Physicians + Surgeons
2019 Jefferson Road, Tel: 507-645-9202

Rehabilitation Clinics
Northfield: 1381 Jefferson Road
Tel: 507-646-8800
Lakeville: 9913 – 214th Street West
Tel: 952-985-2020

Sleep Center – Northfield
2000 North Avenue, Tel: 507-646-1099

Summit Orthopedics Clinic – Northfield
1381 Jefferson Road, Tel: 507-646-8900

Women’s Health Center – Northfield
2000 North Avenue, Tel: 507-646-1478

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