

FREE

healthy LIVING



What Does Stress Have to Do with Anything?

Wednesday, January 10, 2018 - 9:30 a.m. Redwood Area Community Center
Presenter: Ryan C. Pope, PT, DPT, WCC, Rehab. Services Department - Redwood Area Hospital
Many healthcare appointments are due to a "stress-related" cause, and often ailing health and wellbeing manifest stress, which can then become a cycle of stress and ailments. So, what exactly is stress, and how can our physical wellbeing shape and be shaped by stress? Let's explore this topic and the single most important physical thing you can do to help!



Handling Emergency Situations when Caring for Loved Ones

Wednesday, February 14, 2018 - 9:30 a.m. Redwood Area Community Center
Presenter: North Memorial Ambulance
How do you handle emergency situations when caring for senior citizens or loved ones? What would justify a 911 call? Once you call 911, what do you do to save critical time? What would an ambulance crew need to know about the patient? Knowing the answers to these questions can help you prepare to make good decisions and save lives.



Organ, Eye, & Tissue Donation: Myths, Facts and the Rising Need

Wednesday, March 14, 2018 - 9:30 a.m. Redwood Area Community Center
Presenter: Patty Stockdale, Donor Liaison - Minnesota Lions Eye Bank, University of Minnesota
Patty will share helpful information on life enhancing and lifesaving gifts of organ eye and tissue donation, and discuss the importance of making your wishes known to your family.



Your Health Care Directive

Wednesday, April 11, 2018 - 9:30 a.m. Redwood Area Community Center
Presenter: Joleen Johnson, LSW, Social Services Department - Redwood Area Hospital
Healthcare providers and families often struggle to make difficult healthcare decisions when patients are unable to speak for themselves. By putting your wishes in an advance directive, others will not have to feel responsible for tough decisions in an already difficult time. Information and forms will be available.



Being an Empowered Advocate in Your Own Healthcare

Wednesday, May 9, 2018 - 9:30 a.m. Redwood Area Community Center
Presenter: Colleen Peyerl, MA, RN, OCN, NBC-HWC, Pt./Fam. Engagement - Redwood Area Hospital
Patients are their own best advocates. Being empowered in your care comes down to great communication between providers, patients and their family. Learn how to become a full partner in your healthcare. Tools to empower you in health decision making and guide your interactions with providers will be shared.



Dizziness & Balance

Wednesday, September 12, 2018 - 9:30 a.m. Redwood Area Community Center
Presenter: Katie Borgen, PT, DPT, Rehab. Services Department - Redwood Area Hospital
This presentation will cover different areas related to dizziness - ranging from vertigo to feeling off balance. This will tie into how dizziness affects your balance and ways that you can work on your vestibular system to help improve your balance and decrease falls.



Law Enforcement and Safety for Seniors

Wednesday, October 10, 2018 - 9:30 a.m. Redwood Area Community Center
Presenter: Jason Cotner, Redwood Falls Police Chief
New technology and smarter scams making it daunting to keep you and your personal information safe. Learn more from Police Chief Jason Cotner.



Understanding COPD

Wednesday, November 14, 2018 - 9:30 a.m. Redwood Area Community Center
Presenter: Lance Lothert, RRT, Respiratory Therapy Department - Redwood Area Hospital
If you're over 40 and have a history of smoking, you may have a life-threatening lung disease that will get worse if not treated. COPD is the third leading cause of death in the U.S. Yet many people don't know they have it. An early diagnosis gives the best chance to stop the damage to your lungs, but treatments are available for people at all stages of COPD to feel better and live a more active life. It's not too late to get help.

For more information contact Wendy Dahl, Redwood Area Hospital 637-4527

