



# Your Health Topics 2009 SCHEDULE

**Sponsored by:**

Rice Memorial Hospital and the City of Willmar / Willmar Community Center

**Location of Talks:**

Willmar Community Center  
(formerly known as the Willmar Area Senior and Community Center)  
624 Highway 71 NE, Willmar, MN 56201

**Reservations:**

Reservations are appreciated, but not required. Reservations help us plan for the correct amount of refreshments and materials. If you think you can attend, please leave your first name and the number attending at 320.231.9797.



DATE & TIME	TOPIC	PRESENTER/S
<b>Thursday, February 19</b> 1:30—2:30 pm	<b>Heart Health</b> It's American Heart Month: Would your heart send you a "Be Mine" valentine? How to make your heart happy.	<b>Rice Cardiac Rehab</b> Kellie Prentice, RNC, CDE Program Coordinator
<b>Monday, March 9</b> 11:00—11:30 am	<b>All About Hands</b> Hand function, Carpal Tunnel, and Hand care	<b>Rice Rehab Center</b> Mary Nessel, Occupational Therapist
<b>Thursday, March 19</b> 1:00—4:30 pm <i>The Health Fair was rescheduled from January to today.</i>	<b>Health Fair and Mini-Screening for Kidney Disease</b> <ul style="list-style-type: none"> <li>• Blood pressure and blood glucose screenings</li> <li>• Dip-stick screening for urine proteins</li> <li>• Games, prizes, refreshments</li> <li>• More!</li> </ul>	<b>Rice Kidney Dialysis Center</b> <b>will present on kidney disease and treatment options</b> <b>Plus a variety of health-related Information and topics</b>
<b>Monday, April 13</b> 11:00—11:30 am	<b>Driving Evaluations and Safe Driving Tips</b> Is it the other guy on the road, or is it you? How to know if you're a safe driver.	<b>Rice Rehab Center</b> Sarah Tanner, Physical Therapist Leah Johnson, Occupational Therapist Karyn Loos, Occupational Therapist
<b>Thursday, April 16</b> 1:30—2:30 pm	<b>Healing Music and Healing Touch</b> The power of music and touch to begin healing your heart.	<b>Rice Hospice</b> Evy Hatjstilianos, Title Donna Jo Kopitzke, Title
<b>Monday, May 11</b> 11:00—11:30 am	<b>Neck and Back Care</b> Oh my aching back! How to cope with back and neck pain.	<b>Rice Rehab Center</b> Stacie Johnson, Physical Therapist Stephanie Volk, Physical Therapist
<b>Thursday, May 21</b> 1:30—2:30 pm	<b>9-1-1 Emergency</b> What to do in the event of an emergency.	<b>Willmar Ambulance</b> Brad Hanson, Ambulance Operations Manager
<b>Monday, June 8</b> 11:00—11:30 am	<b>Clinic for Preventing Falls</b> Balance, dizziness, and the tips you need to help keep you upright.	<b>Rice Rehab Center</b> Krista Laumer, Physical Therapist Stephanie Volk, Physical Therapist Sarah Tanner, Occupational Therapist

*Your Health Topics*  
**2009 SCHEDULE \* CONTINUED**

DATE & TIME	TOPIC	PRESENTER/S
<b>Thursday, June 18</b> 1:30—2:30 pm	<b>Oral Healthcare for Adults</b>	<b>Rice Regional Dental Clinic</b>
<b>Monday, July 13</b> 11:00—11:30 am	<b>Low Vision</b> Learn about low vision and ways to cope with its challenges.	<b>Rice Rehab Center</b> Sarah Tanner, Occupational Therapist Leah Johnson, Occupational Therapist
<b>Thursday, July 16</b> 1:30—2:30 pm	<b>All About Your Hospital Bill, and, Health Insurance Counseling Program</b> <ul style="list-style-type: none"> <li>• What is and isn't on your bill and what are payment options?</li> <li>• Financial Counseling and Grants</li> <li>• Help with medical bills and insurance paperwork</li> <li>• Medicare and Insurance questions and coverage</li> </ul>	<b>Rice Business Office</b> Stephanie Brown, Business Office Manager Joann Jagt, Health Insurance Counseling Program
<b>Monday, August 10</b> 11:00—11:30 am	<b>Home Safety Assessment</b> Along with tools to help you with everyday activities.	<b>Rice Rehab Center</b> Sarah Tanner, Occupational Therapist Leah Johnson, Occupational Therapist
<b>Thursday, August 20</b> 1:30—2:30 pm	<b>Palliative Care vs Hospice</b> <ul style="list-style-type: none"> <li>• What is Palliative Care?</li> <li>• What is Hospice?</li> <li>• Who chooses one over the other?</li> </ul>	<b>Rice Hospice</b> Dr. James Tiede
<b>Monday, September 14</b> 11:00—11:30 am	<b>Aquatic Therapy</b> Whether you need relief from joint pain or want to increase your muscle strength, learn how pool therapies can help you.	<b>Rice Rehab Center</b> Physical Therapists Nikki Hjelden, Megan Holicky, and Krista Laumer
<b>Thursday, September 17</b> 1:30—2:30 pm	<b>Your Medicine and You</b> <ul style="list-style-type: none"> <li>• Answers to your medication questions</li> </ul>	<b>Rice Pharmacy</b>
<b>Monday, October 12</b> 11:00—11:30 am	<b>Parkinson's and MS Clinics</b> Learn about these two different clinics that provide you with a complete and thorough assessment in several areas relating to the challenges facing individuals with Parkinson's Disease or Multiple Sclerosis, as well as their family members.	<b>Rice Rehab Center</b> Nikki Hjelden, Physical Therapist, Anne Hultgren, Physical Therapist, Karyn Loos, Occupational Therapist, Jenn Steinhaus, Occupational Therapist, and Diane Johnson, Speech Therapist
<b>Thursday, October 15</b> 1:30—2:30 pm	<b>Matters of the Heart</b> <ul style="list-style-type: none"> <li>• Free blood pressures, heart rates &amp; oxygen saturations</li> <li>• Stress tests, stents, pacemakers and more</li> </ul>	<b>Rice Cardiac Rehab</b> Lori Roelofs, RN
<b>Monday, November 9</b> 11:00—11:30 am	<b>Swallowing Issues</b>	<b>Rice Rehab Center</b> Diane Johnson, Speech Therapist Kristen Thaden, Speech Therapist
<b>Thursday, November 19</b> 1:30—2:30 pm	<b>Everyone's favorite subject: food!</b> <ul style="list-style-type: none"> <li>• Taste tests!</li> <li>• How to enjoy your food during the holidays</li> </ul>	<b>Rice Memorial Hospital</b> Registered Dietitians
<b>Monday, December 14</b> 11:00—11:30 am	<b>Lymphedema</b> Learn about lymphedema and what treatments are available.	<b>Rice Rehab Center</b> Sarah Tanner, Occupational Therapist Leah Johnson, Occupational Therapist Jenny Iverson, Physical Therapist
<b>Thursday, December 17</b> 1:30—2:30 pm	<b>To be announced</b>	