

Katie Johnson: Good morning, and welcome to Apple a Day, Lake Region Healthcare's Health and Wellness segment where we feature news and information that you can use to live a healthier life. This is Katie Johnson, your host, and I have with me my guests today, Natalie Knutson, our Director of Wellness, and Mick Siems, our Director at Mill Street Residence, two of our partners in putting on our Annual Health Expo. Good morning, Mick and Natalie.

Mick Siems: Good morning.

Natalie Knutson: Good morning, Katie.

Katie Johnson: We have an exciting day planned for the community this Thursday. It is the 4th Annual Community Health Expo at the Bigwood Event Center. It's an event that we look forward to every year and we hope that our listeners will be able to join us for all of the festivities of the evening. We're here to kind of preview that to give folks an idea of what they have to look forward to and of course extend a warm welcome to everyone to join us. As I mentioned it's at the Bigwood, starting at three o'clock on Thursday, and probably the two things that start the night or the evening off most are the free health screenings, and the interactive booths that we have featuring some health and wellness information. Mick, can you tell me a little bit about what we're offering in those two areas?

Mick Siems: Sure. As far as the screenings go, again we're offering the ones that we've had in the past, blood pressure, blood glucose, cholesterol, macular degeneration, Glaucoma, skin cancer, which is always one I guess when we ... I get concerned about with my fair skin, so these are all free.

Katie Johnson: Right.

Mick Siems: So I guess I hope people will come out and take advantage of that. You know, it's not going to replace your need to see a doctor, but maybe if you get some results that are questionable, you might want to go in and see your primary physician to talk things over about that.

Katie Johnson: This year we're also going to have our diabetes education nutrition counselors there if you get a result on your blood glucose for example that's maybe a little bit concerning, or you have some questions that they could answer, they're going to be there to offer you some coaching and advice after your screening as well.

Mick Siems: Mm-hmm (affirmative). It's actually being put on by Lake Region Healthcare. A lot of our staff will be out there to provide that information and that follow up, but we're going to have a bunch of booths as well. Some different things just sharing a little bit about what Lake Region offers, but also some of our partners in the community. So, I know we have the YMCA is going to be there. They've been a partner throughout this Challenge in helping us with some of our events. Live Well Fergus Falls, which is the North Country Trail, and the Healthy Restaurants

Initiative. I think they have something to do ... Oh, we have Pedal Fergus Falls as well. So, some of these groups ... Yes, I mean I just see a lot of this wellness stuff taking off in Fergus Falls, and these partners of ours have been so helpful not only in the Challenge, but in helping make these things happen.

Katie Johnson: Exactly. It has been really fun to bring all of these resources together, and highlight them in this evening. Another fun and popular booth is always the Ask a Doctor booth, and we've got some more doctors than usual, and even a special orthopedic joint replacement bus coming in.

Mick Siems: Yes, I'm curious to see what that's all about, but yes, as far as our doctors go, we have Doctor Naomi Schmid, one of our podiatry docs, pediatrics Doctor Angela Folstad, internal medicine Doctor Colt Edin, and then we also have our cardiologist Doctor Jo Ellen Kohlman. Doctor Orandi's going to be there representing interventional radiology, and then Doctor Rott, related to orthopedics, and Dr. Glynn with that Zimmer bus that you just talked about.

Katie Johnson: Right.

Mick Siems: So, a chance to come and talk to a doctor and you know, you don't even have to pay. It's not a clinic visit. This is free for you, and I think the docs are as excited about it too. They really like to mingle with the public and share a little bit about what they do.

Katie Johnson: Exactly. It's a great opportunity, and Natalie, we also have some demonstrations and some testimonials going on in another room during the same time. Tell us about what we have lined up for that.

Natalie Knutson: Yes, so throughout the Challenge, we have had four individuals doing some personal training with us, and kind of diving into some group fitness classes, and so they've had some really great success over these last 10 weeks of the Challenge, and if you're paying attention to your emails, you've been meeting some of them along the way, but they're going to be there to just kind of tell you all about why they decided to take part in this Challenge and tell you about their journey and what's to come, because they're certainly not finished. They're just getting started. So that's going to be from 5:00 to 6:00 PM, and then prior to that, Sue Tungseth who leads some of our low-impact exercise classes will be there for just a 30 minute mini workout session to kind of get your feet wet and give it a try if you'd like. That is all free. Come and go as you want. There's no obligation.

Katie Johnson: Right. Right, and it's good that you mentioned free. I get that question a lot. Is there a charge to attend the expo? Absolutely not. Everything that we offer is free and right outside of that room where those demonstrations are going to be is one of the most popular free items, the free chair massages.

Mick Siems: Mm-hmm (affirmative). You know, we've been fortunate. Again, another partner of ours, the Wadena students from M-State are going to be here, along with Terry

Benzi-Ellingson, who's been doing massage at Lake Region for Lake Region employees for a number of years. So yes, it's all free, and if you are looking for the screenings, we start at three, and then we're going to build up throughout the evening to where we have a special program planned, and then the grand prize that everyone's looking forward to.

Katie Johnson: Right, so this is the culmination of our community health Challenge to Shoot for the Moon. We are challenging the community, have been throughout the winter to be moving and trying help us reach that 238,900 mile mark to reach for the moon, and we're going to find out just how far we went that night, and hopefully draw for that \$3,500 travel voucher grand prize. That will happen. The program starts at seven o'clock, and the drawing will be after that, and at seven o'clock before we get to the prize drawing, we've got kind of a fun program that we're going to pull in those doctors for, and some local fifth graders. One of you want to tell us what we're going to play?

Natalie Knutson: Sure. We are going to play Are You Smarter Than a Fifth Grader, and so we're going to put these guys to the test, asking them some questions all about health and wellness, and maybe a little category in there about astronomy, just relating that to the whole Shoot to the Moon Challenge. But yes, it's going to be pure entertainment and education at the same time.

Katie Johnson: Exactly, and we're really excited. Mrs. Welde fifth graders, she's got some fifth graders coming to join us, some of our doctors, and that's going to be a fun way to kick off the program. I know that one of the questions people might have is about parking. A lot of people are going to be coming out that night, and we've got some Kiwanis Club members that are going to be helping us with parking, which should be great this year.

Mick Siems: Yes, I mean again, last year we learned. This was a popular event ... Last year it was the biggest event Bigwood has ever held, so one of the things we heard about was parking and so we contacted the Otter Risers Kiwanis. We're going to have a crew of them available to help point you in the direction because there is a lot of parking available on the grounds, you just have to find it. So, we're going to be directing you to maybe the back parking lots of the hotel, the side streets, hopefully we have some adjoining businesses that allow us to use their parking, but don't let the parking keep you away. We're going to get you there and you're not going to have to walk a mile to find our event.

Katie Johnson: But if you do, we'll let you log that mile towards the Challenge. It is the Fourth Annual Community Health Expo coming up this Thursday, April 20th at the Bigwood Event Center. Again, health screenings starting at three o'clock, along with those booths, informational sessions, going all the way until six thirty. We're going to have to take a little bit of a break at six thirty to flip that big room over, get the rest of the chairs set up and be ready for the seven o'clock program, and the grand prize drawing immediately after that. If you were a part of the Challenge, please stop at the registration desk before six thirty, six forty-fiveish to get your name in the

drawing and be ready for the seven o'clock program, and be ready to join us for just a great evening to learn more about your health, how to take charge of it, and improve on it in various ways. So, Natalie, Mick, anything I've missed?

Mick Siems: I think you covered it.

Natalie Knutson: I think you nailed it, Katie.

Katie Johnson: All right. We are looking forward to seeing all of you on Thursday at the Bigwood for our Fourth Annual Community Health Expo and our Shoot for the Moon Community Health Challenge culmination. Mick Siems and Natalie Knutson, my guests today on Apple a Day, and we do remind you there is so much to do here, stay healthy for it. Have a great day.