

Katie Johnson: Hello, and welcome to Apple a Day, Lake Region Healthcare's health and wellness show, where we feature news and information you can use to live a healthier life. I am Katie Johnson, your host, and I have a unique opportunity today to introduce you to three new providers on our medical staff. We are growing our medical staff to meet the growing healthcare needs of our communities. And with so many starting in close proximity time-wise, I decided to put them together in a panel of interviews and introductions to introduce our community to Dr. Tyler Lacey, who is a family medicine primary care provider in our main clinic in Fergus Falls, Dr. Jackie Huber, who is joining our psychiatry department at the Fergus Falls main clinic as well, and also Missy Koehl, an NP providing gerontology services as part of our outreach to area nursing homes. So let's get started by getting to know Dr. Tyler Lacey. Good morning, Dr. Lacey.

Dr. Tyler Lacey: Good morning. Thank you for having me. I am excited to be here as well.

Katie Johnson: Well, we are just thrilled to welcome you to the Lake Region Healthcare family, and actually kind of welcome you back to the Lake Region Healthcare family. We'll talk about that as we go along here, but let's start by introducing you to our listeners in terms of, what's your background? Where have you come from leading up to today?

Dr. Tyler Lacey: So, I grew up about 20 miles south of here on a sugar beet farm. I went to school here at Hillcrest Academy when I was in high school. And then the last 11 years I've been down in the cities for most of it doing college, medical school and residency training. I was up here for about nine months for part of my medical training at Lake Region, which was fun. So, I'm glad to be back,-

Katie Johnson: Yeah.

Dr. Tyler Lacey: ... it's been awesome.

Katie Johnson: You're coming back home. So thinking back to whether it was your time at Hillcrest or your time at college, what was it that you decided to pursue a career in medicine and why?

Dr. Tyler Lacey: Yeah, I knew very early picking rock that I didn't want to farm.

Katie Johnson: That's Funny.

Dr. Tyler Lacey: So I figured that out fairly quickly and then I was trying to figure out, "Okay, what am I going to do with my life?" And then I had a series of knee injuries and a bunch of stuff during high school playing football, which kind of piqued my interest in medicine. And I kind of decided that this was for me, I really liked the science of it mixed with humanity, taking care of patients. And here I am.

Katie Johnson: Yeah.

- Dr. Tyler Lacey: And then as far as when it comes to how I picked primary care.
- Katie Johnson: Mm-hmm (affirmative).
- Dr. Tyler Lacey: I was back here for we call RPAP, which is a nine-month longitudinal curriculum that we have during medical school, where we spend it in a rural community. And I was lucky enough to be back in my hometown and at Lake Region.
- Katie Johnson: Mm-hmm (affirmative). Yeah.
- Dr. Tyler Lacey: And it was there, I really didn't know what I wanted to do from a medicine standpoint. And I fell in love with family medicine and being able to get to know patients then being your own patients and build those relationships. And it's been awesome and I really look forward to getting to know patients here in the community and building those relationships.
- Katie Johnson: There is something really special about having a primary care provider that you have that connection with, that knows your family history, that knows what's unique about you. And I can see why that would be something that would attract someone with a personality like yours. Tell me a little bit more about what RPAP was like? I think it stands for Rural Physician Associate Program or something like that. And we've had many doctors here who have gone through that program. Who did you shadow? Who influenced you? What was the program like?
- Dr. Tyler Lacey: So, I worked with Dr. Mark Vukonich and Dr. Mouser mostly. And really it was, like I said before, I had no idea what I wanted to do and Vukonich he's a big role model of mine now because I saw how well he got to know his patients and how well he understood their lives and where they were at and how medicine fit into their life. And I really thought I could do some good in the world getting into that. So don't tell him I've said that, but I do look up to him, so.
- Katie Johnson: Okay, we won't let him listen to this.
- Dr. Tyler Lacey: Yeah. So, we won't let him listen.
- Katie Johnson: Right. Right. No, that's really awesome. As you think about establishing yourself in this community and living here now, what is it you're most looking forward to?
- Dr. Tyler Lacey: Well, when we were down the cities, we lived in a 800 square foot apartment. So, having a house is one thing-
- Katie Johnson: Yeah.
- Dr. Tyler Lacey: ... but beyond that, just sometimes when you're down in a big community like that, you don't feel that community as much as you do here.

Katie Johnson: Mm-hmm (affirmative).

Dr. Tyler Lacey: It's awesome, in Fergus when I was here during RPAP to go to the grocery store and run into people that you know, run into patients that you've seen. That is awesome to me. And I think that's probably the farm kid-

Katie Johnson: Sure.

Dr. Tyler Lacey: ... in me showing up. So I'm looking forward to just being embedded in this community for the years and years and years to come and watching my kids grow up here. So.

Katie Johnson: That's fantastic. When you talk about developing those relationships with patients, what are some of the things that you define as important to you in providing really high quality care?

Dr. Tyler Lacey: So, medicine isn't one size fits all and that's unfortunately, sometimes how our system works. And really the medical system and I think that primary care doctors are really well equipped to do this. They get to know their patients, get to another their situation, whether it be economic or family situation, anything like that and we can tailor a plan in partnership with those patients in order to kind of figure out what's going to work for them to get whatever outcome that we want and a quality of life for a person that they really want. Because there's some people who don't want me to push pills on them and do all that kind of stuff, or do a bunch of unnecessary medical procedures. And when you really get to know a person, that's when you can say, "Okay, this is what the medicine says for most people, but this probably wouldn't work for you."

Katie Johnson: Mm-hmm (affirmative).

Dr. Tyler Lacey: And that's where I think building those relationships is so, so, so important and not only with the patient, but also their family members, because they're going to be helping out with the patient's care often. So that is all super important and something that I really, really enjoy [crosstalk 00:06:46].

Katie Johnson: Yeah. I really, really appreciate that focus on what's kind of on that outer layer, right?

Dr. Tyler Lacey: Yeah.

Katie Johnson: It's not just the person, it's their circumstances, it's all their life events that contribute as well. Do you have any particular areas of professional interest that you like to focus on?

Dr. Tyler Lacey: So, I do enjoy seeing, well, not only kids, but all the way up to, and that's part of the joy of family medicine. I can see a three-month old in a well-child check and then see an 85-year old for their annual physical and in an afternoon-

- Katie Johnson: Yeah.
- Dr. Tyler Lacey: ... kind of right next to each other. But I do like kind of the sports medicine aspect, especially with high school athletes.
- Katie Johnson: Mm-hmm (affirmative).
- Dr. Tyler Lacey: Along with that, I've developed some other interest, including procedures, so skin procedures and stuff like that during my training. So, those are the kinds of things that I think I bring to the table here.
- Katie Johnson: Great. We're at an odd time in history. We can't really deny that living through a pandemic. That's now preparing to collide with influenza season, right? We're just on the cusp of that. How has COVID-19 impacted you personally and professionally in the last six months? And maybe along with that, what kind of advice do you have for patients or listeners, community members at this point in time based on your perspectives?
- Dr. Tyler Lacey: Yeah. Personally, back to the 800 square foot apartment, I've got two kids and had one dog, now we have two-
- Katie Johnson: Oh, my gosh.
- Dr. Tyler Lacey: ... [crosstalk 00:08:21] a new puppy. So being cooped up with in a small apartment was not a whole lot of fun. My wife would attest to that too. And she was also cooped up with me, which is also not terribly enjoyable, I'm sure. But professionally, there was a lot of stuff that changed in my last three, four months of training. And there's some things that I didn't necessarily get to do that I wanted to-
- Katie Johnson: Sure.
- Dr. Tyler Lacey: ... but different avenues kind of opened up. And I got to work down at Methodist Hospital where I trained our COVID committee and got a lot of good public health training in that aspect.
- Katie Johnson: Sure.
- Dr. Tyler Lacey: So really, it taught me quite a bit of flexibility, whereas sometimes once in a century pandemics happen.
- Katie Johnson: Mm-hmm (affirmative).
- Dr. Tyler Lacey: Luckily, hopefully this is only a once in a century thing. And it's all about being flexible. And as far as advice for patients and families, I've taken care of people with COVID, it's nasty. So be careful.

Katie Johnson: Mm-hmm (affirmative).

Dr. Tyler Lacey: Wash your hands, wear masks. As we enter the flu and now COVID season this fall and winter, things could get bad again. So just be careful.

Katie Johnson: Yeah.

Dr. Tyler Lacey: You don't have to sit in a bunker or anything like that, but just-

Katie Johnson: Right.

Dr. Tyler Lacey: ... be careful.

Katie Johnson: But it's real.

Dr. Tyler Lacey: It is real.

Katie Johnson: I think that's important to hear, particularly from someone who's cared for patients.

Dr. Tyler Lacey: Yeah. Yeah. When you take care of patients and watch them sitting in a hospital bed alone, struggling to breathe, it becomes really real.

Katie Johnson: Really real, yeah.

Dr. Tyler Lacey: And you find respect for the virus.

Katie Johnson: Right.

Dr. Tyler Lacey: So yeah, just be careful.

Katie Johnson: Right. And something you'll hear us talk a lot about this fall and into the winter is getting your flu shot. If you can at least-

Dr. Tyler Lacey: Yes.

Katie Johnson: ... knock out one of those potentials, why not, right?

Dr. Tyler Lacey: Exactly. So get your flu shot, super important.

Katie Johnson: Yeah. Yeah.

Dr. Tyler Lacey: And hopefully we can cut down on some of the flu-related medical issues to give us a little bit more leeway from a COVID perspective if it gets bad again.

Katie Johnson: Right. Right. And considering the symptoms are so similar [crosstalk 00:00:10:38].

Dr. Tyler Lacey: Exactly. It makes it a little bit easier on our health system to figure out if is this COVID or flu if flu is not going crazy.

Katie Johnson: Right. Right. How about when you're not working? What do you enjoy doing, hobbies, interests of yours?

Dr. Tyler Lacey: So, my wife and I, we have two kids. A three-year-old and almost a one-year-old now.

Katie Johnson: Wow.

Dr. Tyler Lacey: So they keep us busy. We've also got a couple dogs. So a goldendoodle named Finn who is an old man. And then a new puppy who is rambunctious and getting into everything, which is fun. Outside of that, I love sports. I am huge University of Minnesota Gopher fan, row the boat. So I'm disappointed that they're not playing football this fall, but so be it. It's better to be safe [crosstalk 00:11:25]. And beyond that, I love to be outside. I've missed being outside, being down the cities it's just different. So, having my own yard now is fun. I'm just really challenging myself to make my grass as green as possible as well.

Katie Johnson: Oh, nice. [inaudible 00:11:41].

Dr. Tyler Lacey: Yeah.

Katie Johnson: Okay. So, Finn is a goldendoodle. We got to have the name and the kind of the other-

Dr. Tyler Lacey: Bernie is a bernedoodle.

Katie Johnson: Oh.

Dr. Tyler Lacey: He's 10 weeks old now and is very much a 10 week old puppy. [crosstalk 00:11:53]. So it's keeping us busy and busier than my wife would like, but it is what it is.

Katie Johnson: Oh, fun. How about anything else you'd like us to know about your practice, about your background? Anything we haven't shared with our listeners so far?

Dr. Tyler Lacey: Yeah. Like I said earlier, I'm interested in treating all patients from kind of birth to grave. So anyone from a three-month-old to 85-year-old, come on down, would love to establish care with you, get to know you, get to know your family and really help you get the health status that you want.

Katie Johnson: Dr. Lacey, I can tell you're going to fit into the team extremely well. And we're just excited to welcome you back. Welcome you back home. Welcome your family here, both to the community and to the Lake Region Healthcare family. So thanks for taking time to visit with me this morning.

- Dr. Tyler Lacey: Thank you so much. I'm excited to be back.
- Katie Johnson: So shifting gears, let's now meet Dr. Jackie Huber. Dr. Huber is a new member of the psychiatry department medical staff, and joins us this morning to again, introduce herself to the community and let us get to know her background a little bit more as she starts to see patients now this week at Lake Region Healthcare's main clinic. Good morning, Dr. Huber.
- Dr. Jackie Hube...: Good morning.
- Katie Johnson: I'm so happy to announce that you're joining our psychiatry team. We have always taken great pride in the psychiatrists that we have here and the number of psychiatry services we're able to offer our community and the need is just so strong and always growing. And we're so happy to have you joining the team and able to increase access to psychiatry services. As we kind of get to know you a little bit, why don't we start with your background? Where are you from originally and what does your career look like up until joining us here at Lake Region?
- Dr. Jackie Hube...: I'm from Bismarck, North Dakota originally, and did my medical training in the state of North Dakota as well. I graduated from UND's medical school and also completed residency through UND psychiatry program in Fargo.
- Katie Johnson: Great. And what was it that made you want to pursue a career in medicine and particularly to practice in the area of psychiatry?
- Dr. Jackie Hube...: I knew I wanted to work somewhere in healthcare and initially I was interested in becoming a pharmacist. Later, I recognized I wanted more direct patient care responsibilities. When choosing a specialty, psychiatry was definitely different from other areas of medicine. I think what stood out for me is how patients experienced mental illness versus physical illness and with mental illness being something that impacts one's thoughts, feelings, behaviors, essentially who that person is and how he or she functions in the world.
- Katie Johnson: Mm-hmm (affirmative). What about choosing Lake Region Healthcare at this point in your career, what was it about this position and this place that interested you?
- Dr. Jackie Hube...: While living in Fargo, I found myself visiting the area frequently, especially Maplewood State Park-
- Katie Johnson: Oh, yes.
- Dr. Jackie Hube...: ... spending time there on the weekends.
- Katie Johnson: Nice. We've talked a little bit about how behavioral health services are so critical and it's hard not to believe that it's even more critical as we kind of discover

what the impacts of COVID-19 have had on mental health, particularly related to anxiety and depression. I'm wondering if you have any specific advice for people who might be wondering at this point if they, or a loved one needs professional mental health and find themselves kind of wondering that for the first time.

Dr. Jackie Hube...: The pandemic has impacted people in so many ways. People have lost loved ones, lost jobs, housing, insurance. We've had to social distance ourselves, worry about kiddos in school, change how we do things. I think we're dealing with a lot of uncertainty. We're still in the first wave of the pandemic.

Katie Johnson: Right.

Dr. Jackie Hube...: And right now heading into a flu season.

Katie Johnson: Right.

Dr. Jackie Hube...: It's understandable to feel overwhelmed, discouraged, sad, angry, afraid when reacting to this sort of situation.

Katie Johnson: Mm-hmm (affirmative).

Dr. Jackie Hube...: It's a good idea to seek professional mental health help if you, or a loved one find yourself struggling to get day-to-day tasks done, whether this is at home or at work. If you are currently being treated for anxiety or depression or another mental health condition, notice things are getting worse. I'd recommend checking in with your provider. Emergency services are available for those who are in distress or suicidal. There's always the ER open 24/7 as well as our National Suicide Prevention Lifeline.

Katie Johnson: Mm-hmm (affirmative). Yeah, those are great resources.

Dr. Jackie Hube...: Your primary care provider is always an excellent resource and usually first point of contact for patients.

Katie Johnson: Mm-hmm (affirmative). Great. Great advice. That is so true. I think it's a common perception anyway, that we have a hard time reaching out for mental health services or mental health help, more so than we do for physical medicine. Why do you think that is?

Dr. Jackie Hube...: For some people it might be not knowing what to expect when seeing a provider, especially if it is the first time. Meeting with a provider, this would involve talking about deeply personal issues and that's never easy.

Katie Johnson: Yeah, true.



- Dr. Jackie Hube...: Certain conditions such as depression can make it difficult to eat or shower as well as setting up an appointment to see a provider. Some patients may feel ashamed and there's still a lot of stigma when it comes to mental health-
- Katie Johnson: Mm-hmm (affirmative).
- Dr. Jackie Hube...: ... unfortunately.
- Katie Johnson: Yeah, unfortunately, that's true. So, any thoughts about what each of us can do to change any of those things?
- Dr. Jackie Hube...: I think by normalizing mental health conditions and treatments through recognizing how common they are. Mental health does not discriminate. People should be encouraged to seek professional care for conditions like anxiety or depression the same way they would seek care for asthma or diabetes.
- Katie Johnson: Mm-hmm (affirmative). Mm-hmm (affirmative). Absolutely. You talked about, maybe one of the barriers being not knowing what to expect, that kind of uncertainty, what can your patients expect in a typical appointment or first consult with you and maybe expand a little on your philosophy of care, how you approach establishing a relationship and a plan of care with your patients?
- Dr. Jackie Hube...: The first appointment takes about an hour, sometimes longer. This time's needed, not only to discuss a patient's mental health concerns, but also to go through medical and surgical history, medications, including supplements and over the counter medications and get to know the patient and come up with a treatment plan. I can talk about various treatment options and answer questions. I like to provide multiple treatment options if possible so patients can decide what works best for them. Follow-up appointments are usually short or about a half hour.
- Katie Johnson: Mm-hmm (affirmative). I like that expectation though that the first appointment is going to be pretty in depth and getting a real understanding of your patients is what it sounds like you seek to do. What is it that you like most about being a psychiatrist?
- Dr. Jackie Hube...: I like being able to help somebody with a problem.
- Katie Johnson: Mm-hmm (affirmative). What about when you're not working? What do you enjoy doing in your free time?
- Dr. Jackie Hube...: Well, as I've mentioned before, I like spending time in the state parks. I enjoy cooking, spending time with friends and family although not as much because of the pandemic, I would like to travel again someday as well.

Katie Johnson: Oh, for sure. I think we're all missing that. How about anything else you would like us to know about you or your practice at Lake Region Healthcare before we wrap up?

Dr. Jackie Hube...: I'm very excited to be here and thank you so much for your time.

Katie Johnson: Oh, thank you. We are so excited to welcome you to the Lake Region Healthcare family, welcome you to the community and to the psychiatry department here at Lake Region Healthcare.

Dr. Jackie Hube...: Thank you.

Katie Johnson: And finally, today I'd like to welcome Missy Koehl. She is a nurse practitioner, joining the primary care team to offer gerontology services and outreach that we provide to area nursing homes. So she joins our primary care medical staff team. And she's my third guest today of our three new providers on this panel of Apple a Day interviews. Good morning, Missy.

Missy Koehl: Good morning.

Katie Johnson: I would like to start by just giving you a chance to tell our listeners a little bit about your background. Where are you from originally and what has your education and background look like up until joining us here at Lake Region?

Missy Koehl: Sure. Thanks Katie. I am originally from Morris, Minnesota, born and raised and currently living there now with my husband and our daughter. I started my nursing career at the assisted living in Morris, Skyview Assisted Living as a home health aide nursing assistant and then I transitioned into nursing school through the University of North Dakota in Grand Forks. And then I also started working here at Lake Region on the medical floor in 2015 as a registered nurse. And then I went back to school a couple of years ago, back to UND for my nurse practitioner. And so I've completed my master's and now I'm in the program for my doctor of nursing. So.

Katie Johnson: Wow. Wow. So, it's really not just welcome. It's welcome back.

Missy Koehl: Yeah. Yes.

Katie Johnson: Yeah. Great. It's so fun to welcome staff members back who've been here, gone on to further their education and feel the calling to come back to Lake Region Healthcare and serve our patients in our community. What was it that originally inspired you to pursue medicine, to start along the nursing path, and then to kind of progress along the track that you've taken?

Missy Koehl: Sure. I really love geriatrics. I started as the CNA at the assisted living and I was between that and going to school for a kindergarten teacher, which are totally different aspects in different age groups, but I'm really happy that I chose the

path that I did. And there was a nurse. Her name was [inaudible 00:22:30] and she's still around, she's in Rady's doing well, but she really pushed me to continue my path and get to where I am today. So she was a very strong role model for me. Along with many other nurses along the line, but.

Katie Johnson: Sure. It's so great to have those inspirational people put in your path and help guide us along. What was it that prompted you to choose to come back to Lake Region Healthcare? Why did you say this is where I want to continue my practice?

Missy Koehl: I really love the community and the people are awesome. The organization in itself, they're very patient-centered. It's all about the patient care, providing that high quality care that we can, meeting the needs that there is. And I just hope that I can continue to bring that on to the organization because that's the key to success.

Katie Johnson: Absolutely. It's certainly core to our philosophy and sounds like core to your belief system as well. So a good fit. Can you tell me a little bit more about how gerontology services are provided here? My understanding is it's mainly done onsite, so it's an outreach service of sorts.

Missy Koehl: Yes, it is. There are four nursing homes that we are working with right now and there we've been chatting about maybe expanding on to others, but we go into the nursing home setting. That's primarily where we are and we just see patients there. There's always patients that may come on during the day that may have an acute illness or issue that they'd like seeing that day as well. So, that's kind of how we do it.

Katie Johnson: So I would guess by what you said, sometimes it's just management of chronic issues or reviewing current health or how health can be improved or like you said, if an acute illness comes up, so house calls?

Missy Koehl: Yeah, in a sense.

Katie Johnson: Yeah.

Missy Koehl: We're at their homes.

Katie Johnson: Exactly. I think that's really awesome. What are the most common issues or challenges that patients in this specialty face and maybe any advice that you have for listeners that are either in this group or have loved ones who are?

Missy Koehl: I think the biggest challenge that I've seen with my previous nursing years of experience and whatnot, it's just being an advocate for themselves and the family really being an advocate for that patient. When it comes to the geriatric population, I feel like they're more put on kind of the back burner and there's so much that we can learn from them just even basic daily life. I always make the

comment. They're the generation that went from no running water to now we have internet and planes that can drive themselves and we can just learn so much for them. So really encouraging them to advocate for themselves, understand that there still is a need and a purpose, and they have so much more that they can share with us that we don't necessarily take advantage of all the time. So.

Katie Johnson: I love that advice. And I think this generation too is so perhaps more so prone to whatever the doctor says rather than, "This is really how I feel." Or "This is really what's concerning me." So giving them that encouragement-

Missy Koehl: To stand up for themselves and to say, "Hey, maybe we can try this." Or even a family member making recommendations because with all the new evidence and everything coming out, there's no way a person can... Well, unless you're doctor money, but you can actually keep up with everything, but.

Katie Johnson: Oh, that's that's fantastic. I would imagine that, like you said, communication with family is a big part of this role. Also, with the staff at the care sites. What do you do to ensure that that good communication happens and that those lines are open and maintained with patients and the people who care for them and about them?

Missy Koehl: Just going in with an open attitude and listening ears is a big thing. Knowing that I am there to help and provide the best care that I can for this patient is kind of my goal in doing this and just going in with an open mind and being to take constructive criticism, whether I agree with it or not, but-

Katie Johnson: Mm-hmm (affirmative). Yeah. Well, Like you mentioned, it's the patients.

Missy Koehl: Yeah. It's their life-

Katie Johnson: Right.

Missy Koehl: ... so.

Katie Johnson: Right. They are at the center of it all.

Missy Koehl: Mm-hmm (affirmative).

Katie Johnson: How about when you're not working, what do you enjoy doing? What are your hobbies, other activities you enjoy?

Missy Koehl: I spend a lot of time with my family. I have a husband and then we have a two-year-old daughter. So we're very busy with that.

Katie Johnson: For sure.

Missy Koehl: We live on a family farm. So, we're in the middle of harvest... Well, start of harvest. So we do a lot of that and just getting outdoors, going to the lake and we like to travel, go see different parts of the country. So just enjoy life, live it like we can. So.

Katie Johnson: Absolutely. It sounds like you've been a great fit at Lake Region Healthcare. You'll continue to be a great fit at Lake Region Healthcare and look forward to seeing you in this role in gerontology and the outreach service to our patients who live in the area of nursing homes. Fun to learn a little bit more about that and about you and to welcome you to the medical staff officially-

Missy Koehl: Yeah.

Katie Johnson: ... of the Lake Region Healthcare family. So Missy Koehl, thanks for taking time to visit today.

Missy Koehl: Thanks, Katie.

Katie Johnson: For Apple a Day with Dr. Tyler Lacey, Dr. Jackie Huber, and with Missy Koehl. And thanks for tuning in. Remember, there's so much to do here. Stay healthy for it.