

[Katie Johnson:](#) Good morning 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'm Katie Johnson, your host, and my guests today are Jodie Nuss, the Women's and Children's Health Director here at Lake Region Healthcare, and Laura Gervais who is our Foundation Coordinator and Volunteer Coordinator. Good morning, ladies.

[Laura Gervais:](#) Good morning.

[Jodie Nuss:](#) Good morning.

[Katie Johnson:](#) We have a really exciting event to talk about and I just more excited every day as things begin to progress about our Steppin' Out with My Baby Gala which is a fundraiser for our Women's and Children's Health Center, and we're here to let the community know about it, let them know about the great things that are happening in our Women's and Children's Health Center, and invite them all to join us at the gala. Laura, tell us first just a little bit about the event itself.

[Laura Gervais:](#) This is going to be such a fun event. We've had such a long winter. I think we're finally ready to look forward to something-

[Katie Johnson:](#) Amen.

[Laura Gervais:](#) ... have a night out, enjoy ourselves.

[Katie Johnson:](#) Yes.

[Laura Gervais:](#) We are having a gala on April 12th at MState Legacy Hall, and this is a jazz and cocktail fundraiser, and it's more than just jazz and cocktails. It's a full meal, lots of things going on. Silent auction and we're doing award ceremony for employees and community service members who we would like to recognize. And we're having live jazz with the Blue Note Combo, so they are going to be a wonderful group to listen to.

[Laura Gervais:](#) The Zens Catering and the Spot will be hosting our dinner and cocktails, so we're just really looking forward to that. We've been talking to them quite a bit, and just the ideas coming out are very exciting. You can think of a 1920s jazz, jazz era nightclub, exclusive nightclub feel. It will be very fun for our guests. They're going to have an enjoyable night.

[Katie Johnson:](#) Oh, that really sounds fun. And like you said, after this winter, don't we all need a night out, and what better cause, Steppin' Out with My Baby, of course, gives us a cue towards raising money for babies and new moms, and Jodie, you have some fun things that you're looking forward to adding and enhancing the experience for women and children in our Birth Center. Can you tell us a little bit more about what the money will be used for.

[Jodie Nuss:](#) Sure. There's just some little things that we like to help to improve their stay, their whole overall experience when they're here with us for either delivery or if they have ill children or surgeries or anything like that. One thing we're looking at are just getting some little mini fridges in each of the patient rooms for them. If they're having to pump any of their breast milk or anything, that can be staying right in the room with them and they can be in charge of that.

[Jodie Nuss:](#) Or new moms, they need a lot of extra calories for feeding these little ones, so just having snacks handy and stuff for them. And going along with that, we're looking at getting maybe like a treat cart that'll come around a few times a day or in the evening so that moms can stockpile what they would like for an evening and not feel like they're burdening staff, which we never feel burdened, but moms sometimes feel that way.

[Jodie Nuss:](#) They're looking at different pain management options, possibly like massages or nitrous is another one for those moms that want to do a little more holistic kind of therapy instead of medicinal sort of things. That's really noninvasive, and you just take some breaths in of it, just like kind of like at the dentist's office, but it's a much lower scale than that. And then you stop after your contraction is done, and-

[Katie Johnson:](#) Nice.

[Jodie Nuss:](#) ... there's really no repercussions to infants or anything like that. We're looking at possibly getting a new birthing chair which is a different space to deliver your child and just getting some more little amenity options, like some comfy robes for the moms and different sleep options for dads. Some prefer to be in rooms with two full beds and other ... that's just patient preference.

[Jodie Nuss:](#) One thing that has come up on a lot of different surveys and stuff is that with our safety and security for our infants and children, which is so important to us here at Lake Region, we have a locked unit, but inside that unit, we didn't currently have a visitor bathroom, so we're having to buzz guests in and out. We're doing a little bit of remodeling just to adjust for that, so that'll be another crowd pleaser, as well. It's just the little things, but they really can add up a lot.

[Katie Johnson:](#) That's so true. When you say the robes, I still have these pictures of me with my new babies 20 years ago now, but wearing that awful hospital gown. How nice to have a nice comfy robe, instead, right?

[Jodie Nuss:](#) Yeah.

[Katie Johnson:](#) Like you said, it is the little things. And delivering a baby really is one of the most momentous occasions in a person's life. You talk a little bit about our commitment to making that the best experience possible. We've really got a great team of people here who are committed to that day in and day out, every single day, don't we?

[Jodie Nuss:](#) Yeah, that we do. We've got two OB/Gyns, Dr. Norgard and Dr. Larson, which both do a phenomenal job with deliveries and following through your pregnancies, surgeries, that kind of thing. We also have Dr. Borowski who also does obstetrics for us and he can also do cesarean sections and stuff, so that is good. Pediatricians, we have got Dr. Felstead, Dr. Schnarr, and Dr. Kaushik. Those both just came onboard, and they are both phenomenal. So follow the baby through their entire stay, and then you can schedule your follow-up visit with them or whoever you're feeling most comfortable with.

[Jodie Nuss:](#) At the clinic, we also have Amy Fischer. She does see our pediatric patients, as well, and Dr. Vukonich and Dr. Borowski both will follow up with the little ones, as well. And then just our nursing staff on the unit, just the longevity of our staff, it just really speaks ... we really love what we're doing there. And once the nurses come, they just tend to stay and stay and stay, so that's really wonderful.

[Jodie Nuss:](#) We do wonderful one-on-one care throughout your labor process. We're actually looking at transitioning into 12 hour shifts, so that really if you do come in for an induction or something, you really will have your same nurse carry you through your whole delivery, and that is amazing because we have such a connection with our patients.

[Katie Johnson:](#) Right. You were telling me in a recent conversation about something that I wasn't aware of, called ACOG standards, and that we're one of the few facilities around here that can say that we staff that way.

[Jodie Nuss:](#) Yeah, we do. We follow along with their guidelines, and then after delivery, we generally just have one nurse for maybe two mom babies, whereas some other facilities go a little bit higher. On a rare occasion, we can go to three mom babies, but it just gives more time one-on-one with our patients.

[Katie Johnson:](#) That's huge.

[Jodie Nuss:](#) We really enjoy doing that. It's just a great place to be. And we have patients who come to us and perhaps they've delivered elsewhere, and they're just like, "Oh, this was just so amazing." Helping to pull up your underwear after the first time you're up to the bathroom which sounds crazy, but it is. It's just the little things, and we are just there for you to help in any way that we can.

[Katie Johnson:](#) Yeah, and it's so evident, and makes planning an event like this so much fun. Laura, you've had a baby recently, so it's near and dear to your heart, as well. Circling back to the event, the Foundation, Lake Region Healthcare Foundation is one that's coordinating this event. Tell me a little bit more about the Foundation and why they've decided to put all of their effort into this event.

[Laura Gervais:](#) Well, the Foundation, truly our mission is to advance the mission of Lake Region Healthcare, and when we heard about the need at Women and Children's, there was no doubt. We needed to support this. The Foundation mission again,

advancing mission of Lake Region, and we do scholarships for medical student scholarships and we usually give out two of those a year. We also award grants every year. Last year we awarded almost \$100,000 of internal and community grants. Just focusing on the wellness and keeping our community healthy and advancing to make the choices and initiatives like that. It's an exciting job and I just really ... personally, I could never take care of a patient on the clinical side-

[Katie Johnson:](#) Yeah, got you there.

[Laura Gervais:](#) That's just not me, so this is a way for me to help patients in similar ways.

[Katie Johnson:](#) And make a difference, absolutely [crosstalk 00:08:46] How can our listeners get involved in this event? I know that there are, you mentioned silent auction, live auction, lots of fun events. Obviously, you can attend, but you can possibly also get involved in other ways, too.

[Laura Gervais:](#) Right. We are still accepting sponsorships, silent auction donations. If you're at all interested, you can give me a call, email me. You can find the event on our website, and so you go to the lrhc.org website. The foundation tab is right on the home page. You can just click on the foundation and there's a dropdown. You'll see the Steppin' Out With My Baby Gala. You can get all the information right on there. You can purchase tickets on there, reserve your seat. You can call me. My direct number is 736-8498. Call me for any sponsorship of silent auctions or any questions you may have.

[Katie Johnson:](#) Do you want to give us just a little sneak peek at some of the fun things people might be able to bid on?

[Laura Gervais:](#) Oh, for sure. We have some Orpheum Phantom of the Opera tickets, which is very exciting. We have a cabin retreat in South Dakota. We have Vikings tickets. We have, oh, a whole host of things. Airplane ride, season tickets to a Center for the Arts, evening on Lake Lida. They keep coming in.

[Katie Johnson:](#) Fun.

[Laura Gervais:](#) Yeah.

[Katie Johnson:](#) Fun. It is going to be a great night. And, Jodie, for people who are listening and maybe want to know more about classes, education, prenatal care, the Women's and Children's Health Center, where they can go to find more information?

[Jodie Nuss:](#) There is information on our website again, so lrhc.org, that lists all the different classes, and you can actually sign up there, as well. We have a Pathways to Parenthood class which is kind of the prenatal class for new families, and that is an all day class on either a Saturday or a Sunday. If it's maybe you just want a refresher, then there's just a three hour evening class that you could attend

instead. We also offer a breastfeeding class and that is a couple hours in the evening, and that's really good. Leslie meets with you when you come in for your baby, as well, but it's nice to have a heads up on that. We also offer a sibling class which is just a quick one hour class, and that's for kids age 3 to 10, just so they can learn how to help out safely with the new little one coming home.

[Katie Johnson:](#) Nice.

[Jodie Nuss:](#) And obviously, you can always give us a call up on Labor and Delivery at Women's and Children's Health Center, and that's at 736-8283, if you'd want a tour of the unit or sign up for classes that way. Some of us aren't quite as techy as the rest.

[Katie Johnson:](#) Right.

[Jodie Nuss:](#) Paper and pen works just as good for us, as well.

[Katie Johnson:](#) Absolutely, great. And Laura, you mentioned the scholarship. Since the scholarship application period is upon us right now, I think we should just give a shout out to that, as well.

[Laura Gervais:](#) Yeah, you actually can apply right now. And so go to the Lake Region website and there is a tab there for the scholarship. We're doing two \$5,000 scholarships. If you know of anyone, please let them know that this is available to them. Looking for ... a lot of people ask who qualifies? Really, if you are interested in a medical career, go download the application, but we're really looking at those secondary ed past college medical career-

[Katie Johnson:](#) Pursuing their medical degree.

[Laura Gervais:](#) Right, exactly.

[Katie Johnson:](#) Great. What a great scholarship and a great thing for the Foundation to do. Again, back to the event that we're talking about today, Steppin' Out With My Baby, a gala fundraising event for the Women's and Children's Health Center at Lake Region Healthcare. Give us all the last details again about when, where, and how to get your tickets.

[Laura Gervais:](#) Sounds good. All right, this is Friday, April 12th, 6:00, MState Legacy Hall. You can purchase your tickets at lrhc.org/swingbaby or [inaudible 00:12:51] on our website. \$70 per ticket. I just want to let people know this is a tie optional event. A lot of people ask what do we wear to a gala? Truly, we are open and it doesn't matter. You just come comfortable. We just are so glad that people are wanting to support this event, so we just are very much looking forward to it.

[Katie Johnson:](#) So come as you are, but if you want to spiff it up a little, you won't be out of place, right?

[Laura Gervais:](#) Exactly, right.

[Katie Johnson:](#) Awesome. And we're really looking forward, too, to finding out who will be honored with those distinguished community service awards at the event, as well. Steppin' Out With My Baby coming up on April 12th. Ticket deadline is coming up at the end of this week, though, so hop on line, get your tickets, and don't miss out on this great opportunity to have some fun, celebrate spring, and help out moms and babies in our community.

[Katie Johnson:](#) Jodie and Laura, anything else I missed that you want to add today?

[Jodie Nuss:](#) We are starting to look for members to come and join the focus group for us, just so we can really hear from our moms-

[Katie Johnson:](#) Oh, great.

[Jodie Nuss:](#) ... or anyone who's delivered in the last five years, either at Lake Region or elsewhere, just to hear what things you're looking for or what we could possibly improve on or what we're doing great.

[Katie Johnson:](#) That is fantastic. So anyone who's delivered anywhere, here or elsewhere in the last five years, if you're willing to share some feedback with us, give a call to the Women's and Children's Health Center or shoot us a message online through our website. Otherwise, we look forward to seeing everyone at the gala on April 12th. Thank you both so much for your work on it, and for being on the today.

[Jodie Nuss:](#) Thank you.

[Laura Gervais:](#) Thank you.

[Katie Johnson:](#) Jodie Nuss, our Women's and Children's Health Center Director, and Laura Gervais, Foundation and Volunteer Coordinator at Lake Region Healthcare, my guests today on Apple a Day. Jodie, Laura, and Katie remind you, there's so much to do here. Stay healthy for it. Have a great day.