

HEALTH & WELFARE

Day 2: Winter Storm Awareness Week

11-07-2017

This is Winter Storm Awareness Week in Minnesota. In our continuing series this week, today we focus on Road Closures and Travel Advisories. Otter Tail County Emergency Manager Patrick Waletzko says we need to heed the advisories for bad road conditions...

Waletzko ROAD CONDITIONS 21 SEC

OUTCUE: "...and things of that nature."

Calling 511 on your phone before heading out is your best bet. Waletzko also says that sometimes, a road may not be closed, but in very rough condition and that's why it is so crucial to check conditions before venturing out.

News 2

Day 3 Winter Storm Awareness Week

11-08-17

This is Winter Storm Awareness Week in Minnesota, and Newstalk 1250 KBRF is highlighting different ways to stay safe and tips to navigate through Minnesota's tough winters. In today's continuing coverage, we highlight home and fire safety in the winter time. Otter Tail County Emergency Manager Patrick Waletzko...

Waletzko Home Safety 27 SEC

OUTCUE: "...condensation and other moisture."

Unfortunately decorations are also something to consider in winter around the holiday season. These can become a significant hazard if not used carefully. An estimated 250 home fires involving Christmas trees and decorations occur every year. You are advised to follow all the directions with these products to keep your home safe during the winter.

1207
1427

Day 4 Winter Storm Awareness Week: Road Safety

11-08-17

This is Winter Storm Awareness Week in Minnesota, and we are highlighting different ways to stay safe and also provide tips to navigate through Minnesota's tough winters. In today's continuing coverage, we highlight the importance of having a Winter Safety Kit. Otter Tail County Emergency Manager Patrick Waletzko...

Waletzko WINTER SAFETY KIT 21 SEC

OUTCUE: "...could help you out in a hurting situation."

Another consideration during winter involves safety on the road, and how you should approach snowplows during a heavy storm. Last year in Minnesota, there were 72 crashes involving vehicles that hit snowplows. You are cautioned to stay at least five car lengths behind a plow, far from the resulting snow cloud. Also be alert of snowplows that can, and do turn or exit frequently with little warning.

WA
1625
7:30
PLW

PRW
PLM

Day 5 Winter Storm Awareness Week-Calling 911

11-08-17

This is Winter Storm Awareness Week in Minnesota, and we are highlighting different ways to stay safe and also provide tips to navigate through Minnesota's tough winters. In today's continuing coverage, we talk about what kinds of information you will need when calling 911 if you become stranded. Otter Tail County Emergency Manager Patrick Waletzko...

WALTETZKO CALLING 911 25 SEC

OUTCUE: "...conditions that might need to be aware of."

Another tip is if you are stranded, do not leave the safety of your vehicle and venture out. Wait for emergency responders to arrive, do not take off and complicate the situation.

1627

Otter Tail County Not Part Of Opioid Litigation Yet

12-04-17

Many of the state's largest counties and cities are considering joining a number of government lawsuits that target the pharmaceutical industry for the public cost of the opioid crisis. They allege that manufacturers and distributors of prescription opioids are largely responsible for an epidemic of dangerous addiction that has caused thousands of deaths and strained public resources. Otter Tail County at this point, has not decided either way whether sign on. County Attorney ~~George~~ Hauser...

Hauser Litigation 29 SEC

OUTCUE: "...al ittle bit of a slower approach."

Commissioners of at least a half dozen county boards in the state have authorized their attorneys recently to enter into agreements with private law firms to either sue or consider litigation, the list so far includes Hennepin, Ramsey, St. Louis, Chisago, Mower and Steele counties. Also just last Friday, the Minneapolis City Council decided to file suit. St. Paul also plans to do so ~~as well~~.

6A
7A
1625
8A

PRW
LDM
WOK

Governor Tasks New Elder Abuse Work Group

12-05-17

Minnesota Governor Dayton is calling for a new elder abuse work group to improve state oversight of Minnesota's senior care facilities. Last year, the Minnesota Department of Health received more than 25,000 allegations of maltreatment in state-licensed senior homes. Otter Tail County Public Health Director Diane Thorson says all elder abuse complaints are initiated at the state level...

Diane Thorson 31 SEC

OUTCUE: "...high turn-over in the long term care settings."

Dayton says the group would be led by Minnesota AARP officials and would develop recommendations meant to protect the rights of residents in state-licensed homes for seniors. Recommendations could include changes to state law to reduce the secrecy surrounding state abuse investigations. The deadline for the work group is January 26th, 2018.

1625

CDLM
KPRW

LRH To Hold Holiday Wellness Event In December

12-05-17

The holidays can be a stressful time for a lot of people. It can affect people both emotionally and physically. Lake Region Healthcare is presenting an event on Monday, December 11th, which is part of the "Living Well" series that will focus on pausing to take care of yourself. Health and Wellness Instructor Natalie Knutson says it will address emotional and spiritual well-being...

Knutson Living Well LRH 27 SEC

OUTCUE: "...taking care of yourself is the motive."

Molly Nelson with Poppy Seed Massage will be on hand to offer chair massages along with Wendy Billie offering energy readings. An afternoon and evening session is scheduled on Monday, December 11th. The Lake Region Healthcare Series is a monthly series that began in September. Go to the health and wellness tab at lrhc.org to register or get more information.

Medicated Driving

11-29-17

Over six thousand FDA-approved medications are currently on the market. With medication consumption on the rise in an aging demographic, so come accidents and crashes. Local Law Enforcement are noticing an upswing in medicated and impaired drivers. Sgt. Connor West with the Fergus Falls Police Department...

Conner West Prescrip Meds 22 SEC

OUTCUE: "...what the side effects are of that."

Different drugs affect drivers in different ways. But those that impair judgment, alertness, concentration or motor skills are considered just as dangerous as alcohol.

LA
1207

LOLM
PRW

Elderly Drivers

12-09-17

A survey from Triple-A Minnesota found 90 percent of drivers 65 and older are not using readily available tools to make driving safer and easier. Spokeswoman Gail Weinholzer says there are simple additions older drivers can make to their cars with very little hassle...

..."are available." :18

More details and resources are available online at
"SeniorDriving(dot)AAA(dot)com"

Home Heating System Maintenance

10-16-17

There are actions you can take to help you save energy and money during the cool fall and winter months. The most important is making sure your furnace and home heating system are functioning properly. John Ugstad, with Ugstad Plumbing and Heating in Fergus Falls has a few suggestions...

UGSTAD LATE FALL MAINTAINENCE 27 SEC

OUTCUE: "...and lead pipes are clean."

Open vents and pipes are very important, as it could impact the heating system's efficiency or cause a room to not heat up at all. It is suggested to have a heating contractor conduct a full duct cleaning every fall to ensure there are no clogged vents and that the heating system is running at maximum efficiency.

1207
nmj

DLM
PRW

Fergus Falls Rotary Clubs Looking To End Polio

10-24-17

Polio is still a problem in many countries around the world, and local Rotary Clubs, along with the worldwide organization are highlighting today as a fundraising and day of awareness for the crippling disease. Bob Russell with Noon Rotary in Fergus Falls says more progress is being made, but the need is so great...

END POLIO NOON ROTARY 31 SEC

OUTCUE: "...but I know it's been substantial."

Today a livestream event will take place at ENDPOLIO.ORG, starting at 4:30 Central Time. Rotary along with the Bill and Melinda Gates Foundation are partnering and will triple pledges thanks to a 2 to 1 match from the foundation.

7:30
1627

Young and Old Respond Differently To Breast Cancer

10-26-17

A unique component of a breast cancer diagnosis is that it affects young and old alike. How each individual deals with it is a different matter entirely, and there is a huge difference at what age a diagnosis may occur says Lake Region Healthcare Cancer Care & Research Center Social Worker Karen Wulfskuhle (WOLF-quuhl)...

Wulfskuhle Breast Cancer Awareness 30 SEC

OUTCUE: "...you may define that differently."

October is Breast Cancer Awareness Month, marked in countries across the world every October, with the focus on increasing attention and support for the awareness, early detection and treatment of the disease.

7:30
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60033
1628
MAY 1

CPRW
CWLm

Dump the Meds

12-12-17

Health organizations are raising awareness about the need to get rid of unused medications that may be around your house. A Johns Hopkins study found 90 percent of patients given an opioid prescription after surgery did not use all of the medication. Larry King, manager of pharmacy practice for Health Partners, says there is no reason to hang on to those meds...

,,,down the road." :14

King says if left in the medicine cabinet there is a much greater risk they will fall in the hands of someone who will use them in an unintended way. King adds doctors and pharmacists can direct you in how to properly dispose of unused meds.

Locally, you can drop off unused meds at the Otter Tail County Sheriff's Office where they will be disposed of properly.

7A

Senior Care Abuse

12-13-17

A group of Republican state senators is demanding answers after a top administrator was fired for blowing the whistle on a "toxic culture" at the state office that investigates abuse and neglect allegations at Minnesota senior care facilities. Senator Karin (CAR-in) Housley from Saint Mary's Point...

... "their actions." :15

The state Health Department says they've seen a "massive increase" in abuse and neglect allegations and are improving internal procedures, plus implementing stronger federal regulations on nursing homes which took effect in late November.

7:30

Influenza Not Prevalent In West Central Minnesota Yet This Season

12-14-17

With some areas in the Dakotas and the Twin Cities seeing an upswing in Flu cases, Fergus Falls has not seen larger numbers or groups with the influenza virus. Lake Region Healthcare Infection Prevention Coordinator Terri Anderson...

Anderson LRH FLU SPREAD 23 SEC

OUTCUE: "...those types of things."

So far this season in Minnesota, 130 people have been hospitalized with the flu, and there was one school outbreak and five in the states nursing homes recently.

2650
7A
8A
1427
11A
NHL

CDLM
KPRW

Flu Shot Not Mandatory For Workers at LRH

12-15-17

Most health care organizations recommend that workers within their ranks get immunized for influenza, while others make it mandatory like Essentia Health in the Twin Cities, who fired 69 employees in November who refused to get a flu shot. Lake Region Healthcare in Fergus Falls does not make it mandatory says Infection Prevention Coordinator Terri Anderson...

Anderson LRH NO MANDATORY FLU SHOT 10 SEC

OUTCUE: "...we haven't seen that yet this year."

The Minnesota Department of Health doesn't have a policy for health care providers regarding flu shots, leaving that to each individual hospital or clinic system, however, they do promote flu shots for anyone who is at high risk for influenza and anyone who is around high risk patients, including hospital workers.

1625

DLM
CPW

MNsure Deadline

12-20-17

If you are still wanting to obtain 2018 health care coverage through MNsure listen up -- an important deadline is just hours away.

MNsure CEO Allison O'Tool says Minnesotans wanting health coverage that goes into effect January 1st of 2018 have until midnight to enroll...

... "February 1st." :15

Again, Minnesotans who do not enroll by the midnight deadline will have until January 14th to secure coverage for 2018, --- but again keep in mind your coverage won't go into effect until February 1st.

7:30
11A
NWSZ

RESERVATION OVERDOSES

12-21-17

WHITE EARTH TRIBAL POLICE, THE MAHNOMEN COUNTY SHERIFF'S DEPARTMENT AND DRUG TASK FORCE AGENTS ARE TRYING TO PINPOINT THE SOURCE OF HEROIN THAT'S RESPONSIBLE FOR A SECOND ROUND OF OVERDOSES IN RECENT MONTHS. WITH AT LEAST SIX OVERDOSES AND TWO DEATHS, THE TRIBE HAS DECLARED AN "URGENT PUBLIC HEALTH CRISIS." POLICE CHIEF MICHAEL LAROQUE (LAH-ROCK') SAYS HE'S NOT CERTAIN WHAT THE HEROIN MAY BE MIXED WITH...

..."AT THIS TIME." :26

LAROQUE SAYS HE'S STRONGLY RECOMMENDING THAT OVERDOSE VICTIMS OR PEOPLE WHO MAY BE WITH THEM GET MEDICAL ATTENTION IMMEDIATELY. THE OPIOID ANTIDOTE "NARCAN" HAS BEEN USED TO SAVE FOUR OVERDOSE VICTIMS.

7A
1625
NOON
11A
NARCAN

Saturday

New LRH Doctor

12-22-17

Lake Region Healthcare has a new doctor in the Radiology Department. Dr. Baharak (buh-HAR-ick) Bagheri (buh-GAIR-ee) received her medical degree from Tehran University in Iran and also completed her internship and residency in Radiology there. She has also completed an intership in Surgery at the MCP Hahnemann University Hospital in Philadelphia, a fellowship in Nuclear Medicine and Residency in Radiology at Temple University Hospital in Philadelphia and a fellowship in Body Imaging and Interventional Radiology at St. Paul's Hospital in British Columbia, Vancouver. She also has several mini fellowships in coronary CT angiography, musculo skeletal MRI ACR, MRI Breast, and MR-guided biopsy ACR and MRI body and pelvis.

Bagheri has served as a radiologist in Bemidji, in Bangor, Maine, and Yuma, Arizona. Most recently, she served at Maine City of Fort Kent. She is board certified by the American Board of Radiology and a member of the American College of Radiology.

Otter Tail Among Counties In Minnesota More Susceptible For Higher Potential Radon

12-27-17

Otter Tail is among the counties in Minnesota that is at a higher risk for Radon exposure. Once radon is produced, it moves up through the ground into the air and can also dissolve into ground and surface water. Otter Tail County Public Health Director Diane Thorson...

RADON THORSON 31 SEC

OUTCUE: "...and you get the most accurate testing

The only way to determine how much radon is in the area is to test for it. Thorson says that free Radon Test Kits are available at Otter Tail County Public Health at the Government Services Center in Fergus Falls. Thorson recommends that if you get a high reading with their kit, that you should purchase one of the longer duration test kits available at almost any hardware store. Nationwide, nearly one out of every 15 homes has a radon level EPA considers to be elevated. The EPA also states that any radon exposure carries some risk; no level of radon exposure is always safe.

1625

LRH Shop With a Doc

12-29-17

Lake Region Healthcare's "Living Well" series will be held at a special location to kick off a new feature called "Shop with a Doc."

The session will start at Café 116 with a light meal and introductory session on healthy grocery shopping. Then participants will be split into small groups and go to Service Food where one of four Lake Region Healthcare doctors will navigate with them through the store, learning what to look for when reading nutrition labels, comparing products, and serving sizes.

The "Shop with a Doc" idea was brought forward by Dr. JoEllen Kohlman, a cardiologist at Lake Region Healthcare. She led the first sessions and in the process has recruited three of her colleagues to help carry out the program.

The Living Well educational forums are free and open to the public. They're held the second Monday of each month. Call 736-8451 to reserve a spot and to get more information.

7A
7:30