

# FOCUS

## Local Resident Grateful for Robot-Assisted Surgery at Ridgeview



When a routine colonoscopy revealed a cancerous mass in Russ's body, he was unsure what to expect.

"I was very nervous when I heard something was found," recalled Russ, a Mayer resident. "It was very hard on me but even harder on my wife."

Soon after his cancer diagnosis, Russ and his wife met with Todd Elftmann, MD, Lakeview Clinic.

"He explained the different options for removing the mass, but he highly recommended robot-assisted surgery," Russ remembered.

Introduced to Ridgeview in 2011, the da Vinci® surgical system is used by specially trained surgeons as a minimally invasive alternative to traditional surgery.

The da Vinci system is equipped with robotic arms that make it possible to access hard-to-reach places and allows surgeons to make only a handful of

tiny incisions. The da Vinci system also offers better precision and control for the surgeon and smaller scars for the patient.

Dr. Elftmann explained that recovery times are faster and easier for patients undergoing surgeries with da Vinci; in some cases, recovery time is reduced by half. "Our patients are feeling a lot better, a lot sooner and are experiencing shorter hospital stays than with traditional surgery," Dr. Elftmann said.

Russ was optimistic from the beginning. "I did my research and knew the robot-assisted surgery was my best chance for a surgical cure, and I was very hopeful for a quick recovery," he said.

The day after his procedure, Russ was doing so well that he was able to go home. "Dr. Elftmann told us they were able to remove all of the cancer and that I didn't need chemotherapy or radiation," Russ added. "We are so thankful to Dr. Elftmann and his team for the expert care I received."

Trained Ridgeview surgeons use the da Vinci system for 18 gynecological and urological surgical procedures, and Dr. Elftmann recommends da Vinci whenever possible. "Minimally invasive surgery is the best option for patients, and we can deliver that technology right here at our local hospital," Dr. Elftmann said.

Ridgeview Foundation has launched a campaign to purchase a new version of the da Vinci system, as Ridgeview's current model is being phased out

and will no longer be supported. "If we don't purchase the newest device, robotic surgeries will no longer be an option for our patients," Dr. Elftmann explained.

The latest version of da Vinci is equipped with cutting-edge technology that allows surgeons to perform additional procedures, while offering advancements for optimal results.

"He explained the different options for removing the mass, but he highly recommended robot-assisted surgery," Russ said.

**By contributing to the da Vinci campaign, donors will help Ridgeview stay on the forefront of robot-assisted medical technology and patient care. Let's work together to create more great cancer-free outcomes for local residents like Russ.**

## Message from the Foundation Board:



**Katie Barnes**

Ridgeview Foundation  
Board Chair

By the time the *Foundation Focus* arrives at your homes, another year for the Ridgeview Foundation will have come to a close. As I write this article in early December, we anxiously anticipate the end of one of the most successful years in the Foundation's history. Let's hope my pre-holiday premonition holds true!

Having just completed the last of Foundation's "Big 3" special events, the 10th Annual Under the Harvest Moon gala on Nov. 23, the Ridgeview community should be filled with holiday cheer. More than \$318,000 was raised in support of the Foundation's latest initiative - the da Vinci® Xi Robotic Surgical System. The new da Vinci will equip Ridgeview surgeons with the latest in robotic surgical technology - Ridgeview has one of the most advanced robotics systems in the United States.

I am also pleased to inform you that the Foundation's last major initiative - the Norman and Ann Hoffman Emergency Center expansion and renovation - is open for business. Phase 1 of construction, the addition of 20,000 square feet of new construction, opened for patients on Nov. 20. The renovation of the existing space started the very next day and is expected to open in the fall of 2020. All told, the new Emergency Center is nearly three times the size of the old facility.

Even more important than the increased size is the level and sophistication of care that can be delivered in the new space. Special accommodations and equipment have been made available for the diagnosis and treatment of older adults and children. In addition, mental health and observation patients have their own "wings" in the new space where they can receive the appropriate level of care.

Of course, all of the Foundation's 2019 success is because of you - the readers of *Foundation Focus*. Last year alone, more than \$3.7 million was transferred to the hospital from the Foundation in support of the aforementioned projects. Where would Ridgeview be without philanthropy ... without you?

So here's hoping you had a wonderful holiday season, you sure made Ridgeview's extraordinary.

*Kathryn J. Barnes*

## Ridgeview opens first completed area of new Norman and Ann Hoffman Emergency Center

As of Nov. 20, 2019, patients in need of emergency care are now being seen in the first completed area of the Norman and Ann Hoffman Emergency Center addition on Ridgeview's Waconia campus.

Work will now begin to remodel the existing emergency department space to tie into the addition, which is expected to be complete in fall of 2020. During this construction, patients will continue to enter the Emergency Department via the entrance on the north side of the hospital building.

The new Phase 1 space includes 12 Emergency Department treatment rooms, two trauma rooms and four rooms specifically designed for behavioral health patients. Other design and technology improvements are providing increased patient and family privacy and improved efficiencies for staff.

The \$18.8 million ED expansion includes 20,000 square feet of additional space and 10,000 square feet of remodel. Included in the addition is space for Cardiac/Pulmonary Rehab on the lower level of the addition, which opened Dec. 9, 2019.



# Ridgeview Hospice helped Vern face the day with a smile.

When people asked 84-year-old Vern Brandenburg how he was doing, he would smile and say, "I'm still vertical!" He described himself as a roll-with-the-punches kind of guy, which is why he opted for hospice care instead of further treatment when his cancer returned in January 2019.

*Vern passed away in hospice care in September. As a celebration of his life, below are excerpts from an interview with Vern.*

Vern had radiation treatment for his initial cancer diagnosis four years ago. When the cancer returned, Vern said, "I knew what radiation was from my first experience. It's not a cure for my diagnosis. It's just elimination of pain, and pain is something I can deal with. I've had too many friends suffer through treatment and die anyway. I don't want to put myself and my family through that again."

Instead, Vern enjoyed the view of Lake Langdon from his cozy Mound apartment and looked forward to frequent visits from a revolving cast of Ridgeview Hospice team members including nurses, home health aides, a chaplain, a massage therapist and a music therapist.

"There's about half a dozen of them," Vern explained. He kept track of their visits in a spiral-bound notebook that sat on his dining room table. He appreciated how their visits made him feel better physically, mentally and spiritually.

"Hospice has made my life livable," Vern said. "It helps me face the day and my neighbors with a smile on my face."

Vern maintained that smile, even though he had to give up driving six months ago. The cancer progressed to make Vern's neck so tight that he could no longer turn his head far enough to look for traffic. He was grateful to his Ridgeview Hospice massage therapist, Gina, for relieving some of that pain and tension during her weekly visits.



When the weather was nice, Vern and his Ridgeview Hospice music therapist, Christian, sat outside on the apartment patio by the lake. Vern would relax and listen while Christian played "Old Rugged Cross" or "Old Shep" on his guitar. Not only was Vern impressed by Christian's knowledge of music, he enjoyed spending time with Christian. "He is so personable, and we talk about a lot of other things besides music," Vern said.

Vern also enjoyed Chaplain Helmar's gift of gab. They read and discussed scriptures during their weekly visits. Chaplain Helmar also inspired Vern to write letters to his children filled with special memories that Vern hoped will ease their grief at his passing. "Helmar is still trying to redeem me," Vern joked. "I enjoy his insights, and I always feel better after his visits."

Ridgeview Hospice helped Vern and so many others cope with end-of-life challenges and fears.

"Hospice adds so much to my daily life," Vern said. "It's hard to measure, but this place makes me feel better. I am not afraid of dying. I can't say I'm looking forward to it, because I've had a good time here, but I accept what is coming."



## Buy a Brick

Showcase your support for Ridgeview Foundation and purchase a brick for the new donor wall in the Norman and Ann Hoffman Emergency Center. Purchase online:

[buyabrick.ridgeviewfoundation.org](http://buyabrick.ridgeviewfoundation.org)

*denim & diamonds*  
— **UNDER THE** —  
**HARVEST**  
*Moon*



We dined, we dashed for desserts, and we even played surgeon and practiced on the da Vinci® Surgical Robot. Community members had a fantastic time raising money for Ridgeview Foundation at the 10th Annual Under the Harvest Moon event at Hazeltine National Golf Club. This year's theme-Denim & Diamonds-was a hit. Take a look at these photos from the event!



Thanks to your generosity, we raised **\$318,000** to help purchase a new da Vinci® Surgical Robot! We are so thankful to our generous community.

# Thank you to our incredible 2019 "Big 3" and Golf Sponsors!



Medical Staff



Insurance, Risk Management and Employee Benefits Specialists

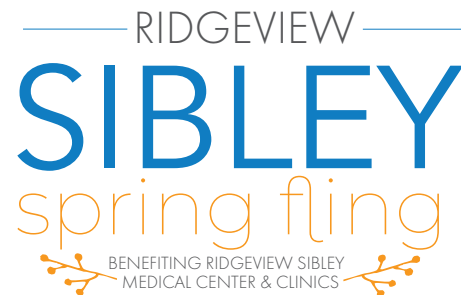


MELCHERT • HUBERT • SJODIN  
Attorneys at Law



FRIDAY, APRIL 17

Dust off your gripper, gather your friends and meet us on the ice for our 3rd Annual Rocks for Ridgeview curling event on Friday, April 17. The event includes a curling lesson and match, followed by a Cornhole tournament, food, drinks and fun. If curling isn't your sport, don't worry. Join us anyway to catch up with Ridgeview friends and family! More details are on our website: [ridgeviewfoundation.org](http://ridgeviewfoundation.org)

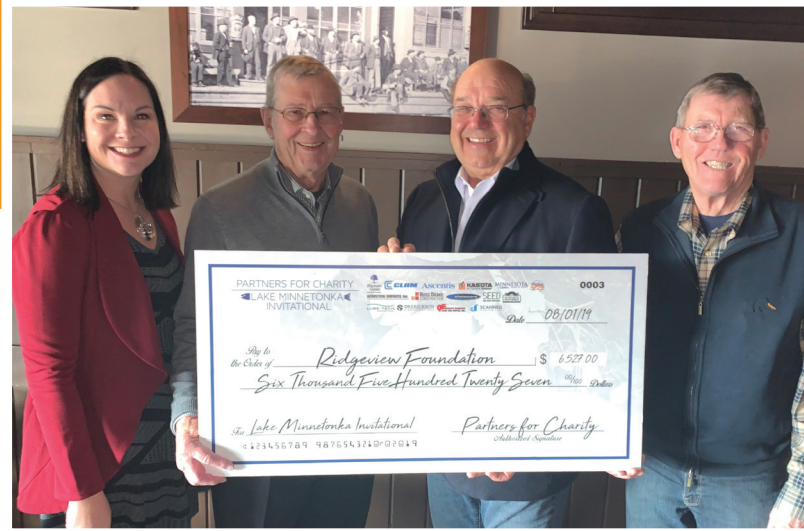


FRIDAY, APRIL 24

Save the Date for our Ridgeview Sibley Medical Center Spring Fling: Friday, April 24 at the Arlington Community Center. Join us to enjoy an evening of friends, music and food while you support local health care. Tickets are available online: [www.sibleymedical.org](http://www.sibleymedical.org)

# 2019 Partners for Charity Lake Minnetonka Invitational

A special thanks to Ridgeview Foundation Board member Tim Foster and his team at The Partners Group for helping raise \$6,527 for Ridgeview Foundation during the 2019 Partners for Charity Lake Minnetonka Invitational. This annual event attracted 14 boats and more than 60 fishermen who spent a day on Lake Minnetonka to raise money for 10 charities.



## Ridgeview Friends & Family Employee Campaign a Success

Our employees are amazing! During the 2019 Employee Campaign, hosted by the Ridgeview Friends & Family Committee, we encouraged our employees to participate in a 5K Run/Walk, clean up litter during our Adopt-A-Highway event and donate their spare change during a "Coins for Care" challenge.

Take a look at these numbers:



**\$94,000**

amount of money  
Ridgeview employees  
donated during  
our campaign



**134**

number of PTO  
hours donated by  
our employees



**23**

number of employees who  
purchased bricks for the new  
donor wall in the Norman and Ann  
Hoffman Emergency Center



# New Providers in 2019

**Teresa Meyer, DO**  
Ridgeview Arlington Clinic

**Debra Bellingham, PA**  
Ridgeview Belle Plaine Clinic

**Nicholas Deeter, DO**  
Ridgeview Belle Plaine Clinic

**Isaac Schindler, PA-C**  
Ridgeview Belle Plaine Clinic

**Boris Davydov, PA-C**  
Ridgeview Delano Clinic

**Karin Filip, PA-C**  
Ridgeview Delano Clinic

**Jami Juras, PA-C**  
Ridgeview Delano Clinic

**Paul Sobiech, PA-C**  
Ridgeview Delano Clinic

**David Trcka, PA-C**  
Ridgeview Delano Clinic

**Tyler Johnson, PA-C**  
Ridgeview Specialty Clinic – Dermatology

**Angela Larson, NP**  
Ridgeview Spine and Pain Center

## Insiders' Gathering offered discussion about the future of health care

We had a great time with our donors at our annual Insiders' Gathering event. Ridgeview President and CEO Mike Phelps led an interesting discussion about the current opportunities and challenges facing the health care industry.



For news and event information from Ridgeview Medical Center and Clinics, join Ridgeview online:



- [www.facebook.com/ridgeviewfoundation](http://www.facebook.com/ridgeviewfoundation)
- [www.instagram.com/ridgeviewfoundation](http://www.instagram.com/ridgeviewfoundation)
- [www.youtube.com/ridgeviewmedical](http://www.youtube.com/ridgeviewmedical)
- [www.linkedin.com/company/ridgeview-medical-center](http://www.linkedin.com/company/ridgeview-medical-center)
- <https://twitter.com/ridgeviewmed>
- <https://health.ridgeviewmedical.org>

©2020 Ridgeview Medical Center  
 If you would like to stop receiving Ridgeview Foundation printed material, please send an email, including your name and address, to [foundation@ridgeviewmedical.org](mailto:foundation@ridgeviewmedical.org) or call 952-442-6010.

FOR OUR BIG 3 EVENTS

SAVE THE DATE



3RD ANNUAL ROCKS FOR RIDGEVIEW  
 APRIL 17, 2020



35TH ANNUAL GOLF & TASTE CELEBRATION  
 JUNE 22, 2020



11TH ANNUAL UNDER THE HARVEST MOON  
 NOVEMBER 21, 2020

Board of Directors

- Kathryn Barnes, Chair, Chanhassen
- Mike Bauer, Plymouth
- Brian Beniek, Mound
- Jean Buller, Chaska
- Brett Colbjornsen, Victoria
- Jon Crow, Vice Chair, Chanhassen
- Michael Drazan, Victoria
- Tim Foster, Wayzata
- John Hayes, Chaska
- Darla Holmgren, Waconia
- Dr. Bruce Hubbard, Excelsior
- Kevin Koempfgen, Chanhassen
- Tim Schmidt, Waconia
- Chuck Spevacek, Minnetrista
- Mark Steingas, Excelsior
- Carla Struble, Chaska
- Lindsey Thompson, St. Louis Park
- Jennifer Tregarthen, Waconia
- Mark Understad, Chanhassen
- Troy Werk, Chanhassen
- Jeff Wigen, Victoria
- David Windschitl, Chanhassen
- Nikki Vanecek, Minneapolis
- Steve Yetzer, Waconia

Ex-Officio

- Michael Phelps, President and CEO, Ridgeview Medical Center
- Doug Stasek, Executive Director, Ridgeview Foundation