

HealthViews

WE'RE HIRING!

Scan to learn about career opportunities at Ridgeview.

If you want to be part of a warm, patient- and family-centered environment with top-notch clinical care and comprehensive benefits, Ridgeview may have a career opportunity for you.



Apply online at RidgeviewMedical.org/careers.



Grant Wenkstern and his mother, Vickie

THE 38TH ANNUAL
GOLF & TASTE
Celebration

MONDAY, JUNE 26
ISLAND VIEW GOLF CLUB, WACONIA

Have fun golfing, sampling food and beverages, and enjoying live entertainment from The Johnny Holm Band — all while raising funds to increase mental health services, the next priority within the Cause for the Community campaign.

RIDGEVIEW
Foundation

Join us!
Scan to register, or call 952.442.6010.

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PATIENTS FOR GENERATIONS

Thankful for Ridgeview

"I have a deep family history in Carver County and, throughout three generations, Ridgeview has been an important part of my family's life. I think most of my family members could share a Ridgeview experience — some more significant than others — but all with a common thread of being treated with extraordinary kindness and compassion.

At the end of his life, my grandfather battled colon cancer. He received amazing care at Ridgeview, and this was really the first significant event where we experienced the Ridgeview difference in a profound way. This was the beginning of my family's lifelong relationship with Ridgeview.



Probably the most poignant example of the compassion shown by Ridgeview was my mom's experience during the pandemic when she needed to be transferred by ambulance to one of Ridgeview's clinical partners in the Twin Cities. She was alone and scared, and as she was being placed in the ambulance, the driver noticed me standing outside watching them.

Just before they were about to drive away, they signaled me to come over so mom could see me and I could assure her that everything would be all right. We will never forget that gesture of compassion and kindness, and it meant the world to us during a very scary time.

"Many in my family were born at Ridgeview — including me in 1984 — and my mom still has my newborn onesie I received."

My family, friends and everyone in the area are truly fortunate to have Ridgeview and its wonderful medical professionals and amazing health care facilities in our community. I know we will be well taken care of, no matter what."

With gratitude,
Grant Wenkstern, Hopkins
myTalk 107.1 producer and radio personality

Our family has visited Ridgeview on many occasions for everything ranging from physicals to surgeries and through complex medical issues. It's been amazing to watch Ridgeview and its services grow — but its staff was, and continues to be, something that sets Ridgeview apart from others.

We'd love to hear your story!
Please email info@ridgeviewmedical.org.

Oh Baby!

RIDGEVIEW RECEIVES 2023 WOMEN'S CHOICE AWARD®

Among top 4% of U.S. hospitals offering obstetrics

1,418 Ridgeview babies in 2022!



Ridgeview's Birthing Center stands out among birthing centers throughout the Twin Cities and beyond – but don't just take our word for it. Ridgeview has been named one of America's Best Hospitals for Obstetrics by the Women's Choice Award® for 2023. The award signifies that Ridgeview is in the top 4% of 4,729 U.S. hospitals offering obstetrics.

"My family is blessed to have been cared for by the best labor, postpartum and NICU nurses after a complicated delivery and a scary, unexpected C-section," shared

Kiersten Wille, Mayer. "I experienced first-hand just how dedicated the Ridgeview team is at providing support and compassionate care to each family during uncertain times and I am grateful to have delivered my daughter at Ridgeview."

“My family is blessed to have been cared for by the best labor, postpartum and NICU nurses after a complicated delivery and a scary, unexpected C-section.”

KIERSTEN WILLE, Mayer

More moms are choosing Ridgeview and it comes as no surprise the near record number of babies born in our Birthing Center in 2022 – 1,418! Moms consistently tell us that Ridgeview offers a beautiful, nurturing, and inviting setting where mom and baby are supported and cared for by an experienced team of providers who genuinely care that you receive the best birthing experience – unique to your individual desires.



BEST HOSPITALS

WOMEN'S

CHOICE AWARD

OBSTETRICS
2023

If you are expecting a baby, we invite you to take a virtual tour of our Birthing Center and to learn more at ridgeviewmedical.org/birth.



MEET BROOKE SORENSEN, FNP

Family nurse practitioner, mom, fitness enthusiast



Brooke Sorensen is a Family Nurse Practitioner (FNP) at Ridgeview Clinics in Belle Plaine. She began her career in 2006 as a registered nurse in Duluth before moving to Waconia in 2014.

Growing up in a small community in northern Minnesota, Sorensen was first exposed to health care at a young age as her dad served as a volunteer EMT for 23 years. "I was always proud of my dad for serving our small community in such a big way," Sorensen said. "I would even 'study' his medical books – it was fascinating to learn about ways to help people who are injured or sick."

While living in Waconia, Sorensen worked at Abbott Northwestern in Minneapolis where she was exposed to several different specialties. In 2016, Sorensen joined Ridgeview as a nurse in the Emergency Department at Two Twelve Medical Center in Chaska.

In 2022, Sorensen earned her Master of Science in Nursing, and today is a Family Nurse Practitioner at Ridgeview Clinics in Belle Plaine where she treats patients of all ages and medical conditions. She has special interests in promoting a proactive approach to health and wellness for her patients.

When Sorensen is not busy at work, she enjoys spending time with her husband and four children, whose ages range from 4- to 12-years-old. She also enjoys traveling, hiking and getting in a good workout. She stresses the importance of being physically active most days and making it a habit, saying, "It's often difficult getting started, but it makes such a positive impact on the overall wellness of both the mind and body."

Sorensen is one of three Ridgeview primary care providers in Belle Plaine. The Belle Plaine team also offers specialty services including podiatry, rehab, obstetrics and gynecology (through Western OB/GYN, A Division of Ridgeview Clinics).

Ridgeview also offers Urgent Care services in Belle Plaine, Monday through Friday, 8 a.m. to 8 p.m., and Saturday and Sunday from 8 a.m. to 5 p.m. Primary care is available by appointment Monday through Friday, 8 a.m. to 5 p.m., by calling 952.777.5661.



Scan the code to schedule a free Meet & Greet visit with Brooke Sorensen.

NEW PROVIDERS

January - April 2023



BRITTANY DURKIN, CRNA
Ridgeview Waconia Campus



WHITNEY EVANS, NP
Family Medicine, Ridgeview Clinics in Chaska



DAVID JACKSON, CRNA
Ridgeview Waconia Campus



BRETT JAHNKE, CNP, DNP
Family Medicine, Ridgeview Clinics in Chanhausen and Excelsior



KATHRYN METZGER, PA-C
Gastroenterology, Ridgeview Clinics



MARIAH STRATE, DNP
Family Medicine, Ridgeview Clinics in Gaylord



KAYLA WEISBECK, PA-C
Pulmonology, Ridgeview Waconia Campus

Sarah's Story:

SURGERY ONE OF 'MANY TOOLS' IN A SUCCESSFUL WEIGHT-LOSS JOURNEY

Sarah Cox, Otsego, spent years struggling with her weight. "I've gained and lost weight my whole life. I've tried everything — name a diet, I've done it," Sarah shared. "I was usually successful losing the weight — as much as 100 pounds at times — but I always felt so restricted and would gain it all back."

Like many, the COVID-19 pandemic caused Sarah to pack on even more pounds. She was stress eating, had lost the motivation to exercise and was dealing with anxiety about the pandemic in unhealthy ways. After a few months, her clothes didn't fit and seeing her face on-screen during video calls made her feel worse about herself. She hit her breaking point, which prompted her to research bariatric surgery in August 2020.

Sarah's mom had bariatric surgery years ago, so Sarah was familiar with the process, but had many questions of her own. Her online research led her to Ridgeview's Bariatric & Weight Loss team and Jeffrey Baker, MD, bariatric surgeon.

A COMPREHENSIVE APPROACH FOR LONG-TERM WEIGHT LOSS SUCCESS

At her initial consultation, she and Dr. Baker discussed all of her options. "Dr. Baker was very clear on the process and knowledgeable about which option was the best choice for me," Sarah said. "He also was very personable. I left excited, informed and I completely trusted his judgment." Sarah decided to move forward with a sleeve gastrectomy, a surgery that decreases the size of the stomach, limiting the amount of food that can be eaten. However, the surgery itself is just one of the many tools involved in a successful bariatric journey — exercise and nutrition are also important.

During the month leading up to her surgery, the bariatric team educated and prepared Sarah for surgery and what to expect afterward — including what types of food to eat, and what her body needed for nutrition and activity — igniting Sarah's desire to make some real changes. Though, just as she began preparing for surgery, COVID-19 was spreading throughout Minnesota — resulting in postponement of elective surgeries, including Sarah's.

LEARNING TO EAT PURPOSEFULLY AND FINDING JOY IN BEING ACTIVE

Sarah had surgery at Ridgeview in March 2021, the day before her 38th birthday, and was eager to wake up on her birthday as a "new person."

The surgery was a success, and within a year of surgery, Sarah met her goal of losing 100 pounds. Now, more than two years later, Sarah has kept the weight off to which she credits the bariatric team. "I love the team. I never have to worry about getting the support I need — from the exercise physiologists, dietitians, psychologists and so many others," she said.

Sarah felt well prepared and educated before and after surgery. Post-surgery the team closely monitored her body composition and metabolism — helping Sarah to build and maintain strength during the period of rapid weight loss — while introducing exercise routines for long-term results. She learned how to eat purposefully and the importance of finding joy in exercising and being active to foster long-term habits.

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"I love that my sons see my commitment to my health now — both mind and body."

SARAH COX, Otsego

Her advice to others? "I wish I had the surgery sooner," Sarah shared. "It's not a quick fix. It's a big change, but so worth it." Sarah now enjoys playing catch and chasing after her two young boys on the football field, which she says she wouldn't have been able to do prior to surgery. "Even walking around at the park with the boys, I would have to take breaks before because my back or knees were hurting. I love that my sons see my commitment to my health now — both mind and body," she added.

To learn more about surgical and non-surgical options for weight loss, call Ridgeview's Bariatric & Weight Loss team at 952.442.7820, or visit ridgeviewmedical.org.

LUNG SCREENING PROVIDES HOPE FOR EARLY CANCER DETECTION, BETTER OUTCOMES

Screening services offered at Ridgeview

According to the American Cancer Society (ACS), lung cancer is the leading cause of cancer deaths in the United States — but it doesn't have to be.

Early detection is now possible thanks to advances in lung cancer screening with low-dose computed tomography scans.

Low-dose CT scans look for abnormalities in the lungs that may be cancerous. These quick and non-invasive scans can detect cancer before symptoms occur, improving the chance of survival. Typically, by the time symptoms of lung cancer are identified the cancer is already in an advanced stage and survival rates are low, which makes screening for those of high risk critical.

WHO SHOULD BE SCREENED FOR LUNG CANCER?

Although it's possible for non-smokers to develop lung cancer from exposure to secondhand smoke, radon, asbestos and other cancer-causing agents, the risk is much higher for those who currently smoke tobacco or have a history of smoking.

People ages 50 to 77 who meet these guidelines are candidates for low-dose cancer screening:

- + Current smoker OR previous smoker who has quit within the last 15 years
- + A tobacco smoker of at least 20 pack-years*
- + Asymptomatic (no signs or symptoms of lung cancer)

Call 952.777.4471 to learn about scheduling options.

*Pack-years are determined by multiplying the number of packs of cigarettes smoked per day by the number of years the person has smoked. For example, if a person smoked half a pack of cigarettes per day for 40 years, they would have smoked for 20 pack-years. If they smoked two packs a day for ten years, they would have also smoked for 20 pack-years.

LUNG CANCER SCREENING ARE YOU ELIGIBLE?

50-77 YEARS OLD



CURRENTLY SMOKE

OR

QUIT IN THE LAST 15 YEARS

SMOKING HISTORY OF AT LEAST 20 PACK-YEARS



1 pack/day OR 1/2 pack/day

X



20 years 40 years

=

20 PACK-YEAR HISTORY

According to the American Cancer Society, lung cancer accounts for approximately one in five cancer deaths. However, when caught before it spreads, the likelihood of surviving five or more years improves by 60%.

Lung screening saves lives.

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ORTHOPEDIC INSTITUTE OPENING IN CHASKA

A Ridgeview and Twin Cities Orthopedics value-based partnership

Opening in fall 2023, Ridgeview is developing the Orthopedic Institute – adding a new fifth floor with 20 hospital beds and six more operating rooms to the Two Twelve Medical Center building on Ridgeview’s Chaska Campus.

It combines the world-class services of Ridgeview and Twin Cities Orthopedics (TCO) with groundbreaking technology in a state-of-the-art facility. The shared goals include, but are not limited to, achieving high quality inpatient care, improving outcomes and providing an exceptional patient experience.

The Orthopedic Institute is a value-based partnership between Ridgeview and Twin Cities Orthopedics, and is the first dedicated orthopedic facility in Minnesota that is a partnership between an independent practice and a health system.

WE’RE HIRING NOW!

Interested in joining the team at the new Orthopedic Institute? Ridgeview is recruiting for a variety of clinical, non-clinical and support roles – including nursing, imaging, environmental services, patient access (customer service) and more. Apply today and train at Ridgeview prior to the fall 2023 opening of the Orthopedic Institute. Scan the code or visit our website to learn about these and other rewarding new opportunities.



ridgeviewmedical.org/careers

PROUD TO BE A PART OF THE RIDGEVIEW FAMILY



BROOKE DINGELS, RN
Cardiac Intensive Care Unit (CICU)/Telemetry & PCC

“

Nursing at Ridgeview solidifies the term ‘family’. I have always felt a strong sense of community with my direct colleagues AND with others throughout the organization. It’s not uncommon to be greeted by or share a conversation with employees across many departments. This collaboration and sense of belonging makes coming to work enjoyable. It’s encouraging to know we have a team of amazingly talented individuals alongside us during the most difficult – yet rewarding – times in health care. I’m proud to be a part of the Ridgeview family for the past 16 years!”



Ridgeview is hiring nurses who exemplify kindness, compassion and intuition, and who want to join a team where you truly matter. Scan the code to learn about our current career opportunities, or visit ridgeviewmedical.org/careers.