

# better you™

Growing our  
Primary Care  
Clinic

Weight  
Management  
Options



Winter 2025/2026  
[chisjh.org](http://chisjh.org)



# President's perspective



**Ben Koppelman**

Dear Friends and Neighbors,

With the change in season upon us, CHI St. Joseph's Health is energized by remarkable progress and deep gratitude. This "Better You" edition shares how we're enhancing your health journey, making significant strides to serve you better.

Throughout this issue, we introduce you to a very skilled group of physicians and providers that we continue to add to our medical staff. We are very excited to continue to see the growth of our Primary

Care Clinic at St. Joseph's with the addition of Beth Hirt, PA. She has been an outstanding provider in the community for over 18 years and we are thrilled to have her join Dr. Scott Mannum and Dr. Dante Beretta.

In this issue, we also introduce Dr. Mary Bradsky as a new hospitalist. We are very excited to have her talents and skills serving our community. We are also pleased to welcome Michelle Crissinger, NP to our Hospital and emergency medicine team.

Dr. Megan Gilmore, continues to expand our general and bariatric surgical services for the region. With support from her team, she continues to offer additional surgical and non-surgical weight loss options through our Weight Management Center. Her team offers comprehensive, personalized pathways to wellness.

We're also incredibly proud of our team's accomplishments. Our Hospice Care program achieved national recognition for Superior Performance in patient satisfaction. Our nurses earned a prestigious 5-star rating for outstanding communication and our Environmental Services team received a 5-star rating for cleanliness. These honors speak volumes about their dedication.

Finally, we celebrate an extraordinary milestone: the 70th Anniversary of the CHI St. Joseph's Health Auxiliary. For seven decades, this remarkable volunteer group has been the heart of our hospital and community.

As you read, I hope you feel the same optimism and gratitude that resonates within our walls. This publication reflects our collective dedication – from generous donors and exceptional staff to the community that trusts us. We are committed to fostering a healthier, stronger "Better You" for the communities we serve!

Ben Koppelman  
President  
CHI St. Joseph's Health

## CHI St. Joseph's Health President's Advisory Council

**Ben Koppelman**  
CHI St. Joseph's Health  
President

**David Jones**  
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**Todd Officer, MD**  
CHI St. Joseph's Health  
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**Brad Dahn**  
Park Rapids

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Park Rapids

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Park Rapids

**Cliff Tweedale**  
Park Rapids

Hello humankindness®

# Expert cataract care

Available locally at  
CHI St. Joseph's Health



## Understanding Cataract Surgery

Cataracts are a common, age-related condition that can significantly impair your vision, making everyday activities like reading, driving, and even recognizing faces challenging. A cataract is the clouding of your eye's natural lens, which works like a camera's lens, focusing light onto the retina. When a cataract forms, this lens becomes opaque, leading to blurry vision, faded colors, difficulty with night vision, and increased sensitivity to glare.

The good news is that cataracts are treatable. Cataract surgery is a highly effective and safe procedure that replaces the clouded natural lens with a clear, artificial intraocular lens (IOL). This outpatient procedure has a high success rate, and most patients experience significantly improved vision shortly after.

## Introducing the "Dropless Procedure"

Before Dropless Cataract Surgery, traditional surgery required patients to adhere to an eye drop schedule involving several types of drops for three to four weeks. Now, with the "Dropless Procedure," a sterile, compounded formulation of antibiotics and anti-inflammatory medication is painlessly deposited in the back of the eye (the vitreous). This time-released delivery of the drugs helps prevent infection and inflammation during recovery, effectively eliminating the burden of using eye drops throughout the day. This offers a much easier post-operative care experience for patients.

## Explore Your Options Locally

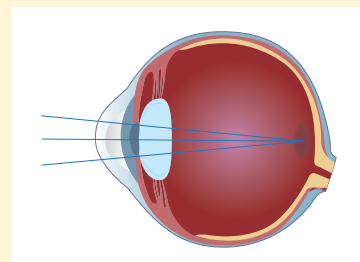
If you are experiencing symptoms of cataracts and wish to explore your treatment options, including the "Dropless Procedure," you can consult with Dr. Ashley Lundin. Please note that not everyone is a candidate for the Dropless Procedure, and suitability will be determined during your consultation. All the care you need for this advanced procedure is available right here at CHI St. Joseph's Health, close to home.

To learn more, please call 218.616.3190.

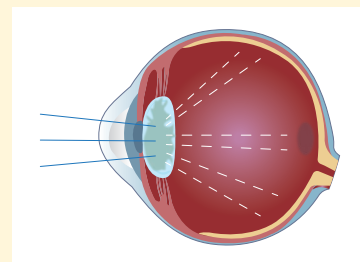
## Watch for these signs:

- Blurry or hazy vision
- Faded or yellowish colors
- Difficulty seeing at night (especially driving)
- Increased glare or halos around lights
- Frequent changes in eyeglass prescription

If these symptoms are affecting your daily life, effective treatment is available for clearer sight.



Normal Lens



Cloudy Lens (Cataract)

# Unveiling advanced bone and body insights:

## Introducing our new DEXA scanner



We are thrilled to announce the arrival of our state-of-the-art DEXA (Dual-energy X-ray Absorptiometry) scanner, marking a significant enhancement in our diagnostic capabilities. This cutting-edge technology offers precise insights into your bone health and, uniquely, your full-body composition, empowering you with vital information for better health management.

This significant addition to our services was made possible through the incredible generosity of a major donor whose commitment to our community is truly inspiring.

### **Beyond Bones: Unlocking Your Body's True Composition**

What sets our new DEXA scanner apart is its advanced capability to perform full-body composition analysis, providing a detailed breakdown of your body's

components far beyond what a standard scale can tell you.

**Muscle Mass:** Understand the distribution and quantity of muscle in different parts of your body, crucial for athletic training, post-injury recovery, and healthy aging.

**Fat Mass:** Precisely measure the amount of fat tissue throughout your body, including visceral fat (fat around organs), which is linked to various health risks.

**Bone Mass:** Get an accurate measure of your overall bone mineral content.

A DEXA scan provides significant benefits for understanding and managing your health, primarily by enabling early detection of osteoporosis and osteopenia to prevent fractures, and offering a personalized

assessment of your bone density to inform tailored health plans. Beyond bone health, it also delivers objective data for optimizing weight management and fitness by differentiating between fat loss and muscle gain, which helps create more effective and sustainable strategies for both general health and athletic performance.

At CHI St. Joseph's Health, we are proud to bring this advanced and important technology right here, ensuring our patients have access to the best in diagnostic imaging and comprehensive health insights close to home. Talk to your healthcare provider to see if a DEXA scan for bone density and/or body composition analysis is right for you.

**For more information or to schedule an appointment, please contact 218.616.3153.**



# 70 years of heart and dedication:

## Hospital Auxiliary Celebrates Milestone Anniversary



“Their unwavering commitment and countless hours of volunteering truly embody the spirit of care that defines our institution. They are the heart of our hospital community.”

- Ben Koppelman

A remarkable milestone has been reached at CHI St. Joseph's Health! The dedicated members of our Hospital Auxiliary are proudly celebrating their 70th anniversary this year, marking seven decades of unwavering service, compassion, and generosity to our hospital, patients, and community.

For seventy years, the Auxiliary has been an indispensable part of CHI St. Joseph's Health. Their self-less contributions range from welcoming patients and families with a warm smile, to tirelessly fundraising for vital equipment and patient comfort programs. Their efforts have profoundly enhanced the patient experience and supported our mission of healing.

“We are incredibly grateful for the CHI St. Joseph's Health Auxiliary's 70 years of dedication,” says Ben Koppelman, CHI St. Joseph's Health President.

The impact of the Auxiliary's work is seen in every corner of our facility and felt by countless individuals. As we celebrate this incredible legacy, we extend our deepest thanks to every volunteer, past and present, whose compassion and hard work have made such a significant difference.

Here's to 70 years of inspiring service, and to many more years of the Auxiliary's invaluable contributions to CHI St. Joseph's Health!





## Introducing our team members

At CHI St. Joseph's Health, we are dedicated to expanding our talented team to bring you the best in compassionate and comprehensive healthcare. We're proud to welcome these skilled professionals who are committed to serving our community.



### **Beth Hirt, PA-C, Primary Care Clinic**

Beth Hirt, a board-certified Physician Assistant, brings an impressive 18 years of experience to our Primary Care Clinic. Her approach centers on building strong, trusting relationships with patients, collaborating to achieve their unique health goals. Beth earned her Master of Physician Assistant Studies from the University of South Dakota and holds board certification from the NCCPA, ensuring the highest standard of practice. She enjoys making a difference in the lives of her neighbors in our community.

Beth is accepting new patients at our CHI St. Joseph's Health Primary Care Clinic, providing comprehensive and personalized care, including Preventive Care, Chronic Disease Management, Acute Illness Treatment, Wellness Exams, and Pediatric Care. **To schedule an appointment with Beth Hirt, PA-C: please call 218.616.3900.**



### **Dr. Mary Bradsky, Hospitalist**

We are pleased to introduce Dr. Mary Bradsky, the newest member of our Hospitalist team. Dr. Bradsky applies a personal philosophy that guides her patient care: “I believe in treating each patient as an entire being, not just their symptoms.” As a Hospitalist, Dr. Bradsky specializes in caring for patients during their hospital stay, focusing on seamless transitions and attentive medical oversight. Her commitment is to empowering patients for success and long-term well-being.

Dr. Bradsky received her Doctor of Osteopathic Medicine (DO) degree from the Pacific Northwest University in Yakima, WA, and honed her clinical skills during her Residency at the University of Kansas Medical Center. Her expertise will be a tremendous asset to our Hospitalist team and the overall well-being of our patients.



### **Michelle Crissinger, DNP, Hospitalist/ER Nocturnist**

We are excited to welcome Michelle Crissinger, DNP, back to CHI St. Joseph’s Health in an expanded role as a Hospitalist/ER Nocturnist. Michelle previously served as a Registered Nurse with us from 2003 to 2020 and has been providing casual ER/ Hospitalist services since 2022.

As a Hospitalist, she will manage comprehensive inpatient care, coordinating treatments and ensuring smooth transitions. As an ER Nocturnist, she will provide immediate, high-quality care in our emergency department during overnight hours. Michelle holds a Bachelor of Science in Nursing from Minnesota State University, Moorhead, MN, and a Doctorate in Nursing Practice from South Dakota State University, Brookings, SD, along with board certification as a Family Nurse Practitioner.



### **A New Leader with Deep Roots**

### **Welcoming Katelyn Galligan as our new VP of Patient Care/Chief Nursing Officer**

At CHI St. Joseph’s Health, we are thrilled to welcome Katelyn (Katie) Galligan as our new Vice President of Patient Care and Chief Nursing Officer. Katie steps into this vital leadership role bringing a wealth of experience and a strong connection to our community.

Katie’s leadership journey includes extensive experience as the Director of an Emergency Department, Trauma Services, and a Walk-in Clinic. Prior to that, she served as Nurse Manager for Intensive Care, Telemetry, and Observation units. Her comprehensive background also includes valuable roles as a House Supervisor, Operating Room Nurse, and Medical/Surgical Nurse.

What makes Katie’s arrival even more special is her connection to our area: she has been a resident of Park Rapids for the past nine years. A proud graduate of Concordia College, Katie brings both proven nursing leadership and a genuine understanding and love for the community we serve.

“We are incredibly excited to welcome Katie to our leadership team,” says Ben Koppelman, President. “Her extensive clinical leadership, combined with her understanding of our community and dedication to patient care, makes her the ideal fit for this important role.”



## A comprehensive, whole-person approach to Weight Management

At CHI St. Joseph's Health, we understand that achieving and maintaining a healthy weight is a deeply personal journey. Our dedicated Weight Management Center offers a comprehensive, whole-person approach, partnering with you to empower your health. We recognize that effective weight management is never a one-size-fits-all solution, which is why our personalized pathways offer a full spectrum of surgical and non-surgical options, meticulously tailored to your health and individual needs.

Our multidisciplinary team works collaboratively to support your unique needs:



**Megan Gilmore, MD, DABOM**  
General & Bariatric Surgeon

Board Certified in General Surgery and Obesity Medicine, Dr. Megan Gilmore leads our surgical program with a truly comprehensive and advanced approach to weight management. This advanced certification signifies her specialized expertise in the complex medical science of obesity, distinguishing her extensive knowledge beyond surgical intervention. For our patients, this means:

**Holistic and Evidence-Based Care:** Dr. Gilmore's certification ensures you receive care based on the latest scientific understanding of obesity, addressing its root causes and optimizing treatment plans for lasting results.

**Expanded Treatment Options:** While she offers a full range of bariatric procedures for severe obesity, her expertise now extends even deeper into comprehensive non-surgical weight loss programs and advanced weight loss medications. Dr. Gilmore provides expert education and guidance on medical weight management options like GLP-1s, explaining how these powerful pharmacotherapies work to regulate appetite, blood sugar, and satiety, and how they integrate as a key part of your personalized treatment plan.

**Personalized and Integrated Plans:** She can integrate medical and surgical strategies, providing a more personalized and effective path to significant and sustainable weight loss, even before surgical considerations.

With her specialized training, Dr. Gilmore offers life-changing interventions, compassionately guiding you toward a healthier you.





## Save the Date!

### The Wellness Table: Weight Loss Medications

Join us for the inaugural session of “The Wellness Table,” a new community wellness and education series! Our own General & Bariatric Surgeon, Dr. Megan Gilmore, will discuss weight loss medications.

**Wednesday, January 14th**  
**5:00 - 6:00 p.m.**

**Lower-level  
conference room,  
CHI St. Joseph’s Health**



**RSVP to 218.616.3377 or scan  
the QR code to reserve your spot.**



**Alicia Reardon, EP, NDTR**  
**Bariatric Program Manager**

Navigating weight management can be complex. Alicia Reardon, our dedicated Bariatric Program Manager, serves as your personal guide from your first inquiry through follow-up. She provides invaluable support with scheduling, care coordination, exercise programming, and ensures a smooth, supportive experience, giving you personalized attention every step of the way. Alicia is your go-to resource for orchestrating your care journey.



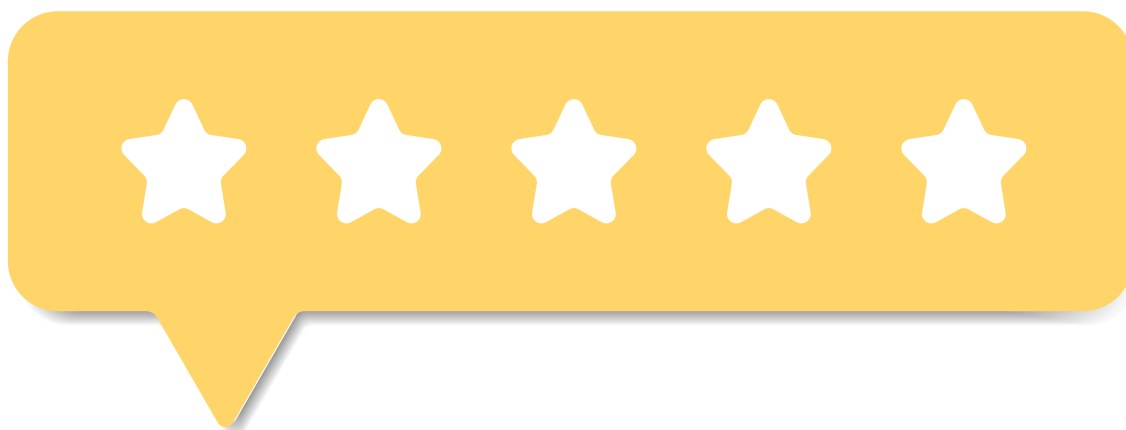
**Courtney Huttunen, RDN**  
**Expert Dietitian & Weight Management Support**

Courtney provides evidence-based strategies crucial for your health journey. She offers expert nutritional counseling for sustainable dietary changes, ensuring you receive adequate nutrition and support while on weight loss protocols. Courtney also provides behavioral health support to address emotional aspects of weight management. For patients utilizing medical weight management, including GLP-1s, Courtney offers practical support to optimize dietary intake, manage potential side effects, and integrate healthy habits for long-term success.

### Our coordinated approach to lasting success

The synergy between Dr. Gilmore’s advanced medical expertise and leadership, Alicia Reardon’s dedicated patient navigation, and Courtney Huttunen’s essential education and support sets our Weight Management Center apart. We believe in providing expert medical care, comprehensive educational resources, and unwavering support to achieve sustainable weight management and embrace a healthier, more vibrant life.

**Ready to take the first step? Visit our Weight Management Center online at [chisjh.org/services/weight-management-center/](https://chisjh.org/services/weight-management-center/) or call 218.237.5757 to discuss options for your personalized plan.**



# Patient care that speaks volumes!

## Honored for unwavering commitment to excellence

At CHI St. Joseph's Health, delivering exceptional patient care is at the heart of everything we do. We are immensely proud and grateful to announce three significant recognitions that highlight our team's dedication to quality, compassion, and patient experience. These awards are a testament to the hard work and commitment of every member of our staff.

### 5-Star Nurse Communication

We are thrilled to be recognized by Becker's Hospital Review as one of America's leading hospitals for nurse communication, achieving a prestigious 5-star rating! This accolade from the Centers for Medicare & Medicaid Services (CMS) Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) data directly reflects our nurses' compassionate and skilled interactions with patients. Our 5-star rating confirms that our nurses excel at explaining things clearly, listening carefully to concerns, and treating every patient with courtesy and respect – making a tangible difference in the patient experience every day.

### Hospice Care Earns National "Superior Performance" Award

It is with immense pride that our Hospice Care team has earned the prestigious Superior Performance award from Strategic Health Programs (SHP) for 2024, recognizing them among the top 20% in the nation for overall patient satisfaction! This incredible achievement is a powerful affirmation of the unwavering dedication and profound compassion our Hospice team brings to work. This award celebrates their commitment to easing burdens, providing comfort, and cherishing every moment for patients and their families facing life's final chapters. Notably, CHI St. Joseph's Health Hospice Care was the only hospice program in the entire state of Minnesota to receive this distinguished SHP recognition for 2024.

### CMS 5-Star Rating for Hospital Cleanliness

We are honored to announce that CHI St. Joseph's Health has achieved a prestigious 5-star rating from the Centers for Medicare & Medicaid Services (CMS) for hospital

cleanliness. This top rating places us among an elite group of just 386 hospitals nationwide recognized for their exceptional commitment to a safe and pristine environment for our patients. This recognition is based on the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) surveys, reflecting feedback directly from patients about their experiences. Our 5-star rating for cleanliness is a testament to the hard work and diligence of our entire team, crucial for both patient well-being and recovery.

Ben Koppelman, President of CHI St. Joseph's Health, adds: "These three significant recognitions powerfully reflect our team's deep-seated commitment to providing patient-centered, high-quality care. They are a direct reflection of the dedication and impact each staff member brings to our community. We are incredibly proud of their commitment and efforts."



## Honoring a legacy of Humankindness

This holiday season, our healthcare community honored the memory of Gary Wolff, a man who consistently saw the best in everyone and deeply touched lives as a teacher, coach, and family man. His story highlights the profound support and comfort provided by the CHI St. Joseph's Health Hospice Care team during critical times, guiding families with compassion and kindness. We invite you to honor your own friends and family this holiday season by supporting CHI St. Joseph's Health Hospice Care, allowing us to continue offering vital, transformative care to those in need.



To read Gary's Light of Hope story, or make a contribution online, go to [chisjh.org/shine](https://chisjh.org/shine), or scan the QR code.



## Enhancing Veteran Health:

**A \$1500 Donation from  
DAV Chapter #38**

We are incredibly grateful to the Disabled American Veterans Chapter #38 for their continued generosity! They have once again donated \$1500, a tradition they've upheld for over four years. This vital contribution will directly support our exercise programs, including Phase III Cardiac Rehabilitation, MOVE, and Parkinson's-specific classes.

These grant funds are instrumental in providing financial assistance to veterans in need, as well as their immediate family members, who might otherwise face barriers to participating in our beneficial exercise programs at the hospital. Their support ensures that more individuals can access the services they need to improve their health and well-being. Thank you, DAV Chapter #38, for your unwavering commitment to our community!

# Growing to care for our community

## Primary Care, Orthopedics and General Surgery



**Dante  
Beretta, MD**  
Family Medicine



**Scott  
Maanum, MD**  
Family Medicine



**Beth  
Hirt, PA-C**  
Family Medicine



**Vern  
Prochaska, MD**  
Orthopedics



**Tim  
Meier, PA-C**  
Orthopedics



**Megan  
Gilmore, MD**  
General Surgery

This season, spend less time traveling and more time enjoying family traditions like exploring nature, sharing stories, or simply being together. CHI St. Joseph's Health is your trusted partner in wellness, offering your family complete

Primary Care, Orthopedics, and General Surgery services, right here in Park Rapids. We're dedicated to high-quality care that keeps you close to home, so you don't miss a single treasured moment.

Call us today at **218.616.3900** or visit our website **chisjh.org** to learn more about how we can care for your family's health, all year round.



### We care!

CHI St. Joseph's Health works to build healthier communities for our residents, friends, and neighbors so they can experience better health.

Visit **chisjh.org** or call **218.732.3311** or **800.566.3311** to learn more.