

BUSINESS

9 TO 5
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Counseling center adds new therapist

JOURNAL STAFF REPORT

Northland Counseling Center has added a new marriage and family therapist to its clinical staff.

Mary Roe comes to the center having recently finished her pre-masters marriage and family therapy internship in clinical counseling at Lutheran Social Service of Wisconsin and upper Michigan.

Roe's eclectic training and background includes experience in sustainable management and renewable energy, which along with counseling, has inspired her interest in ecopsychology.

"I truly believe that spending time in nature heals your body, mind and spirit," Roe said in a news release.

Bill Johnson, NCC's director of operations, said the staff is glad to welcome Roe into the fold.

"We feel fortunate to be adding someone with Mary's enthusiasm and energy to our staff," Johnson said in a release. "We already are receiving positive feedback from the community about her."

A Willmar, Minn., native, Roe said she's lived in other parts of the U.S., but has a special place in her heart for the lakes and

forests of northern Minnesota.

"I fell in love with the Borderland area many years ago and have looked forward to this dream of moving up here to eventually live off grid," Roe said. "I want to fully experience the true north adventures of hiking, camping, fishing, and canoeing. I feel like this area is Minnesota's best-kept secret."

Roe's therapy interests include couples, family issues, outpatient therapy with teens and adults, anxiety, depression, abuse, sexuality, post-traumatic stress disorder, pre-marriage counseling workshops, career counseling and extensive crisis counseling.

"I utilize an integrative approach to therapy and use existential-humanistic psychotherapy, solution-focused, client-centered therapy, cognitive behavioral therapy, dialectical behavior therapy, mindfulness and relaxation training and group therapy," Roe said.



Mary Roe

RLMC adds general surgeon to staff

JOURNAL STAFF REPORT

When the new general surgeon at Rainy Lake Medical Center asks for her scalpel during a surgery, the person handing it to her will be her husband.

Dr. Heather Cook has joined the staff at RLMC as a general surgeon, and is joined by her husband Eric Wooll, a surgical first assistant.

Cook's addition to the RLMC staff allows surgical procedures to be performed locally, reducing the need to travel for medical services.

Dan Odegaard, RLMC CEO, said the hospital added Cook to make things easier on patients living in Koochiching County.

"We hired a general surgeon to provide our friends, families, and neighbors of Koochiching County and the surrounding areas, access to a higher level of care on a regular basis," Odegaard said in a news release. "Now, they will not have to drive more than 200 miles for surgical care. As we continue to add specialized physician services to Koochiching County, we are giving the patients the choice to stay home for their advanced surgical care."

Cook enjoys educating her patients by explaining procedures, in order to make them more comfortable, said the release. She will be performing the following services at RLMC:

- Upper and lower endoscopy.
- Laparoscopic abdominal surgeries: colon and bowel resections, gallbladder surgery, abdominal



Heather Cook

and groin hernia repairs, reflux surgery and appendix removal.

- Emergent and urgent procedures such as Cesarean sections, bowel resections for infection or obstruction.
- Breast and axillary lymph node surgeries including initial breast biopsies, lumpectomies, mastectomies, sentinel lymph node biopsies, and full axillary lymph node dissections.
- Wound care, amputations, burn and frostbite treatment.
- Removal of skin and soft tissue lesions, some of which can be done in the Rainy Lake Clinic.

She will also be performing some outpatient procedures as an outreach service at LakeWood Health Center in Baudette.

Cook will perform laparoscopic surgeries as opposed to traditional open surgeries, which will be beneficial to patients. Studies show procedures with smaller incisions benefit patients by reducing post-operative pain, reducing hospital stay length and bring a quicker return to normal physical activity, said the news release.

Cook and Wooll were drawn to International Falls for the beautiful outdoors and small-town feel, they said the release. Like most residents, they enjoy hunting, fishing, hiking and snowshoeing.

Cook studied at Kirksville College of Osteopathic Medicine, and pursued a general surgery emphasis during an internship and residency at Metro Health Hospital in Michigan. She became board certified with the American Osteopathic Board of Surgery in 2008 and has worked as a general surgeon in Michigan and Colorado.

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