

HealthViews

MENTAL HEALTH SERVICES

Outpatient care for ages 12+

Ridgeview partners with Allina Health to provide outpatient mental health care close to home for adolescents and adults. Located at Two Twelve Medical Center in Chaska, the outpatient care teams provide support for:

- + Anxiety
- + Depression
- + Grief and loss
- + Marital, family and relationship issues
- + Medication management
- + Stress management
- + Trauma
- + And more

Call 952.361.2467 for an appointment.



MEET THE RIDGEVIEW MENTAL HEALTH SERVICES TEAM

Front row, from left: Stacy Wedding, LPCC; Heather Koster, MSW, LICSW; Nicole Larsen, MSW, LICSW; Gary Gronstedt, DO. Back row, from left: Bryan Pelka, MD; Stephanie Schwinn, MSW, LICSW; Erin Miers, PsyD, LP.

CARING FOR YOUR MENTAL HEALTH AS THE SEASONS CHANGE

Experiencing all four seasons is one of the many perks of living in Minnesota, but winter can bring its share of challenges. With dark mornings, early sunsets and a seemingly endless stretch of cold weather, it's not uncommon to feel your energy and motivation take a dip during the winter months. These factors can all take a toll on your mental health; and for some, it's more than a case of the "winter blues."

5 TO 10% OF MINNESOTANS EXPERIENCE SEASONAL DEPRESSION

Major depressive disorder with a seasonal pattern, commonly referred to as seasonal affective disorder (SAD) or seasonal depression, is a type of depression that occurs during a specific time of the year, typically during the fall and winter months.

Bryan Pelka, MD, psychiatrist, Mental Health Services, Ridgeview, explains, "There are likely several contributing factors to seasonal depression. For example, how much daylight we have during the day can affect an individual's circadian rhythm. This rhythm is involved in how we regulate our emotions, so individuals who wouldn't otherwise struggle with elements of depression can experience significant symptoms during this seasonal period."

WHEN IT'S MORE THAN THE "WINTER BLUES"

While it's completely normal to experience a few sluggish days during winter, symptoms of seasonal depression can take a larger toll on your day-to-day life. Symptoms of seasonal depression are nearly identical to depression, but they typically begin and end at the same time every year. These symptoms may include feeling sad, anxious or empty, having a loss of interest or pleasure in hobbies or activities, difficulty concentrating and feeling hopeless.

"The winter months take up a significant portion of the year in Minnesota — and a significant part of your life," Dr. Pelka said. "It may be time to reach out if at any point you are noticing changes in your mood that are dramatically affecting your functionality or ability to do things that you want or need to be able to do."

TREATMENT FOR SEASONAL DEPRESSION

Dr. Pelka says a great place to start the conversation is with your primary care provider. They can provide resources, medication and other treatment options to help. Treatment for seasonal depression typically includes light therapy, medication and/or talk therapy with a mental health provider.

Ridgeview offers mental health services in partnership with Allina Health. The mental health services team provides specialized care for a range of mental health conditions, including depression, anxiety, relationship issues, grief and loss, trauma and much more.

"There are things happening in the brain that we can't always just 'will ourselves through' or decide not to let affect us. There's no shame in looking for help, just like one might seek help for a broken bone or high blood pressure," Dr. Pelka explained.



Ridgeview's Mental Health Services are available at Two Twelve Medical Center in Chaska. The programs include an outpatient clinic, adult day treatment/intensive

outpatient care and a partial hospitalization program (an outpatient service that acts as an alternative to hospitalization). Scan the QR code to learn more about Ridgeview's Mental Health Services.



Sore throat, cold or flu?

Ridgeview urgent care is here for you.



ARLINGTON **DELANO**
BELLE PLAINE **LE SUEUR**
CHANHASSEN **WACONIA**



VIRTUAL URGENT CARE ALSO AVAILABLE

Visit ridgeviewmedical.org for more information or to start a virtual visit.

RIDGEVIEW
500 S Maple Street
Waconia MN 55387

NONPROFIT ORG
U.S. POSTAGE
PAID
Twin Cities, MN
PERMIT 7556

*****ECRWSSDDM*****

Postal Customer

PRIORITIZING YOU

Ridgeview expanding services, providers, locations and workforce development

At a time when many health care systems are reducing services and closing sites, Ridgeview continues to expand its network of providers, services and locations.

“Our growth isn’t about numbers, it’s about our community – the friends, families and neighbors for whom we provide care. From bringing more providers to our rural hospitals and clinics to expanding our specialty services to offering new urgent and virtual care options and implementing new technology and initiatives, we continue to invest in the long-term health of the communities we serve,” said Mike Phelps, president and CEO, Ridgeview.

In 2020, Ridgeview had a medical staff of 700 providers. Fast-forward five years, and that number has grown significantly to 1,059 credentialed providers. This includes 154 new providers added in 2025 alone – working at Ridgeview’s hospital campuses and clinics and providing virtual and critical telehealth services.

“Expanding our medical staff allows us to provide community members with more access to health care services closer to where they live and work,” Phelps added. “At our Arlington and Le Sueur campuses, we’ve recently added several specialty providers to complement our primary care and inpatient services – including wound care, podiatry, gastroenterology, teleheart, cataract surgery and more – as well as new technology and equipment to continue to enhance the services and care available in our smallest communities.”

EXPANDED PRIMARY CARE IN CHASKA OPENING IN FEBRUARY

In February, Ridgeview will open an expanded primary care clinic at its Chaska Campus – adding four providers

to its team and moving the primary care clinic from Suite 115N at Two Twelve Medical Center to the second floor, into Suite 220. Allina Health is closing its clinic at that location at the end of January 2026; however, four of its providers will transition to the Ridgeview Clinics team and will continue seeing their patients in the same Suite 220 space as part of Ridgeview’s expanded primary care clinic in Chaska. The four providers joining Ridgeview are Kerrie Allen, MD, Tiffany Habben, DO, Jennifer Lewis, MD, and Samantha Bendzick, PA-C.

“We have been adding to our primary care services in Chaska – most recently welcoming Rida Shaikh, DO, to join providers Stephen Ready, MD, and Whitney Sarnstrom, CNP, and we look forward to welcoming the Allina Chaska providers and their patients to the growing Ridgeview family,” Phelps said.

The following Ridgeview specialty care practices and providers in Chaska will remain in the first floor Ridgeview Clinics’ Suite 115N location: Audiology, Bariatric & Weight Loss, Dermatology, Endocrinology, Gastroenterology, Infectious Disease, Otolaryngology (ENT), Podiatry and Rheumatology. Ridgeview also offers additional services and programs at Two Twelve Medical Center, located throughout the building.

To schedule an appointment with Ridgeview’s primary care providers in Chaska, call 952.856.4001.

INVESTING IN OUR PEOPLE

The national shortage of nurses and clinical staff is growing, and the cost of turnover is steep. To continue to deliver the highest level of care and service to every patient – at the right time, in the right place when they need it – Ridgeview is also making significant investments in its workforce through recruitment, retention and professional development initiatives.

Jan. 1 - Oct. 31,

2025

16
Specialty
practices

2,600+
Total
Employees

185k+
Clinic visits



“These initiatives will ensure Ridgeview continues to attract, train and retain the best people – including supporting nurses with world-class education and residency programs, developing leaders at all levels and building a sustainable workforce pipeline by growing our own talent,” Phelps added.

This includes expanding clinical education and simulation training, increasing access to tuition support, and partnership with education and training organizations to provide short-term certifications for medical assistants, surgical techs, nursing assistants and more.

“While managing the changes and challenges of the health care industry, the investments we are making in our people, technology and care delivery systems will further strengthen Ridgeview’s ability to continue expanding services, increase access and deliver the high-quality care our communities deserve – today and for generations to come.”

Visit ridgeviewmedical.org to learn more.



Care by women.
Driven by
compassion.

Celebrating 50 years of
caring for our community.



Since 1975, we’ve been honored to support women throughout their life journey – whether it’s a conversation during a teen’s first visit or providing care through the joys of childbirth or the challenges of menopause. Our providers care for women of all ages at clinics in Belle Plaine, Chanhassen, Chaska, Delano and Waconia.

MEET THE WESTERN OB/GYN TEAM

Front row, from left: Heidi Edsill, MD; Krista Kranz, MSN, CNM; Louise Ou-Yang, MD; Jennifer Embry, MD; Gina Edison, MSN, CNP, FNP-BC; Kim Maletta Shibley, MD. Back row, from left: Sarah Bot, PA-C; Andraya Huldeen, MD; Sarah Rose Labine, DNP, CNM; Tara Denke, MD; Rebecca Baudoin, MD.

Scan the QR code to learn more about Western OB/GYN’s 50 years of caring for the community.



Denise's story

A TESTAMENT TO THE POWER OF EARLY DETECTION

For Denise D., Chaska, her journey with breast cancer began not with symptoms but with vigilance. Having lost her mother to breast cancer at age 59, Denise began annual mammograms in her late 30s. She was familiar with the anxiety of callbacks and additional imaging due to her fibrous breast tissue – but in June 2025, her routine screening revealed something different.

CANCER DETECTED DURING ROUTINE MAMMOGRAM

“Following my mammogram, Ridgeview quickly scheduled me for a biopsy and helped me navigate the unknown throughout the entire process. Everything at Ridgeview was phenomenal. From the hospital check-in to my release, I felt comforted and cared for. The facility was wonderful, and I appreciated the nice private room. The staff was professional, welcoming and caring,” Denise shared.



Scan the QR code to read Denise's story or to request your mammogram.



To schedule an appointment, call 952.442.2137 | westernobgyn.com

PLATELET-RICH PLASMA THERAPY: A NATURAL BOOST FOR THINNING HAIR

A Q&A with Dr. Patel

Hair loss can be a frustrating experience for many people — age, hormones and genetics can all play a role. While there's no one-size-fits-all solution, new treatment options like platelet-rich plasma (PRP) therapy are giving people new options to restore hair naturally.

Dharmik Patel, MD, Dermatology, Ridgeview, specializes in providing this treatment and answers some common questions about how PRP works and what patients can expect.

Q: How does PRP help hair grow, and how is it different from other options?

A: PRP, or platelet-rich plasma therapy, uses your own blood to naturally encourage hair growth. We draw a small sample of blood and separate out the plasma — rich in growth factors — in our lab. The plasma growth factors help wake up sluggish hair follicles, boost blood flow to the scalp and extend the hair's growth phase. Unlike medications — such as minoxidil or finasteride or surgical hair transplants — PRP relies on your body's own healing process, making it a safe and more natural option. It has very few side effects beyond mild temporary redness or tenderness.

Q: Who tends to see the best results?

A: People who still have some active hair follicles usually respond the best to this treatment. That includes men and women noticing thinning or early receding, or those with ongoing hair shedding after stress, pregnancy or illness.

Q: What should patients expect during and after treatment?

A: A PRP session is simple and usually takes less than an hour. After your blood is drawn and spun down, the concentrated plasma is injected in small



amounts across the scalp. You may feel pain, pressure and stinging, but most patients describe it as very tolerable. Your scalp might feel sore or appear pink for a day or two, but you can return to work and normal routines right away.

Q: When will patients start noticing changes?

A: Patience is key. PRP stimulates your follicles gradually. Most people notice less shedding and thicker hair texture after a few months, with fuller, more visible results around the four- to six-month mark. Because hair grows in cycles, multiple sessions are needed to build momentum and maintain progress.

Q: What advice do you have for patients to achieve the best results?

A: Have realistic expectations and a plan for consistency. PRP works best as a series of treatments, typically three sessions spaced about a month apart, followed by maintenance sessions every few months. A board-certified dermatologist who specializes in hair restoration can help tailor a schedule and combine PRP with other treatments.

If you're looking for a solution for hair loss, schedule an appointment with Dr. Patel to determine if PRP therapy is right for you. Appointments can be made by calling 952.442.3188.

YOUR BEST DEFENSE Vaccines for a healthier season

With winter quickly approaching, the change in seasons brings more than snow and shorter days — it also brings a rise in respiratory illnesses like COVID-19, the flu and RSV. Getting vaccinated is one of the best ways to lower your chance of becoming seriously ill.

The Minnesota Department of Health recommends the following:

COVID-19: Recommended for adults aged 19 and older, children aged 6 to 23 months and children aged 2 to 18 who are part of certain risk groups (such as those who have never been vaccinated, those with underlying conditions, those living with high-risk household members or those in long-term care).

FLU: Recommended for everyone age 6 months and older (with very rare exceptions).

RSV (respiratory syncytial virus): A one-time vaccine is recommended for adults ages 75 and older and adults aged 50 to 74 who are at increased risk.

It's not too late to protect yourself this season. Schedule an appointment at a Ridgeview Clinics location nearest to you or make an appointment online at ridgeviewmedical.org.



NEW PROVIDERS



KELLY ASCHENBECK, MD
Dermatology
Chaska & Excelsior



JASON ASH, PA-C
Spine & Pain
Chaska & Waconia



VAMSY BOBBA, MD
Spine & Pain
Chaska & Waconia



JENNIFER COIAS, MD
Dermatology
Waconia



TARA DENKE, MD
Obstetrics & Gynecology
Chaska & Waconia



JENNIFER EMBRY, MD
Obstetrics & Gynecology
Chaska & Waconia



ROGER GALLUP, MD
Pulmonology
Waconia



MOLLY LOVE, PA-C
Allergy & Immunology
Chaska



PATRICK MALECHA, MD
Palliative Care
Waconia



PAM MCNALLAN, PA-C
Allergy & Immunology
Chaska



BRYAN PELKA, MD
Mental Health Services
Chaska



ELLEN SCHUMACHER, PA-C
Spine & Pain
Chaska & Waconia



RIDA SHAIKH, DO
Internal Medicine
Belle Plaine & Chaska



ABIGAIL SIMEK, DNP, CNP, FNP-C
Family Medicine
Gaylord & Winthrop



MICHAEL WEXLER, MD
Allergy & Immunology
Chaska

Not pictured: Nicholas Dahm, PA-C, Urgent Care, Chanhassen | Margaret Klaustermeier, MSN, CNP, FNP-C, Urgent Care, Chanhassen

HealthViews

Relief at last

RESTORING QUALITY OF LIFE THROUGH SPINE CARE



Living with pain isn't just uncomfortable – it can affect every part of your life. For David K., the pain in his right arm was doing just that. The only way he could tolerate the pain was by lying down. David found creative ways to adapt – from working remotely to attending church services from the upper balcony, where he would lie down in a pew to watch.

PROGRESSIVE CARE WITH SURGERY AS A LAST RESORT

After living with six months of debilitating pain, David's primary care provider referred him to Robert Brenner, MD, a specialist in both operative and nonoperative spinal care. "Dr. Brenner believes in and practices progressive care, starting with the least invasive steps, such as physical therapy and lifestyle changes. Surgery, his expertise, is a last resort," David explained.

"Every patient is unique in their condition and treatment plan. Although we initially seek nonoperative modalities for care, after exhausting other alternatives, surgery may ultimately be the best approach for a successful outcome," Dr. Brenner said.

RIDGEVIEW'S SPINE & PAIN TEAM PROVIDES ANSWERS AND RELIEF

Ongoing chronic pain can lead to significant limitations in daily life, missed work and increased health care use. Early and accurate diagnosis, along with a personalized treatment plan, is key to preventing long-term complications.

"I am 55 years old and have seen many doctors over those years. In that time, I have never met a physician as impressive as Dr. Brenner. I appreciate his teaching mentality, patience and willingness to answer questions while explaining things in understandable ways. I highly recommend him. Thank you for bringing him to the Ridgeview team!"

-DAVID K.

Whether you're dealing with back pain, headaches, nerve discomfort, joint issues and more, Ridgeview's Spine & Pain team is here to listen, understand and guide you toward a better quality of life.

Scan the QR code to learn more about Ridgeview's comprehensive Spine & Pain program.



KEEP HERE healthy

There's no denying it – where we live matters to our health. Beyond having clean water, fresh air and open spaces, nearby access to expert health care is vital to our well-being.

Keep Here Healthy is the focus of Ridgeview Foundation's giving campaign that highlights the importance of having health care close to home, the cost to do so and the generosity we depend on to continue caring for our community.

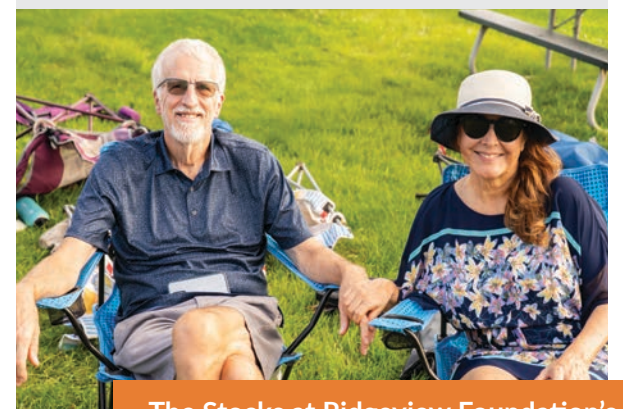
Ridgeview isn't a business; it's a non-profit organization. In an ever-challenging health care environment, Ridgeview's revenue alone is not enough to cover expenses and make essential upgrades. Philanthropic support is needed for Ridgeview to meet its financial commitments and advance the health care services it provides.

BEING CLOSE IS THE BEST MEDICINE

"When care is close to home, it's personal. You're treated by people you know, who understand your needs and are committed to your well-being. Supporting Ridgeview ensures that level of trusted, high-quality care stays right here in our community for generations to come. Prior to retiring in 2019, I was part of Ridgeview for more than 30 years. Because I've seen first-hand what happens behind the walls, I know that every donation truly makes a difference. That's why I believe so strongly in giving back," Thomas Stocks, MD, said.

You can help *Keep Here Healthy*. Consider making a donation to support Ridgeview and ensure the high-quality care we depend on and need remains strong in our community. Every gift – no matter the size – means spending less time in traffic and more time healing at home, visiting loved ones in the hospital and saving lives.

The importance of philanthropy for non-profit health systems like Ridgeview



The Stocks at Ridgeview Foundation's 2025 Groovin' on the Green event

Scan the QR code to learn how you can help *Keep Here Healthy*.



RIDGEVIEW NATIONALLY RECOGNIZED FOR CLINICAL EXCELLENCE BY HEALTHGRADES®

Ridgeview has again been nationally recognized for exceptional clinical excellence by Healthgrades®, the No. 1 site patients use when searching for a doctor or hospital. For the second year in a row, Ridgeview has been named one of America's 50 Best Hospitals for Surgical Care™ in 2026 and for the third year in a row, has been named one of America's 100 Best Hospitals for Joint Replacement™. Additionally, Ridgeview was ranked #2 in Minnesota for Joint Replacement in 2026.

These achievements further affirm Ridgeview's status as a premier destination for specialty care and underscore the organization's longstanding commitment to excellent patient care.

