



Barnesville Chiropractic Advocates For Healthy Living Options



Dr. Sean Wahl stands in the exercise room at Barnesville Chiropractic. The machine is a seated Elliptical cross trainer. A new machine to the workout room. It is used extensively for cardiac rehabilitation and it helps with strengthening the upper and lower body. Members have access to the facility with a key card and can use the equipment at any time that works for their schedule. Exercise and healthy eating are an important component in being active ones entire life.

By: Karen Carpenter

How would one describe their health? Probably not quite the way someone trained in a health field might.

Americans on the whole lead sedentary lives, eat too much processed food and rely heavily on pharmaceuticals.

Dr. Sean Wahl and his staff at Barnesville Chiropractic are trying to change the health habits of their clientele.

“Our vision is to become the health and wellness leader in the Barnesville community. We want people to use us as a resource to maintain a healthy lifestyle,” stated Dr. Wahl.

Basically chiropractors help a person achieve health and wellness through correcting the spine and working with the nervous system.

“We take it to another level by adding exercise and nutritional health,” stated Dr. Wahl. “When one addresses those items the body has more energy and can stay active longer, maybe well into the 80s or 90s.”

Sometimes people in their 30s or 40s tell Dr. Wahl that they feel old, meaning they have a lot of aches and pains.

It does not have to be that way.

Giving up smoking, getting exercise and making better eating choices can make a difference. The person must make the decision to lead a healthier lifestyle.

At Barnesville Chiropractic they work on strengthening the body’s core and having better posture. “Having a stronger core and good posture will prevent the wearing out of joints, ligaments and tendons,” commented Wahl.

“Everyone needs to exercise on a regular basis,” said Dr. Wahl. Exercise has to be part of ones daily routine to be most effective in staying active and healthy.

People like to hit the gym in January after making that New Year’s resolution. But only about five percent achieve any permanent weight loss or added health.

People tend to go six days a week and maybe spend two hours working out at each session. But that routine is practically impossible to keep up so most people fall away from their initial enthusiasm before January ends.

Dr. Wahl suggests everyone do some cardio exercise three to four days a week for 20-30 minutes. The exercise could include walking,

running or biking.

Muscle resistance is an exercise which people should do three days a week. Working with weights can be incorporated into the workout routine.

Dr. Wahl also gives his clients balance and posture exercises. They can be done in 10 minutes three to four days a week. “If people will dedicate the time to these exercises they can make a big difference in balance,” said Dr. Wahl.

Improved balance and posture can help people prevent a fall. Especially in older people, a fall can be devastating, and even lead to early death.

People complain of having low energy. Once they begin an exercise routine and make it a habit they will experience a surge of energy.

Exercising was important enough that when Dr. Sean Wahl built his current chiropractic clinic in 2006, a block north of Assumption Catholic Church on Front Street, a portion was set up as a fitness center.

Anyone can join the fitness center for a membership fee. They have access to the building with a key card and can use the many fitness machines any time their schedule allows.

Four classes a week are held for senior based fitness programs Silver & Fit and Silver Sneakers. They are led by Samantha Raw. Most medicare supplemental insurance plans cover the cost of fitness center memberships.

The senior exercisers get together to work out. The staff helps with special needs for exercise such as cardiovascular, arthritis or weight loss.

Members can get help with weight management. Dr. Wahl will meet with members once a week and visit with them about diet both short term and long term. Wahl can offer guidance toward lifestyle changes and life-long diet management.

People are encouraged to add power foods such as spinach, avocados and almonds. Foods high in nutrients and low in calories can be a recipe for living a longer, healthier, life.

Vitamins also play a role in ones health. Because no one eats a perfect diet supplementing with a multi vitamin, calcium, B vitamins and fatty acids can assure one takes in a balanced diet.

“I tell people to strive to eat healthy meals 90 percent of the time. The other 10 percent of meals can be things that you know aren’t good for you,” said Dr. Wahl.

Vitamins should never be taken instead of food but as a supplement to a healthy diet.

“I suggest investing in good quality supplements. Take the best quality possible and avoid the cheap brands,” stated Dr. Wahl. The old adage, you get what you pay for, applies.

Dr. Sean Wahl began his chiropractic business in Barnesville in 1995 along with his partner Dr. Robert Schulte. The duo had an office in Moorhead at the time and chose to expand to Barnesville with a satellite office. Barnesville

Chiropractic was located on North Front Street in its infancy. The building was originally the home of Fisch Lumber Company.

Dr. Wahl served Barnesville two days a week and spent the other days in the Moorhead office.

In 1997 Barnesville became home to the Wahl family which includes wife Veronica and three children Hunter, a senior, Jackson, a sophomore and Lincoln, an eighth grader at Barnesville High School. By 1998 Dr. Wahl had bought out his partner’s share of the Barnesville office becoming sole owner of the Barnesville practice.

From there the practice grew into the chiropractic and health center that it is today.

Dr. Wahl credits his staff for the continued success of the business. Sheila Krueger is a chiropractic assistant at Barnesville Chiropractic and Samantha Raw is a chiropractic technician.

“Many of the health care professionals in Barnesville have gathered to talk about ways to help residents get and stay healthy,” concluded Dr. Sean Wahl.

Barnesville is fortunate to have many high quality healthcare providers that work together to improve the health of the residents.



Barnesville Ambulance Keeps Up With The Times



Barnesville Ambulance Manager Scott Nelson demonstrates the ARMER communication system, which was installed in 2017.

By Michael Stein

Whether it’s equipment updates, new training sessions or new emergency providers, the Barnesville Ambulance continues to be an efficient, fast and reliable emergency response provider.

Ambulance Manager Scott Nelson said one of the most important recent changes was the installation of the ARMER (Allied Radio Matrix for Emergency Response) communication system;

“This was a very significant event for us,” Nelson said. “Since it was installed in July it has worked really well. We had a couple of significant calls where I was able to use the walkie talkies to update the hospital where we were bringing in a patient.”

Nelson added that the new ARMER system also allows them to talk to air ambulances easier. “It also means everyone in our surrounding area is on the same page. Wilkin and Ottertail counties have been on this system for years.”

Also on the technology front, the Barnesville Ambulance’s LUCAS 2 automated chest compressor has been a big success.

“LUCAS 2 does those compressions, for instance, on people in cardiac arrest,” Nelson said. Of the four we’ve used it on so far, two were well enough to walk out of the hospital. Prior to that it was more difficult to get a pulse back. The LUCAS does a great job and has made a huge difference in our emergency care.”

Educational programs continue to grow with the ambulance service providers. Nelson said they are broadening that out to other first

responder groups in the area. For instance, Nelson said, two emergency responders from Sabin have attended training here. Nelson has also gone to Sabin to help with their refresher training.

“It’s nice to develop those relationships before an emergency situation occurs,” he said. “It helps a lot when we respond to the same emergency.”

Emergency training continues to evolve with technology. “For our CPR training, we’ve added automated mannequins that measure the timing, depth and recoil of the person who’s training. The American Heart Association strongly recommends using these automated mannequins,” Nelson said.

More emergency medical technicians (EMTs) with fewer hours on call has been working well,

Nelson said. “We have a core group of 15 in various shifts. It’s nice to have a larger group of people if the first ambulance is already out. That gives us a better chance for staffing if there’s a second call, which happens a lot. In 2017 we had to use the second ambulance 17 times, either to the same or a different emergency situation.”

Barnesville Ambulance Services runs two ambulances and offers 24-hour service every day of the year with trained volunteers and EMTs taking the calls.

Several area youth groups, from Girl Scouts to Boy Scouts to 4-Hers have visited and toured the facilities over the last several months.

“Any group that wants to come down and see what we do is welcome,” Nelson said.



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