



Holiday Boutique and Bake Sale

Get an early start on your holiday shopping
CMH's Holiday Boutique and Bake Sale will take place from 9am to 3pm on Friday, November 17.

The event will be held in the hospital's main hallway and in the Apple Cart Gift Shop. Candles, wreaths, toys and clothes will be sold to benefit the work of the CMH Auxiliary. There will be a fudge sale, with samples available, and musical entertainment throughout the day.

Please join us for this special event! **CMH**

ECRWSS EDDM
Postal Customer

DIABETES HEALTH FAIR WED, OCT 25 • 9AM-1PM FREE AND OPEN TO THE PUBLIC



FREE HEALTH SCREENINGS:

- Blood pressure
- Blood glucose
- BMI

LEARN ABOUT:

- Healthy meal plans
- Blood glucose meters
- Medications
- Insulin pumps
- Pen devices

This is a great event to get the latest information about diabetes management, prevention and resources; receive free screenings and hear from diabetes experts.

Expert care is minutes away.

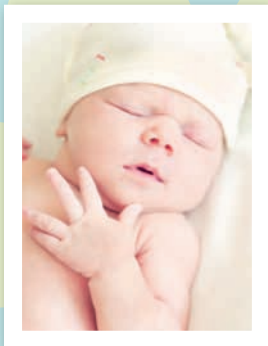


When you or a loved one needs healthcare, it's comforting to know that comprehensive emergency services are close to home.

URGENT CARE
5-9pm Mon-Fri, 9am-3pm Sat
EMERGENCY CARE
24 hrs/day, 7 days a week



■ THE BIRTHING SUITES



Learn the A-B-C's of childbirth and newborn care → SAT, OCT 14, 2017 ■ 9am-5pm, Lower Level Classroom

Prepare for a safe, healthy and joyous childbirth experience. CMH offers custom childbirth education for moms-to-be and their coaches. Wear comfortable clothes, and bring your partner or labor coach. You'll receive a handbook, additional resources, a tour of the new CMH Birthing Suites, lunch and snacks. This is a day not to be missed! \$30/couple. Call Stef at 218-343-6077 for information or 218-879-4641 to register.

cloquethospital.com

Discover healthy and fun opportunities at → HAPPENINGS!
Go to our "Happenings" link at the top of the CMH website and you can filter class offerings by month, by topic, or just browse through our many offerings.

HealthWire



Hospital staff celebrate the new 3D machine

Pictured are (from left) Patti Darst (Radiology Tech/Mammographer), Peggy Rouleau (MD, Radiologist), Desiree Weets (RN, Radiology), Trina Storck (RN, Director of imaging Services).

CMH unveils new 3D mammography machine

We have installed a new state-of-the-art mammography machine. The Hologic Selenia 6000 Tomosynthesis Mammography machine is part of the Selenia Dimensions system, and offers better comfort and accuracy for patients.

While conventional mammograms take a single picture of the breast in two directions, digital tomosynthesis (3D) captures multiple X-ray images of each breast from different angles. The breast is positioned in the machine just as it would be in a traditional mammogram, but less pressure is applied due to the ergonomic design.

Powered by C-View™ software, the Genius 3D MAMMOGRAPHY™ exam is low-dose and clinically superior. Trina Storck, RN, Director of Imaging Services at CMH, says the new breast cancer screening machine produces a “more in-depth, detailed image.”

The system’s Genius 3D MAMMOGRAPHY™ exam provides a 41% increase in invasive breast cancer detection compared to traditional 2D mammography, and up to a 40% decrease in false-positive recalls.

According to CMH radiologist Peggy Rouleau, MD, “Better sensitivity with digital tomosynthesis will decrease patient recalls and lead to more lives saved from screening mammography.” The system has truly revolutionized the mammography screening process. [CMH](#)

Advanced Wound Clinic OPEN HOUSE THURSDAY, OCT 19, 2017, 3 to 6pm



CMH invites the community to attend our Advanced Wound Clinic Open House. We are opening the clinic in partnership with Healogics, a Florida-based organization that offers comprehensive wound care at 800 hospitals across 46 states.

If you’re coping with a wound that isn’t healing, or that is unresponsive to traditional treatment, CMH’s new Advanced Wound Clinic can provide relief. We are pleased to announce that the new clinic will also include two hyperbaric oxygen chambers.

Attend the Open House to learn how we can treat a variety of healing complications.

New Director of Surgical Services and Specialty Clinic

Community Memorial Hospital welcomes Jacque Volk, RN, as Director of Surgical Services and Specialty Clinic. Before joining the staff at



CMH, she worked at Essentia Health in Sandstone, Augustana Mercy Health Care Center in Moose Lake and Community Memorial Hospital a number of years ago in the Medical-Surgical Department.

A graduate of Wrenshall High

School, Volk earned an associate's degree in nursing from Hibbing Community College and a bachelor of science in nursing from the College of St. Scholastica. **CMH**

New Director of Imaging Services

Awarm welcome to our new Director of Imaging Services, Trina Storck, RN. A seasoned CMH employee, Storck has worked in various departments and roles, most recently in Interventional Radiology for the last five years. Her career background also



includes experience at Lakewalk Surgery in Duluth.

After graduating from Proctor High School, Storck received a bachelor of science degree in business administration from the University of Wisconsin-Superior, with a

concentration in corporate health management. She earned her RN degree from Lake Superior College. **CMH**

THE CLOQUET COMMUNITY MEMORIAL HOSPITAL FOUNDATION REQUESTS
THE PLEASURE OF YOUR COMPANY AT OUR ANNUAL FALL GALA...

Autumn Elegance

FALL GALA

FRIDAY, OCT 6, 2017

at Community Memorial Hospital

FEATURING

Comedian C. Willi Myles

Known as "America's Everyday Comedian," C. Willi Myles provides a high-energy, sidesplitting show. He tells detailed stories about growing up in the South and acclimating to the cold of Minnesota, telling non-offensive (yet oh-so-humorous) jokes while giving a unique spin to life's challenges.

Myles is an interactive performer, and has shared the stage with legends like Ray Charles, Aretha Franklin and Toby Keith.



Another great year, another great gala!

5:00 pm — Gala Reception & Silent Auction tables open

6:00 pm — John Riihiluoma, Foundation President

6:15 pm — Dessert Auction

6:45 pm — Invocation, Chaplain Mary Beck

6:50 pm — Dinner (*Romaine lettuce & signature bleu cheese dressing, petite filet of beef/lobster tail with butter, twice-baked potato & toppings, roasted Brussels sprouts, breadsticks, rolls & savory biscuits.*)

7:15 pm — Silent Auction tables close

7:30 pm — Judy Poss, Foundation Director

7:45 pm — Live Auction

8:15 pm — C. Willi Myles

This is a smoke-free, suit-to-formal event.

Gala proceeds will fund healthcare priorities at the hospital and Sunnyside Health Care Center.

TICKET INFORMATION

\$85 per person after September 23, 2016

Seating is limited! RSVP to Judy Poss at 218-878-7652

or jposs@cloquethospital.com

CMH commits to sourcing local and sustainable produce



The Riverside Café serves local produce sourced sustainably from seed to fork.

Community Memorial Hospital is pleased to announce our partnership with sustainability organization Greener Fields Together. Our new hospitality partner will help CMH in our effort to support local farmers, source fresh produce and promote healthy living.

“This is a national movement involving producers, distributors and providers,” says CMH Director of Nutrition Services Pat McCoy. “It gives us a means to provide customers with produce that protects the environment and consumers through safe practices and processes to ensure quality.”

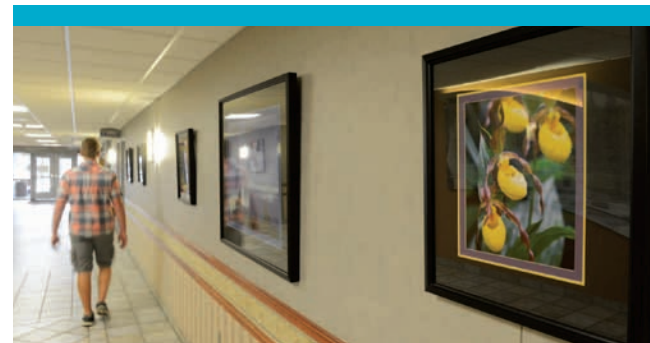
In addition to sourcing local fruits and vegetables, the hospital has also introduced compostable containers for use at the Riverside Café. [CMH](#)

CMH AUXILIARY

CMH offers complimentary hand massages to patients, residents and caregivers

Trained through our Occupational Therapy Department, all Hand Massage Volunteers are equipped with proper hand massage techniques. The gentle massages take place in patients’ rooms, making the experience all the more calming in what can sometimes be a stressful environment.

CMH is currently offering the free service 2-4 times a month, with the hope of featuring free hand massages on a weekly basis. **If you are interested in becoming a Hand Massage Volunteer, please contact Volunteer Coordinator Jennifer Stay at jstay@cloquethospital.com or 218-879-4641 (ext. 7142).** [CMH](#)

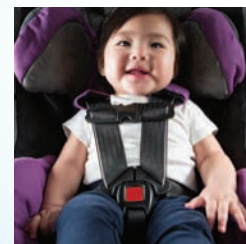


Retired physician donates nature photographs to CMH

Dana Malkovich, MD, has generously donated his nature photographs to CMH. Before his retirement, Dr. Malkovich worked as a family medicine physician at Raiter Clinic, and the immersive images he’s captured allow him to continue touching patients’ lives. [CMH](#)

FREE CAR SEAT SAFETY CLINICS

Bring your child, car seat and vehicle to ensure proper fitting. No appointment is necessary. Call 218-499-4258 for more information.



TUE, OCT 17, 1-3pm
Cloquet Fire Station #1
508 Cloquet Ave.
Cloquet

TUE, NOV 21, 4-6pm
2779 Big Lake Rd.,
Cloquet

Living on the Border with Pre-Diabetes

Start now to delay or prevent type 2 diabetes

NEXT WORKSHOP
→ **TUESDAY**
NOV 14, 2017
3-6pm

\$20 registration fee

Workshop held in CMH classrooms

Have you been diagnosed with pre-diabetes? The good news is you can make changes now that can delay or even prevent the onset of type 2 diabetes. Taught by certified diabetes instructors, the workshop is open to anyone who would like to learn more about pre-diabetes. **Call 218-878-7661 to register.**