


## CMH Lab receives accreditation for transfusion excellence

**O**ur CMH Lab recently received accreditation from the American Association of Blood Banks (AABB) for the quality and safety of our transfusion activities.

It's also evidence of how your community hospital continues to strive for the highest possible standard of care for our patients. The accreditation process focused on the quality and safety of CMH's collecting, processing, testing, distributing and administering of blood and blood products.

"AABB Accreditation is a very vigorous accreditation to earn, with many hours spent establishing quality systems within CMH's blood bank," said Nikki Wilmes, Director of Laboratory Services at CMH. "Unlike other assessments, AABB accreditation is voluntary, not mandated. This shows our facility's continued commitment to improvement, education and quality." 

### DIABETES HEALTH FAIR MONDAY, NOVEMBER 4 9AM-1PM CMH GROUND FLOOR MEETING ROOMS FREE ADMISSION

*Giveaways and Door Prizes!*

**"DIABETES AND MEDICARE PART D:  
HOW ARE YOU MANAGING?"**

**10:00 AM PRESENTATION**

**by Megan Undeberg, PharmD, BCACP**

#### What you'll find at the Diabetes Health Fair:

- Screenings for blood glucose, blood pressure and fat analysis.
- Learn about the latest technology and medications for diabetes, blood glucose meters, insulin pumps and pen devices.
- Vision screening.
- Bone density testing.
- Learn more about how to manage and treatment options for diabetes, hypoglycemia and sleep apnea, diabetes and oral health, and healthy nutrition tips.



#### Like CMH on Facebook!

If you haven't found us on Facebook yet, please check us out—enter "Cloquet Community Memorial Hospital" in the FB search box. We're posting about hospital and Sunnyside events, workshops, new staff, health tips, and more. "Like us" and you'll receive our posts in your daily news feed.

#### ■ THE BIRTHING SUITES

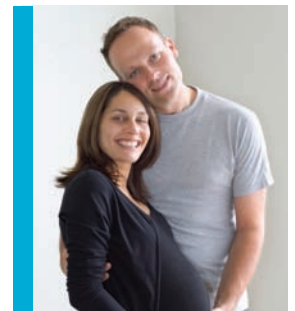
**2014  
CMH ONE-DAY  
CHILDBIRTH  
EDUCATION  
CLASSES**

→ SAT, JAN 18  
SAT, APR 19

### Learn the A-B-C's of childbirth and newborn care SAT, JAN 18, 2014 ■ 9am-5pm CMH Oak Room

Prepare for a safe, healthy and joyous childbirth experience—in just one day. We offer childbirth education specifically designed for moms-to-be and their coaches. Bring your partner or labor coach, two pillows, and wear comfortable clothes. You'll receive a handbook, additional resources for new parents, a tour of the new CMH Birthing Suites, lunch and snacks. This is a day you won't want to miss!

**\$30/couple. Call Stef at 218-343-6077 for information or 218-879-4641 to register.**



# HealthWire

A toddler's broken leg gets special orthopedic treatment at CMH



CMH Orthopedic Surgeon Dr. Joseph Lemker examines his young patient, Jaxton Lind.

**WHEN ONE-YEAR-OLD JAXTON LIND BROKE HIS LEG**, his parents Heidi and Chris Lind (from Wright, Minnesota) came to the CMH ER. His leg was x-rayed and splinted, and his fracture was closely evaluated and treated on a weekly basis by CMH Orthopedic Surgeon Dr. Joseph Lemker. After wearing the cast for only about a month, Jaxton's leg was almost completely healed.

Children have a tremendous ability to remodel their bones in comparison to adults. This ability also allows for a greater number of nonsurgical treatment options for fracture care.

Dr. Lemker provides orthopedic care for patients of all ages. Dr. Mark Gregerson, Dr. Clint Moen, and Dr. Joseph Lemker are all board-certified orthopedic surgeons who perform a broad array of orthopedic services, including adult reconstruction, sports medicine, trauma, plus much more.

For more information about orthopedic medicine at CMH, or to make an appointment with one of our orthopedic surgeons, please call 218-655-1587. [CMH](#)

## Meet our CMH ER medical staff

**T**his year, CMH is transitioning to staff our Emergency Room with our own employees to ensure consistency, provide a more personal experience, and improve patient care. Staff was hired to join **CHAD FEY, MD**, who has



been a CMH employee and has worked in the ER for several years. Dr. Fey is originally from Edgerton, Minne-

sota and is board certified in Family Medicine. He started at Raiter Clinic in 2003 and later he (Story continued on next page)



## ■ EMERGENCY ROOM, cont'd.

began serving patients in the CMH ER. “ER care in a small hospital is more personal than in a larger hospital,” Dr. Fey said. “You get to know the patients and their families almost on a one-on-one basis.”

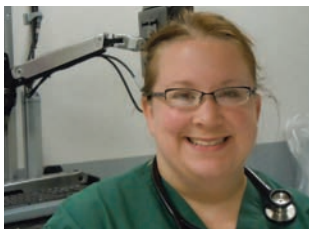
**PETE OLSEN, MD** started working at the CMH ER in September 2013. He grew up in Rhinelander, Wisconsin and is a graduate of the University of Minnesota-Duluth School of Medicine. He is board certified in Family Medicine. Dr. Olsen did his residency at Essentia and St. Lukes in Family Medicine, including OB/GYN, critical care, ER, Internal Medicine and Pediatrics. He also staffed a small clinic at the Duluth Family Medical Center. Dr. Olsen participated in the UMD School of Medicine Rural Physician Associate Program in Owatonna. His plans include working at a mission hospital in Africa. Visit his blog at [www.littleolsen.blogspot.com](http://www.littleolsen.blogspot.com) to learn more.



**KARA UNDERWOOD, MD** started working at the CMH ER in July 2013. Originally from Lindstrom, Minnesota, Dr. Underwood graduated from the University of Iowa Medical School. She was previously employed by Grand Itasca Hospital in Grand Rapids, and in Douglas, Wyoming, and is board certified in Family Medicine. Dr. Underwood was drawn to CMH because of the personal care it provides and her interest in ER medicine. She believes there is more of an investment in patients at small rural hospitals, such as CMH, than hospitals in big cities.



**VALERIE ROBERTS, NURSE PRACTITIONER**, is the newest addition to the ER medical staff. Valerie was born and raised in Cloquet. She received



her nursing degree from the College of St. Benedict and her Master of Nursing from the College of St. Scholastica with a Family Nurse

Practitioner certificate. She previously worked for an online medical service provider, at St. Mary's Trauma Department and while in grad school, she worked at CMH in Emergency Services. **CMH**

## Have you been diagnosed with **pre-diabetes?**

Take steps to prevent or delay type 2 diabetes in your future



### LIVING ON THE BORDER WITH PRE-DIABETES

Before someone develops type 2 diabetes, it almost always begins with a diagnosis of “pre-diabetes”—a condition where blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes. It's important to know that diabetes doesn't have to be inevitable and can be delayed, if you learn how to take charge of your pre-diabetes now.

Each *Living on the Border With Pre-Diabetes* workshop is designed for individuals diagnosed with pre-diabetes, as well as anyone who would like to learn more about pre-diabetes and diabetes.

#### YOU'LL LEARN:

- What pre-diabetes means for your health
- Risk factors
- Diet, exercise and other lifestyle changes

#### YOU'LL RECEIVE:

- A helpful book about pre-diabetes
- Informational handouts
- Pedometer
- Blood glucose meter

Taught by certified diabetes instructors (Registered Nurse and Registered Dietitian). **CMH**

**NEXT UPCOMING WORKSHOP DATE:**  
→ **TUESDAY**  
**NOV 14, 2013**  
**9:00am to Noon**

**To register for a session, please call**  
**218-878-7661**

**\$20 registration fee**

**Workshop held in CMH ground floor Birch Room**

**MARK YOUR CALENDAR FOR WINTER DATE:**  
**THURSDAY**  
**JAN 16, 2014**  
**1:00pm-4:00pm**

## Flu season right around the corner

**T**his year, the Minnesota Department of Health recommends that everyone six months of age and older should receive the flu vaccine—and it's a good idea to get your flu shot (or nasal spray) as soon as the vaccine is available. Getting the vaccine each year helps protect you from getting the flu, so you won't pass it to people who risk getting very sick—including babies, pregnant women, elderly people, and people who have chronic diseases.

**More CMH employees are getting flu vaccine.** CMH and Sunnyside have increased employee vaccination rate from an overall rate of 57% to 73% in our nursing home and 76% in our hospital in five years. We're proud of the award we earned from the Minnesota Department of Health FluSafe program, and this season, we expect those percentages to continue to grow. **CMH**

## A thank you to our generous donors

The CCMH Hospital Foundation is celebrating 26 years of commitment to improving the patient and visitor experience at CMH and Sunnyside Health Care Center. As we look to the future, we are investing today in the Foundation as a means to increase opportunities for members of our community to express their appreciation and knowledge of the importance of quality health care in our community. By installing the CMH Wall of Recognition we are taking a vital step forward in recognizing how important you, our donors, are in making this quality organization run as efficiently and effectively as it does. Together, through vision, commitment and investment of our personal funds, we can secure a future for generations to come.

**MICHAEL GARCIA, CCMH FOUNDATION PRESIDENT**  
**JUDITH A. POSS, CCMH FOUNDATION DIRECTOR**

### FOUNDATION BOARD

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### Quilt raffle for Gala

Raffle tickets are on sale now to win a hand-made quilt, donated by local quilting artist Barbara Little and quilted by Candy Butala. The quilt features the "Uneven Star" pattern in red, white and blue on one side and reverses to an American flag and Statue of Liberty motif, and is on display at the hospital gift shop. Tickets are \$2 each or three for \$5 at the CMH Gift Shop.

## CMH Wall of Recognition Unveiling

**FREE AND OPEN TO THE PUBLIC!**

→ **FRIDAY**  
**OCT 11, 2013**  
**5:00 PM**  
**CMH LOBBY**

*The unveiling will be followed by a champagne reception*

### The CMH Wall of Recognition honors gifts from the community to the CMH capital campaign and CCMH Foundation

**T**he Wall of Recognition honors individuals and businesses who contributed to the 2004 CMH Capital Campaign at a level of \$1,000 or more, as well as individuals and businesses who have subsequently donated \$1,000 and above in supporting the ongoing development of the hospital. As we move forward, all gifts of \$1,000 and more will be recognized on the Wall. Recognition will be cumulative so as donors continue to give, they will move up levels on the Wall. **CMH**

**PLEASE JOIN US AS WE CELEBRATE OUR COMMUNITY'S BEAUTIFUL NEW HOSPITAL FACILITY!**



**GALA SCHEDULE**  
5:30pm Gala begins  
6:30pm Dessert auction  
7:00pm Dinner

**GALA TICKETS**  
\$50 per person  
RSVP to Gail Salo at  
218-878-7028

Musical entertainment provided by County Seat Theater.

Cash bar provided by Northeastern Saloon and Grille

Cloquet Community Memorial Hospital Foundation

# ANNUAL GALA

**"AN ALL-AMERICAN CELEBRATION"**

Friday, October 11, 2013  
Community Memorial Hospital

**SILENT AUCTION • LIVE AUCTION • RAFFLES**

- Silent auction items include Vikings tickets, hand-made quilts, photography, gift certificates, Minnesota Wild tickets, and much more!
- Live auction items include a week at a Hawaii timeshare.
- Enter a raffle to win a \$4,000 vacation anywhere! \$100/raffle ticket (limited number of tickets will be sold).

For more information about the Gala, please call the CCMH Foundation office at 218-878-7652. All proceeds from the Annual Gala will go to the Foundation's support of CMH and Sunnyside Health Care Center.