

HealthWire



“We would definitely recommend the Birthing Suites to everyone.”

ASHLEY AND GARY TEGELS
with their son Axel



THE BIRTHING SUITES AT CMH

Have a peaceful, pampered delivery at our modern facility, designed just for families

ASHLEY AND GARY TEGELS found the Birthing Suites at CMH to be a great place to have their baby.

“The suites are amazing,” Ashley said. “Everybody was super sweet and nice—the doctors and the nurses were awesome.”

While some community hospitals are discontinuing maternity services, CMH has created three beautiful, well-equipped suites where we offer all the medical services you’d expect at a big city hospital. Your baby will usu-

ally be delivered by your family doctor, your baby can room with you, and we’ll make sure that your partner and family members are comfortable, too!

Peace of mind. Birthing Suites staff members are trained to work with families to take into account preferences for labor and birth.

“They were very accommodating of our birth plan,” Ashley said. “We had



EVERYTHING YOU NEED

Each suite includes amenities to make your experience comfortable, private and joyous:

- A private bath and whirlpool
- Flat-screen TV with DVD
- Recliner
- Free Wi-Fi
- Refrigerator and microwave

■ THE BIRTHING SUITES

a doula, and I had the birth experience I wanted.”

Your delivery will be assisted by trained physicians and staff—all supported by the latest in medical technology, procedures and medicines. The Birthing Suites are fully equipped and ready with the latest medical technology, 24-hour anesthesiology services and the latest in pain medications. If complications should arise, you can take comfort in knowing you and your baby will receive the finest medical help available. Our advanced life support systems offer the highest standards of technology, and our nearby surgical unit provides an added measure of security.

Plan your delivery at The Birthing Suites at CMH and feel calm and confident! Call 218-879-4641. **CMH**

CMH offers Oncology/ Hematology Services

Oncology/Hematology services are now available at CMH. Dr. Mikhail Perlov sees patients every Tuesday in the Specialty Clinic at CMH.

Dr. Perlov received his medical degree from SUNY Upstate Medical University in Syracuse, New York and completed his internal medicine



residency and hematology and oncology fellowship at the University of Iowa Hospitals and Clinics in Iowa City. While at the University of Iowa, he was very involved with clinical trials. Dr. Perlov is a member

of St. Luke's Regional Cancer Center and will see patients at CMH by referral only. For more information, call 218-249-3081. **CMH**

■ CCMH FOUNDATION

YOU'RE INVITED!

Autumn Elegance

FALL GALA FRIDAY, OCTOBER 2
BLACK BEAR CASINO RESORT

Cloquet Community Memorial Hospital Foundation

Your gifts, your health, your community



5:30 pm — Reception

6:30 pm — Dessert auction

7:00 pm — Dinner (*Chicken Marsala, Prime Rib, Vegetarian or Gluten free*)

7:45 pm — President Michael Gay's address

7:50 pm — CMH CEO Rick Breuer

8:00 pm — Silent Auction tables close

8:15 pm — Live Auction

9:00 pm — Closing remarks

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

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

TICKETS

\$60 per person / RSVP to Judy Poss at 218-878-7652
or jposs@cloquethospital.com

FRANCES PORTER, RN, IS PICTURED WITH A PEDIATRIC CRASH CART, one of five new crash carts. New carts also include three IV carts and a resuscitation cart. The CCMH Foundation donated \$10,000 to purchase the carts, which can be transported where needed throughout the hospital. Each crash cart is stocked with equipment and medications appropriate for its particular use.



Living on the Border with **Pre-Diabetes**

Start now to
delay or prevent
type 2 diabetes

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.**

NEXT WORKSHOP
→ **THURSDAY**
NOV 19, 2015
9:00 am–12:00 noon

\$20 registration fee

Workshop held in
CMH ground floor
Birch Room

CMH Diabetes Education Program receives national recognition

THE DIABETES EDUCATION PROGRAM at CMH has received continued recognition from the American Diabetes Association. The CMH Diabetes Education Program offers high quality education services to area patients and first received recognition in 2005 and the current recognition designation is effective through May 2019.

The ADA review is voluntary and assures that education programs have met the National Standards for Diabetes Self-Management Education Programs. The Diabetes Education program at CMH includes a registered nurse and registered dietitian, both certified as Diabetes Educators.

Assuring high quality education for patient self-care is one of the primary goals of the Education Recognition program. Through the support of the health care team and increased knowledge and awareness of diabetes, a patient can assume a major part of the responsibility for his/her diabetes management. Unnecessary hospital admissions and some of the acute and chronic complications of diabetes may be prevented through self-management education. **CMH**

“

The recognition process gives professionals a national standard by which to measure the quality of the services they provide and helps consumers identify these quality programs.”

—**CMH Diabetes Education Director, Mary Kay Marciniak, RN, CDE**

Let's keep kids secure! Free car seat safety clinics

Vehicle crashes are the leading cause of death for children between the ages of 3 to 14, but using a car seat correctly could prevent many of the deaths and injuries. CMH has joined with the Cloquet Area Fire Department and Min No Aya Win Human Services Center to help educate the public on the correct use of child car seats. No appointment is necessary and the clinics are free. **CMH**

UPCOMING CAR SEAT CLINICS

TUE OCT 20, 1-3 PM
Cloquet Fire Station #1
508 Cloquet Ave.
Cloquet

TUE NOV 17, 4-6 PM
Cloquet Fire Station #2
2779 Big Lake Road
Cloquet

TUE DEC 15, 11 AM-1 PM
Cloquet Fire Station #1
508 Cloquet Ave.
Cloquet



Healthy Habits for a Healthy Life

CMH NUTRITION WORKSHOPS

Survive the holidays

WED. NOV 18, 2015 | 4-5 PM

You don't have to be a Scrooge to enjoy the festivities! Get recipes for healthier holiday foods, learn about managing portion control, and watch a cooking demo. Taught by a Registered Dietitian; limited to 20.

CMH Birch Room | \$5 per workshop
TO REGISTER: 218-878-7071 or
jmaslowski@cloquethospital.com



MY CMH HEALTH
Have you signed up for your convenient Patient Portal?
www.cloquethospital.com
Click on the **My CMH Health Portal** tab at the top left for information about your choices and how to set up your confidential account.

ECRWSS EDDM
Postal Customer

CMH Lab Transfusion Services accredited

CMH LABORATORY has received accreditation for Transfusion Services by the American Association of Blood Banks (AABB). Nikki Wilmes, MT (ASCP) is Director of Laboratory Services.

Accreditation follows an intensive on-site assessment by AABB assessors and establishes that the level of technical and administrative performance at CMH meets or exceeds the standards set by AABB. The AABB's accreditation is voluntary, but CMH sought this accreditation due to the level of professional and technical expertise that contributes to the quality of the institution's performance and the emphasis on patient safety. It will help to ensure the quality and safety of collection, processing, testing, distributing and administering of blood products. **CMH**

DIABETES HEALTH FAIR WED, OCT 28 • 10AM–2PM FREE AND OPEN TO THE PUBLIC



Giveaways & Door Prizes!
Speaker/Cooking Demonstration
Location: CMH classrooms

Please bring a nonperishable food item as a donation for the food shelf and receive an extra ticket for a door prize!

LEARN ABOUT:

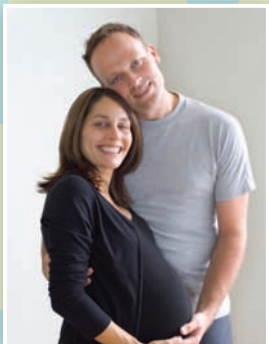
- Diabetes management & prevention
- Healthy meal plans
- Blood glucose meters
- Medications
- Insulin pumps
- Pen devices

FREE HEALTH SCREENINGS:

- Blood pressure
- Blood glucose
- A1c
- Bone density
- Cholesterol

Supported by a gift of \$1,500 from the CCMH Foundation

■ THE BIRTHING SUITES



Learn the A-B-C's of childbirth and newborn care → SAT, OCT 3, 2015 ■ 9am–5pm, CMH Oak Room

Prepare for a safe, healthy and joyous childbirth experience. 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.

UPCOMING 2016
CHILDBIRTH
EDUCATION
SESSION
→ MONDAYS
JAN 4 & 11
5-9 PM
(2-DAY SESSION)