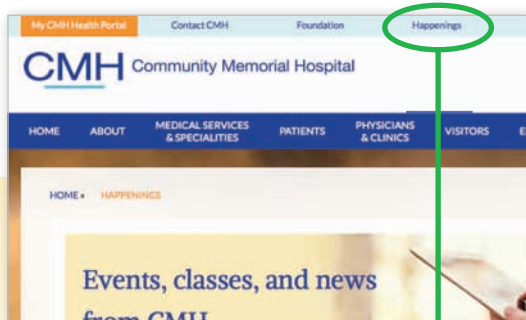


## Quick and accurate diagnosis for strep throat and flu

**T**he CMH Lab has acquired Alere I, a new piece of equipment that allows for faster and more accurate diagnosis of strep throat and Influenza A and B. The equipment will also reduce the chances of false negative tests by increasing the DNA material that is in each sample. All staff members have been trained to use the new equipment. [CMH](#)

\*\*\*ECRWSS EDDM\*\*\*  
Postal Customer



### Discover healthy and fun opportunities for you at **HAPPENINGS!**

**T**here's a lot going on at CMH, with events and classes to interest everyone. From diabetes education, to nutrition classes, to childbirth education, check out the [cloquethospital.com](#) "Happenings" link at the top of the site. Filter by month, by topic, or just browse through our offerings. They're easy to locate, read about, and attend.

## DIABETES HEALTH FAIR WED, OCT 26 • 9AM–2PM FREE AND OPEN TO THE PUBLIC



### FREE HEALTH SCREENINGS:

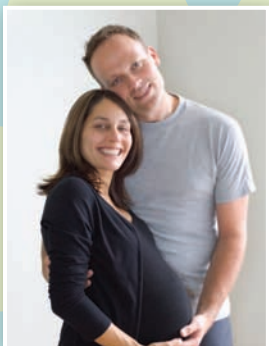
- Blood pressure
- Blood glucose
- Bone density

### 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.

## ■ THE BIRTHING SUITES



### Learn the A-B-C's of childbirth and newborn care → SAT, OCT 1, 2016 ■ 9am–5pm, Lower Level Classroom

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 2017  
**CHILDBIRTH  
EDUCATION  
SESSION**  
→ **MONDAYS**  
**JAN 16 & 23**  
**5:00-9:00 PM**  
**(2-DAY SESSION)**

# HealthWire



The CMH Auxiliary recently raised \$1,743 to purchase a special, more accessible wheelchair for CMH that allows patients to enter from the side.

Pictured are (from left) Jennifer Stay, Auxiliary Coordinator; Rosemary Tobin, Auxiliary Board President; and Karen Grover, Auxiliary Board Vice President.

## CMH AUXILIARY

### Volunteers at CMH and Sunnyside offer their skills and raise significant funds!

**D**id you know that about 100 volunteers donate about 5,600 hours each year at CMH? These amazing people serve patient meals, help patients get to the right place for their appointments, cashier in the gift shop, care for the Sunnyside aviary, purchase flowers for monthly birthday parties at Sunnyside and even play the piano! The CMH Auxiliary also raises money for the needs of the hospital and Sunnyside through the hospital gift shop and fundraisers such as Books-R-Fun, the “No-Bake” Sale, Purses for Nurses, sportswear sale, Lights of Love, Christmas boutique and bake sale, used book sale, Annual Garage Sale and Antiquities Photos.

Jennifer Stay is the new coordinator of the Auxiliary. Previously, she worked at Mercy Hospital and served as a coordinator in both hospice and cardiovascular fields and also served as the coordinator of the Carlton County Prenatal Early Childhood Coalition. She works with new and seasoned volunteers, carefully matching the hospital’s and Sunnyside’s needs with the interests and skills of each volunteer.

Jennifer is working to expand and diversify the program, including drawing in more men and young people to volunteer. “If we don’t currently have an opening for your particular talent, we can probably create something,” she said.

## DIALYSIS UNIT OPENS AT CMH

Fresenius Kidney Care opened a dialysis unit at CMH earlier this year. Having this medical service in the community means area patients can receive their dialysis treatment closer to home rather than traveling to Duluth.

## ■ AUXILIARY

"It helps patients to see volunteers of all ages, including both men and women," Jennifer said.

And volunteering is fun! As a way of saying "thank you" to volunteers, the Auxiliary provides a complimentary box lunch to all volunteers upon request whenever they are serving, free coffee or tea at the Volunteer Check-in Station, an annual appreciation brunch, and opportunities to attend the Minnesota State Hospital Volunteer Organization's annual conference and the HCAM District B meetings.



Thanks to the CMH Auxiliary, the Speech-Language Pathology Department now has an audiometer. An audiometer is used for hearing tests. By presenting tones from very low to very high pitches at various levels of loudness, a speech/language pathologist can determine if an individual has experienced a hearing loss.

The Auxiliary is guided by a board of directors, headed by President Rosemary Tobin. Over the years, volunteers have raised money for significant purchases, including:

- Scholarships for students in health fields
- \$6,000 for artwork in the Riverside Café
- Riverside Café menus
- \$36,000 for sterilizer
- \$38,000 for the CMH building project
- Sunnyside Beauty Shop
- Family Room
- Lactation room for visitors and employees
- Supplies and fixtures at Sunnyside
- Hospital lobby furniture
- Audiometer for Speech-Language Pathology Department.

**INTERESTED IN VOLUNTEERING?** Contact Jennifer Stay at 218-879-4641 ext. 7142, or [jstay@cloquethospital.com](mailto:jstay@cloquethospital.com) 

## ■ CLOQUET COMMUNITY MEMORIAL HOSPITAL FOUNDATION

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

# Autumn Elegance

**FALL GALA** FRIDAY, OCTOBER 7  
COMMUNITY MEMORIAL HOSPITAL

Join us for a fundraiser that's a lot of FUN!

### FEATURING

#### Deuces Wild! Dueling Pianos

Musicians, singers and comedians Dave Eichholz and Ted Manderfeld will pull out all the stops for a night of music, energy and fun. Hear what their fans are saying:

"We travel to other states just to see them!"

— Mindy L.

"We'll be back for the next show. I wouldn't miss it!" — Ken. R.

"They're hysterical. But the way they play is something extraordinary in itself." — Tyler S.



**5:00 pm** — Champagne Reception & Silent Auction tables open

**6:00 pm** — Michael Gay, Foundation President

**6:15 pm** — Dessert Auction

**6:45 pm** — Invocation, Chaplin Mary Beck

**6:50 pm** — Dinner (*Roasted squash and beet salad with kale and topped with pepitas, chef-carved strip loin with au jus, coq au vin, autumn grilled vegetables, and roasted garlic mashed potatoes*)

**7:15 pm** — Silent Auction tables close

**7:30 pm** — Judy Poss, Foundation Director

**7:45 pm** — Live Auction

**8:15 pm** — Deuces Wild Dueling Pianos

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

\$75 per person / \$85 after September 23, 2016

Seating is limited! RSVP to Judy Poss at 218-878-7652 or [jposs@cloquethospital.com](mailto:jposs@cloquethospital.com)

## 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**  
→ **TUESDAY**  
**NOV 1, 2016**  
**9:00 am–12:00 noon**

\$20 registration fee

Workshop held in  
CMH ground floor  
Birch Room

## CMH wins safety award

**C**MH has received the Governor's Safety Award in recognition of its excellence in workplace safety and health. CMH was one of 309 employers statewide to be honored with the safety award. Applicants are judged on several years of injury data as it compares with their industry's national statistics and their progress in implementing a comprehensive safety program. Between 2013-2015, CMH has seen a continual drop in injuries.

**CMH**



Safety Committee members include (back row, L to R) Marilyn Sorenson, Trina Storck, Sarah Motschenbacher, Nancy DeRosier, Dawn Schubert, Sue Grover, Jason Peterson; (middle row) Wanda Fairbanks, Jamie Rossing, Jess Ochis, Val Dynneson, Carolyn Olson; (front row) Melissa Kinkel, Kim Homick, CMH Safety Coordinator.

## Healthy Habits for a Healthy Life

### CMH NUTRITION WORKSHOPS

Fun and informative one-hour workshops about healthy living, taught by a Registered Dietitian. To see the complete 2016-2017 Healthy Habits workshop schedule go to [www.cloquethospital.com/cmh-happenings/](http://www.cloquethospital.com/cmh-happenings/)

### ■ **Back to school nutrition tips**

**WED. SEP 28, 2016 | 4-5 PM**

- Learn about nutritious foods to offer kids for peak school performance
- Meal planning tips for hectic school year and family schedule
- Snack tips/recipes for after school

### ■ **“Holiday Holdout” –Avoid weight gain**

**WED. NOV 2, 2016 | 4-5 PM**

- Learn ways to balance parties and social gatherings
- Dealing with stress and time constraints
- Recipes/cooking demo

**CMH Birch Room | \$5 per workshop;  
\$25 if you register for all six**  
**TO REGISTER: 218-878-7071 or**  
**[jmaslowski@cloquethospital.com](mailto:jmaslowski@cloquethospital.com)**



**CMH IS A PROUD SPONSOR OF**  
**9TH ANNUAL**  
**CLOQUET RIVER RUN**  
**SAT. SEPTEMBER 24 / 9 AM**

**1 MILE & 5K RACES • FREE RACES FOR KIDS**  
All proceeds will fund health and fitness initiatives at Churchill Elementary School.

**[www.cloquetriverrun.com](http://www.cloquetriverrun.com)**