

YOU'RE NOT ALONE

CMH Support Groups offer conversation, caring & connection

Cancer Support Group meets the third Tuesday of each month from 2:00 to 3:00pm at the hospital. We welcome anyone with cancer or who has a loved one with cancer. For information, call 218-878-7664.

Grief Support Group meets the second Tuesday of each month at 7:00pm at the hospital. Facilitated by Peggy Maki. For more information, call 218-940-5123 or 218-879-4976 (evenings).

Stroke Support Group meets the second Wednesday of each month from 3:00 to 4:00pm at the hospital. For stroke survivors and family or caregivers of survivors. For more information call 218-878-7040.

■ SUNNYSIDE HEALTH CARE CENTER

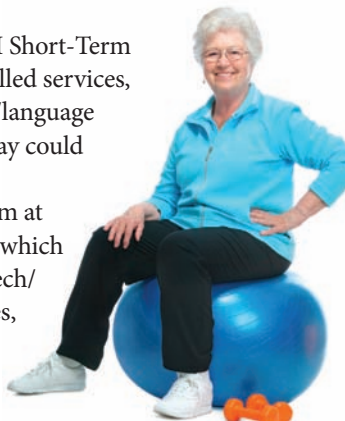
New Short-Term Rehabilitation Unit opens in 2013

CMH IS ALMOST FINISHED changing a section of Sunnyside Health Care Center into a Short-Term Rehabilitation Unit. The creation of the unit is a response to an increased demand for short-term rehabilitation care, driven by aging baby boomers and an increase in orthopedic surgery. With three orthopedic surgeons on our CMH staff, it's especially important that CMH provide a rehabilitation facility where patients can recover from a variety of orthopedic surgeries under the care of their doctor.

Work has begun on developing a rehabilitation unit at Sunnyside, including eight private rooms and two gyms. Each room is being fully remodeled and decorated, and will have a recliner, a flat screen TV and a telephone.

In order to qualify for admittance to the new CMH Short-Term Rehabilitation Unit, an individual will have need of skilled services, such as physical therapy, occupational therapy, speech/language therapy, or nursing services. The length for a patient stay could range from one day to as long as 100 days.

Once a patient is admitted, an interdisciplinary team at CMH will work with the patient and his or her family, which includes Physical Therapy, Occupational Therapy, Speech/Language Pathology, nursing, physician, Social Services, Activities, and Dietary, to ensure a safe and successful transition to home. **CMH**



New Director of CMH Laboratory

JOIN US IN WELCOMING NIKKI WILMES, the



new Director of Laboratory Services. Nikki began her career as an intern in the CMH lab in 2005, was later hired as a lab technician and today finds herself

heading that department. "It is an absolute honor to hold this position," she says.

Originally from Cloquet, Nikki graduated from Lake Superior College in 2006 with an Associate Degree as a Medical Laboratory Technician. She later earned a Bachelor's Degree in Clinical Laboratory Science from the University of Cincinnati. She brings her laboratory technology knowledge to her new administrative role. Nikki replaces Joyce Forbort who retired as Laboratory Director last fall. **CMH**

HealthWire



a perfect place for new beginnings

**"It was an excellent experience—
we were treated like family!"**

RACHAEL OLESIAK with RYDEN



THE BIRTHING SUITES AT CMH

WHEN YOU DELIVER YOUR BABY at The Birthing Suites at CMH, you'll receive high-quality medical care...and you'll experience a warm and personal approach at our brand-new facility.

It's rare that your family doctor won't deliver your baby. Obstetric Family Practice doctors at nearby Raiter Clinic hold full privileges at CMH and will follow your pregnancy from the first trimester to birth. Consulting obstetrician Dr. Skott Nielsen, on staff at CMH, is also available.

Before the big day, our convenient one-day CMH Birthing Class will teach you and your birthing partner everything you need to know to prepare for a safe, healthy and joyous childbirth experience, including information about effective non-medical techniques and medications for handling pain during labor. Our philosophy at The Birthing Suites at CMH is to make your delivery

as personalized and relaxed as possible: babies "room in" with moms and our lactation consultants are on hand to help you start nursing.

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. Our medical team is fully trained and equipped to handle Cesarean births, both planned and emergency deliveries. Whenever you and your doctor might need them, an anesthesiologist is there for you, as well as certified, registered nurse anesthetists. Our staff is fully trained for transfer to NICU.

To make an appointment with a Raiter Clinic family doctor, please call 218-655-1583. For more information on the The Birthing Suites at CMH, call 218-879-4641. **CMH**



**DR. VICKI
ANDERSON
FAMILY
PRACTICE**



**DR. JOANNA
BURNS
FAMILY
PRACTICE**



**DR. VICTORIA
HEREN
FAMILY
PRACTICE**



**DR. DAVID
LUEHR
FAMILY
PRACTICE**



**DR. BETH
MORK
FAMILY
PRACTICE**



**DR. SKOTT
NIELSEN
OB/GYN
SPECIALIST**



**DR. DAN
PALMQUIST
FAMILY
PRACTICE**



**DR. KEN
RIPP
FAMILY
PRACTICE**



**DR. JIM
ROGERS
FAMILY
PRACTICE**

■ PHYSICAL THERAPY

Arthritis Foundation's Program Take Control With Exercise

We're pleased to once again offer our popular 16-session exercise program. Wanda Fairbanks, Director of CMH Physical Therapy, will teach the twice-weekly classes in the ground floor Board Room of CMH. Classes meet for one hour on Tuesdays and Thursdays. Wear loose, comfortable clothing with low-heeled, comfortable shoes.

Cost of the 16-class series is \$32; payment by check or cash to be made during registration the first day of class; checks are to be made out to CMH Physical Therapy Department. Class size is limited to 15; pre-registration is required by calling the CMH Physical Therapy Department at 218-878-7026.



CLIP AND SAVE

Get moving and feel better!

EXERCISE CLASS SCHEDULE

Tuesday, May 7 (Please arrive by 5:10 to register)	Tuesday, June 4
Thursday, May 9	Thursday, June 6
Tuesday, May 14	Tuesday, June 11
Thursday, May 16	Thursday, June 13
Tuesday, May 21	Tuesday, June 18
Thursday, May 23	Thursday, June 20
Tuesday, May 28	Tuesday, June 25
Thursday, May 30	Thursday, June 27

**ALL CLASSES
BEGIN AT 5:30PM**

LUMBERJACK LAPS FUN RUN • SAT MAY 11

Cloquet High School Track
Races begin at 10 am—races for kids & adults!

New this year—"Age to Age" Family Fun Mile; put together a team of 4 for one-mile relay race! Presented by Washington Elementary School Partners in Education. Visit www.lumberjacklaps.com for full information, entry fees and entry form

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**
APR 16, 2013
3:00pm to 6:00pm

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

\$20 registration fee

Classes held in
CMH ground floor
Birch Room

**MARK YOUR
CALENDAR FOR
SUMMER DATE:**
WEDNESDAY
JUN 5, 2013
9:00am-12:00noon

■ THE BIRTHING SUITES



Learn the A-B-C's of childbirth and newborn care at the CMH One-Day Childbirth Education Seminar Saturday, April 6, 2013 • 9am to 5pm at CMH

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.

**2013
CLASS
DATES**

→ **Sat, April 6**
Sat, July 13
Sat, October 5

CCMH Foundation Gala raises \$45,000

The CCMH Foundation wishes to extend a great big thank you to all individuals and businesses that attended and donated to our Annual CCMH Foundation Gala. We are thrilled to report we raised \$45,000! 245 guests helped us celebrate the Foundation's 25th anniversary at Black Bear Casino on October 13, 2012. Thanks so much to those who provided our entertainment: The Randy Lee Ensemble, Bill & Kate Isles, The Cloquettes Dancers, Andrew Roemhildt, Dr. Dan Palmquist and Dr. Jim Rogers, Renee Birman and Lori Bergstedt; and thank you to our speakers: CMH CEO/Administrator Rick Breuer, Keynote speaker Ted Schick and Foundation President Julie Rothmeier. And THANK YOU to all of our volunteer committee members—we couldn't have achieved so much without you! **CMH**

CCMH Foundation elects new officers

The CCMH Foundation has elected new officers for the next two years. Michael Garcia, CEO of the Duluth Children's Museum is President; Joe Beaupre of the Woodland General Agency is Vice President; and Joni Calvery of WIPFLI is Treasurer/Secretary. Other board members include: Julie Rothmeier, Peter McKinney, Terry Langevin and David Lingren. CMH CEO/Administrator Rick Breuer is the hospital board representative. **CMH**

WINE AND BEER TASTING AND LIVE AUCTION FUNDRAISER

**FRI APR 19, 2013
6:00 PM**

Held at the Dry Dock
2820 Midway Road

Tickets \$25 per person
For more information contact
Barb Schaak at
218-879-4641 ext. 7133 or
bschaak@cloquethospital.com

Proceeds will support the
CCMH Foundation to fund
technology and healthcare
initiatives at the hospital and
Sunnyside Health Care Center.



2012 GALA SPONSORS

SILVER SPONSORS \$5,000

Boldt
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Credit Union

CRYSTAL SPONSORS \$1,000

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Aspenridge
Chiropractic Center
Cloquet Rotary
Evergreen Knoll
Frandsen Bank
& Trust
Minnesota Power
Dr. Beth and
Andrew Mork
Sappi Fine Paper

Strategic Financial
Twin Ports Paper
Wells Fargo

AND A SPECIAL THANK YOU TO OUR TABLE SPONSORS...

Aspenridge
Chiropractic Center
Boldt Construction
Cloquet Rotary
Evergreen Knoll
Frandsen Bank
& Trust
Members Cooperative
Credit Union
Dr. Beth and
Andrew Mork
Minnesota Power
Dr. Ricard & Barbara
Puumala
Sappi Fine Paper
Strategic Financial
Twin Ports Paper
Upper Lakes Foods

Specialty Care Clinic nears completion

The new Specialty Care Clinic at CMH is taking shape. The Pain Clinic and Women's Health have moved into their new space on the first floor of the hospital as well as Nephrology and Urology outreach services. Surgical Services and Orthopedics will be moving into the CMH Specialty Care Clinic at a later date.

**NEPHROLOGY
PAIN CLINIC
UROLOGY
WOMEN'S HEALTH**

