

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

Need a place to hold a meeting or a class? CMH has the perfect space for your group

WHEN CMH PLANNED OUR EXPANSION, we included several modern classroom/meeting room spaces. These spaces are used by the hospital for community education events, health fairs, staff training and staff meetings, but it was always our vision to also offer these spaces to the community, free of charge.

We're pleased to announce that the rooms are now available to be reserved by your group or organization—the only requirement is that any food and beverage items be ordered from Riverside Café Catering here at CMH.

Call Gail Salo at 218-878-7028, and she'll be happy to help you choose the right space to fit your needs. Depending on the size of your group, some rooms can either be opened up to combine with another room, or three of the rooms can be opened to each other to create one large space. Room capacities range from 22 to 180.

Room amenities

- Overhead projector connected to computer
- Computer hookup
- Wifi
- Sound system with microphone connection (Oak and Pine Rooms only)

We'll set up your room to meet your needs

- Classroom style—tables that seat two people side-by-side are set up facing the video screen.
- Boardroom style—conference table with chairs set up around it.
- Seating/tables provided by CMH for up to 110 people. (Chairs/tables to seat over 110 people would need to be rented from an outside vendor.)

To reserve a meeting room at CMH, call Gail Salo, 218-878-7028. To schedule catering by the Riverside Café, contact Janet Baumgartner at 218-878-7045.



The CMH meeting rooms are now available to be reserved by your group or organization... free of charge.

HealthWire

GO BIG
and **GET LOUD**
Parkinson's patients learn to
SPEAK UP
and **ENLARGE**
THEIR PHYSICAL
MOVEMENTS



CMH staff members Jess Ochis, Occupational Therapist; Jennifer Draxten, Physical Therapist; and Katie Bradley, Speech Therapist and Director of Speech Therapy.

Three departments team up for “Big and Loud,” a new approach for Parkinson’s patients

A **NEW TYPE OF TREATMENT** for patients with Parkinson’s Disease is proving successful in enhancing the quality of life for patients with the disease. The program is called Big and Loud or LSVT (Lee Silverman Voice Treatment) and involves exaggeration of voice and physical movements. CMH departments of Speech Therapy, Occupational Therapy and Physical Therapy are all involved in the delivery of this treatment.

Speech Therapy focuses on the fact that Parkinson’s Disease causes the voice to become softer and more difficult to hear due to a decrease in the strength of muscles that support breathing and speaking. “We have to recalibrate what is normal

and have them do it over and over,” says Katie Bradley, Speech Therapist and Director of Speech Therapy at CMH. In essence, individuals must be taught to project louder and louder, even though it may seem uncomfortable at first. This is the “Loud” aspect of Big and Loud treatment.

Big and Loud is not just for a patient’s voice: Physical Therapy and Occupational Therapy are also a vital part of the treatment. What these therapists do involves the “Big” portion of the program.

Just as Parkinson’s patients don’t realize that their voice isn’t projecting like it once did, they also don’t always realize that their movements have become reduced in size, making everyday activities a challenge. *(Story continued on next page)*

FOR MORE INFORMATION

Occupational Therapy

7:30 am-4 pm, M-F
218-878-7040

Physical Therapy

6:30 am-6:30 pm
218-878-7026, M-F

Speech/Language Pathology

7:30 am-5 pm, M-F
218-878-7010

GO BIG and GET LOUD Continued

“Their perception of reality has changed. They feel their movement patterns are normal. We are trying to change their perception by exaggerating the movements,” describes Jennifer Draxten, Physical Therapist at CMH. The goal is to have the patients produce bigger motions with their arms and legs. Essentially, the brain must be retrained to accept that the larger motions are normal.

The Physical Therapist’s role in Big and Loud addresses the larger motions and movements, while the Occupational Therapist focuses on the smaller motions of daily living skills, such as bathing or cooking, according to CMH Occupational Therapist, Jess Ochis. She says a patient can go through the program with either a physical or occupational therapist, but the combined approach of Occupational Therapy and Physical Therapy is even more beneficial because it offers more a tailored treatment to each person’s individual needs.

“Big and Loud therapy does not reverse changes of the disease,” explains Jess Ochis, “but it helps improve daily function and sustain improvements gained throughout the treatment.” After going through the program, patients often need to return for a refresher course months later, but the therapists agree that the tools the patient learns, in helping them to achieve small or large goals, can help prevent further decline.

The therapy includes 16 sessions, one hour a day, four times a week for one month and LOTS of practice at home. The result of Big and Loud therapy is measurable with up to 80 percent of participants showing improvement in their speaking.

All therapists using the Big and Loud program must be certified after an extensive training program. These therapists at Community Memorial Hospital are among the 6,000 certified practitioners of Big and Loud worldwide. **CMH**

■ GCMH FOUNDATION

2015

Cheers to Spring! WINE AND BEER TASTING LIVE AUCTION FUNDRAISER

Let’s get together to support CMH and Sunnyside Health Care Center!

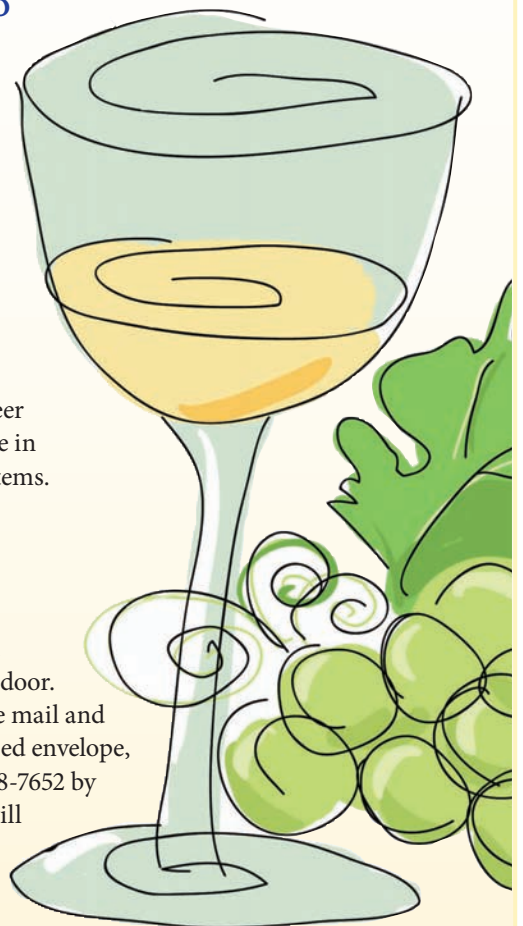
**FRI APRIL 24
6 PM**

Dry Dock Bar & Restaurant
2820 Midway Road
Duluth, Minnesota

Enjoy great appetizers, wine, beer and other spirits and participate in basket raffles and live auction items.

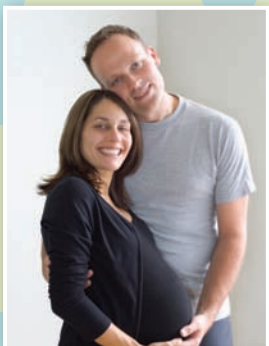
6–8 pm Wine & Beer Tasting
8 pm Live Auction
8:45 pm Raffle Drawing

Tickets \$25 per person through April 17; \$30 after, including at door. Watch for your invitation in the mail and return your RSVP in the enclosed envelope, or RSVP to Judy Poss at 218-878-7652 by Friday, April 17. All proceeds will be used to support CMH and Sunnyside Health Care Center.



SPONSORED BY UPPER LAKE FOODS, INC. AND SUPER ONE LIQUORS

■ THE BIRTHING SUITES



Learn the A-B-C’s of childbirth and newborn care SAT, APR 11, 2015 ■ 9 am–5 pm 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 2015 CHILDBIRTH EDUCATION CLASSES

→ SAT, APR 11
1-DAY SESSION
→ MONDAYS
JUL 13 & 20
2-DAY SESSION

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. Diabetes doesn’t have to be inevitable and can be delayed, if you learn how to take charge of your pre-diabetes now.

Each 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).

NEXT UPCOMING WORKSHOP DATE:
→ **FRIDAY**
MAY 8, 2015
1:00 pm to 4:00 pm

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 SUMMER DATE:
MONDAY
JUN 2, 2015
9:00 am–12:00 noon

Child car seat safety clinics offered

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 usage of child car seats. Child car seat safety clinics will be held each month during 2015 at various locations. No appointment is necessary and the clinics are free. **CMH**

CAR SEAT SAFETY CLINICS

TUE APRIL 21, 1-3 PM

Cloquet Area Fire District Station #2
2779 Big Lake Road, Cloquet

TUE MAY 19, 4-6 PM

Kid Go Round/Pine Tree Plaza
707 Hwy 33, Cloquet

TUE JUNE 16, 11 AM-1 PM

Cloquet Area Fire District Station #1
508 Cloquet Ave, Cloquet



Thank you, Dr. Luehr!

Retirement Open House | SAT, MAR 28, 1-4 pm | CMH Oak Room
Dr. David Luehr retires from Raiter Clinic

Help us honor Dr. David Luehr and his retirement from Raiter Clinic where he has practiced for 37 years. Refreshments will be served.