

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.

MARK YOUR CALENDAR!
RENOVATION OPEN HOUSE
WEDNESDAY,
FEB 26, 2014
3:00pm–5:00pm
Everyone welcome!

EXPANSION PROJECT PHOTOS — SEE MORE INSIDE!



Artwork by area artists throughout hospital...and a beautiful new chapel



CMH hosts retirement party for Dr. Ricard Puumala

Patients and friends had an opportunity to honor Dr. Ricard Puumala at a CMH Open House in January as he began his retirement from family practice at the Raiter Clinic. Dr. Puumala grew up in Cloquet, attended medical school at the University of Minnesota, and in 1960, he started work as a family practice doctor at



the Puumala Clinic, which was founded by his parents. In 2005, he joined the Raiter Clinic, where his daughter, Dr. Victoria Heren continues in family practice. He has received many honors during his career, including the Minnesota Family Practice Physician of the Year and

the Elizabeth C. Bagley Merit Award from the Lake Superior Medical Society, and has also served on the CMH Board of Directors. 

WINE AND BEER TASTING AND LIVE AUCTION FUNDRAISER "THAT'S AMORÉ"

FRI APR 25, 2014
6:00 PM

Held at the Dry Dock
2820 Midway Road

Tickets \$25 per person
For more information,
please contact Judy Poss at
218-878-7652 or email her at
jposs@cloquethospital.com

Proceeds from the event will support technology and healthcare initiatives at the hospital and Sunnyside Health Care Center.



HealthWire



“This project allows us to deliver exceptional care in a truly state-of-the-art setting.”

— RICK BREUER, CEO/ADMINISTRATOR

An entirely new hospital from top to bottom

WE’RE PROUD TO ANNOUNCE that the \$28 million renovation/expansion project at Community Memorial Hospital in Cloquet is complete. In case you haven’t visited CMH lately, you might be surprised to learn what your regional hospital now offers our community. And for those of you who have visited during construction, thank you for your patience!

“We already had excellent staff delivering exceptional, compassionate care,” Rick Breuer, CMH CEO/Administrator said. “The completion of this construction project allows us to deliver that exceptional care in a truly state-of-the-art setting. The quality of the facility has finally caught up to the quality of the care that has always been delivered here.”

The three-year construction project added more than 80,000 square feet to the CMH campus. Investments of the last ten years more than doubled the hospital’s original size.

Our all-new patient rooms all include flat screen TVs and WiFi; some rooms have a special lift system attached to the ceiling to make transfers more comfortable, safer and more efficient.

The old birthing center has been converted to three new birthing suites, complete with flat-screen TV, WiFi, microwaves, refrigerators and whirlpool tubs. There is also a special area in each birthing suite for all the equipment needed during the delivery, as well as a special lighting system.

The Intensive Care Unit has four modern patient rooms, all equipped with the latest technology.

CMH’s new Specialty Clinic includes Women’s Health, the Pain Clinic and soon, our surgeons will be

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■ \$28 MILLION RENOVATION, cont'd.

located in this new space. Visiting specialists are now seeing patients in the Specialty Clinic, including nephrology and urology and one of our orthopedists is located here.

The expansion has allowed CMH to add full-time in-house MRI services.

We've also thought of comfort and amenities for our patients, their families, our staff, and our larger community with an expanded gift shop, an expanded kitchen and cafeteria, a new chapel, a new computer and training lab, new meeting and educational classrooms, and a large family waiting area.

All of these improvements are the result of listening to what you told us you desired in your community hospital. This hospital construction project and expansion of services reflects the confidence that Community Memorial Hospital has in the future and a commitment to provide high quality healthcare to our community. "We now have the space to offer new and more services, to better meet the needs of the people and communities we serve," CEO Rick Breuer said. "I am deeply thankful to all of the individuals and businesses who entrust us with their care. Their support is what allows us to continue to invest in local healthcare. These investments will pay off in the services we can offer now and for generations to come." **CMH**



Warm and welcoming waiting areas



Modern patient rooms are designed for comfort and healing



Our spacious new cafeteria is open to the public



Birthing Suites offer privacy and plenty of pampering

Have you been diagnosed with pre-diabetes?

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



NEXT UPCOMING WORKSHOP DATE:
→ **TUESDAY**
MAR 4, 2014
3:00pm–6:00pm

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 SPRING DATE:
SATURDAY
MAY 3, 2014
9:00am–noon

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).

■ CCMH FOUNDATION NEWS

CCMH Foundation Gala raises over \$200k



Gala photos by kk forss photography

The 26th annual Gala was held at the hospital for the first time, with 224 people in attendance. The evening was a huge success, with over \$200,000 raised for the Foundation. Many thanks to the generous sponsors who contributed to making the evening so memorable. All proceeds from the Foundation will be invested into equipment and services for the hospital and Sunnyside Health Care Center. **CMH**

Thank you to our 2014 Gala Table Sponsors

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Strategic Financial
Aspenridge Chiropractic
Twin Ports Paper
Wells Fargo



■ THE BIRTHING SUITES

2014
CMH ONE-DAY
CHILDBIRTH
EDUCATION
CLASSES

→ **SAT, APRIL 19**
SAT, JULY 19

Learn the A-B-C’s of childbirth and newborn care **SAT, APR 19, 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.

