

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

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

There'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 [www.cloquethospital.com](http://www.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.

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

**V**ehicle 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 APR 19, 1-3 PM**  
Cloquet Fire Station #2  
2779 Big Lake Road  
Cloquet

**TUE MAY 17, 4-6 PM**  
Kid Go Round  
Pine Tree Plaza  
707 Hwy. 33, Cloquet

**TUE JUN 21, 11 AM-1 PM**  
Cloquet Fire Station #1  
508 Cloquet Ave.  
Cloquet

# WINE AND BEER TASTING AND LIVE AUCTION FUNDRAISER "CHEERS TO SPRING!"

6:00 to 9:00 pm  
Friday, April 15, 2016  
The 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.

6:00-8:00pm Wine & Beer Tasting  
8:00pm Live Auction  
8:45pm Raffle Drawing

Tickets \$25 per person  
(\$30 after April 11, 2016)  
RSVP by Friday, April 8 to  
Judy Poss at 218-878-7652

Join us for an evening of fun,  
food and giving!

All proceeds will be used to support  
CMH and Sunnyside Health  
Care Center



Cloquet Community Memorial Hospital Foundation

# HealthWire

## Are you due for a hip or knee replacement?

Orthopedics at CMH is a great choice. We use both surgical and nonsurgical means to treat musculoskeletal trauma, sports injuries, degenerative diseases, infections, cysts and congenital disorders.

### CMH Orthopedic Services include:

- Joint replacements
- Fracture care
- Surgery of upper and lower extremities
- Sports medicine
- Arthroscopic surgery

To make an appointment with Orthopedics, call 218-878-7626.



Dr. Joseph Lemker, board-certified Orthopedic surgeon at CMH, took a conservative approach with Dave Buczynski's knees by repairing only the damaged portion of his knees.

## Joint replacement made patient's knees "100% better than before"

**AT DAVE BUCZYNSKI'S FIRST APPOINTMENT** with CMH orthopedic surgeon, Dr. Joseph Lemker, he was using a cane and could barely walk.

"In fact, I had walking sticks all over the woods during hunting season, it was so painful," Buczynski said. Basically, both his knees were worn out—not the entire knees, just the insides, and this would make a difference regarding what type of surgery Dr. Lemker would ultimately perform.

Dr. Lemker's initial approach with all patients is conservative. With Dave, he first tried the less invasive route to see if the situation could be improved with braces, injections or therapies. When these treatments no longer provided relief, surgery was the next option. Dr. Lemker's philosophy is that patients will tell him when they can't tolerate the pain and are ready for surgery.

Dave's first surgery was on his right knee, but only the inside portion was replaced since that was the only area of the knee that was damaged. This procedure is called unicondylar arthroplasty. Prior to surgery, Dave had an MRI  
*(Story continued on next page)*

## CMH welcomes Dr. Kyle Menzel, Orthopedic Surgeon



Dr. Kyle Menzel has joined the Orthopedics staff at CMH. Dr. Menzel is a graduate of the U.S. Naval Academy and the Medical College of Wisconsin. He completed his residency in orthopedic surgery while serving in the Navy in San Diego, CA. As a board-certified orthopedic surgeon, he does joint replacements, fracture care, surgery of the upper and lower extremities, and has a special interest in sports medicine and arthroscopic surgery. Prior to joining CMH, Dr. Menzel was a partner at Orthopaedic Associates of Duluth. Dr. Menzel joins Orthopedic surgeons Dr. Joseph Lemker and Dr. Mark Gregerson at CMH. **CMH**

that allowed Dr. Lemker to get measurements unique to Dave, allowing him to customize the surgery to Dave's needs. This customization may result in smaller incisions, shorter hospital stay and a quicker recovery.

“**In fact, I had walking sticks all over the woods during hunting season, it was so painful.**”

—Dave Buczynski, orthopedic knee surgery patient at CMH

“Why do more surgery than necessary, if only a portion of the knee needs repair?” asks Dr. Lemker.

It would be several more months before Dave was back, asking to have the other knee repaired and once again, only the interior portion needed replacement.

Today, Dave walks without a cane, leads an active life with the use of both knees and proudly proclaims, “They are 100% better than they were.”

To make an appointment with Orthopedics, call 218-878-7626. [CMH](#)

## ■ URGENT CARE / ER

# CMH Emergency Services lauded for excellent patient care

**C**ARLTON FIRE AND AMBULANCE named CMH Emergency Services the Carlton County EMS Association Unit of the Year for 2015. Hannah Franck, RN with CMH Emergency Services and Dr. Chad Fey Emergency Services physician accepted the award on behalf of the department.




Hannah Franck, RN and Dr. Chad Fey accept the award on behalf of CMH Emergency Services

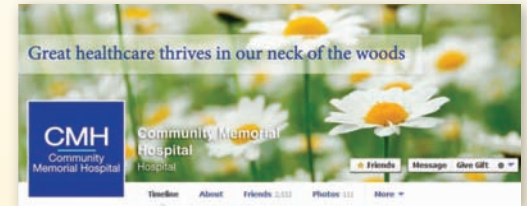
PHOTO COURTESY OF THE PINE JOURNAL

The Emergency Services department was cited for providing excellent patient care and always being willing to take advantage of teaching moments for the county EMS staff. Carlton Fire and Ambulance praised the staff as respectful, kind and very knowledgeable in emergency medicine, as well as hard-working and exhibiting excellent teamwork. “We are so lucky to have such a capable facility and staff members in our county,” the presenters said of CMH Emergency Services.

The department was also recently recognized by St. Luke's hospital for helping them achieve the American Heart Association's Gold Level Mission: Lifeline Award—the only one awarded in the state. CMH was recognized for the speed and skill of ER staff in getting patients experiencing heart attack or stroke symptoms to St. Luke's for life saving treatment. [CMH](#)

## Like CMH on Facebook!

 If you haven't found us on Facebook yet, 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.



# Healthy Habits for a Healthy Life

## CMH NUTRITION WORKSHOPS

### Label lingo & portion size WED. MAY 25, 2016 | 4-5 PM

Learn how to keep your diet on track by reading food labels, balancing food groups and learning about portion size.

### Summer food safety tips WED. JULY 20, 2016 | 4-5 PM

Serve up healthy and safe picnics, potlucks and barbecues. You'll get the facts about food-borne illnesses, learn cooking safety tips and take home healthy BBQ recipes.

All workshops taught by Jean Maslowski, Registered Dietitian; limited to 20.

**CMH Birch Room | \$5 per workshop**  
**TO REGISTER: 218-878-7071 or**  
**[jmaslowski@cloquethospital.com](mailto:jmaslowski@cloquethospital.com)**



## Have you been diagnosed with pre-diabetes?

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



**NEXT UPCOMING WORKSHOP DATE:**  
→ **TUESDAY**  
**MAY 3, 2016**  
**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 CALENDARS:**  
**TUESDAY**  
**JUNE 7, 2016**  
**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).

### ■ SUNNYSIDE HEALTH CARE CENTER

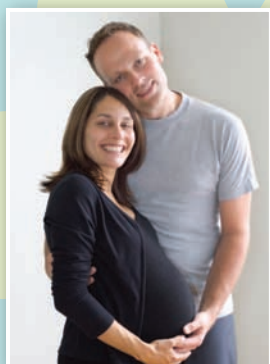
## Sunnyside unveils a new beauty shop



Cheryl Larson, right, gives Sunnyside resident LaDean Strum a shampoo at Sunnyside Hair Care. Darlene Carter, left, guided the remodeling and decor of the new beauty shop.

**T**HANKS TO A GENEROUS contribution from the Apple Cart gift shop, residents have a new beauty shop, Sunnyside Hair Care, just down the hall from SHCC on second floor. Gift shop manager, Darlene Carter, was instrumental in remodeling the new space with new fixtures and decor. The beauty shop is so busy that at times there is a line out the door! This new shop replaces the existing beauty shop that was located on the ground floor.

### ■ THE BIRTHING SUITES



## Learn the A-B-C’s of childbirth and newborn care SAT, APR 9, 2016 ■ 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 2016 CHILDBIRTH EDUCATION CLASSES

- **MONDAYS**  
**JUL 11 & 18**  
**2-DAY SESSION**
- **SAT, OCT 1**  
**1-DAY SESSION**