

HealthWire



Carol Westendorf, a CMH emergency room nurse, was part of a week-long medical mission to Haiti this spring that treated 600 patients and gave out 2,000 medications to adults and children.

Emergency room nurse travels to Haiti to help earthquake victims

Carol Westendorf, RN, is experienced in responding to emergency medical needs—she has served as an emergency room nurse at CMH for 10 years.

Carol decided to join a week-long medical mission trip to Haiti last fall. “I’ve always wanted to be a missionary,” she said.

A massive 7.0 earthquake hit the tiny country on January 12, a week after Carol bought her plane ticket, and the nature of the work the 9-member medical team would be performing suddenly changed. Their contact in Haiti advised them to go ahead with the trip, but to go to Port-au-Prince instead of the original destination of Gonaives, because the need was greatest in that city of almost 3 million.

Prior to their departure, the community raised funds to assist in the team’s work. The medical team was able to fill 27 suitcases with medical supplies, medicines and bandages.

The Haitian people were living in the streets, afraid to enter buildings because of fear of collapse during aftershocks, and the tent cities went on for miles. The medical team set up a clinic in a church parking lot, and over the course of the week, the team treated approximately 600 patients and gave out 2,000 medications,

including antibiotics, Tylenol, ibuprofen, anti-malarial medication, vitamins, and medicine to treat parasites.

Carol helped triage incoming patients, many who suffered from upper respiratory infections due to inhaling dust and particles caused when buildings collapsed in the earthquake. They also treated many scrapes, allergies, anemia, malaria, eye irritations, hypertension, and inflammation of the stomach. The effects of poverty on the health of Haitians was often very evident in the people they treated.

“One day we saw a woman and child that were starving,” Carol said. “They were dehydrated and had multiple infections. The mother had no food in the house.” The medical team treated the woman by starting an IV to increase her fluids, and also treated the mother and daughter with antibiotics. The team left money with the church to help the woman and her child, as well as five other families.

“It was very rewarding,” Carol said. “You felt really needed. The people in Haiti are so remarkable—always smiling, not complaining. I was amazed.” **CMH**

Autism Walk efforts rewarded



CHILDREN FROM JUDY'S DAYCARE HAVE FUN ON CMH'S NEW PLAYGROUND EQUIPMENT after visiting with Sunnyside Health Care Center residents during Homes for the Aging Week.

The new playground equipment outside of the CMH Speech Therapy Department is a result of fundraising efforts for the Autism Walk in September 2009. The CMH Pediatric Rehabilitation Program staff, along with other CMH staff, patients, and families joined together to form "Team DisAbility." The team raised over \$4,000 through fundraising efforts, including a bake sale, potluck luncheon, B and B wagon, t-shirt sales, and donations. Team DisAbility donated 100% of the money to the Northern Lights Special Education Cooperative and the Scottish Rite Clinic. CMH's team was the largest team to walk on a sunny September 13th—they also raised the most money and were awarded the Grand Prize of the playground set. The playground equipment is used for children receiving physical, occupational, or speech therapy at CMH, and will benefit kids with fine and gross motor problems and sensory processing impairments. It's also a great reward for a hard day's work in therapy! **CMH**

CMH Foundation spring fundraiser big \$uccess thanks to donors, sponsors and volunteers

THANKS TO THE GENEROSITY OF THE COMMUNITY, the CMH Foundation's 19th Annual Wine and Beer Tasting Event on April 30 raised \$9,400. Fourteen local wine and beer distributors presented their wine, beers and liquors, making for a festive evening with almost 200 guests. Congratulations to Amy Hanson who won a trip to Orlando, Florida, donated by Allegiant Air. The CMH Foundation thanks the hard-working volunteers who made this annual event possible.

WE TOAST ALL THE WONDERFUL SPONSORS who made CMH Foundation's Wine and Beer Tasting Event such a success. The CMH Foundation has provided the hospital and Sunnyside with needed equipment and other items that make your hospital the best in the region!

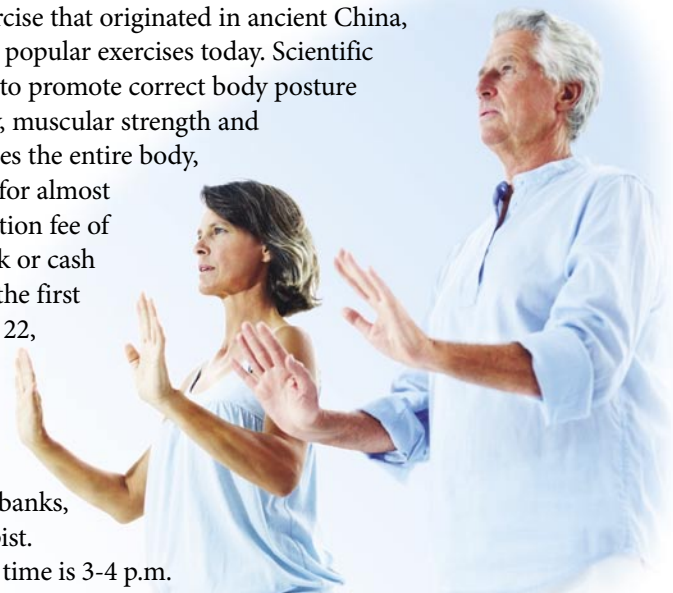
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| Allegiant Air | Kolar GMC |
| Dry Dock | L&M Supply |
| Lamar Advertising | Lemon Tree |
| Minnesota Twins | Medicine Shoppe |
| Super One Liquor | Nelson Funeral Care |
| Anytime Fitness | Newby, Lingren & |
| B&B Market | Westermann LTD |
| Best Oil | Northern Minnesota Eyecare |
| Boldt Construction | Northern Printery |
| Burger Shoes | Northwoods Credit Union |
| Cloquet Country Club | Park Avenue Therapies |
| Cloquet-Ford Chrysler | Premiere Theater |
| Cloquet Greenhouse | Pampered Chef— |
| Community Memorial Hospital | Gina Painter |
| Community Printing | Spoooner Golf Club |
| Edward Jones— | Strategic Financial— |
| Brett Loeb | Julie Rothmeier |
| Evergreen Knoll | Upper Lakes Foods |
| Grand Casino Hinckley | Wal-Mart |
| | Woodlands National Bank |

Arthritis Foundation Tai Chi Program

Tuesdays and Thursday afternoons, 2:30-3:30 p.m.*
June 22 through August 12 | Ground floor classroom

Tai Chi is a gentle exercise that originated in ancient China, and is one of the most popular exercises today. Scientific studies have proven it to promote correct body posture and increase flexibility, muscular strength and fitness. Tai Chi exercises the entire body, is easy, and is suitable for almost everyone. The registration fee of \$20 is payable by check or cash and is due just before the first class on Tuesday, June 22, 2:00 to 2:20 p.m in the ground floor classroom.

Class limited to 16.
 Taught by Wanda Fairbanks, CMH Physical Therapist.
 *Thursday, July 1 class time is 3-4 p.m.



Register by calling 878-7026 | \$20 registration fee



The CMH Foundation's 9th Annual Wine and Beer Tasting Event raised \$9,400.



A company representative explains how the new anesthesia equipment works. The machine, which warms breathing circuits and has state of the art ventilation modes, was purchased with funds donated by the CMH Foundation.

Implantable spinal cord stimulator changes woman's life

When Donna Tanner, a Cloquet resident, came to see Dr. Paul Vollmar, an anesthesiologist and founder of CMH's new Pain Clinic earlier this year, Donna had reached the end of her rope. After a stroke about three years ago, she began to experience chronic, debilitating pain in her lower back. Unable to work, and frustrated by the side effects of various pain medications that she tried, she hoped that Dr. Vollmar could help her.

Dr. Vollmar recommended an implantable spinal cord stimulator in which electrical impulses are used to block pain from being perceived in the brain. Instead of pain, the patient feels a mild tingling sensation which generally overrides the feeling of pain.

First, a temporary implant was surgically put in place to determine if it would be of benefit for Donna. Shortly after the trial procedure, Donna was able to take a long walk for the first time since her stroke. "I felt better than I've felt in a year," she told the Pine Journal in their cover story on March 18. "Instead of pain, I feel a tingly, massage-y feeling."

In April, the permanent stimulator was implanted, and Donna felt so much better that she was soon able to return to work. A remote control allows her to determine the intensity of the current, as well as gives her the option to turn the stimulator on and off.

"I am doing great!" Donna said recently. "I am off all my pain meds, and I love being back at work."

"I couldn't get the pain under control until I saw Dr. Vollmar," she added. "I thank him every day, and really appreciate him." **CMH**

Get moving and help kids! 3rd Annual Cloquet River Run/Walk

CMH is proud to once again sponsor the Cloquet River Run/Walk. Last year, over 400 individuals from Minnesota, Wisconsin, Iowa and Illinois participated in this fun event, and hundreds of volunteers and spectators came out to cheer them on. The run/walk is a Churchill Elementary Partners in Education (PIE) fundraising activity aimed at involving children, families and community in healthy lifestyles. This year, we hope that even more youth and adults participate in this healthy community event that raises funds for school programs and equipment.

Visit www.CloquetRiverRun.com or follow us on Facebook Cloquet River Run to learn more about the event, including how to register. **CMH**

CMH PAIN MANAGEMENT CLINIC



DR. PAUL VOLLMAR
Anesthesiologist
and founder of
CMH Pain Clinic



**Friday,
September 24**
Pasta Feed,
packet pickup and
Health Expo

**Saturday,
September 25**
5k and 1 mile races
Training runs start
June 19

CMH Community Memorial Hospital It's a new era in regional healthcare CLOQUET, MINNESOTA
About us | Employment | Volunteer | Foundation
Patients | Visitors | Medical Services | Physicians & Clinics | Sunnyside Health Care Center
Events, classes & wellness
News
Healthwire
50 years of caring
Stay connected to your healthcare provider and save time. Discover the wide range of services and resources available at CMH—we're online 24/7!
Do you suffer from chronic pain? Get relief at our new Pain Management Clinic. Click here for more information.
A better exam, a better result Introducing Digital Mammography at CMH. Click here for more information.

Visit our fresh, new website > www.cloquethospital.com

We're pleased to announce the launch of a new, improved website for Community Memorial Hospital and Sunnyside Health Care Center. When you visit www.cloquethospital.com, you'll see a colorful, easy-to-use website that offers an in-depth picture of the many services CMH/SHCC offers you and your family. Learn about the many medical services we provide, including referral requirements, hours, and how to make an appointment. You'll also find an updated schedule about events, classes and wellness opportunities at CMH, links to health-related information on the web, and news about CMH and SHCC.

Take a moment to acquaint yourself with our new site, and let us know what you think. We'd love your comments and suggestions—of course, we've included a way to submit your thoughts, via our website! And watch for some convenient additions we'll soon be offering through our website, including online bill payment. **CMH**

The gift of sight

THE MINNESOTA LIONS EYE BANK recently recognized CMH for referrals that have resulted in restoring the gift of sight for many individuals since the eye bank was established at the University of Minnesota in 1960. CMH referrals and the generosity of donor family members have resulted in more than 90 cornea transplants and 24 corneas or whole eyes devoted to medical research and education.

Since 1960, the Minnesota Lions Eye Bank has provided corneas for more than 22,000 transplant surgeries in Minnesota, North Dakota and Wisconsin. On behalf of donor family members, transplant recipients and the surgeons, health professionals and researchers involved in restoring vision through transplants, education and research, the Minnesota Lions Eye Bank thanks CMH staff for their ongoing support of this important program. For more information about the program, including how individuals can register as donors, visit www.MnLionsEyeBank.org.

■ THE BIRTHING CENTER

Learn the A-B-C's of childbirth and newborn care CMH One-Day Childbirth Education Seminar



AT THE BIRTHING CENTER, we want to make sure you're completely prepared for your family's big event. We offer childbirth education specifically designed for moms-to-be and their coaches.

Comprehensive and convenient, friendly and fun—this is a day that you and your spouse or birth partner

won't want to miss. Ask your questions. Meet our experienced Obstetric nursing staff. Tour the CMH Birthing Center. Meet other expectant parents. In one day, you'll gain the information you will need to help you prepare for a safe,

healthy and joyous childbirth experience at Community Memorial Hospital.

Bring your partner or labor coach and two pillows. Wear comfortable clothes.

The \$30 fee includes an indispensable handbook that includes much of the information covered in the seminar, a folder containing additional resources for new parents, a tour of the CMH Birthing Center and lunch and snacks for both you and your partner. **CMH**

UPCOMING SESSION DATES

Saturday, July 17, 9am to 5pm

Saturday, October 23, 9am to 5pm

All sessions are held in the Community Memorial Hospital lower level classroom. \$30/couple. Taught by Stef Gunelson, RN

To register call 879-4641

For more info, call Stef at 879-3187

Your day will include important information for moms and coaches:

- When to come to the hospital
- The labor and birth processes
- Natural childbirth
- Labor complications
- C-sections
- Medication options during labor
- Epidurals
- Breast feeding
- Post-partum and newborn care