

HealthWire

It's one of the best-kept secrets right here in our community—



Your loved one can continue to live close to home and receive warm, professional care in a beautiful setting



Come home to Sunnyside

Sunnyside Health Care Center, an 88-bed long-term care facility, is one of our community's best-kept secrets. For over 45 years, we've been providing a loving, healthful community for adults recovering from surgery or illness, or adults who simply can no longer live at home. Why leave the community? Sunnyside is better staffed than many other long-term care facilities in the region; in fact, we've received four stars from the State of Minnesota for our excellent staffing ratio. At Sunnyside, your loved one will receive personalized, loving care that focuses on their individual needs and preferences.

Our convenient location right next to the hospital provides peace of mind, and because we're located in your community, friends and family can easily stop by for a visit or to share a meal.

Sunnyside also accepts short-term admissions for those who need to spend more time in rehabilitation before returning home.

"Sunnyside has seen a huge increase in short-term stays in the past few years, and we are proud of our success in returning so many residents back to the community," said Wendy Lonetto, RN and Director of Nursing at Sunnyside.


As a long-term care facility, we offer care for the frailest seniors, including those with chronic conditions, dementia, and facing end of life. There have been many advances in elder care in recent years, and Sunnyside professional staff members are continually receiving training to provide the very best care for our residents.

"We do have Alzheimer's residents [at Sunnyside] and staff members are given special training every year to understand their behaviors and care for them," said Wendy Lonetto. Training for all professional staff is ongoing, Lonetto said, and

SUNNYSIDE HEALTH CARE CENTER OFFERS:

- Individualized care plan.
- Medications administered by staff.
- Licensed Social Workers.
- Three nutritious meals a day, and healthy snacks.
- Encouragement to make rooms homelike with personal items.
- Beauty and barber services.
- Apple Cart gift shop.
- Activity program, including adaptive gardening, music, art, and exercise.
- Rehabilitation services, including occupational therapy, physical therapy, and speech-language pathology.
- Chaplain services.

Sunnyside currently has openings for new residents — please call 218-879-4641

that dedication shows in everything they do—in fact, Sunnyside's registered nursing staff continues to receive a four-star rating from the State of Minnesota. 

■ SUNNYSIDE HEALTH CARE CENTER

TGIF at Sunnyside

Sunnyside residents are invited to join us on Friday afternoon for Happy Hour, where they can enjoy a complimentary glass of wine or a cocktail while listening to live musical performances. We bring in many different musicians to satisfy a variety of musical tastes. It's just another way that Sunnyside is committed to providing a home-like setting for our residents. **CMH**



DOROTHY HALLGREN enjoys a moment with Elvis impersonator Ken Sutherland during a recent Happy Hour at SHCC.

Have you been diagnosed with **pre-diabetes?**

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



CMH earns Patient Safety Excellence Award

Community Memorial Hospital has earned a Minnesota Hospital Association Patient Safety Excellence Award for its work in preventing retained objects in the operating room.

“The award recognizes that practices CMH already had in place, as well as newly developed policies, represent the best among the industry to ensure that foreign objects are not left in surgical patients,” said Rick Breuer, CEO/Administrator at Community Memorial Hospital.

Patient safety is a top priority for CMH—that’s why CMH joined the SAFE ACCOUNT initiative. Through this program, Minnesota teams are working collectively to implement an extensive list of recommended actions concerning both the counting of and accounting for all items used during invasive procedures, especially in the operating room.

The Minnesota Hospital Association Patient Safety Excellence Award is given to facilities that have achieved more than 90 percent of the recommended actions.

“Hospitals that qualify have achieved measurable and meaningful progress toward implementing best practices to drive down adverse health events,” explains Tania Daniels, Minnesota Hospital Association Patient Safety Vice President. **CMH**

Living on the Border with Pre-Diabetes

WORKSHOP DATES

TUESDAY
JUNE 14, 2011
1:00 pm to 4:00 pm

TUESDAY
SEPT. 13, 2011
1:00 pm to 4:00 pm

TUESDAY
DEC. 13, 2011
9:00 am to 12:00 pm

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

\$30 registration fee

Classes held in **CMH Ground Floor Classroom**

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 or 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

Promoting health and wellness for CMH employees

In March, CMH kicked off a new Employee Health & Wellness Program. Employees were invited to enjoy a healthy snack (pictured is Maureen Lindberg, CMH Pharmacy Technician making a selection from the variety of 100 calorie snacks offered), schedule a biometric blood screening, and learn about how to interpret a health risk assessment. Employees who scheduled a biometric screening received a \$25 gift card and reduction in health insurance premiums. **CMH**



CMH staff attend breastfeeding summit

A team from CMH participated in the first regional Breastfeeding Summit in Duluth, sponsored by the Northeast Minnesota Statewide Health Improvement Program (SHIP). The summit was part of a regional effort to support breastfeeding families and to increase successful breastfeeding outcomes.

“CMH’s Birthing Center has embraced this initiative to be able to provide the best possible long-term nutritional status for our newborns,” said Tom Gauthier, RN, who was in attendance. Gauthier is Director of Inpatient Services at CMH. “This initiative gives us statewide support and networking to be able to achieve our goals, and ongoing education with lactation experts for our nursing staff.”

Representatives from eight hospitals in north-eastern Minnesota met to discuss the challenges and successes in developing and implementing comprehensive breastfeeding policies. Attendees learned about practices that could support breastfeeding, such as keeping mothers and babies together during the hospital stay, including after cesarean births; avoiding unnecessary supplementation for breastfed babies; offering alternatives to formula company marketing in the hospital setting; and networking with clinics and public health. CMH plans to continue to work on implementing these evidence-based practices to make breastfeeding easier for everyone, including encouraging more registered nurses to become certified in lactation counseling to provide our Birthing Center patients even more support.

The staff of the Birthing Center at Community Memorial Hospital continues to enhance its programs through advanced training and education, especially in the area of breastfeeding. Kerri Schneberger, RN at the CMH Birthing Center, just received an Advanced Nurse Lactation Consultant Certification, the highest level of certification possible in the lactation field. [CMH](#)

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Benefits of breastfeeding your baby

Breastfeeding is beneficial for so many reasons. It provides your baby with the perfect nutrition only you can provide and it offers health benefits for both mother and baby. In fact, breast milk contains disease-fighting antibodies that can help protect infants from several types of illnesses. Also, mothers who breastfeed have a lower risk of some health problems, including breast cancer and type 2 diabetes. Keep in mind that breastfeeding is a learned skill. It requires patience and practice. CMH provides education and support for parents who choose to breast feed—our Certified Lactation Counselor is here to help!



Know the difference between a “registered dietitian” and a “nutritionist”

People often exchange the terms “registered dietitian” and “nutritionist” as if they were the same. They are not, according to the American Dietetic Association.

“In many states, titles like ‘nutritionist’ are not regulated, so they can be used by anyone, even if they have little education in the area of nutrition,” claims the ADA. However, by contrast, registered dietitians have degrees in nutrition, dietetics, public health or a related field and they must perform a supervised internship. To become registered, they must pass an extensive examination administered by the Commission on Dietetic Registration. They must also keep abreast of current information on nutrition by earning professional education credits throughout their careers to maintain their registration.



“Registered Dietitians are committed to helping people find that unique balance making informed food choices, developing good habits combined with physical activity to live a healthy life,” said Jan Baumgartner, RD and CMH Director of Nutrition Services. Registered dietitians have the skills and knowledge to translate nutrition science into practical meal planning and they can assist with eating disorders, work with your health care team to plan pre- and post- surgery meals and help set goals for athletic performance.

CMH has three registered dietitians on staff to assist all patients with any type of nutritional issue, Jan Baumgartner, Lisa Kuhlman and Jean Maslowski. Always look for the RD after an individual’s name to ensure you are getting trusted, accurate nutrition information. [CMH](#)

Patients: Speak Up!

We're committed to patient safety and are continually striving to meet community needs and patient expectations," said Alex Clark, CMH Safety Coordinator. Patients can play an important role in ensuring their safety, Clark said—by speaking up and asking questions, patients will be fully informed about every aspect of their care. CMH offers the following **SPEAK UP** guidelines for our patients:

Speak up if you have questions or concerns and if you don't understand.

Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications by the right professionals. Don't assume anything.

Educate yourself about your diagnosis, the medical tests you are undergoing and your treatment plan.

Ask a trusted family member or friend to be your advocate.

Know what medications you take and why you take them. Medications are the most common health care mistake.

Use a licensed hospital.

Participate in all decisions about your treatment. You are the center of the health care team. **CMH**



CMH Pain Support Group
Don't walk your journey alone.

Meets the first Friday of each month from 12:30 to 2:00 pm on the first floor of the hospital. The first meeting is Friday, June 3. For information, call 218-878-7677.

■ 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.

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

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.

MARK YOUR CALENDARS!

2011 Session Dates

Saturday, July 16, 2011

Saturday, November 5, 2011

All sessions are held from 9:00 am to 5:00 pm in the CMH Lower Level Classroom. \$30 per couple. Taught by Stef Gunelson, RN

To register call 218-879-4641

For more information, call Stef at 218-879-3187