

HealthWire



Hospital expansion project will result in “a very modern facility—top to bottom”

CMH has been putting the finishing touches on a plan to invest \$26 million in our facility that will add an array of important healthcare services for the community.

“When you couple this project with the 2004 [expansion] project, we will have a new facility from top to bottom,” said Rick Breuer, CMH CEO/Administrator.

Breuer said that the project will allow CMH to bring important programs and amenities that the community has been asking for, such as dialysis, private rooms with more space for patients and families, and larger waiting rooms.

“There’s a recognized need to invest like this,” Breuer said. “There’s a belief among board, staff, physicians and the community that this facility belongs here and that we are here to stay. We are setting ourselves up to provide care people want and need well into the future.”

Unlike the 2004 expansion project, this second and larger project will not include a fundraising campaign, but will be funded through private funding sources. However, if anyone is interested in making a contribution to the project, we would be happy to discuss individual donations. The project is expected to take 15 months to complete. [CMH](#)

■ CMH EXPANSION AT A GLANCE

- Adds almost 80,000 sq. ft., increasing the campus size of 151,000 sq. feet by more than 50 percent
- A new specialty clinic with offices and exam rooms for visiting and local specialists, including orthopedic surgeons, ob-gyn, and a new sleep clinic
- 18 new private, larger inpatient rooms, each with its own bathroom and workspace for doctors and nurses
- 3 new birthing rooms
- 4 private intensive care rooms
- Expanded gift shop
- Area for patients undergoing infusion therapies
- Large family waiting area
- New chapel space
- Expanded kitchen and cafeteria
- Meeting rooms and new educational classrooms
- A computer lab
- A training lab
- New dialysis program
- Full time MRI services in-house



Living on the Border with Pre-Diabetes **new!**

Tuesday, October 12 | 9 a.m. to 12:00 noon | CMH Ground Floor Classroom

Presented by the **CMH Diabetes Education Department**



Living on the Border with Pre-Diabetes is open to anyone diagnosed with pre-diabetes or who would like to learn more about diabetes. We'll provide important information about diabetes, information about your risk factors, and offer tips about how you can make healthy lifestyle changes in meal plans and your daily activity levels. Each attendee will receive a book, handouts, a pedometer and a BG meter.

\$30 registration fee | Pre-register by calling 218-878-7661

Arthritis Foundation's Take Control with Exercise **starts soon!**

2:30 to 3:30 p.m. twice weekly | CMH Ground Floor Classroom

Classes begin on Tuesday, October 19

Wanda Fairbanks, CMH Director of Physical Therapy, will teach this popular exercise class. Pre-registration is required; please bring your \$20 registration fee between 2:00-2:30 p.m. on October 19 (before the first class). The class size is limited to 18, so register early!

\$20 registration fee

Pre-register by calling 218-878-7026



Get moving and feel better!

EXERCISE CLASS SCHEDULE

Tuesday, October 19	Thursday, November 18
Thursday, October 21	Monday, November 22*
Tuesday, October 26	Wednesday, November 24* (meets 10:30-11:30 a.m.)
Thursday, October 28	Tuesday, November 30
Tuesday, November 2	Thursday, December 2
Thursday, November 4	Tuesday, December 7
Tuesday, November 9	Thursday, December 9
Thursday, November 11	
Tuesday, November 16	*Note weekday change



Shhh...CMH begins "Quiet Zone" campaign

A quiet and peaceful environment is essential for patients in a hospital.

In an effort to reduce noise levels at CMH, a campaign is now underway to create quieter surroundings for our patients. The campaign is called "Operation Quiet Zone" and it will include a number of new initiatives to reduce noise.

All hospital employees have been informed of this campaign and are asked to do their part in successfully reducing extra noise. Signs will be hung throughout the facility reminding employees and visitors that they are in a "quiet zone." The traffic flow through patient areas will be minimized at night and in some cases traffic patterns for individuals using carts will be changed to reduce noise levels. Another goal is to eliminate or reduce the number of overhead pages, as well as encourage those who have pagers to place them on vibrate. Employees are asked to support this program by reminding each other to keep extraneous sound to a minimum. **CMH**

New CT scanner offers more precision



An important piece of new technology has been added to the CMH Imaging Services Department. The 16-slice CT scanner has been replaced with a 64-slice unit that will allow more pictures of the body to be taken in less time.

CT (computed tomography) is a machine, looking something like a large donut that produces detailed, cross sectional images of body tissue. It is used as a diagnostic tool, similar to an x-ray. According to Linda Dittberner, Director of Imaging Services at CMH, the new 64 slice scanner, “is much faster, which means less time on the table for the patient and less time that the patient needs to hold their breath.”

She says this advanced technology also lays the groundwork to expand services in other areas which rely on this type of equipment.

Another positive of the new CT scanner is that it utilizes ASIR technology which reduces the amount of radiation dose that the patient receives as compared to the dose received from scanners without this technology. [CMH](#)

Diabetes Health Fair

Tuesday, November 2
9:00 a.m. to 1:00 p.m.
CMH Main Lobby

free to the community

10 a.m. presentation by
Megan R. Undeberg, Pharm. D, R.Ph.
**“Herbals, Diabetes and You:
 Sorting Out the Truth”**

FREE...

- Blood glucose screenings
- Blood pressure checks
- Fat analysis
- Vision screening

Learn about...

- The latest technology and medications for diabetes, including insulin pumps, insulin pen devices, and blood glucose meters
- Diabetes management
- Nutrition
- Hyperglycemia/hypoglycemia
- How to properly dispose of medications and needles

Giveaways and Door Prizes!



November is National Diabetes Month

Are you, or someone you love, at risk for developing Type 2 diabetes? Is it possible to have diabetes and not know it?

Some people with type 2 diabetes have obvious symptoms but many do not. It could be 7 to 10 years before they are diagnosed. The American Diabetes Association estimates that nearly one-third of all people with diabetes (over 6 million) don't even know they have it. Following are the risk factors associated with Type 2 diabetes:

- Having a family member with diabetes.
- Being of Alaska Native, American Indian, African American, Hispanic/Latino American, Asian American, or Pacific Islander descent.
- Having had gestational diabetes, or given birth to at least one baby weighing more than 9 pounds.
- Having polycystic ovary syndrome, also known as PCOS.
- Blood pressure of 140/90 mm Hg or higher, or a diagnosis of hypertension (high blood pressure).
- Having HDL cholesterol (“good” cholesterol) below 35 mg/dL, or triglyceride levels above 250 mg/dL.
- Sedentary lifestyle.
- History of cardiovascular disease.
- Impaired glucose tolerance (IGT) or impaired fasting glucose (IFG).

CMH Cancer Support Group

Don't walk your journey alone.

Meets the third Tuesday of each month from 2:00 to 3:00 pm on the first floor of hospital.

We welcome anyone with cancer, or who has a loved one with cancer. For information, call 218-878-7664.

■ 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**

2010 & 2011 SESSION DATES

Saturday, October 23, 2010

Saturday, January 15, 2011

Saturday, April 9, 2011

Saturday, July 17, 2011

Saturday, November 5, 2011

All sessions are held from 9am to 5pm in the CMH lower level classroom. \$30 per 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