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Discover healthy and 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 [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.

■ CCMH FOUNDATION

Foundation donates \$197,000 to hospital for two projects



Over \$192,000 will be spent on new state of the art, mobile arthroscopic equipment for General Surgery and Orthopedics Departments. This equipment will enable surgeons to utilize up to three surgical suites simultaneously to perform arthroscopic surgery. The 4K High Definition Imaging equipment is used in arthroscopic procedures which allow surgeons to make smaller incisions when performing surgery. Almost all CMH surgical specialists use this type of equipment in their surgeries. This equipment is an upgrade to the equipment currently used by surgeons.

Dr. Kyle Menzel, orthopedic surgeon, expressed much gratitude to the Foundation for their generous contribution, saying, "It is very much appreciated and will allow us to better take care of our patients."

Nearly \$4,200 of the Foundation contribution was used to provide badge-reading equipment for the Emergency Services department. The new equipment will ensure that only authorized personnel are able to enter restricted areas within the department. "This further enhances the security of the emergency area," according to Paul Charon, Director of Building and Grounds.

■ THE BIRTHING SUITES



**Learn the A-B-C's of childbirth and newborn care
→ SAT, APR 29, 2017 ■ 9am-5pm, Lower Level Classroom**

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 2017
CHILDBIRTH
EDUCATION
SESSION
→ MONDAYS
JUL 10 & 17
5-9 PM
(2-DAY SESSION)**

HealthWire



The residents and staff at Sunnyside Health Care Center celebrate their recent award designating SHCC as a five-star facility. This is the fourth year Sunnyside has received the award. *Standing, l to r:* Laurie Korby, Deb Maio, Erica Epsen, Kristi Sundquist, Dawn Clark, Muriel Gustafson, Renee Nygaard, Jenn Capra, Paula Olson, Jen Holmes and Katie Bradley. *Seated, l to r:* Mae Graff, Anissa Warner, Anita Anderson, Maureen McIlvain, Sally Kempf, Dana Baker, Joe Poellinger and Anita Fountain. *Kneeling:* Kelly Bailey. *Sitting on floor:* Sherry Henagin and Jeff Brown.

Sunnyside Health Care Center named a top nursing home in Minnesota

Sunnyside Health Care Center has been named one of the Best Nursing Homes in Minnesota as reported by US News and World Report.

The award is based on annual federal and state life safety and health survey results that measure compliance and quality; 24 distinct federal quality measures; and the facility's direct care staffing levels as measured in hours of direct care provided each resident, including acuity factor, per day. A five-star rating is the highest level and SHCC has received this designation for the past four years.

"I've worked in nursing homes for 27 years and never, until now, worked in one that is five star," says Jeff Brown, Vice President of Long Term Care and Ancillary Services at SHCC/CMH. He says only about 10% of all nursing homes are five-star rated. Jeff joined the SHCC/CMH staff in 2015 and says the highest rating is humbling, but also a motivator. He credits all departments and staff for their culture of caring, person-centered approach and commitment



Laurie Korby and Jeff Brown show off SHCC's latest five-star award

Sunnyside/CMH Alzheimer's Walk Team is Number One!

The SHCC/CMH team that participated in the Alzheimer's Walk in Duluth last September raised nearly \$6,000 and was presented the #1 Corporate Team Award. Our team included about 40 employees, family and friends. Laurie Korby and Jeff Brown each raised over \$1,000 and received Grand Champion medals. SHCC will be a sponsor for the 2017 Alzheimer's Walk on September 9 in Canal Park. Members of the community are invited to join our team and help us repeat our win!

■ SUNNYSIDE HEALTH CARE CENTER

to excellence for helping the organization achieve this honor. It's all about quality outcomes and high customer satisfaction, Brown said, which is a direct result of how staff treat each individual resident and their loved ones. He also reflected on the fact that in this climate of changing reimbursement, more emphasis is being put on rewarding organizations that perform at higher levels.

Laurie Korby, Director of Activities, has worked at Sunnyside for nearly 20 years. She offers praise to the community and volunteers for their contributions to the success of SHCC. "We couldn't do it without them," Korby says. She and her staff are responsible for all activities for the 44 residents which range from pain control exercise groups, intergenerational iPad classes, community band concerts, car shows, maintaining a link to the community for residents through outings to restaurants, shopping, CHS sporting events to establishing a special in-house library for residents.

Congratulations to everyone who helped make this designation a reality. **CMH**



CMH designated acute stroke-ready hospital

CMH has been designated as an acute stroke-ready hospital, a designation which recognizes the staff's preparedness to evaluate, stabilize and provide emergency treatment to patients with acute stroke symptoms.

Nearly one in three Minnesota stroke victims receives their first care at a small rural hospital.

In 2013, the Minnesota Legislature authorized the Minnesota Department of Health to designate hospitals in Minnesota as "stroke hospitals." A coordinated statewide system of care ensures all hospitals are equipped and ready to provide the best care possible for all stroke patients. **CMH**

■ CCMH FOUNDATION

Cloquet Community Memorial Hospital Foundation's

WINE AND BEER TASTING AND LIVE AUCTION FUNDRAISER

~ 2017 ~

FRI APR 14, 2017
6:00-9:00 PM

The Dry Dock Bar & Restaurant
2820 Midway Road

Tickets \$25 per person
(\$30 after April 7, 2017)
Reserve your tickets at
218-878-7652

Let's get together to support
CMH and Sunnyside Health
Care Center!



Healthy Habits for a Healthy Life

CMH NUTRITION WORKSHOPS

SAVE MORE AT THE GROCERY STORE

Wednesday, March 15, 2017

Meet at Super One Foods in Cloquet and learn about:

- Finding deals in the aisles
- Comparing brand names with generic brands
- Tips to look for savings

NUTRITION FOR PEAK PERFORMANCE

Wednesday, May 17, 2017

- Set nutrition goals and summer activities
- Learn ways to keep nutrition in check during the lazy days of summer
- Get recipe/snack ideas

Informative and fun one-hour workshops about healthy living, taught by a CMH Registered Dietitian

4:00-5:00 pm
CMH Birch Room
(except March 15)

\$5 per workshop
Taught by
Jean Maslowski,
RD LD CDE

REGISTER AT 218-878-7071 or jmaslowski@cloquethospital.com

Living on the Border with Pre-Diabetes

Start now to delay or prevent type 2 diabetes

NEXT WORKSHOPS

→ **TUESDAY**
MAR 7, 2017
1:00 pm–4:00 pm

\$20 registration fee

Workshop held in CMH classrooms

→ **TUESDAY**
MAY 2, 2017
3:00 pm–6:00 pm

Have you been diagnosed with pre-diabetes? The good news is you can make changes now that can delay or even prevent the onset of type 2 diabetes. Taught by certified diabetes instructors, the workshop is open to anyone who would like to learn more about pre-diabetes. **Call 218-878-7661 to register.**

Specially trained sexual assault nurses in Emergency Services at CMH

Emergency Services at Community Memorial Hospital offers patients of sexual violence the option of being examined by a specially trained sexual assault nurse examiner (SANE), as well as having the nurse act as an advocate for them. CMH has three SANE nurses who work in coordination with WINDOW Victim Services. That organization is a victim advocacy group that serves Carlton, Kanabec and Pine counties.

The use of a SANE nurse helps provide quality care from a compassionate, specially trained individual and helps increase the likelihood of identifying and holding the perpetrator accountable. **CMH**



New Lactation Room

CMH has established a lactation room for visitors and employees to use to breast-feed their babies. CMH supports and encourages breast feeding mothers.

New Director of Nutrition Services

Welcome to our new Director of Nutrition Services, Pat McCoy. After 22 years as Director of Nutrition Services at Mary Lanning Healthcare in Hastings, Nebraska, Pat joined our staff in November and is already drawing much



praise for her changes and innovations.

McCoy describes the Riverside Café as the most beautiful cafeteria she has ever seen and “an undiscovered diamond in the rough!” On her list of plans is a catering service for events outside the building, as well as numerous other changes within the facility. Pat received her bachelor’s degree in Food Nutrition from the University of Nebraska and a master’s degree in Institutional Management and Industrial Engineering from Kansas State University. She replaced Jan Baumgartner who retired from CMH/SHCC last fall. **CMH**

New CMH Emergency Services physicians



Community Memorial Hospital welcomes two new physicians to Emergency Services. Dr. Brigid Pajunen and Dr. Jeff Rapp are both graduates of the University of Minnesota Medical School and are Board Certified in Family Medicine.



CMH