

YOU'RE NOT ALONE

CMH Support Groups offer conversation, caring & connection

Pain Support Group meets the first Friday of each month from 12:30 to 2:00pm at the hospital. For information, call 218-878-7677.

Cancer Support Group meets the third Tuesday of each month from 2:00 to 3:00pm at the hospital. We welcome anyone with cancer or who has a loved one with cancer. For information, call 218-878-7664.

Grief Support Group meets the second Tuesday of each month at 7:00pm at the hospital. Facilitated by Peggy Maki. For more information, call 218-940-5123 or 218-879-4976 (evenings).

Stroke Support Group meets the second Wednesday of each month from 3:00 to 4:00pm at the hospital. For stroke survivors and family or caregivers of survivors. For more information call 218-878-7040.

■ CCMH FOUNDATION



GALA SCHEDULE

- 5:00–6:30pm**
Champagne reception and silent auction
- 6:30–7:00pm**
Dessert auction
- 7:00–8:00pm**
Dinner
- 8:00–8:30pm**
Live auction
- 8:30–8:45pm**
Keynote speaker
- 8:45–9:00pm**
Awards and recognition program
- 9:00–10:30pm**
Entertainment

PLEASE JOIN US FOR
Cloquet Community Memorial Hospital Foundation
SILVER ANNIVERSARY

GALA

Saturday, October 13

5:00 to 10:30pm

Otter Creek Event Center, Black Bear Casino
1785 Highway 210, Carlton

Tickets \$50 per person (\$25 is tax deductible)

Proceeds will support the Foundation to fund technology and health-care initiatives at the hospital and Sunnyside Health Care Center. This is a smoke-free formal event.

TICKETS 218-879-4641 ext. 7133
or bschaak@cloquethospital.com

Celebrating 25 years of service to our community!

HealthWire



THE BIRTHING SUITES AT CMH
a perfect place for new beginnings

“Our experience at CMH greatly exceeded our expectations. Everyone, from housekeeping to the nurses and doctor, gave us friendly, personal treatment... We cannot say enough good things about our stay and experience.”

— KIM & BRIGHAM ERICKSON
Baby Isla, 15 weeks old

The Birthing Suites at CMH NEW in Cloquet — and opening this fall!

THE BIRTH OF A BABY IS A SPECIAL TIME for moms and their families. At CMH, we plan to make labor and delivery a more pampered, caring and personal experience when we unveil The Birthing Suites at CMH this fall. This exciting new facility is just part of the transformation of the hospital that is nearing completion (see construction article on this page).

The Birthing Suites at CMH are three beautifully decorated private suites designed to provide a peaceful and personalized place for deliveries. Each suite is equipped with every amenity moms and their families could want for welcoming their little ones— with the latest medical equipment and expertise always at hand.

The three rooms are decorated in warm and natural colors and finishes and feature a large, private bath with whirlpool, a flat-screen TV with DVD

player, Wi-Fi, a microwave and refrigerator. Large windows allow natural light and offer a lovely private view of the river and the woods.

Brand-new furnishings in each suite include a comfortable recliner and rooms are decorated in soft green with wood laminate floors providing a calm and warm feeling. A “Skytron” lighting system allows for an easy transition from soft lighting to full illumination. Equipment necessary for the delivery is stored in a separate area within each suite.

As always, we at CMH pride ourselves on our attentive, friendly nursing staff; we come when you buzz! Babies “room in” with moms in our suites, and lactation consultants are available to help new moms as they begin breastfeeding. And a special touch offered only by CMH: A special celebration dinner for new moms! **CMH**

Expansion Project Update

GOOD NEWS!

Our ongoing hospital expansion project is more than 90% complete and we will begin to use a portion of the new facility later this fall. When completed, the entire project will add almost 80,000 sq. ft. to the existing hospital. Brand-new private patient rooms include 18 medical/surgical rooms, 4 intensive care rooms, and 3 birthing suites. We're thrilled that we'll be unveiling a large meeting space available for classes and events as well as for public use. The remaining construction to take place will be work on our new Specialty Clinic, to be completed next spring.

■ THE BIRTHING SUITES, cont'd.

Plan your delivery at CMH, and feel calm and confident!

Raiter Clinic Obstetric Family Practice doctors, Consulting Obstetrician Dr. Skott Nielsen, and our nursing staff make a skilled team

Moms who live in Cloquet and surrounding communities can choose to stay close to home throughout their pregnancies and deliveries. Raiter Clinic Obstetric Family Practice doctors have full privileges at CMH and most are Fellows in the American Academy of Family Practice. Dr. Skott Nielsen is a Board Certified Obstetrician/Gynecologist on our CMH staff, a Fellow of the American College of Obstetrics and Gynecology, and serves as consulting Obstetrician. At The Birthing Suites at CMH, it's rare that your doctor won't deliver your baby. You'll also enjoy the personalized attention of having the same doctor who attended your child's birth continue to care for your child through infancy, early childhood—and beyond.

Our OB/GYN nursing staff members are trained in and hold credentials in BLS (Basic Life Support), ACLS (Advanced Cardiovascular Life Support), supervising transfers to NICU, NRP (Neonatal Resuscitation Program), and CLC (Certified Lactation Consultant). [CMH](#)

■ FOUNDATION

CCMH Foundation hires new director

Judith Poss has been hired as the new director of the Cloquet Community Memorial Hospital Foundation. Judith brings years of fundraising experience to the position, including work for Ecumen, Lutheran



Social Services, the Board of Social Ministry and the American Cancer Society. She has a very positive outlook and praise for the ground work that has already been laid.

"It's one of the most exciting opportunities," Judith said. "In this new position, I will be building infrastructure from the ground up, working with staff, the community and the CCMH Board to raise visibility and bring the Foundation to the next level." [CMH](#)

■ SPEECH-LANGUAGE PATHOLOGY DEPARTMENT



New treatment at CMH for Parkinson's disease

The Speech Language Pathology Department at CMH has added a new treatment option for patients with Parkinson's disease. The treatment assists patients with their speaking, since 89% of individuals with this disease have problems with speech that can't be helped through medication or surgery. Speech difficulties can involve a soft voice, mumbled or monotone speech or a hoarse voice. With the new treatment, LSVT-LOUD, research has shown that patients experience improvement in vocal loudness, speech intelligibility and facial expression. By offering this treatment at CMH, patients will no longer need to drive to Duluth for therapy.

"We have had requests for LSVT-LOUD to be available here since many of our patients with Parkinson's cannot drive or be driven to Duluth four days a week for one month to receive the treatment," said Katherine Bradley, Director of Speech Language Pathology. "We are proud to be able to offer another service and to meet the needs of the Cloquet community and surrounding area."

LSVT-LOUD involves treatment for one hour per day, four days a week for one month and the results may last for up to two years, making it the "gold standard" in treating speech disorders in people with Parkinson's disease. In addition to being effective in the treatment of Parkinson's, it has also shown to help individuals with other conditions, such as stroke, multiple sclerosis, cerebral palsy and Down syndrome.

If you have questions or would like more information about LSVT-LOUD, contact the Speech Language Pathology Department at CMH at 218-878-7010.

In-house MRI provides convenience and accessibility

CMH now has an in-house MRI that will provide more convenience and accessibility when scheduling patients for diagnostic testing. The in-house MRI also allows for a greater variety of tests. Appointment hours at the Imaging Services Department are flexible and will allow for greater accommodation of patients' needs.



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

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



NEXT UPCOMING WORKSHOP DATE:
→ **THURSDAY**
NOV 15, 2012
9:00am to 12:00pm

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

\$20 registration fee

Classes held in **CMH 3rd floor board room**

→ **DIABETES HEALTH FAIR**
THURSDAY, NOV 8, 2012 — **WATCH FOR DETAILS**
COMING SOON!

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 and 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

Taught by certified diabetes instructors (Registered Nurse and Registered Dietitian). **CMH**

A health care directive gives you a voice in future health care decisions

Have you wondered what a “health care directive” is? Basically, this document is a way to ensure that you will have a say in choosing the most appropriate health care based on your own personal needs and beliefs, even if you are unable to participate in decision making.

In Minnesota, a health care directive can include appointment of an agent and/or can include written health care instructions. The appointment of an agent and/or the written health care instructions are effective whenever you are unable to make or communicate your own wishes. It could also be made effective while you still have capacity to make or communicate your own wishes, but just wish to turn the decision making over to someone else.

Take the time now to make your wishes known, so that the choices can be yours. Take the time now, and your loved ones will have the gift of knowing that your wishes are being carried out.

Please contact CMH Social Worker Kathryn Kuhlmeier at 218-878-7020 to receive a copy of a health care directive document. **CMH**



ANGELA POMEROY (right) is the 2012 CMH Auxiliary Scholarship winner, pictured with Sharon Doebler, Director of Auxilliary Services. Angela is a Cloquet resident, currently pursuing a career as a registered nurse at The College of St. Scholastica. For more information about CMH scholarship opportunities, call Sharon at 218-879-4641.

■ THE BIRTHING CENTER



Learn the A-B-C’s of childbirth and newborn care at the CMH One-Day Childbirth Education Seminar **Saturday, January 12, 2013 • 9am to 5pm at CMH**

Prepare for a safe, healthy and joyous childbirth experience—in just one day. 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 218-879-3187 for information or 218-879-4641 to register.

2013 DATES

→ **Sat, January 12**
Sat, April 6
Sat, July 13
Sat, October 5