

## YOU'RE NOT ALONE

CMH Support Groups offer conversation, caring & connection

**Cancer Support Group** meets the second 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 and fourth 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.

### ■ HOSPITAL EXPANSION PROJECT

Our cafeteria has a new name...  
and a fresh, new menu  
Introducing Riverside Café



**T**here's a new cafe in town! The Riverside Café on the ground floor of the hospital has beautiful views of the woods and river, and offers a great selection. Members of the community are invited to stop by and enjoy a meal or snack, 7 am to 6:30 pm, Monday through Friday.



Save the date! **THE CMH FOUNDATION GALA IS PLANNED FOR FRIDAY, OCTOBER 11, 2013.**

More details to come. For more information, call Judy Poss at 218-878-7652.



### Cloquet River Run/Walk

**FRIDAY, SEPTEMBER 27**  
PASTA FEED,  
PACKET PICKUP AND  
HEALTH FAIR

→ **SATURDAY, SEPTEMBER 28**  
5K AND 1 MILE  
RACES

## Time to start your running program!

CMH is proud to once again be a sponsor in the Cloquet River Run/Walk this September. 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. To learn more about the event, including how to register and the Friday, Sept. 27 pasta feed and health fair, visit [www.CloquetRiverRun.com](http://www.CloquetRiverRun.com) and follow the event on Facebook.

# HealthWire

Your journey back to health starts here  
Short-Term Rehabilitation Unit at SHCC



**W**e're proud to announce the opening of the Short-Term Rehabilitation Unit at SHCC—a comfortable, private unit located on the first floor of Sunnyside Health Care Center where patients receive professional nursing care following surgery, illness or a fall.

An interdisciplinary CMH and SHCC team provides 24-hour care and a “short-term” stay can be anywhere between one and 100 days. The beautiful new unit includes eight fully furnished private rooms, each one including a recliner, flat screen TV and telephone. Two gyms offer space and equipment for patients—under the care of physical therapists, occupational therapists, speech-language pathologists—to regain strength, range of motion, mobility and other abilities.

## A GREAT PLACE TO RECOVER

When your doctor prescribes skilled nursing care after surgery, illness or a fall, our new Short-Term Rehabilitation Unit is a great place to recover from:

- Hip, knee and other joint replacements
- Fractures
- Arthritis and osteoporosis
- Stroke

- Parkinson's disease
- Fall management
- Cardiac and respiratory disease management, including congestive heart failure and chronic obstructive pulmonary disease.

## TRANSITION FROM HOSPITAL TO HOME

Patients at the Short-Term Rehabilitation Unit will receive rehabilitation services under the care of their physician and an interdisciplinary team, which may include a physical therapist, occupational therapist, speech-language pathologist, nurses, a social worker, a registered dietitian and our activities coordinator. Our interdisciplinary team will ensure that patients will be ready for a safe and successful transition to home.

■ **PHYSICAL THERAPISTS** use exercise, modalities, manual techniques, balance activities, gait and therapeutic activities to help achieve their highest level of independent functional mobility. With each patient's input, we establish goals and can provide physical therapy up to seven days a week, depending  
*(Story continued on next page)*



**The SHCC Short-Term Rehab Unit is a great place to recover from:**

- Hip, knee and other joint replacements
- Fractures
- Arthritis and osteoporosis
- Stroke
- Parkinson's disease
- Fall management
- Cardiac and respiratory disease management.

## ■ SHORT-TERM REHAB UNIT, cont'd.

on the patient's individual plan of care. Physical therapy provides education to the patient, family, caregivers, and staff to help each patient achieve their goals.

■ **OCCUPATIONAL THERAPISTS** help patients regain independence by simulating tasks that patients will perform on a daily basis and are typical of things they would do at home. They also guide patients in activities to strengthen a patient's upper extremities and fine motor activities.

■ **SPEECH LANGUAGE PATHOLOGISTS** offer treatment sessions for patients who have swallowing or communication problems. The CMH Speech-Language Pathology Department is certified to provide specialized intensive treatments including Vital Stim and Lee Silverman Voice Treatment.

■ **THE ACTIVITIES DEPARTMENT** focuses on each patient's quality of life and is an essential part of the rehab team. Our activity professionals focus on each resident as a whole person with physical, mental, spiritual and psychosocial needs. Our activity professionals are licensed and certified occupational therapy assistants, and specialize in therapeutic activities for the elderly.

## STAY CLOSE TO HOME WHILE YOU RECOVER

To qualify for a stay at the Short-Term Rehabilitation Unit at SHCC, a patient must be in need of skilled



services. If you or a family member is planning to schedule an elective surgery, you can pre-plan your recovery and rehabilitation to take place at our Short-Term Rehabilitation Unit immediately following your discharge from the hospital.

For more information, please call 218-878-7037. **CMH**

## Welcome to our new Director of CMH Inpatient Services



**SARAH MOTSCHENBACHER, RN,** recently joined CMH as Director of Inpatient Services. She is responsible for direction and coordination of staff and resources of the Intensive Cardiac Care Unit, Medical/Surgical, OB Unit, Labor/Delivery, Nursery, Cardiac Rehab and Chemo Infusion Therapy Units. CMH recently opened a new inpatient care area

that has private patient rooms, including 18 Medical/Surgical rooms, 4 intensive care rooms, 3 birthing suites and a new infusion therapy section.

Sarah says she loves the idea of living in the community in which she works, and is eager to raise awareness of all the services that CMH has to offer.

"I am very fortunate to be working in a place with such state-of-the-art equipment," she said.

Prior to joining the staff at CMH, Sarah was employed by St. Luke's Hospital in Duluth. During her 16 years of employment there, she held a variety of positions, including staff nurse on the medical/surgical floor, intensive care unit, clinical supervisor of medical/surgical and education coordinator. She received a Bachelor of Arts in Nursing from the College of St. Scholastica. **CMH**

## Like to be healthy? Then "Like" us on Facebook!

**N**ow it's easier than ever to stay in touch with health news and happenings at CMH via Facebook. Every week on Facebook, CMH shares health tips for you and your family members; offers information about upcoming exercise classes, workshops, and health fairs; and keeps you updated about new services coming to your community hospital. It's easy to get connected: go to your Facebook page, type in "Cloquet Community Memorial Hospital" in the search bar at the top of your News Feed. Click on our page, then click "Like." You'll now receive our posts in your news feed.

<https://www.facebook.com/CloquetCommunityMemorialHospital>

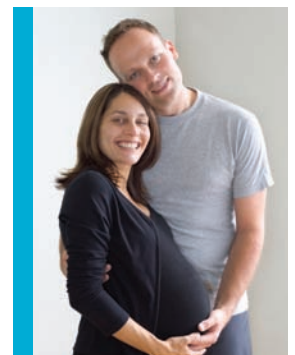


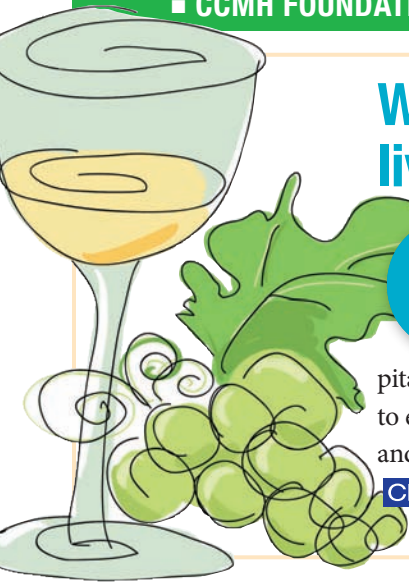
## ■ THE BIRTHING SUITES

**2013**  
**CMH ONE-DAY**  
**CHILDBIRTH**  
**EDUCATION**  
**CLASS**  
**DATES**  
→ **SAT, JULY 13**  
**SAT, OCTOBER 5**

## Learn the A-B-C's of childbirth and newborn care Saturday, July 13, 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 218-343-6077 for information or 218-879-4641 to register.**





## Wine & Beer Tasting and live auction raises \$15k

**O**ur annual Wine & Beer Tasting in April was a huge success! We raised \$15,311 which will fund technology and healthcare initiatives for the hospital and Sunnyside Health Care Center. Thank you to everyone who bought tickets, bid on auction items and volunteered to make this event so successful.

CMH

## THANK YOU to our generous sponsors

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## Seeking local artists to display their work at CMH



**A**rtists living and/or working in the surrounding community of Cloquet and along the North Shore in Minnesota are encouraged to submit images of existing work and/or examples of work for commission possibilities.

All forms of creative work are encouraged that may be safely hung on a wall within a medical facility. All media, subjects and styles are welcome that inspire and encourage a healing environment. Painting, fibers, printmaking, sculpture, glass, pottery, and photography are all welcome media. Pieces will be selected and specified for various locations throughout the facility, but generally larger works or groupings will be best.

All entries will be reviewed by the art consultants of Corporate Art Force and the Art Committee at CMH.

To submit your work for consideration, please email image files (jpeg or pdf) along with information including all artwork titles, sizes and medium and artist biography to Art Director Leslie Palmer-Ross at [lpr@corporateartforce.com](mailto:lpr@corporateartforce.com). Entry Deadline: Sunday, June 30, 2013



CMH's new information desk is the first stop for patients and family as they enter the hospital. Pictured are Carol Anderson (left) and Diane Zelzulka.

## New registration desk puts the finishing touch on hospital's two-year construction project

**I**n mid-May, we saw the installation of our new information desk—the very last item on our very long major reconstruction project list! We want to thank patients, their families, our staff and the community for putting up with our construction mess—the result is an entirely new hospital. We'll be holding a grand opening for the community at the end of the summer. Watch for more details, and in the meantime, come visit us any time!