



# HealthWire



## Summer festivities celebrated 50 years of caring for our community

On August 4, CMH hosted our 50th anniversary celebration on the lawn of the hospital, exactly 50 years to the date when the hospital opened in 1958. In attendance were residents of Sunnyside Health Care Center, employees and community members.

Speakers included former Minnesota Supreme Court Justice Lawrence Yetka, the only surviving member of the original board. He discussed the history of getting the hospital built and talked about the tenacity and perseverance of area residents who fought so hard and long to see the hospital become a reality. Although the first discussions regarding a city hospital started in the 1940s, it took almost a decade to realize their dream. The Hon. Lawrence Yetka also reflected on the tremendous support the hospital received from industry and community members, with Northwest Paper donating eight acres of land for the site of the hospital.

Dr. Byron Backus, a member of the original physician staff, recalled numerous stories about the first days of the hospital and how one of the reasons he accepted a physician position in Cloquet was because of the hospital on the hill.

Bonnie Kloskowski, Registered Nurse, reminisced about the day the hospital opened and how one patient couldn't figure out where the voice was coming from when the nurse responded to her call light through the new PA system from the nurse's desk. She shared many other stories from those first days, including how there wasn't an on-site pharmacy, requiring the pharmacist to deliver medication from the downtown store every time a new prescription was ordered.

Stan DeMenge, former director of physical plant services, shared numerous details about the various building projects over the years, including how a closet was turned into useable hospital space.



Back row from left: Lawrence Yetka, Rick Breuer, Stan DeMenge, Dr. Byron Backus. Front row from left: Becky Lourey and Bonnie Kloskowski.

Becky Lourey, former State Senator and State Representative, wrapped up the ceremony and praised the hospital administration for its commitment to the community and the concept of rural health care.

A time capsule filled with paper documents, as well as various types of medical instruments was buried on the hospital grounds following the ceremony. 🌟

# Shop the Apple Cart for unique gifts

The Apple Cart Christmas Boutique will be held on Friday, November 14 from 9am-3pm

If you're looking for an unusual gift, the Apple Cart at CMH is a good place to look. The hospital gift shop is staffed by 24 loyal volunteers who continually bring new ideas and merchandise to shoppers.

The gift shop (which has moved four times over the years), is located just off the main entrance to the hospital. It is open Monday through Friday 9:30 a.m. to 3:30 p.m. The selection of items runs the gamut from baby gifts to jewelry. Twice a year, buyers attend a market in Minneapolis to see the new trends and products. In addition to ordering merchandise from this source, they also make purchases from catalogs and sales representatives.

The purpose of the Apple Cart Gift Shop is to be of service to residents of Sunnyside Health Care Center and patients at Community Memorial Hospital, as well as employees and the public. The profits are donated to the Hospital Auxiliary and used wherever there are special needs.

As the holidays approach, the Apple Cart will be filled with a multitude of gifts for the season. Check it out! 🌟

## WE'RE EXPECTING!

(That You'll Want to Join Us)



### One-Day Childbirth Education Seminar

Register now for one of our upcoming sessions

**Community Memorial Hospital  
Lower level classroom  
\$30 per couple**

**Taught by Stef Gunelson, RN,  
CCE (Certified Childbirth Educator)**

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 on:**

- When to come to the hospital
- The labor and birth processes
- Natural childbirth
- Labor complications
- C-sections
- Medication options during labor
- Epidurals
- Breast feeding (CMH has a lactation counselor on staff)
- Post-partum and newborn care

**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.
- Lunch & snacks for both you and your partner.

**Please bring two pillows, dress comfortably, and bring your partner/ labor coach if possible. \$30 session fee is payable at course time.**



**2008 Session:  
Saturday,  
October 4, 2008  
9am-5pm**

**2009 Sessions:  
Saturday,  
January 17, 2009  
9am-5pm**

**Saturday,  
April 11, 2009  
9am-5pm**

**Call 879-4641 to register  
Call Stef at 879-3187 for more information**



**Sunnyside Health Care Center residents enjoyed animals, music, garden exhibits, food, clowns and much more at the Resident Fair held in the SHCC parking lot in August.**

**Plans are underway for a bigger and better fair next year.**

# New CMH Chapel dedicated to Chaplain David Ziemer

The new chapel at Community Memorial Hospital was dedicated to the memory of Pastor/Chaplain David Ziemer on Saturday, July 12. Funds for the chapel and the chaplain's office were provided by members of Pastor Ziemer's family. Chaplain Dennis Morreim conducted the dedication ceremony and Rick Breuer and Liz Sinisalo provided the music. During the ceremony, one dozen Bibles were donated to the chapel by Our Savior's Lutheran Church, where Pastor Ziemer served for 12 years.

Over 40 family members and friends attended the dedication ceremony that was followed by the baptism of Brad and Cindi Ziemer's daughter in the chapel. 🌟



CMH Chaplain Dennis Morreim officiates at the dedication of the hospital's new chapel, which was dedicated to Chaplain David Ziemer. Rev. Ziemer's family attended the dedication ceremony, which was followed by a baptism.

## Get moving and feel better!

### Arthritis exercise classes offered at CMH this Fall

CMH will again offer the Arthritis Foundation's "Take Control with Exercise" program this fall. Classes will start on October 14th and last until December 5th. Wanda Fairbanks, Director of Physical Therapy, will teach the twice weekly classes. Due to space limitation, class size must be limited to 15, so sign up early if you are interested by calling 878-7026. There is a \$20 registration fee; payment is due at the first class of session.

#### Arthritis Foundation's "Take Control with Exercise"

**Instructor: Wanda Fairbanks**  
**CMH Basement Classroom**  
**1:30 – 2:30 p.m.**  
**\$20 per participant**  
**Class size limited to 15**  
**Call 878-7026 to register**

✂️ CLIP AND SAVE

#### CLASS SCHEDULE

- **Tuesday, October 14**
- **Friday, October 17**
- **Tuesday, October 21**
- **Friday, October 24**
- **Monday, October 27\***
- **Friday, October 31**
- **Tuesday, November 4**
- **Friday, November 7**
- **Tuesday, November 11**
- **Friday, November 14**
- **Tuesday, November 18**
- **Friday, November 21**
- **Monday, November 24\***
- **Wednesday, November 26\***
- **Tuesday, December 2**
- **Friday, December 5**

\* weekday change

### ★★★★★★★★ "Stars of Broadway" support hospital and Sunnyside Health Care Center

The 2008 CMH Foundation Gala is now history, but memories will linger about this year's magical event with the theme "Stars on Broadway." Proceeds from the annual event, which was held at The Lost Isle, benefit Community Memorial Hospital or Sunnyside Health Care Center, usually in the form of new equipment. This year marks the 17th year the hospital Foundation has held a Gala. In addition to dinner and dancing, there was also a dessert auction and a silent auction that included online bidding.

A big thank you to the community for your overwhelming support for the Gala, both through donations and attendance at the event. You were the true stars! 🌟





## Community Memorial Hospital Sunnyside Health Care Center

512 Skyline Blvd., Cloquet Minnesota 55720  
(218) 879-4641 ■ www.cloquethospital.com

# HealthWire

Caring for the health of our community

Nonprofit Org.  
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PAID  
Permit 492  
Duluth, MN

### New CMH Board of Directors

We're pleased to announce the new officers of Community Memorial Hospital's Board of Directors.

- Chairman** — Dave Hall
- Vice Chairman** — Bob Oswald
- Treasurer** — Jody Watt
- Secretary** — Marshall Johnson

Board members include Dr. Dave Luehr, Rob Nelson and Dr. Steve Vopat.

## Warm, professional care for your child's special needs

### CMH Pediatric Rehabilitation Program

- Occupational Therapy
- Speech-Language Pathology
- Physical Therapy

Our Pediatric Rehabilitation Program is a play-based, child-centered, family-friendly program focused on achieving progress and success for every child.

We provide comprehensive services for children up to 18 years old who experience difficulty with the normal developmental process, have identified disabilities, orthopedic conditions, or are experiencing learning problems.

Our caring staff can offer you and your child:

- **Flexible scheduling** — To help you to obtain maximum participation and progress for your child.
- **Family-centered care** — Parents and family are a vital link in our care team and your input, participation and support are extremely important to us.
- **Holistic treatment** — We treat each child as a whole person with a variety of needs.

### For more information, please contact one of these departments:

- Occupational Therapy  
218-878-7040
- Speech-Language Pathology  
218-878-7010
- Physical Therapy  
218-878-7026



- **A teamwork approach** — We will work closely with your family, your caregiver and your primary care physician to help your child reach his or her greatest potential. 🌐

