

# HealthWire



## Adaptive gardens bloom at Sunnyside Health Care Center

**F**or a second summer, residents at Sunnyside Health Care Center (SHCC) have enjoyed gardening at two adaptive garden planters that allow individuals to get their hands into the dirt while seated, either in a wheelchair or a regular chair. Every Tuesday during the summer, residents have been invited to participate in a structured Garden Club activity, and the gardens are always available for residents to care for and enjoy throughout the summer. This summer, a local Girl Scout troop has participated during Garden Club time, resulting in friendships across the generations.

“I cannot describe how wonderful it is to see residents being able to pursue a life-long leisure preference,” Laurie Korby, SHCC Activities Director said. “Being in a wheelchair, or in a nursing home for that matter, does not mean we have to give up all the things that make us who we are.”

In 2007, the SHCC Activity Department received a grant from the University of Minnesota Extension Office to help fund the garden. The program was developed by Cheri Danielson, a master gardener with the Carlton County Master Gardeners. Cheri’s husband, Marli Danielson, fabricated the planters.

**Sunnyside resident Nina Mattson spent some time out on the patio pursuing one of her favorite summertime pastimes.**

“The therapeutic benefits of gardening have been well-documented,” Korby said. “Gardening can improve an individual’s sense of well-being, provide upper body exercise, and provide stimulation to the senses.”

The adaptive gardening program is just one of the many ways the SHCC Activity Department offers interesting and varied hands-on opportunities that help to make SHCC a warm and welcoming place for residents, families and friends. **CMH**

# CMH receives award for Skin Care Program

**C**MH recently received a Patient Safety Excellence Award for the hospital's Safe Skin Campaign from the Minnesota Hospital Association, which cites CMH for reaching a superior level of performance in preventing pressure ulcers. CMH began the Safe Skin Campaign in 2007.

Tom Gauthier, Director of Inpatient Services, credits all direct care providers for the success of the program.

"Our implementation of the Safe Skin program would not be possible without the dedication and personal mission of every direct care provider at CMH," Gauthier said. "This includes everyone from RNs to nursing assistants to the dietary staff. They have all played a key role in making our program a success in prevention of pressure ulcers or skin breakdown." **CMH**

## Senior Expo



free

Thursday, October 8, 2009  
Our Savior's Lutheran  
Church, 12th & Doddridge  
Avenue in Cloquet  
9:30 a.m. to 1:30 p.m.

## CMH to offer minimally invasive hysterectomies

**A** "belly-button" minimally invasive laparoscopic hysterectomy will soon be available at CMH.



Dr. Skott Nielsen, CMH Women's Health Center, recently received training in this less invasive hysterectomy procedure, called a laparoscopic hysterectomy.

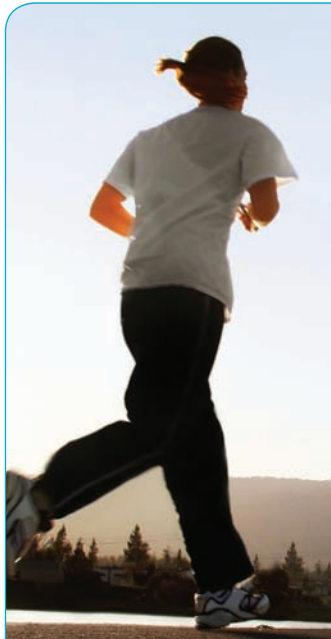
The laparoscopic hysterectomy involves four tiny incisions, including one through the belly button where a tube with a camera on the tip is inserted. The camera magnifies the organs, making it easier for doctors to operate.

Because the procedure is less invasive than a vaginal hysterectomy, women experience less pain and recover more quickly. The procedure also results in minimal scarring for the patient. **CMH**

## Physical Therapy news

**T**hree new physical therapy professionals have joined the Physical Therapy department: Jeremy Trevis and Jennifer Draxten, who hold Doctor of Physical Therapy degrees, and Physical Therapy Assistant, Dawn Maier.

Physical Therapists Gary Oltmanns and Allen Keller recently attended the 2009 Sanford Sports Medicine Symposium in Sioux Falls, South Dakota. This year the symposium focused on overuse injuries of the lower extremities, knee injuries, concussion in sports, and throwing injuries of the shoulder and their treatments. Special lecturer, Lars Engebretsen, MD, PhD, spoke on sports medicine in Norway and the Olympic experience. **CMH**



Get back to your life with CMH Physical Therapy

## CMH honored for successful blood drives

**C**ommunity Memorial Hospital was among the top three hospitals in the region last year for the number of units collected during our quarterly blood drives and because of this, was honored at a special lunch in May.

According to Memorial Blood Centers, 102 units of blood were collected in 2008 at CMH. Up to three people can benefit from each unit, which means CMH blood drives may have helped up to 306 people. **CMH**



### CMH Blood Drive

Hospital parking lot  
Monday, September 14,  
2:00 to 6:00 p.m.

*Help us meet our goal  
of 34 units!*

**To schedule a time to  
donate, call 878-7017.**




# CMH Foundation Annual Gala

Join us for our annual gala fundraiser to benefit the CMH Foundation—your donations assist the hospital in purchasing equipment and making improvements that benefit the health of our entire community.

Enjoy these special opportunities all evening:

- Silent and Live Auction
- Register to win a flat-screen TV, sponsored by Sappi
- Register to win a Wii or Wii Fit Raffle, sponsored by Park Avenue Therapies
- Quilt Raffle
- Farmer's Market/Bake Sale
- German Beer Tasting
- Scarecrow Contest Judging, sponsored by Trapper Pete's Steakhouse & Saloon

For more information, call Barb at 878-7652 or email [bschaak@cloquethospital.com](mailto:bschaak@cloquethospital.com) 

## Oktoberfest!

Saturday, October 10  
Lost Isle Bar, Carlton


- Social hour begins at 5:00 pm
- Enjoy a buffet featuring German cuisine at 7:00 pm
- Dance to the music of The Blue Light Special
- Tickets \$30 per person
- Casual dress



# Oktoberfest!

## New, interactive CMH website is coming this fall




It's almost here! Watch for the launch of our exciting new website that will allow you to pay your bill online, register online before you arrive at the hospital and locate up-to-date information and resources about CMH, Sunnyside, and your health. We're excited about showing you the many ways our new website can make your life easier and healthier—all at the click of a mouse! 

## Nutrition Services go green




**W**hat's up with those green bins in the CMH cafeteria and kitchen? Recently, CMH Nutrition Services began composting food waste to do our part for the environment. When you visit the CMH cafeteria, you will notice our new composting containers where you will be invited to place your compostable food waste after you finish your meal. A list of foods and paper products that are acceptable for composting can be found on each container.

CMH Nutrition Services passed its first composting inspection by the Western Lake Superior Sanitary District in July with an A+ report and were called one of WLSSD's "best facilities." 



## Autism 5K Walk Sunday, September 13

- Duluth Public Schools Stadium
- Registration 11:30 am–1:00 pm
- Walk begins 1:00 pm
- Free kids' carnival 11:30 am–2:15 pm
- Silent auction 11:30 am–1:30 pm
- Food, beverages & music provided
- Help raise awareness and funds for local autism programs. All monies raised by the event go directly to funding autism programs in the Northland. 



CMH is getting ready to announce an exciting change in our mammography technology — watch for more news this fall!



## We're Expecting! (That You'll Want to Join Us) One-Day Childbirth Education Seminar

CMH Lower level classroom  
\$30 per couple  
Taught by Stef Gunelson, RN

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.

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
- 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.

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

Next Session: Saturday, October 24, 2009 • 9am-5pm