



HealthWire Winter 2009



Children in Pediatric Rehab Program make “links” in new social group

Twice a month, young children have a chance to make friends, have fun, and build important skills at the hospital as part of our new “Peer Links” social skills group. Peer Links is an hour-long program of structured play activities for children who currently receive individual Speech or Occupational Therapy at CMH. Peer Links is designed and facilitated by professionals from the Speech-Language Pathology and Occupational Therapy Departments, two components of the hospital’s Pediatric Rehabilitation Program.

A variety of children can benefit from the services offered by CMH Pediatric Rehabilitation Program and Peer Links. Sometimes, a child may have difficulty interacting with his or her peers or may lag in the development of social skills. A child may also have difficulty forming words, conveying his or her thoughts, understanding

others, developing age-appropriate fine motor skills, completing activities of daily living, and regulating his or her senses and emotions. Sometimes, these children have additional diagnoses such as Autism Spectrum Disorders, Sensory Integration Disorder, or Attention Deficit Disorder.

Peer Links is designed for children ages 3 to 7 who have difficulty developing appropriate peer relationships, forming friendships, interacting with others, and engaging with peers in age-appropriate activities. Activities during the Peer Links hour are planned to engage each child and promote peer interactions including turn-taking,



Amber Quigley, Director of Speech-Language Pathology, is one of the facilitators of Peer Links, a social skills group for children offered at CMH.

eye contact, appropriate play, greetings, asking questions, and self-regulation of sensory information.

The CMH Pediatric Rehabilitation Program provides 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 difficulties. ❄️

If you feel that your child could benefit from this type of service or you would like more information, call (218) 878-7010.

Learning to live with diabetes

CMH Diabetes Education Program

Understanding diabetes can make a big difference in learning how to live with it. Fortunately, there's a quality, certified program at CMH that has empowered hundreds of patients and their families to make lifestyle changes and successfully manage the disease. The CMH Diabetes Education Program offers education for all people with diabetes—Type 1, Type 2, gestational, and pre-diabetes. Educational sessions promote self management, positive outcomes, and provide ongoing support for diabetics and their loved ones.

Sessions are taught by Mary Kay Marciniak, RN, Director of Diabetes Education and Jean Maslowski, RD, LD, and are based upon the American Diabetic Association (ADA) standard of care and the American Association of Diabetes Educators (AADE) Guidelines.

Diabetes education can help patients and their loved ones by teaching them the skills they need to successfully manage their own care.

A physician's referral is required for the program to be covered by insurance.



Kristel Kubis, RN, provides information to an attendee at a recent Diabetes Health Fair offered at CMH.

The CMH Diabetes Education Program covers the following important information:

- The basic facts about diabetes.
- How to live with diabetes.
- Blood sugar monitoring and evaluation of the results.
- Hypoglycemia, including symptoms, treatment and prevention.
- How to prevent long-term complications.
- Treatment options, including medications and insulin therapy.
- How to manage sick days.
- Managing and coping with stress.
- How to travel with diabetes.
- Nutrition and meal planning.
- How to read food labels and count carbohydrates.
- The value of physical activity.



CMH Diabetes Education Program instructors, Jean Maslowski, RD, LD, and Mary Kay Marciniak, RN, Director of Diabetes Education

Ongoing group and individualized sessions are offered each week, Monday through Friday—call 878-7661 for more information. 🌟

Arthritis exercise classes offered this Spring



Get moving and feel better!

CMH offers a new session of the Arthritis Foundation's "Take Control with Exercise" program this spring. Classes will start on April 21 and conclude on June 12. Wanda Fairbanks, Director of CMH Physical Therapy, will teach the twice weekly classes. Due to space limitations, our class size is limited to 15, so sign up early by calling 878-7026. There is a \$20 registration fee; payment is due at the first class.

Instructor: Wanda Fairbanks

Location: CMH Basement Classroom

Time: 2:30 to 3:30 p.m.

Cost: \$20 per participant

Class size limited to 15 • Call 878-7026 to register

Arthritis Foundation's "Take Control with Exercise"

CLASS SCHEDULE

- | | |
|----------------------|--------------------|
| • Tuesday, April 21 | • Tuesday, May 19 |
| • Thursday, April 23 | • Thursday, May 21 |
| • Tuesday, April 28* | • Tuesday, May 26 |
| • Thursday, April 30 | • Thursday, May 28 |
| • Wednesday, May 6 | • Tuesday, June 2 |
| • Friday, May 8 | • Thursday, June 4 |
| • Wednesday, May 13 | • Tuesday, June 9 |
| • Friday, May 15 | • Friday, June 12 |

* April 28 class will be held in 3rd Floor CMH Board Room

CMH FOUNDATION

Your CMH Foundation Board is planning some exciting events this year which will directly benefit the hospital by providing funds for purchasing equipment and supplies. Left to right: Colleen Bassett, Terri Langevin, Rhonda Johnson, Julie Rothmeier, Ron Peterson, Wendy Johnson, Joe Beaupre, and Dave Lingren.

2009 CMH Foundation Board



SAVE THE DATE!

Oktoberfest Saturday, October 10

This year, the annual CMH Foundation Gala will be called "Oktoberfest" and held at Lost Isle in Carlton. Watch for more news and details!

To learn how you can volunteer for a CMH Foundation event, please call Barb Schaak, CMH Foundation Event Coordinator at 878-7652.

Sharing & Caring Give to the CMH Foundation

Look inside this newsletter for a convenient donation envelope with more information about the CMH Foundation and how you can help. Every gift is a gift to the health of our community. Thank you!



You're invited to the
CMH Foundation
annual spring
Wine & Beer
Tasting and
Live Auction

Friday, April 17, 6:00 p.m.

Dry Dock Bar & Restaurant, 2820 Midway Road

Tickets \$25. Sample an intriguing variety of wines and beers, donated by local distributors, and participate in a live wine and beer auction. All proceeds benefit the hospital and Sunnyside Health Care Center. This fun community event is a great way to support your hospital and your community. **Purchase your tickets by calling 878-7652. Tickets will also be sold at the door.**



Sunnyside receives generous gift of

flat-screen TVs. Thanks to a donation from Community Memorial Hospital/Sunnyside Health Care Center Volunteer Services, Sunnyside Health Care Center residents received two large flat-screen TVs. Sunnyside residents have been enjoying catching the news, favorite shows and sporting events on these state-of-the-art digital TVs. CMH/SHCC Volunteer Services donated some of their proceeds from sales at The Apple Cart to make television viewing a little bit brighter for our Sunnyside residents.



**Community Memorial Hospital
Sunnyside Health Care Center**

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HealthWire

Caring for the health of our community

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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.

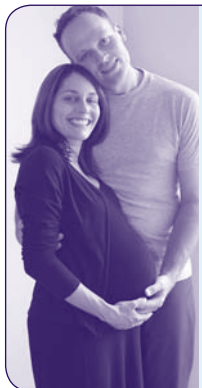
Your day will include important information on:

- 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.



Upcoming Sessions:

Saturday
APRIL 11, 2009
9am-5pm

Saturday
JULY 18, 2009
9am-5pm

Saturday
OCT. 24, 2009
9am-5pm

May 5, 2009

**Churchill School
Playground**

**3:00 to 5:00 PM
Kids under 12**

**5:00 to 7:00 PM
Age 13 to Adult**



Rain* or Shine

BRING YOUR BIKES!

- Children's Olympics
- In-service from Physical Therapy staff on appropriate bike set up and injury prevention
- Safety demonstration by Cloquet Fire Department with information about bike helmet safety
- Bicycle maintenance tips
- Recumbent bike demonstration
- Information from CMH doctors about biking injuries
- Biking experts will be on hand to answer your questions

* In case of rain, this event will be held in the school gym.

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

Sponsored by the CMH
Physical Therapy Department