

■ VISITING SPECIALISTS

Podiatry services now available at CMH

Look no further than CMH for your podiatry needs. Based in the Twin Cities, Dr. Christopher Phillips, DPM, and Dr. Cory Valentine, DPM, are now spending the third Thursday of every month treating patients at our hospital.

Their services include foot care, exams, and more. Specifically, they can help treat:

- Heel and tendon pain.
- Forefoot, rearfoot, and ankle deformities.
- Foot and ankle arthritis.
- Neuromas, fractures, and infections.
- Warts and ingrown toenails.
- Flatfoot deformities.

Our new podiatrists can also address worker's compensation injuries. Please call 218-878-7626 for more information. **CMH**

Free child car seat safety clinics offered



Bring your child, car seat, and vehicle to ensure proper fitting. No appointment is necessary. **Call 218-499-4258 for more information.**

TUE, OCT 16, 1-3PM

Cloquet Area Fire
District Station #2
2779 Big Lake Rd.,
Cloquet

TUE, NOV 20, 4-6PM

Cloquet Area Fire
District Station #1
508 Cloquet Ave.,
Cloquet

ECRWSS EDDM
Postal Customer

THE CLOQUET COMMUNITY MEMORIAL HOSPITAL FOUNDATION REQUESTS
THE HONOR OF YOUR PRESENCE AT OUR ANNUAL FALL GALA.

Autumn Elegance
FALL GALA
FRIDAY, OCTOBER 5, 2018
Community Memorial Hospital



FEATURING ENTERTAINMENT BY

Deuces Wild! Dueling Pianos

Guests will enjoy entertainment unlike any other at our 2018 Fall Gala, with Dave Eichholz and Ted Manderfeld of Deuces Wild! The musical comedians, who have performed more than 1,700 live shows to date, encourage audience participation throughout each performance.

THIS IS A SMOKE-FREE, SUIT TO FORMAL EVENT

All proceeds will fund healthcare priorities at Community Memorial Hospital and Sunnyside Health Care Center.

TICKETS \$85 PER PERSON
RSVP BY MONDAY, SEPTEMBER 24, 2018
\$90 after Monday, September 24, 2018

For tickets and more information, contact Laurie Korby at 218-878-7652 or lkorby@cloquethospital.com

HealthWire



CMH Family Clinic is accepting patients.

Call 218-878-7626 to make an appointment with Dr. Dobbs, Dr. Robey, or Dr. Westmoreland. **And don't miss our Family Clinic Open House in October!**

We welcome (L to R) Dr. Robey, Dr. Dobbs, and Dr. Westmoreland to CMH Family Clinic.

CMH Family Clinic & the importance of primary care

A recent *New York Times* article stated health services are no less vital than a community's police and fire departments, schools, and water supply.

We couldn't agree more. At CMH Family Clinic, our board-certified family medicine physicians provide compassionate care to patients in Cloquet and the surrounding area.

It's all in the name of primary care access, which helps to reduce travel times, promote frequent medical visits, and ensure a wide range of services right in the community.

Now we'd like to introduce the physicians behind CMH Family Clinic. We are thrilled to have them on board!

■ **DR. KATHRYN DOBBS.** A seasoned primary care provider, Dr. Dobbs received her medical degree from the University of South Carolina School of Medicine in 2000. She comes to CMH from

CHI-St. Joseph's Health in Park Rapids, Minnesota, and specializes in women's health and obstetrics.

"My passion is obstetrical care, moms and babies. When you get to put that baby in a new mom's arms and see the start of that family, it's just a miracle."

■ **DR. MELISSA ROBEY.** Dr. Robey graduated from the University of Florida College of Medicine in 2009, and previously worked at Providence Medical Group-Glisan in Portland, Oregon. A talented physician, she focuses on women's health, obstetrics, pediatrics, nutrition, preventative medicine, and patient education.

"My goal is to help patients build a healthy lifestyle with an emphasis on prevention, which starts with a strong foundation in nourishing foods and regular movement."

■ **DR. ADRIANNE WESTMORELAND.** Dr. West-

Come meet our new family medicine physicians, general surgeon, and OB/GYN!

CMH FAMILY CLINIC OPEN HOUSE

MONDAY, OCT 29, 2018 ■ 4-6pm

Held in conjunction with the Cloquet Chamber Business After Hours

FREE AND OPEN TO THE PUBLIC. The event will take place in the Family Clinic waiting area at CMH.

Learn more about CMH Family Clinic, our new physicians, and what they can do for you and your loved ones. Call 218-878-7626 for more information.

■ CMH FAMILY CLINIC, continued

moreland graduated from the West Virginia School of Osteopathic Medicine in 2011. Before joining CMH Family Clinic, the multi-skilled physician practiced medicine with the Avera Medical Group in Estherville, Iowa. Her practice included emergency medicine, inpatient and outpatient care, and obstetrics and C-sections.

"The care of both the young and the mature is what family medicine is to me. I am excited for the opportunity to care for you and yours, and can't wait to see what's next!"

CMH Family Clinic welcomes patients of all ages, including families. **For appointments, please call: 218-878-7626. [CMH](#)**

DIABETES HEALTH FAIR WED, OCT 24, 2018 ■ 9AM–1PM FREE AND OPEN TO THE PUBLIC



GIVEAWAYS & DOOR PRIZES!
SPEAKER PRESENTATIONS:
10am — "Common Complications of Diabetes" by Dr. Adrienne Westmoreland
Location: CMH classrooms

LEARN ABOUT:

- Healthy eating
- Medications
- Blood glucose meters
- Diabetes complications
- Diabetes prevention

FREE HEALTH SCREENINGS:

- Blood pressure
- Blood glucose
- BMI
- Vision

This event will give you the latest information on diabetes management, prevention, and resources. Receive free screenings and learn everything you need to know from diabetes experts.

Reach your full potential with Speech-Language Pathology, Physical Therapy & Occupational Therapy

The qualified therapists at CMH work with infants through geriatrics. After a doctor sends a referral, patients receive personalized care designed to meet their needs and goals. We offer free and convenient parking, along with flexible scheduling options.

— SPEECH-LANGUAGE PATHOLOGY

Our therapists are trained in pediatric and adult speech therapy (ST). We collaborate with patients and caregivers to enhance communication, including: social skills, vocabulary, pronunciation, voice, grammar, and literacy. We also target patients' chewing and swallowing goals.

In addition, we provide cognitive linguistic rehabilitation following a stroke, brain injury, or concussion, and offer evaluations to determine whether your "late talker" would benefit from ST. Call 218-878-7010 for more information.

— OCCUPATIONAL THERAPY

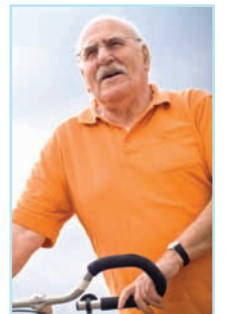
The school year is starting—is your child ready to do their best learning? Occupational Therapy (OT) is designed to help kids who struggle with fine and gross motor tasks. Examples include dressing, using a toothbrush, controlling a pencil, writing on a chalkboard, being more coordinated in play and sports, and managing responses to sensory information in a more comfortable way.

The OT Department also offers hand therapy, work injury services, and other treatments that can help you live a more comfortable, functional, and independent life. Ask your physician about OT services, or call 218-878-7040 for more information.

— PHYSICAL THERAPY

Our Physical Therapy (PT) Department features a team of 15 experienced therapists to help patients recover and gain function from physical impairments caused by injury, illness, surgery, or birth defects. We work with hospital patients, SHCC residents, and outpatients of all ages.

Possible treatment interventions include individualized therapeutic exercises, joint mobilization, deep heat and cold treatments, electrical stimulation, traction, and soft tissue and nerve mobilization. Call 218-878-7026 for more information. [CMH](#)



Volunteer donates 100 teddy bears

Jackie Ranco, volunteer piano player at CMH, donated 100 teddy bears to our hospital. She believes every child deserves a "comfort bear" to make their stay more agreeable. Thank you, Jackie, for your generosity!



Darlene Carter, manager of the CMH gift shop, and hospital volunteer Jeanne Tipton admire an original Dr. Lloyd Backus watercolor painting.

Retired family physician gifts watercolors to CMH

Dr. Lloyd Backus, retired family physician and a talented painter to boot, generously donated his original artwork to CMH and SHCC. Former area resident Candace Kirkedahlen exquisitely framed his watercolors, and we couldn't be more thrilled to display them on our walls. [CMH](#)

CMH is a proud sponsor of the
— 11TH ANNUAL —
CLOQUET RIVER RUN
SATURDAY, SEP 29, 2018
www.cloquetriverrun.com

1 mile & 5K Walk/Run
Free kids race (6 & under)
All proceeds will fund health, fitness, and technology initiatives at Churchill Elementary School.

Living on the Border with Pre-Diabetes

Start now to delay or prevent type 2 diabetes

NEXT WORKSHOP
→ **TUESDAY,**
NOV 13, 2018
3–6pm

\$20 registration fee

Workshop held in CMH classrooms

Have you been diagnosed with pre-diabetes? You can make changes now to delay or even prevent the onset of type 2 diabetes. Taught by certified diabetes instructors, the workshop is open to all those who would like to learn more about pre-diabetes. **Call 218-878-7661 to register.**

Can't make the workshop on November 13? Join us on January 22, 2019 (9am–12pm) or March 12, 2019 (1–4pm) instead.

CCMH Foundation reflects on a successful Wine & Beer Fundraiser

On June 14, the CCMH Foundation held its annual “Cheers to Summer!” Wine & Beer Tasting Fundraiser at the historic Oldenburg House in Carlton. More than 100 guests came to indulge in the new venue, enticing



new menu, and live entertainment featuring Dr. James Rogers.

Throughout the evening, attendees enjoyed gourmet appetizers; wine, beer, and sheep cheese samples; and both raffle and auction items.

The Wine & Beer Fundraiser featured the musical talents of Dr. James Rogers.



On behalf of the CCMH Foundation, we are very grateful for the support of our donors and the greater community.

Close to \$9,000 was raised during the “Cheers to Summer!” event. All proceeds will fund projects at Community Memorial Hospital and Sunnyside Health Care Center. [CMH](#)

IRA Rollover

Did you know that if you are 70½ or older, you can give up to \$100,000 to advance patient care and help keep state-of-the-art healthcare local?

Rolling over part of your IRA's required minimum distribution (RMD) to the Cloquet Community Memorial Hospital Foundation can, in addition to reducing your tax bill, make a difference in the health of this community. Please call 218-878-7652 for more information.



Cloquet Community Memorial Hospital Foundation

Your gifts, your health, your community