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A Nesting Place, where new moms come together

CMH has launched a special group for mothers with infants up to one year and anyone in their third trimester of pregnancy. Moms are welcome no matter where they live or delivered their baby.

A Nesting Place offers a safe and supportive environment where women can bring their infants and discuss all postpartum issues: breastfeeding, baby blues, anxiety, depression, sleep, relationships, exercise, nutrition, and more. The content will vary based on the group's needs.

The program kicked off with a meeting on January 19, and A Nesting Place will continue gathering every other Saturday from 10-11am in the Pine Meeting Room. All meetings are facilitated by a healthcare professional. Participants, you are more than welcome to bring your infant!

Go online to cloquethospital.com/cmh-happenings for the current schedule.

■ CCMH FOUNDATION

A Foundation Gala to remember

On October 5, the Cloquet Community Memorial Hospital Foundation held its annual "Autumn Elegance" Fall Gala. The event took place at CMH and received tremendous positive feedback. Attendees cited the food, live entertainment (featuring Deuces Wild! Dueling Pianos), and venue as some of the highlights.

Financially speaking, it was one of the best years yet for the fundraiser. We are so very grateful for the supporters of our Foundation, and look forward to what 2019 will bring. All proceeds from the 2018 Fall Gala will fund projects at Community Memorial Hospital and Sunnyside Health Care Center. **CMH**



What better venue than CMH for a black-tie affair? The CCMH Foundation held its 2018 fall fundraiser right at our hospital.

Laurie Korby joins CCMH Foundation



Laurie Korby, new Executive Director of the CCMH Foundation, is a longtime Community Memorial Hospital staff member. She grew up in Floodwood and earned a COTA (Certified Occupational Therapy Assistant) degree from Lake Superior College. For the past 22 years, she has been Director of Activities at Sunnyside Health Care Center.

"I am personally a strong supporter of CMH, and professionally, I am passionate about bringing our Foundation to the next level," says Laurie. "By working together, we can all make a positive impact on CMH/SHCC, and on the health in our region." **CMH**

HealthWire



5-STAR CARE. Delivered locally, by the entire CMH team.

CMH awarded 5-Star HCAHPS patient satisfaction rating

Community Memorial Hospital has achieved a patient satisfaction level reached by fewer than 5% of hospitals across the country.

Created by the Center for Medicare and Medicaid Services (CMS), the 5-Star Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) star ratings help consumers make decisions using the Hospital Compare websites.

Ultimately, the rating system is meant to spotlight excellence in healthcare quality. The recognition means a lot to us here at CMH—and it wouldn't have been possible without the contributions of our entire hospital community.

“Achieving this level of patient satisfaction takes the whole team of employees across CMH,” says Rick Breuer, our CEO and Administrator. “We pride ourselves on delivering an exceptional experience to the people who trust us for their care, and we will continue to provide excellent, compassionate care to every patient, every day.”

Out of nearly 4,500 hospitals nationwide, CMH is one of only 213 facilities to receive a 5-star rating. We are truly humbled by this, and our hospital is committed to providing comprehensive, patient-centered care in Cloquet for years to come. [CMH](#)



Dr. Cliff Chapin (R), Physician of the Year, stands beside STEMI program manager Richard Mullvain (L).

Dr. Chapin receives Physician of the Year award

Dr. Cliff Chapin, Chair of the CMH Emergency Department, earned the Physician of the Year award from Essentia Health Heart & Vascular Center. He was selected for his outstanding performance and commitment to improving systems of heart attack care, which are also known as STEMI. Congratulations, Dr. Chapin!



Family Clinic offers online scheduling

Our family medicine practitioners are now more accessible than ever! Book a CMH Family Clinic appointment at cloquethospital.com by choosing the magenta tab at top of webpage. Patients can also view the desktop version of CMH's Facebook page and click the “Book now” button.

The benefits of Dr. Lemker's new hip replacement procedure

Orthopedic surgeon Dr. Joseph Lemker is now offering a new form of hip replacement surgery. Unlike lateral hip arthroplasty, where the incision is made in the side of the hip, anterior hip arthroplasty features an incision in the front of the hip.

The anterior procedure is considered more comfortable and less intrusive. "It is a minimally-invasive, tissue-sparing approach that improves early recovery," he explains. "Also, there is usually better pain control and earlier mobility than one would see with traditional hip replacement surgery."



CMH patient Matt Gornick (L) balances on one leg, showing off the effectiveness of orthopedic surgeon Dr. Joseph Lemker's (R) new hip replacement surgery.

The process is straightforward. First, it involves the patient lying on their back so the incision can be made. Then, an x-ray machine is used to improve the implant positioning. This helps to ensure a hip-to-hip match and length-of-limb equality—key elements in any hip replacement procedure.

Dr. Lemker's patient Matt Gornick speaks highly of the anterior approach.

"The thing that surprised me the most was the recovery time," says Matt. "When I got home, I was climbing stairs the next day."

Within seven or eight days, Matt was using a push lawnmower. Then, just a week later, he could walk a mile at a time.

The recovery period was shorter and less strenuous than Matt could have imagined. And on the rare occasion he experienced discomfort, Tylenol or Ibuprofen was more than enough to make the pain subside.

The thing that surprised me the most was the recovery time...when I got home, I was climbing stairs the next day."

— MATT GORNICK, hip replacement surgery patient at CMH

While the quicker recovery time and better pain control are certainly appealing, please note that not everyone is a candidate for this new surgery. Only a qualified surgeon can determine who might be a good fit. That said, if for whatever reason the surgery isn't right for you, there's no need to worry. The new procedure takes the same amount of time as traditional hip replacement surgery, and boasts the same end result.

Do you have questions about Dr. Lemker's anterior hip replacement procedure? Please call 218-878-7626 for more information. [CMH](#)

Welcome to CMH!

General Surgeon

CMH is thrilled to announce the arrival of Dr. Bethany Nyland, who will work alongside general surgeons Dr. Brance Modin, Dr. James Ryan, and Dr. Steven Vopat.



Board-certified in General Surgery, Dr. Nyland attended St. Louis University School of Medicine and completed a residency training program at UnityPoint-Iowa Methodist Medical Center. Her areas of interest include minimally-invasive surgery, endocrine surgery, and the surgical management of breast cancer. [CMH](#)

OB/GYN

A warm welcome to obstetrician-gynecologist Dr. Verna Thornton, who was recently appointed to the Minnesota Medical Association Policy Council. She received her medical degree from Morehouse School of Medicine and completed her residency at Emory University Hospital.



Passionate about patient education, Dr. Thornton specializes in minimally-invasive surgery, menopausal management, and the management of fibroids and pelvic masses. She previously ran her own practice in Atlanta. [CMH](#)

Population Health Nurse

Introducing Brenda Graden, RN, who will oversee chronic care management, care coordination, and care transitioning at CMH. She is responsible for identifying barriers to healthcare and breaking them down.



Originally from Two Harbors, Brenda received a bachelor's in nursing from the College of St. Scholastica. Previously, she worked at Min No Aya Win Human Services Center and in Essentia's Emergency Department. [CMH](#)

Say goodbye to chronic pain

Those with pain that won't go away can find relief at the CMH Pain Clinic.

Dr. Paul Vollmar, Pain Clinic Director and anesthesiologist, treats all kinds of pain across the body. He and his team offer treatment options and procedures to block the pain's pathway, stun the nerves, or reduce inflammation in order to lessen pain. 90-95% of Dr. Vollmar's patients experience at least some type of pain relief.

The CMH Pain Clinic offers the following treatment options:

- ▶ Steroid injections
- ▶ Nerve blocks
- ▶ Botox
- ▶ Trigger point injections
- ▶ Radiofrequency ablation
- ▶ Implantable spinal cord stimulators
- ▶ Protein-rich plasma injections

Just ask Karen Wunderlich, who started seeing Dr. Vollmar after traditional methods fell short.

"He took a lot of time and paid a lot of attention to what had been done," explains Karen. "And to what I wanted to do for the rest of my life."

She and Dr. Vollmar discussed various options, and agreed to administer steroid injections in Karen's back every two months. As a result of the treatment, Karen has gone from using a walker to being independent—and she says her comfort

level is 100% from the time she receives the injections until they wear off.

"I totally trust him and wouldn't go anywhere else," she says.

Karen does, however, urge patients who struggle with chronic pain to manage their expectations. Some things are simply not curable—but discomfort can absolutely be controlled. Dr. Vollmar agrees, and puts the patient first each and every time.

"My goal is to get people back to a better life," explains Dr. Vollmar. "Whatever that means for them."

Please call 218-878-7626 for more information or to make an appointment at the Pain Clinic. **CMH**

Dr. Charles Kendall joins Family Clinic

Met the fourth primary care doctor to join our Family Clinic! Board-certified in Family Medicine, Dr. Charles



Kendall's practice includes inpatient and outpatient medicine and obstetrics.

"I believe in treating the whole person, and being involved in the care of my patients from birth through the various stages of their lives," he says.

Dr. Kendall grew up in Michigan, graduated from Wayne State University School of Medicine, and attended residency at the Duluth Family Practice Center. He worked on the Fond du Lac Indian Reservation for many years, and spent a short time filling in as a CMH hospitalist before starting at the Family Clinic. Moving forward, Dr. Kendall will balance shifts as a hospitalist and as a family doctor. **CMH**

Living on the Border with Pre-Diabetes

Start now to delay or prevent type 2 diabetes

2019 WORKSHOPS

Tue, March 12
1-4pm

Tue, May 7
3-6pm

\$25 registration fee

Workshop held in CMH classrooms

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



(L to R): Music Together of Cloquet teacher Ruthie Breuer holds class with fellow instructor and family CMH physician Dr. Melissa Robey, Dr. Robey's son Miles, and Dr. Robey's husband Corey.

Introducing Music Together

Music Together® has introduced millions of children, parents, and teachers to the joys of music-making and the benefits of having music in their lives.

The early childhood music program is taught around the world and designed for children from birth through age five. Soon it will be available right here in Cloquet.

We are offering free demo classes in February 2019, with our spring semester officially starting in April. Please visit musictogethercloquet.com for details and schedule.