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■ SUNNYSIDE HEALTH CARE CENTER

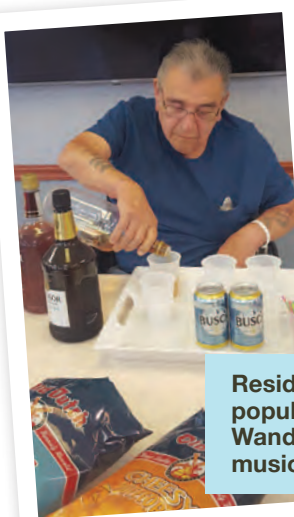
Sunnyside Health Care Center hosts Friday Happy Hour

SHCC, a 44-bed long-term care facility attached to CMH, is an ideal place for friendly, personalized care. This includes a weekly Happy Hour series.

SHCC Happy Hour is most often held on Fridays at 2:15pm in the dining room. Live music or other entertainment is provided, along with beverages and popcorn. SHCC residents are allowed up to two drinks with a signed standing order from their physician.

This is one of our residents' favorite activities, and families are always welcome to join in on the fun. An added bonus? We offer free and convenient parking right outside our doors.

There are currently a handful of openings at SHCC. Please call 218-878-7074 for inquiries. **CMH**



Resident bartender Bill Martineau (L) mixes drinks for the popular SHCC Happy Hour program. Meanwhile, The Happy Wanderers Gina DeVaney and Don Bergman show off their musical talents.

SHCC
Sunnyside
Health Care Center

■ CCMH FOUNDATION UPDATES

A word from Executive Director Laurie Korby

We're stronger than ever in 2019, and your donations have made a major impact on the lives of those we serve. Recent gifts purchased by the CCMH Foundation include several otoscopes, ophthalmoscopes, a portable ultrasound machine for our new Family Clinic, iPads for patients with communication barriers, a Nitrous Oxide Delivery System for mothers in labor, and more. Thank you very much for your support.

Wine & Beer Tasting update

Our annual Wine & Beer Tasting fundraiser made a huge comeback this year. Our vintage-style event, fittingly held at the Northeastern Saloon, brought over 150 supporters with a record-breaking amount of nearly \$30,000 raised. We are so grateful to our community of sponsors, attendees, and donors, who made this event a winner.

Save the date! 2019 Autumn Elegance Gala is Friday, Oct 11

Join the CCMH Foundation for our annual Autumn Gala. The event will take place at CMH and feature award-winning musician Michael Monroe, who blends rich vocals with unique instruments—all while performing original acoustic folk, reggae, and jazz.



Attendees will feast on lobster and steak, and then bid on the Live Auction, take a chance on the Silent Auction, and know their donations are helping to support CMH and SHCC. In 2018, the Gala raised over \$50,000 in the name of local healthcare!



Laurie Korby (L), Executive Director of the CCMH Foundation, and Kirk Wimmer, CCMH Foundation Board President, celebrate a successful 2019 Wine & Beer Tasting event. They look forward to reuniting with our community partners at the annual Autumn Elegance Gala this October.

HealthWire

WOMEN'S HEALTH SERVICES AT CMH:

- Minimally-invasive surgery
- Menopausal management
- Management of fibroids and pelvic masses
- Pre-menstrual disorders
- Infertility, abnormal bleeding, and other female health issues

Dr. Thornton is currently accepting new patients. No referral necessary. Annual women's wellness and Pap smear appointments available. Call 218-878-7626 to book.

(PHOTO)

Dr. Thornton (L) with patient Ona Yrganson



Our OB/GYN will see you now Dr. Verna Thornton, OB/GYN, welcomes new patients

When CMH patient Ona Yrganson came to see Dr. Verna Thornton for a prolapsed bladder, she didn't know what to expect.

By the time she left our hospital, she'd formed a clear and positive opinion.

"I feel sorry for clinics that don't have her," the patient says about our new OB/GYN. "Dr. Thornton is just fun."

She's also an expert. Dr. Thornton, who comes to CMH from Atlanta, discovered a hernia while examining Ona. She immediately approached CMH surgeon Dr. Brance Modin for a second opinion. The medical duo then performed surgery

for both issues while having Ona undergo anesthesia only once.

"This situation is an example of older patients having elective surgery and doing really well," says Dr. Thornton. "It also illustrates the importance of interdisciplinary communication and coordination between physicians."

Ona tells us she appreciates Dr. Thornton's quick thinking and expertise. She adds: "A Finlander meeting a Southerner. Something new for each of us!"

It's been a couple of months since Ona's surgery, and she is now completely healthy. **CMH**

Dr. Melissa Robey now a certified Lactation Consultant

Family Clinic physician Dr. Melissa Robey, IBCLC, has received her Lactation Consultant certification. This means she is well-equipped to offer breastfeeding families the support, guidance, and strategies they need to succeed. Congratulations, Dr. Robey!

Living Well With Diabetes

6 THURSDAYS, SEP 12–OCT 17, 2019
1–3:30pm ■ CMH classrooms

Do you live with diabetes or pre-diabetes? This six-week class is for you. You'll make weekly action plans and find the support you need to spark real change. Family members, friends, and partners are welcome to participate. Meetings are on Thursdays starting September 12, 2019. Classes are free, with a suggested donation of \$5 per session. Registration is required.

Contact Mary Kay Marciniak at 218-878-7661 or mmarciniak@cloquethospital.com to register, or go to yourjuniper.org.

Living Well With Chronic Conditions

6 TUESDAYS, OCT 22–NOV 26, 2019
1–3:30pm ■ CMH Birch Room

If you have a chronic condition like hypertension, depression, or diabetes, you're not alone. Participants in this class will make action plans, share experiences, and help each other solve problems. Meetings are on Tuesdays starting October 22, 2019. Classes are free and registration is required.

Contact Brenda Graden at 218-499-6702 or bgraden@cloquethospital.com to register, or go to yourjuniper.org.

Women's Best Health at Every Age

WEDNESDAY, OCT 2, 2019
5:30pm ■ CMH Oak Room

Join Dr. Verna Thornton, OB/GYN, at this not-to-be-missed community education class on women's health and healthy aging. Dr. Thornton will speak alongside CMH General Surgeon Dr. Bethany Nyland, who will talk about breast cancer prevention and screening.

The program will include a light meal. Free. Call 218-878-7049 to register.

cloquethospital.com

Discover healthy and fun opportunities! Go to our "Happenings" link at the top of the CMH website and filter class offerings by month, by topic, or simply browse through our many offerings. All Happenings events are open to the public and everyone is welcome to attend. **CMH**

DIABETES HEALTH FAIR

WED, OCT 23, 2019 ■ 9AM–1PM
FREE AND OPEN TO THE PUBLIC



FREE HEALTH SCREENINGS:

- Blood pressure
- Blood glucose
- BMI

LEARN ABOUT:

- Healthy meal plans
- Blood glucose meters
- Medications
- Insulin pumps
- Pen devices

This is a great event to get the latest information on diabetes management, prevention, and resources. Attendees can also receive free screenings and hear from diabetes experts.

GIVEAWAYS & DOOR PRIZES!
Location: CMH classrooms

Living on the Border with Pre-Diabetes

Start now to delay or prevent type 2 diabetes

NEXT WORKSHOP
TUESDAY,
SEP 10, 2019
1–4pm

\$25 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 September 10? Join us on November 12, (3–6pm) instead.

Introducing Dennis Lennartson, our new Sr. VP of Hospital and Clinical Services

A warm welcome to Dennis Lennartson, our new Sr. VP of Hospital and Clinical Services. Dennis comes to us after spending over 13 years at Essentia, where he served as Sr. Operations Manager for the last six years.



Dennis has a compelling background. After graduating from Cloquet High School, our new hire served as an Air Force Medic in Duluth's 148th Fighter Wing. He then earned undergraduate degrees in Business Administration and Accounting from the University of Wisconsin-Superior, as well as a Master's in Business Administration and a Master's of Administration from the College of St. Scholastica.

Dennis, his wife Ashlee (who is a first-grade teacher at Churchill Elementary School), and their three children live happily in Cloquet. They are thrilled about this new opportunity. **CMH**

■ ADVANCED WOUND CLINIC

Wound Clinic honored with Center of Distinction award

Our Advanced Wound Clinic has been named a Center of Distinction by Healogics. This award recognizes CMH's excellent healing outcomes, high patient satisfaction rates, and outstanding clinical performance. A special thank-you to our staff, who have done a fantastic job of caring for the community!

CMH



CMH Family Clinic offers flexible hours, online scheduling

Our family physicians believe in your good health. This means they'll accommodate same-day, early-morning, and after-hours appointments when possible.

Scheduling is easy. Patients can book an appointment at cloquethospital.com by choosing the magenta tab at the top of the webpage. Or, patients can visit Community Memorial Hospital's Facebook page and click on the "Book now" button.



CMH Lab receives full accreditation

The Lab at CMH has received full accreditation from the American Association of Blood Banks (AABB). It went through a rigorous inspection that involved voluntarily adopting and implementing AABB standards, which are established by experts in the field. All standards are based on scientific data, quality assurance, and practices consistent with the Food and Drug Administration.

Lab Director Nikki Wilmes says, "The accreditation is a direct reflection of our continued commitment of quality to the patients we serve, supporting the highest standards for medical, technical, and administrative processes and performance."

The accreditation is valid through June 2021. **CMH**

