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In 2022, our CMH community of dedicated physicians, nurses, specialty providers, and other staff are here to serve you through a brand-new platform: our eNewsletter.

Don't worry, we won't flood your inbox! At CMH, we're here to listen to you, engage with you, and provide compassionate care, not badger you with constant emails. By subscribing to our eNewsletter, you will receive a monthly email with information to help take charge of your health, so that you and your family can continue the lifestyle you love.

Our eNewsletter will provide up to date details concerning our facilities, including: COVID-19 updates, information about events and available providers and services at CMH and CMH Raiter Family Clinic, and articles about preventive health.

For a full list of current hospital services and happenings, visit our website by clicking below!

[Learn More about CMH!](#)



Visitor Policy Update

Due to increased community spread of COVID-19, influenza A, and other respiratory illnesses, CMH has updated its visitor policy. Please help us keep our patients, providers, and community healthy by respecting these measures.

In all patient settings, two visitors per day will be allowed. They must be the same two visitors all day and the patient must test negative for COVID-19.

Visitors must wear masks at all times, regardless of vaccination status.

Children are not allowed to visit in the inpatient department.

COVID-19 positive inpatients are not allowed visitors.

THIS VISITOR POLICY CHANGE DOES NOT APPLY TO SUNNYSIDE HEALTH CARE CENTER, which is governed by a different set of regulations.

COVID-19 Testing

COVID-19 testing is currently available by appointment at CMH Raiter Family Clinic. Please call 218-879-1271 to schedule. Walk-ins are not accepted.

Our molecular COVID-19 testing methodology satisfies return to work and travel indicators with results. When you arrive at the clinic, there is an area to the right of the main doors where self-swabbing occurs. A CMH employee will contact you by the end of the day with results. If you have

your MyCMH Health Portal set up, results can also be obtained electronically.



February is American Heart Month!

Heart disease is the leading cause of death in the United States. American Heart Month motivates Americans to adopt lifestyles that promote better heart health and prevent heart disease, heart attacks, and other circulatory conditions. Below are tips on how to start.

Move More: Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week.

Be Active, Together: Get creative. Invite a colleague or friend to keep you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and have a dance party or brave the cold and go snowshoeing or hiking. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.

Eat Well: A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Eat more vegetables, fruits, and whole grains, fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products. Limit foods that are high in saturated fat and sodium or sugar and other sweeteners. Take your time eating and eat with a friend or family.

Quit Smoking: The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard, but many people have

succeeded, and you can too. Set a quit date and let those close to you know about it. Ask your family and friends for support in your effort.

Reduce Stress and Improve Sleep: Stress can contribute to high blood pressure and other heart risks. Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–8 hours of sleep a night.

Know Your Numbers: Meet your heart health goals by keeping track of how much you exercise, your blood pressure, your cholesterol numbers—all of which can impact your heart health—and tell your doctor how you're doing

Support is available at CMH!

Our Cardiac Rehab Program is a monitored, medically supervised exercise therapy and education program for those who have had heart surgery, a heart attack, or have congestive heart failure, peripheral artery disease, or other cardiovascular conditions.

Our Advanced Wound Clinic can help you manage wounds related to cardiovascular conditions. A healthy heart and circulatory system are key to helping wounds heal properly. The circulatory system carries necessary nutrients to the site of a wound. An unhealthy or failing circulatory system could result in infection or a wound taking a very long time to heal.

[Learn more about Cardiac Rehab!](#)

[Learn more about our Wound Clinic!](#)



Upcoming Events

February 8 and 22: Grief Support Group

The Grief Support Group meets on the second and fourth Tuesdays of each month from 7 to 8:30 pm in the CMH Pine Room. This is a general grief support group that is most appropriate for adults. The group will be facilitated by Peggy Maki and questions can be directed to 218-879-4976.

February 8 and 22: A Nesting Place

The group provides a safe and supportive environment to discuss all postpartum issues: breastfeeding, baby blues, anxiety, depression, sleep, relationships, exercise, nutrition—you name it!

Meetings are free, and the content will vary based on the group's needs. Sessions are currently held in an online virtual format and will be facilitated by Dr. Melissa Robey, MD, IBCLC. The group meets the second and fourth Tuesday of each month from 1-2pm.

For more information or to register, contact Brenda Graden at 218-499-6702 or bgraden@cmhmn.org



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eNewsletter!**

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