



As March begins, we're beginning to turn the corner on COVID-19 cases and hospitalizations in our region. Although numbers are trending in the right direction, it's still important to protect yourself by wearing a mask in crowded spaces, staying home if you are sick, and getting the COVID-19 vaccine if you are able.

This month also brings an exciting announcement about the expansion of our administration! For the first time in our history, CMH has hired a Chief Nursing Officer (CNO), Liz Zappitello. Liz comes to CMH after a 30 year career in various nursing roles at Essentia Health in Duluth. Most recently, she was Essentia Health St Mary's Hospital's Director of Nursing for Critical Care. In her role at CMH, Liz will oversee practices throughout our facilities, including inpatient services, emergency services, imaging, pharmacy, laboratory, and surgical services.

Liz said she decided to make the leap to CMH because it's known for being community oriented and putting patients, families, and staff first. She said she also highly values an organization that is a community within itself, which has been evident to her at CMH in her first few days. Liz said she plans to continue the path of high patient care standards and quality care by utilizing her clinical and leadership

experience and background. She believes that the best care results and working environment occur through collaboration between all staff.

Please join us in welcoming CNO Liz Zappitello (pictured below)!



Find exceptional care for all stages of life at CMH Raiter Family Clinic

Listen to our newest family medicine physician, Dr. C.W. Hall, discuss his philosophy of patient care below!



The Black Experience in the Northland with Dr. Verna Thornton

In honor of Black History Month in February, our OB-GYN, Dr. Verna Thornton, reflects upon being a Black physician in a predominantly white community.



How is CMH making rural births safer for mom and baby?

Learn more about how CMH is rising to meet the challenge of fewer rural birthing centers with our OB Simulation Lab and fully equipped mannequin named Virginia. Listen to or read the story by Minnesota Public Radio by clicking below!

[Learn more here!](#)



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. 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.



March is Traumatic Brain Injury Awareness Month!

Are you feeling sleepy, irritable, nervous, depressed, distracted, or simply more emotional than usual? You may be experiencing the effects of a concussion: a mild traumatic brain injury causing the temporary loss of normal brain function.

Concussions are the result of direct trauma to the head, including from falling, being hit, or getting into an accident. Early intervention is critical to successfully recovering from a concussion! CMH's Concussion Rehabilitation Program works with this concept in mind—offering techniques to lessen

symptoms and identify functional impairments *before* they affect performance in daily life.

CMH's Occupational, Physical, and Speech Therapy Departments have teamed up to bring you a program that combines all the skillsets needed for concussion recovery.

Our Concussion Rehab Team is here to guide you through every step, so that you can get back to the activities you love, faster! For more information, please call 218-878-7040. Physician's referral is required.



Upcoming Events

March 8 and 22: Living on the border with pre-diabetes

Before someone develops type 2 diabetes, it almost always begins with a diagnosis of “prediabetes”—a condition where blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes. Diabetes doesn’t have to be inevitable and can be delayed, if you learn how to take charge of your pre-diabetes now. Sessions are limited to 8 people and will be socially-distanced to protect our community.

You’ll learn:

- What pre-diabetes means for your health
- Risk factors

- Diet, exercise and other lifestyle changes

You'll receive:

- A helpful book about pre-diabetes
- Informational handouts
- Pedometer
- Blood glucose meter
- Taught by certified diabetes instructors (Registered Nurse and Registered Dietitian) and presented by the CMH Diabetes Education Department.

\$25 registration fee. To register for a session, please call 218-878-7661. Sessions are held in the ground floor Diabetes Education Classroom.

March 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.

March 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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