



This May, CMH is excited to announce our new Director of Clinic Operations at Raiter Family Clinic and CMH Specialty Clinic. Nickie Kranz joined CMH in mid-April and brings over 14 years of healthcare management experience. She holds a doctorate of management and healthcare leadership from Colorado Technical University and most recently worked at the Mayo Clinic and University of Minnesota. Nickie's skillset will help maintain and improve exceptional care at Raiter Family Clinic and CMH Specialty Clinic.

Please join us in welcoming Nickie (pictured below) to our community!



Honoring CMH's First Ever Volunteer of the Year!

CMH has 101 volunteers who range in age from teenagers to seniors. These volunteers contribute

thousands of hours each year to make our organization a better one. Last week, we honored these volunteers with a luncheon. The culmination of the program was the announcement of the very first Volunteer of the Year award by Volunteer Coordinator, Deanna Johnson. The Volunteer of the Year awardee is 88 year old Marylyn Wefelmeyer (pictured below), who has been volunteering for 52 years!



Now Available: Cardiac Stress Tests

Beginning May 2, 2022, CMH's Imaging Services Department will offer Cardiac Stress Tests on Mondays and Thursdays. A dedicated physician and physician's assistant (PA) will be on staff to administer the tests and complete interpretations. A physician's referral is required.



May is Better Hearing & Speech Month!

Trouble speaking and swallowing are challenges that significantly affect a person's daily life. Speech difficulties are caused by a wide variety of conditions, including: delayed development of verbal skills in children, deafness or difficulty hearing, social communication disorders, and injuries or illnesses like a concussions, strokes, or brain fog related to COVID-19.

From children to seniors, our talented team of speech therapists uses creative and effective methods to improve verbal communication in all patients. If you are interested in learning more about how CMH's Speech Therapy Department can help you or a loved one, please call 218-878-7010. Appointments require a physician's referral.



Join the CMH team!

There are many employment opportunities at CMH, including open positions for registered nurses, lab technologists and certified medical

assistants. Many positions offer generous benefits and attractive signing bonuses.

If you or someone you know are looking for a rewarding career with skilled, compassionate, and professional colleagues in a state of the art healthcare campus, consider applying today!

[View current openings](#)



Upcoming Events

May 3: Living on the border with pre-diabetes

Have you been diagnosed with pre-diabetes? Take steps to prevent or delay type 2 diabetes in your future.

Each workshop is designed for individuals diagnosed with pre-diabetes, as well as anyone who would like to learn more about pre-diabetes and diabetes. Sessions are limited to 8 people and will be socially-distanced to protect our community.

There is a \$25 registration fee. To register for a session, please call 218-878-7661.

May 20: CCMH Foundation's Annual Wine & Beer Tasting Fundraiser

Join us to support CMH on Friday, May 20th at 5:30 pm at Cloquet Country Club. Registration is

\$30 per person at the door or \$25 per person before May 6th. There will be appetizers, beer and wine tasting, and a live auction with prize drawings. All proceeds directly support CMH. Need not be a country club member to attend. For more information or to register, please contact Executive Director Laurie Korby at lkorby@cmhmn.org or 218-878-7652.

May 10 and 24: Grief Support Group

The Grief Support Group meets on the second and fourth Tuesday 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.

May 10 and 24: 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. 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

May 23: Prostate Cancer Support Group

The Prostate Cancer Support Group meets on the fourth Monday of each month from 5 to 7 pm in the Birch Room. Questions can be directed to Mike

Sullivan at 218-384-3448 or Phil Maunu at 218-879-3506.



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512 Skyline Boulevard
Cloquet, MN 55720
218-879-4641
Emergency Room Open 24 hrs/day

CMH Raiter Family Clinic
417 Skyline Boulevard
Cloquet, MN 55720
218-879-1271

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