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Are you or your loved one feeling under weather? This month, CMH Raiter Family Clinic increased its capacity for same-day appointments! The addition of Jackie Lindberg, DNP to our staff has expanded our ability to provide same day care to patients. To schedule, please call 218-879-1271.



COVID Vaccine Clinic for Children

In partnership with Carlton County Public Health, CMH will host a series of COVID-19 vaccine clinics for children ages 6 mo.- 5 years.

Where: CMH Ground Floor Board Room

When: August 3, 2022 (first dose) & August 31, 2022 (2nd dose)

Time: 2-6 PM

To pre-register, please click below. Registration is limited.

[Register now](#)



Back-to-School Health Checklist

A new school year is just around the corner! Use this checklist to ensure your child is prepared for a year of successful learning!

- **Annual physical exam.** Make sure your child is up to date on their annual physical exam and that all of their required vaccinations are current.
- **Ease back into a sleep routine.** Children and adolescents whose parents set a bedtime schedule are more likely to get sufficient sleep. During summer break, students' sleep schedules understandably loosen up! In the weeks leading up to the first day of school, have your child wake up 15 minutes earlier and go to sleep 15 minutes earlier than they have been during summer break. Continue to adjust their bed and wake times in 15-minute increments every few days until your child is sleeping and waking at the desired times for school. Establishing a consistent routine is key to making sure they are well rested and ready to learn!
- **Update medical information.** Update your child's emergency contact and medical history at school. Make sure you include a local contact in case you are unavailable in the event of an emergency.
- **Organize medication and allergy information.** If your child takes any medication regularly, make sure you provide the school with an up-to-date supply and required paperwork. Additionally, make sure your child knows how to properly take their medication. If your child has allergies, make sure to send safe foods and drinks and let the school know about potential triggers. Communicate with the school about keeping an EpiPen on hand in case of anaphylaxis.

- **Communicate a transportation plan.** If you or another adult picks up your child, agree on a time and place for pickups. If your child takes the bus, communicate expectations about bus stop safety and getting to the stop on time. If your teen drives to school, discuss safe driving expectations. Lastly, make a plan so your children know what to do in case of emergency or last-minute changes to their regular routine.
- **Packing healthy snacks and lunches.** Set your child up for success by packing healthy options for snack time and lunch. Include a variety of fruits and vegetables, choose whole-grain options, avoid processed foods and sugary drinks, and pack enough food to keep your child full until their next meal.
- **Practice infection prevention.** Instruct your child on the importance of good hygiene to stay healthy. Teach good hand washing habits and remind them not to share personal items such as clothing (especially, hats and coats, which can spread lice).



Get Set for Sports at CMH Raiter Family Clinic

Does your child need to complete their annual physical to participate in athletics this fall?

CMH Raiter Family Clinic makes it easy. No appointment is necessary! Just walk in on either of the two dates below to be seen by a doctor and fulfill your athletic physical requirement!

Where: CMH Raiter Family Clinic, 417 Skyline Blvd., Cloquet MN 55720

When: August 2 & 3, 2022 from 5-7 PM

Cost: \$35

Walk-ins only. Open to all, including CMH established and non-established patients.



Join the CMH team!

There are many employment opportunities at CMH, including open positions for registered nurses, lab technologists and certified medical assistants. Watch Lab Tech Ali talk about why she chose CMH!

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! Many positions offer benefits and attractive signing bonuses.

[View current openings](#)



Upcoming Events

August 9 and 23: 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 with Natalie Krier, MD, IBCLC. The group meets the second and fourth Tuesday of each month from 1-2 pm.

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

August 15: Parkinson's Support Group

Parkinson's Support Group meets every third Monday of the month from 2-3 pm in the CMH Pine Room. This group is open to all people living with Parkinson's Disease or Lewy Body Dementia and their caregivers. For more information, please contact Mary Beck at 218-879-4641 ext. 7388 or mbeck@cmhmn.org

August 18-21: Carlton County Fair

Visit some of our awesome staff who will be volunteering at the CMH booth at the Carlton County Fair in Barnum!

August 22: 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.

August 23: Fond du Lac Human Services Health Fair

Learn more about community resources like care at CMH by attending the FDL Human Services Health Fair on August 23rd from 12-3:30 PM at the Otter Creek Event Center (Black Bear Casino Resort).



August Foundation Updates

Last week's Third Annual Moose Memorial Golf Tournament was a great success! To read more about it, please click below!

[Read more here](#)



512 Skyline Boulevard
Cloquet, MN 55720
218-879-4641

Emergency Room Open 24 hrs/day
Urgent Care open Mon-Fri 5-9 PM, Sat & Sun 9 AM-4 PM

CMH Raiter Family Clinic
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