



This July, there are two opportunities to support CMH through community organized events!

First up is the annual July 4th Sawdust Races! This year, all proceeds from the Sawdust 5K and 1 mile walk/run will be donated to Sunnyside Health Care Center. To register online, please click the button below! Participants are encouraged to sign up in advance, but same day registration will also be available beginning at 6:30 am at Pinehurst Park. Residents and staff at SHCC thank you in advance and hope to see you there!

The next July event is organized in part by the CCMH Foundation. The Third Annual "Moose" Memorial Golf Fundraiser in memory of Gary "Moose" Pastika is happening on Monday, July 18 at Cloquet Country Club. The proceeds from this four-person team scramble will benefit cancer related programs at CMH. For team registrations, prize donations, and more information, please contact Steve Korby at 218-269-6643 or steve.korby3@gmail.com. For golf hole sponsorships, please contact Foundation Executive Director Laurie Korby at lkorby@cmhmn.org.

Register for 2022 Sawdust Races!



Now Available: COVID-19 Vaccines for Young Children

CMH Raiter Family Clinic is now offering COVID-19 vaccinations for children **six months of age and older**. To schedule an appointment, please call the clinic at 218-879-1271.



Celebrate Independence Day, safely

The 4th of July is a fun summer holiday, but it also yields thousands of injuries and hospital visits each year. Here are some important reminders on how to stay safe this weekend:

- **Don't let children handle explosives.** Children and teens are particularly at risk of being injured or burned. Explosives like firecrackers and rockets are just too dangerous for young people to handle. Even sparklers, which seem like a safer option, can get extremely hot or melt and cause severe burns. Opt for glow sticks or flags for your children to wave, which are much safer alternatives that keep with the spirit of the holiday.
- **Consider ear protection.** Not only can the noise scare young children, but the sound can be damaging to their hearing. Consider noise-canceling headphones or good ear plugs.
- **View entertainment from a distance.** If you attend a public firework show, ensure that it is

from a safe distance and that children are never left unattended.

- **Designate a grilling area.** Open flames from grills get hot and smoky fast. Ensure that children know only adults can use the grill and they are not allowed near when it is on.
- **Practice fire safety.** For adults who choose to use fireworks or other explosives, it's important to read and follow all directions for intended use, use protective eyewear, keep water nearby, and never handle explosives under the influence of drugs or alcohol. Also, make sure all used explosives are properly disposed of, and unused explosives are stored in a cool, dry place.
- **Enjoy swimming and boating, safely.** If you plan to recreate near water this weekend, please do so safely. Wear a life jacket and only swim in designated areas with a lifeguard on duty. Supervise children and weak swimmers near water at all times.



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 5:00-7:00pm

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. 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

July 12 and 26: 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.

July 12 and 26: 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 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

July 18: 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

July 25: 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.



CMH Community Memorial Hospital

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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