



In May, Cloquet Community Memorial Hospital Foundation held its annual Wine and Beer Tasting Fundraiser at Cloquet Country Club. The event was a huge success and raised nearly \$30,000 for the direct benefit of CMH patients and providers.

Executive Director Laurie Korby extends her gratitude to all of the community partners and CMH employees whose donations made the event possible. The CCMH Foundation is a 501(C)3 non-profit, charitable volunteer organization that is fully dedicated to raising funds to improve technology and services at CMH's facilities. Click below to see the complete list of 2022 sponsors!

CCMH Foundation Sponsor List



Urgent Care: Now Open 7 Days

CMH is excited to announce an expansion of our Urgent Care hours. Beginning June 1, 2022, Urgent Care will be open 7 days a week. The updated hours are listed below:

Monday-Friday, 5:00 pm to 9:00 pm

Saturday & Sunday, 9:00 am to 4:00 pm



Enjoy summer, safely!

The fleeting season of Minnesota summer is nearly here! Here are some friendly reminders about staying healthy as you and your family spend more time outdoors.

- Take care of your skin. Apply a broad-spectrum sunscreen of SPF 15 or higher that will help protect you from harmful UV rays. Wear protective clothing. A long-sleeved shirt and a wide-brim hat can go a long way in protecting your skin. Avoid prolonged midday sun exposure. This is when the sun's rays are the strongest. Remember to reapply sunscreen every few hours, especially if you are swimming.
- Exercise in the early morning or evening, when it is likely to be cooler. If possible, exercise in the shade or indoors.
- Protect your vision from the harsh sunlight when outdoors by wearing sunglasses that block at least 99% of ultraviolet rays.
- Stay hydrated! Most people need eight to ten glasses of water a day, and more if you're spending a lot of time outside in the heat.
- Minimize alcohol consumption. Drinking alcohol dehydrates your body and can deplete vital electrolytes, especially when you spend an extended amount of time in the hot sun.

- Know the signs of heat exhaustion and heatstroke. Symptoms may include: a headache, dizziness and confusion, loss of appetite, excessive sweating and pale, clammy skin, cramps in the arms, legs and stomach, fast breathing or pulse, or extreme thirst. If a person does not feel better after 30 minutes of resting in a cool place, seek emergency help.

June is Wound Healing Awareness Month!

Watch Director Betsy Johnson below to learn more about CMH's Advanced Wound Clinic. To schedule an appointment, please call 218-878-7601. No physician's referral is required.



National Hand Therapy Week is June 6-12

CMH's hand therapy clinic provides critical intervention to those who have suffered a hand or upper extremity injury or condition such as carpal tunnel syndrome or arthritis. Hand therapy focuses specifically on the shoulder to the hand, and every joint and muscle in between. Certified hand therapists work with patients to increase mobility, decrease pain, and restore function so that patients are able to return to the activities they love.

To learn more about hand therapy, please call the CMH Occupational Therapy Department at 218-878-7040.



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

June 7: 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.

June 14 and 28: 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.

June 14 and 28: 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. 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

June 15: Senior Day in Cloquet

Senior Day in Cloquet will take place at Veteran's Memorial Park from 11-3 pm. Seniors (60+) and their caregivers are invited to come and learn more about important topics such as cyber security, finances, and home health care. There will be vendors from the entire community, including music, food, crafts, and other local resources. Stop by and say hi at the CMH table!

June 20: 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

June 27: 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.



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

[Preferences](#) | [Unsubscribe](#)