

# HealthWire



(L to R): Dr. Joseph Lemker,  
Karson Young and  
Bekah Evingson, RN.



## Orthopedic Care Close to Home

When you need the care of an orthopedic team, it's comforting to know it is as close as Community Memorial Hospital.

"It's very convenient, that's why we come," explained Kyle Young; father of 16 year- old Karson, who has been a patient in the orthopedic department many times in the past few years. It began with a broken collarbone in 6th grade, followed by a fractured elbow in 9th grade and now as a high school sophomore and hockey player, another broken collarbone. All of Karson's fractures have been sports related and each time the CMH orthopedic team oversaw his treatment and recovery, allowing him to return to his favorite sports.

"We take care of all orthopedic needs throughout your life. Whether it's a small child with a fracture, a sports injury or the need for joint replacement, we do it all," says CMH Orthopedic Surgeon, Dr. Joseph Lemker.

Accessing our orthopedic care couldn't be more convenient, from scheduling appointments to a large, free parking lot right outside the door.

At Community Memorial Hospital, our compassionate and caring staff offers cutting edge orthopedics right here in your community. **Call 218-878-7626 for an appointment. No referral is required.** [CMH](#)



## A Nesting Place

New moms are faced with many issues that can be both heartwarming and confusing. Sometimes just being able to talk with others in a similar situation and share concerns or stories is what new moms need. A Nesting Place is a group for new moms that meets at Community Memorial Hospital. All new moms are welcome, regardless of if she delivered at CMH.

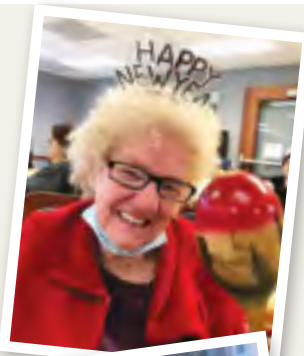
The free group will meet the 2nd and 4th Tuesdays of each month from 1:00-2:00 p.m. and will be facilitated by Kelly Walsh, OTR/L. Topics for discussion may range from pelvic health, breastfeeding, car seat safety or other issues participants would like to discuss. The first meeting will be held on April 11th.

For more information or to register, go to [cloquethospital.com/happenings/](https://cloquethospital.com/happenings/) **CMH**

## Dine in the stunning Riverside Café

Feast on beautiful views of the woods and St. Louis River here at CMH. Located on the ground floor of the hospital, Riverside Café serves delicious breakfasts, lunches, and snacks. Our specials change weekly and include hearty dishes, fresh produce, and flavorful sides.

Visitors are always welcome, and parking is free and convenient. Riverside Café gift certificates are available for purchase—please inquire at the Café. **CMH**



**SHCC rang in the New Year with music, drinks, and dancing.** Residents also enjoyed pickled herring, cheese, and crackers. Shirley Larson pictured.



**Meet Edith, a snowwoman named after Edith Bunker from All in the Family.** Equipped with fresh snow and mittens, SHCC residents built her from scratch.



**An annual tradition!** Each January, Sunnyside Health Care Center resident Joe Burbul puts on his chef's hat and creates his own special chili.

**SHCC** Sunnyside Health Care Center

**Mocktails & Medicine**   
Understanding women's health through the lifespan.



**MAY 16, 2023**  
**5:30-8 PM**  
CMH Ground Floor

Register your interest by scanning the code with your smartphone.

More information available at [cloquethospital.com/cmh-happenings](https://cloquethospital.com/cmh-happenings).





## Introducing Transitional Care: A Better Way to Recover

Have you or a loved one ever been hospitalized for a major surgery, serious illness, or severe injury? An extended hospital stay is an overwhelming, stressful experience, especially if a patient requires care that takes them far away from home.

Being discharged from the hospital is often only the first step toward making a full recovery. Many patients require additional resources and rehabilitative services before they are fit to return home. Transitional Care at a smaller hospital like CMH allows a patient to continue their recovery closer to their home community and support system, without requiring them to be admitted to a nursing home or other long term care facility.

### Patients who qualify for Transitional Care at CMH experience the following benefits:

- A personalized plan of care created with the goal of confidently returning the patient home to daily living and independence.
- Around the clock access to a highly skilled care team, including physicians, nurses, and rehabilitative therapists.
- A private, spacious room that ensures the patient's comfort throughout the recovery process.
- Closer proximity to home and the patient's community of support.

To learn more about Transitional Care at CMH, please visit our website at [cloquethospital.com/transitional-care](https://cloquethospital.com/transitional-care) **CMH**

## Living on the Border with Pre-Diabetes



### Have you been diagnosed with pre-diabetes?

You can make changes now to delay or even prevent the onset of type-two diabetes. Taught by certified diabetes instructors, the workshop is open to all those who would like to learn more about pre-diabetes.

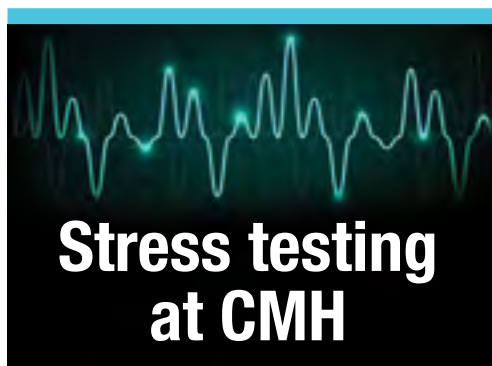
Call 218-878-7661 to register. Dates for additional upcoming sessions are listed at [cloquethospital.com/cmh-happenings](https://cloquethospital.com/cmh-happenings)

#### UPCOMING WORKSHOPS:

**Tuesday, May 2, 2023**  
**Tuesday, June 13, 2023**

**\$25 registration fee**

Sessions are held in CMH classrooms (ground floor)



**Stress testing is now  
available at CMH on  
Mondays and Thursdays in  
the Imaging department.**

The testing may involve nuclear medicine, stress echo and GXT stress testing. **A referral from a physician is required for the testing. If you have questions, call the Imaging department at 218-878-7015.**

**\*\*\*ECRWSS EDDM\*\*\***  
**Postal Customer**

## SAVE THE DATE:



**The CCMH Foundation's Wine and Beer Fundraising event is on Friday, June 2nd at the Cloquet Country Club.**

Plan now for an evening of fun, refreshments and a chance to support your local healthcare system.



Cloquet Community  
Memorial Hospital  
Foundation



## Welcome, Dr. Montag: Ear, Nose, and Throat Specialist

Dr. David Montag joins the CMH Specialty Clinic as a general otolaryngologist, specializing in the medical and surgical management of various ear, nose, and throat conditions for patients of all ages, including:

- Balance disorders
- Ear infections and hearing loss
- Nasal obstruction and smell disorders
- Swallowing conditions involving the larynx, throat, and voice
- Infections, tumors, deformities, or trauma of the head and neck

Outside of work, Dr. Montag's interests include cross-country skiing, trail-running, road and mountain biking, hiking, and camping. Please join us in welcoming him and his family to our community!

To schedule an appointment with Dr. Montag, please call 218-878-7626. No referral is required. **CMH**



## Want CMH updates delivered directly to your inbox?

Subscribe to our email newsletter by scanning the code with your smartphone. You'll receive a monthly newsletter full of important information regarding your healthcare, including new providers, services, and a calendar of upcoming events.