



Lifeline

A Mercy Hospital Publication
SUMMER 2011



Nicholas communicates with Mercy Speech Therapist Jill Leach through the use of an augmented communication device.

Play is Work for Children Needing Rehab Services

Looking intently at a screen, eight-year-old Nicholas nods his head to activate the computer mouse-like device under his chin.

“Hi Ho Cherry-O is your favorite game? We have that game; maybe we can play it at our next session” says Mercy Speech Therapist Jill Leach, responding to Nicholas’ selection on the screen. Nicholas grins broadly.

Nicholas, who has cerebral palsy, uses an augmented communication device called a DynaVox to communicate. The device is programmed with a number of different screens, allowing Nicholas to express himself on a wide variety of topics. As they converse, Jill adjusts the device to make it easier for Nicholas to respond.

Speech therapy is part of the twice weekly visits Nicholas makes to Mercy in the summer, where he also receives occupational and physical therapy services.

**MERCY REHAB
CONTINUED
ON PAGE 2**

Inside Lifeline

TICK-BORNE DISEASE
Protect yourself from ticks. **Page 3**

MIDSUMMER SCRAPBOOK
Many thanks from The Mercy Foundation for another successful Midsummer Festival. **Page 4**

A PLACE TO CALL HOME
Augustana Kenwood offers a beautiful living place, keeping it small and personal and offering assistance as needed. **Page 6**

MERCY REHAB CONTINUED FROM PAGE 1

The combination of work and play is a common element found in all the pediatric rehabilitation services offered at Mercy, along with an emphasis on family involvement.

“My job is not only to let Nicholas know what he can do, but to let others know he can do things with the proper cue and support—that’s why involving families in therapy is so important,” said LuAnn Charboneau, Physical Therapist, who has worked with Nicholas since he was a baby.

“Our goal is to help Nicholas become as independent as he can be,” added LeAnn Poirier, Occupational Therapist.

Mercy provides pediatric rehab in a variety of settings to children of all ages. Individual therapy is offered on an outpatient and inpatient basis, as well as through home care. Types of issues therapists address include speech and language development, swallowing and eating issues, large muscle movement (toe in or toe out, tripping, falling issues) fine motor skills (dressing skills, pre-writing skills), and sensory integration.

In addition to the services provided by Mercy, Dr. Kevin Murphy, a physical medicine and rehab specialist from Gillette Children’s North Clinics, comes to Mercy once every three months for patient appointments.

Children are referred by their family physician for rehab services, but parents play a key role in identifying potential problems or developmental delays.

“If parents have questions or concerns about what their child is doing or is not doing, or if they notice unusual movement patterns, those are concerns to bring up with your doctor,” said LuAnn Charboneau, Physical Therapist. If children do not seem to understand what they are hearing or there are issues with eating and swallowing, those are also concerns to discuss.

“Parents are the best advocates for their children,” said LeAnn Poirier, Occupational Therapist. “If parents have a question, it doesn’t hurt to ask the doctor, especially before school begins. It helps to identify any



Using a team approach, Physical Therapist LuAnn Charboneau and Nicholas work on balance with assistance from LeAnn Poirier, Occupational Therapist.

problem early to help keep kids on track.”

The therapists say it’s a misconception that children need to be three or four years old to receive or benefit from therapy. The therapists prefer to see patients at younger ages—it’s not unusual for them to see a child as young as nine months of age. The therapists work as a team to treat the child as a whole. This approach has a significant impact on the child’s progress. Even if it’s determined that the child does not need continuing rehab services, therapists can often give parents ideas about what they can do at home to help their children.

“This is a kid friendly place,”

Charboneau said. “We include the whole family in the rehab process so they can carry through at home. We work with each family, teaching them how to help their child attain what he or she needs.”

“There are people here to help you,” Poirier added. “If parents have any questions, they can just call.

“We work with kids in a fun environment,” she concluded. “That’s what we provide here—play with work. It’s how young children learn, grow and develop.”

For more information about Mercy’s pediatric rehab services, call 218-485-4481.

CHILD PASSENGER SAFETY CLINICS

Mercy staff specially trained and certified in Child Passenger Safety (CPS) will conduct the free Safety Clinics, making sure that the proper car seat or booster is being used based on the age, height and weight of the child and that the seat or booster is properly installed.

The free safety clinics will be offered:

- Friday, August 19; 9 to 11 a.m.; Chris’ Food Center, Sandstone
- Thursday, September 1; 3:30 to 5:30 p.m.; Open House/Back to School Event, Moose Lake Schools

No appointment is necessary and everyone is welcome. For more information, call **218-485-5521**.

Tick-borne Disease is on the Rise

People must protect themselves from ticks, advise health officials.

The number of Minnesotans who became ill from tick-borne diseases jumped to record levels in 2010, including a dramatic increase in human anaplasmosis, state health officials have reported. As this year's tick season arrived, they urged Minnesotans to increase their efforts to protect themselves from ticks.

Minnesota's three most common tick-borne diseases (human anaplasmosis, babesiosis, and Lyme disease) are all carried by the blacklegged tick, often called the "deer tick."

Cases of other serious but less common diseases carried by ticks in Minnesota have also increased in number. These newer diseases include Powassan virus disease and a new form of ehrlichiosis.

Tick-borne illnesses can range from mild to severe. Complications can include swelling of the brain, organ failure, and death. About 30 percent of the 2010 anaplasmosis patients were hospitalized, and one patient died. Nearly half of the babesiosis cases were hospitalized and one patient died.

The risk of tick-borne diseases in Minnesota is greatest from late spring through mid-summer, when ticks are most active. During autumn, blacklegged ticks are active again.

The best way to prevent tick bites is to avoid tick habitat during those seasons:

- Wooded or brushy areas for the blacklegged tick.
- Grassy or wooded areas for the American dog tick (wood tick), which carries Rocky Mountain spotted fever.

If you can't avoid tick habitat, use repellent to reduce the risk of disease:

- DEET-based repellents (up to 30 percent DEET), which can be applied to clothing or skin for temporary protection.
- Permethrin-based repellents, which are used to pre-treat fabric and can protect against tick bites for at least two weeks.

People who live on heavily wooded property, whether permanent homes or cabins, often encounter ticks on a daily basis. Since daily repellent use can be more challenging for these people, they should consider the following landscape management techniques:

To make your yard less attractive to ticks:

- Keep lawns mowed short.
- Remove leaves and brush.
- Create a landscape barrier of wood chips or rocks between mowed lawns and woods.

To reduce tick numbers at your yard-woods interface:

- Apply pesticide treatments in the spring or early summer along the edges of wooded yards and trails; follow pesticide label instructions carefully.

■ Details on personal protection and landscape management to reduce tick-borne disease risk are available at <http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/prevention.html>.

[state.mn.us/divs/idepc/dtopics/tickborne/prevention.html](http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/prevention.html).

Early detection of tick-borne illness is important to prevent severe complications, so seek medical care if you develop an illness suggestive of a tick-borne disease after spending time in tick habitat. Signs and symptoms of the various tick-borne diseases can include, but are not limited to, rash, fever, headache, fatigue, muscle aches, joint pain or swelling, and facial droop.

These symptoms can also be involved in other diseases, so it is important for a patient's medical provider to consider tick-borne and non-tick-borne causes. Except for Powassan disease, which is caused by a virus, all of Minnesota's tick-borne diseases are treatable with antibiotics.

More information about Minnesota's tick-borne diseases, including signs, symptoms, and prevention, is available on the MDH website (<http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/index.html>).





THE MERCY FOUNDATION



Midsummer Scrapbook, June 24-25

Both on the greens on Friday and at the Red & Gold Gala on Saturday, Mercy Foundation supporters worked, played, had a great time and raised enough money to clear over \$14,000 for new equipment for Mercy's Ambulance and Emergency Departments.

A good time was had—and good deeds were accomplished—by all!

Many thanks from The Mercy Foundation!



THE MERCY FOUNDATION

Tributes & Memorials

The Mercy Foundation receives gifts from those who wish to honor the memory of their friends and family as well as those who wish to pay tribute to others or to celebrate happy occasions, great or small. Following is a list of tributes and memorials received by The Mercy Foundation from April 20, 2011, through July 12, 2011.

TRIBUTES

In honor of Betty Coughlin

Mr. & Mrs. Dale Pederson
Dr. & Mrs. Frank Skalko

In honor of Mel & Sally Sundby

Mr. & Mrs. Henry Gretsfeld

MEMORIALS

In memory of Grace Bergeron

Mr. & Mrs. Darrell Wickstrom

In memory of Earl (Chuck) Chase

Mrs. Eleanor Steen

In memory of Don Cluett

Ms. Venice Cluett

In memory of Louis Dahlmeier

Mr. & Mrs. Maurice Coughlin
Ms. Annette Dahlmeier
Mercy Hospital

In memory of Ann Duren

Mr. & Mrs. John Mandernach

In memory of Milton Kiminski

Mercy Hospital

In memory of Erwin Klavu

Mercy Hospital

In memory of Anna Nelson

Ms. Trina Lower

In memory of Elsa Piirainen

Mercy Hospital

In memory of Clement Tomczak

Mercy Hospital

In memory of Helen & Arnie Tuomi

Mrs. Eleanor Steen

In memory of Bob Youso

Mrs. Lynn Youso



Mercy Foundation Director Cindy Carlson (left) and Board Chair Bev Peterson (right) receive the work of students Jessica Wold and Katie Kerwin. Their teacher, Lacy Hassett centers the group.

27 Pillowcases

Recently, two Moose Lake High School students made a gift of 27 pillowcases to Mercy Hospital and Augustana Mercy Health Care Center through The Mercy Foundation.

The two students, Jessica Wold and Katie Kerwin, learned to sew through their special education Life Skills class. Their project complete, their teacher, Lacy Hassett, asked them what they wanted to do with the pillowcases. The girls decided they should come to Mercy and Augustana, where their bright colors and cheerful motifs could gladden the rooms of patients and residents. Because Mercy's Laundry Department also services both facilities, it was easy to bring the girls' plan to reality.

Now the pillowcases' soft pastels bring warmth to Mercy's Birthing Center, the comic motifs wait for pediatric patients, and the bright colors are a favorite in Augustana's Special Care Unit. Jessica and Katie learned more than sewing; they learned the joy of creating something both useful and beautiful, and the satisfaction of sharing their gifts with others—life skills that will always serve them well.

NAME _____ PHONE _____

DELIVERY ADDRESS: _____

E-MAIL ADDRESS: _____

I WISH TO MAKE THE FOLLOWING:

- GIFT
- PLEDGE
- I'D LIKE TO DISCUSS PAYMENT OPTIONS, please call me.

I'D LIKE MY GIFT TO BE LISTED IN THE FORM OF A:

- MEMORIAL _____
- TRIBUTE _____



THE MERCY FOUNDATION

710 South Kenwood Avenue • Moose Lake, MN 55767 • 218.485.5586 • FAX 218.485.5855

A Place to Call Home

Fostering fullness of life is the goal throughout Augustana Care. At Kenwood in Moose Lake we attain this goal by offering a beautiful homelike living place, keeping it small and personal and by offering assistance as needed. This combination promotes independence, a sense of home and the secure feeling of being with family.

A beautiful place to call home. A spacious living area, dining room and a country kitchen are open to all residents and guests. Graciously sized studio apartments with large windows provide ample space for your favorite sitting place, furniture and a bright cheerful outdoor view.

Small and personal. Because Kenwood only houses eleven people, it offers a peaceful environment, security and the companionship of others. It's a place where everyone gets to know each other and the staff on a more personal level.

At Kenwood everyone needs some assistance. Whether you need a little or a lot of assistance, day or night, our excellent staff and our manager, who is a registered nurse, are available to help. Even more, our staff members have been with us for years and have a long standing reputation in the community for providing a high quality service.

For more information, contact

Bobbi Jo Fanning

Augustana Kenwood Manager
4560 County Road 61
Moose Lake, MN 55767
218-351-9415 - Direct
bfanning@augustanacare.org



News Notes

POSSIBLE ESSENTIA AFFILIATION

Mercy continues discussions with Essentia Health on a possible affiliation. Phase II of the due diligence process is underway as Essentia works on its response to the information request submitted to them by Mercy's Board and legal counsel. This work is expected to be completed by the end of August. Work on phase III of the process began in July and will focus on the operational questions that are the focus of many of the questions asked by Mercy employees and community members. Work on operational issues is projected to be completed by the end of September. Mercy plans to conduct employee and community forums at the end of phase III when operational questions can be addressed. When phase III is completed, Mercy's Board will begin its final deliberations regarding the possible affiliation.

Mercy recognizes that community members have questions and concerns about the possible affiliation, but there has not been much information to share to this point. The process so far has been slow and has focused on the exchange of a broad, high level overview of information. As talks move forward, Mercy will continue to update the community through area newspapers and its Lifeline newsletter. Also, please be aware that the timelines outlined above are subject to change, depending on how the work progresses. Mercy's Board and administrative team will take the time needed to carefully consider all operational details so that the decision they make will be in Mercy's and the community's best interest.

MERCY STAFF EARN DIABETES EDUCATOR CREDENTIALS

Two Mercy Hospital staff members have earned Certified Diabetes Educator (CDE) credentials from the National Certification Board for Diabetes Educators.

Allicen Waxlax, RN, BAN, CDE, and Linda Appelgren, MS, RD, LD, CDE, had to meet rigorous eligibility requirements and pass an exam in order to earn the certification. The CDE certification demonstrates that the health care professional possesses distinct and specialized knowledge, thereby promoting quality care for persons with diabetes.

Certification is a voluntary process used to assess and validate qualified health care professionals' knowledge in diabetes education.

MERCY EMERGENCY DEPARTMENT TO IMPLEMENT PHASE TWO OF ELECTRONIC RECORD SYSTEM

Beginning July 26, physicians and mid-level providers in Mercy Hospital's emergency department will enter their orders and document their care directly into a patient's electronic record as phase two of the emergency department management system is implemented.

During the initial transition period, patient visits may be extended as providers begin to use the new system. Emergency department providers ask for the public's patience during the transition.

When fully implemented, the new system will offer clear benefits to patients. These include:

- When providers enter their own orders for lab or radiology, these departments are notified immediately, rather than waiting for the nursing staff to enter it into the system. This notification will bring these departments to the patient's bedside more quickly.
- The same is true for medications; orders appear immediately on the Medication Administration Record, eliminating the need for nurses to look up the medication from a list. In addition, any needed prescriptions will be printed electronically, providing a legible prescription complete with all necessary information.
- Provider-entered documentation creates a clear, readable report that can be sent with a patient, rather than having to wait for transcription. If a patient is referred elsewhere for follow up, this report can be printed and sent with the patient at the time. The printed report is very similar to a transcribed report.
- Providers do not have to rely on finding a clipboard to view or enter information. They can access the patient record from multiple, secure points.
- The new system will assist in trending and tracking information, such as lab work, from visit to visit as well.

"Improving patient care is the ultimate goal of this new system," said Donita Korpela, RN, BA, MHA, Mercy's Director of Patient Care Services. "We are pleased to be at the forefront in implementing this new technology."



Community Lifeline is published four times a year for community members by the Public Relations Department of Mercy Hospital.

Comments are welcome and should be directed to the Public Relations Department at 218-485-5672 or tellison@mercy-mooselake.org.

Jason Douglas
Chief Executive
Officer

Gregg Chartrand
Chief Financial
Officer

Keith Carlson
Director of
Support Services

Donita Korpela
Director of
Patient
Care Services

Trina Lower
Director of
Quality & Health
Information

Judy Molis
Director of
Home Care

Sonya Towle
Director of
Human Resources

Caring for Your Community, One Person at a time

Call 218-485-4481 for more information; www.mercymooselake.org

Urgent Care

Monday-Friday: 5 p.m. to 9 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.

Birthing Classes

■ August 20; 9 a.m. to 2 p.m.
■ September 6 & 8; 6:30 p.m. to 9 p.m.
■ October 1; 9 a.m. to 2 p.m.
Call 218-485-5572 to register

Caring for Your Newborn

■ September 20; 6:30 to 8:30 p.m.
■ November 15; 6:30 to 8:30 p.m.
Call 218-485-5572 to register

Feeding Your Baby

■ August 24; 6:30 to 8 p.m.
■ October 12; 6:30 to 8 p.m.
Call 218-485-5572 to register

Cardiac Rehabilitation - Phase II

This monitored outpatient program for heart patients is offered on a continuous basis. Call 218-485-5696.

Diabetes Education Program

Moose Lake (Mercy):

■ August 2 & 16; November 15; February 7; 2 to 5 p.m.
■ October 18 & 25; January 10; April 3; 2 to 5 p.m.
■ November 8 & 22; January 10; April 3; 2 to 5 p.m.
Call 218-485-5836 to set up individualized sessions.

Hinckley (Gateway Clinic):

Call 218-485-5836 to set up individualized sessions.

Diabetes Support Group

Meets the second Monday of every month; 2:30 p.m.;
Community Room I.

Grief Support

■ **Grief Support Group:** Meets the fourth Thursday of every month; 10-11:30 a.m. or 7-8:30 p.m.
■ **Child Loss Grief Support Group:** Meets the first Thursday of each month; 7-8:30 p.m.

CHECK OUT OUR NEW WEBSITE!

Our new website is easy to navigate and includes more information about the programs and services offered at Mercy Hospital. Find it at: www.mercymooselake.org.

Evening Digital Mammography Screenings

Call 218-485-5578 for information about available dates beginning this fall.

Community First Aid/CPR

■ October 13; 6 to 10 p.m.; Cost \$50. Call 218-485-5572.

Breast Cancer Support Group

Meets quarterly, the second Tuesday in January, April, July & October; 6:30 p.m.; Community Room I. Call 218-485-5599.

Pulmonary Rehabilitation Program

An eight-week program of exercise, education, breathing retraining and nutritional counseling. Call 218-485-5677.

LUNGS R US - A Better Breathers Club

Meets third Wednesday of month; 2 p.m. Call 218-485-5677.

Arthritis Exercise Program

FREE 8-week program begins September 7; Wednesdays; 1 p.m.
Call 218-485-5696 to register.

Weight Management - Exercise Only!

Eight-week program begins September 6; Tuesdays & Thursdays; 4:45 p.m. Cost: \$75. Call 218-485-5696.

Personal Trainer Program

One-time or on-going sessions available. Call 218-485-5696.

BLS Renewal

■ September 13; 6 to 10 p.m.; Cost: \$30
Call 218-485-5572 to register

Alzheimer's Group for Family Caregivers

Meets third Thursday of month; 10 a.m.; Hope Lutheran Church.
Sponsored by Carlton County Public Health.