

Labor of love

Labor Day took on new meaning this year for Maddy and Ross Stewart of Moose Lake. After a six-year wait, their daughter, Frances, was born at 4:54 a.m. on September 5 at Mercy's Birthing Center.



Maddy Stewart and daughter, Frances.

When Maddy and Ross decided to add to their family (Maddy also has a 12-year-old son, Landin), they weren't expecting it to take six years. But when Maddy didn't get pregnant, they started a long process, seeking out specialists to try fertility treatments and, ultimately, in vitro fertilization. On Christmas Eve, 2015, they finally got the good news: Maddy was pregnant.

While she had been seeing fertility specialists in the Twin Cities, Maddy decided to receive her prenatal care and deliver her baby close to home. She chose Dr. Kathy Brandli, Family Practice physician at Gateway Family Health Clinic, as her doctor. "Dr. Brandli is so wonderful," Maddy said. "My husband was very impressed with her care and knowledge."

With all the complications in getting pregnant, Maddy's pregnancy was wonderfully, perfectly normal. "I was fortunate to have a pretty boring pregnancy," she said.

She added that her choice to deliver at Mercy was a "no brainer." "I love it here. Why wouldn't you come here?" she said, noting the convenience of being only

two minutes from the hospital. Even with Mercy's state-of-the-art, homelike birthing suites, what impressed her most about Mercy's Birthing Center was the

wonderful care provided by the staff.

"The staff was so helpful and excited for us. They went above and beyond in every aspect. Our nurse, Sarah Class, kept me calm and my husband calm during labor—she was good at talking me through what was happening," she said, adding, "I wanted to take her home with me!"

Mercy nurses and Gateway physicians make every effort to honor personal choices for birth. Maddy



Ross and Maddy Stewart with baby Frances and big brother Landin.

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and Ross expressed their wish to keep visitors to a minimum while they were in the hospital. “It was very special for us to have 24 hours alone with our new baby,” she said.

Maddy also appreciated the breastfeeding support she got from Mercy’s certified lactation counselors. “Breastfeeding was new to me,” she said. “When I left the hospital, I felt ‘I *can* breastfeed.’ I was so prepared. The lactation support was just wonderful.

“I am very thankful to everybody,” Maddy concluded. “I felt ready to go home. It was so nice to be confident with a new baby. A+ care for sure.”

Providing individualized care, Mercy offers the following services as part of its family centered focus:

- ▶ **Spacious, private birthing suites** where mothers stay for labor, delivery and post-partum care.
- ▶ **VBAC option** for those desiring a vaginal birth after a cesarean birth.
- ▶ **Childbirth education** classes to help parents prepare for their new arrival.
- ▶ **Overnight in-room accommodations** for father or other loved ones.
- ▶ **A full range of analgesic options**, including intrathecal and epidurals.
- ▶ **A whirlpool bath** in each suite for pain management during labor. A birthing ball is also available.
- ▶ **Certified Lactation Counselors** to answer breastfeeding questions and assist with breastfeeding as needed.
- ▶ **Celebration dinner** for the new parents.
- ▶ **New car seat** to keep baby safe.

After delivery, staff members help facilitate the Golden Hour, which allows new parents the once in a lifetime special bonding experience. Holding baby skin to skin after delivery is encouraged. Baby will continue to room in with mom throughout the stay, helping parents learn about their baby with their nurse always nearby to answer any questions.

For more information and/or to tour the Birthing Center, please call **218.485.5521**. Tours include a helpful packet of information and a small thank you gift for coming to see the Birthing Center.

Our Physicians

The physicians at Gateway Family Health Clinic and the staff at Mercy’s Birthing Center focus on providing a happy birth experience that is personalized to each family. Physicians providing obstetric care include:

- ▶ **Kathy Brandli, MD**
- Moose Lake
- Sandstone
- Hinckley



- ▶ **Dania Kamp, MD**
- Moose Lake
- Sandstone



- ▶ **Maggie Neudecker, MD**
- Moose Lake
- Sandstone



- ▶ **Randy Rice, MD**
- Moose Lake
- Sandstone



- ▶ **Lynn Stottler, MD**
- Moose Lake



- ▶ **Steve Tekippe, MD**
- Moose Lake



- ▶ **Chris Thiessen, MD**
- Moose Lake



For more information, contact Gateway Clinic:

- ▶ **Moose Lake: 218.485.4491**
- ▶ **Sandstone: 320.245.2250**
- ▶ **Hinckley: 320.384.6618**
- ▶ **www.gatewayclinic.com**



Dr. Noah Chelliah,
Interventional
Cardiologist

About Your Health

You are invited to this free public education program

- ▶ **Thursday, October 27**
- ▶ **Mercy Cafe**
5 p.m. - Join us for a complimentary soup supper!
- ▶ **Mercy Education Classroom**
5:30 p.m. - Dr. Chelliah will talk about heart health
6 p.m. - Dr. Tekippe will talk about colonoscopy screening
6:30 p.m. - Audience Questions



Dr. Steve Tekippe,
Family Practice

This program is sponsored by Gateway Family Health Clinic and Mercy Hospital.

About the Mercy Hospital tax levy

Some of the most frequently asked questions about the hospital tax levy are answered below.

How long will the tax levy be in place?

Like any other hospital, we do not know what regulatory, payment and practice changes will occur in the next several years, so it is not possible to predict a timeline. All hospitals with the ability to tax must vote every 12 months on whether to have a tax in the coming year, so this is reviewed every single year.

How does the hospital board decide if the levy should continue for the next 12 months?

Mercy's financial auditors have identified four financial indicators for the Board of Directors to consider each year when making the decision whether to tax or not. Industry standards for these indicators recommend minimum levels that reflect the financial health of a hospital and provide the board with objective information to help them when assessing the levy each year. These include:

1) Operating Margin - This is the money Mercy makes (or loses) each year providing services. Recommended level: 2% positive margin without the levy for three consecutive years.

2) Capitalization – Mercy's total debt compared to the financial value of the organization. Recommended level: 0.55.

3) Debt Coverage Ratio – This is the measure of Mercy's ability to pay off its debts. Recommended level: 2.4 twelve month average.

4) Days Cash on Hand – Mercy's cost to pay its bills each day: this amount equals one day cash on hand. Recommended level: 150 days average for twelve months minus already committed dollars.

Do other hospitals have tax levies?

Yes. Most hospitals that have the same structure as Mercy (a governmental designation such as a district, county, municipal) have tax levies. Amounts for 2016 range from \$200,000 up to \$1.2 million for the 12-month period across the State of Minnesota.

Does the public vote on the levy?

No. Under Minnesota Statute 447.34, the hospital board, as the duly elected hospital board members for their districts, have the sole responsibility to vote on the levy for the coming year. This must be done on or before September 15 each year.

The Mercy Foundation - Fabulous '50s Gala!

This year's Foundation Autumn Gala takes place on Saturday, October 15.

The evening, held at the Holy Angels Social Hall, opens with a social hour beginning at 6:30 p.m. Guests are seated for dinner at 7:15 p.m. and the Lazy Moose Grille will cater the elegant meal. Back by popular demand is *Gramps with Amps* to keep the dance floor hopping with '50s themed music and more!

Not only will there be a Silent Auction, but there will also be a raffle item, which is a beautiful diamond necklace donated by Security Jewelers and designed especially for the event.

Here's another new addition: there is a live auction item! Local author, Dean Hovey has donated the naming rights to be a character in his upcoming book, *Family Trees*. We are excited to see who will win these

unique items! A short program is also part of the event.

In addition to this year's theme, The Mercy Foundation will be focusing on raising funds for Mercy Hospital's ongoing needs for medical equipment and services. Michelle Anderson, Director of The Mercy Foundation shared, "Grants are a huge part of The Mercy Foundation and to date for our fiscal year of 2016, the Foundation has awarded more than \$86,000 in grants— what an incredible "giving year" – with thanks to our generous donors!"

Tickets for the Gala are \$65 per person and there are a few tickets available for purchase. The Foundation is still accepting donations for the Silent Auction. There's a buzz of excitement growing, this is sure to be a classy, fun event! We hope you can join us!

Farewell and welcome



Back row: Michelle Anderson, Denny Arnold, Byron Kuster, Mike Steffen, Maggie Neudecker, MD; Karen Ackerson. Front row: Lola Davidson, Trina Lower, Kelly Goeb, MD; Kris LaBounty (not pictured: Thea Erickson).

The Mercy Foundation and its Board of Directors would like to express their gratitude to Barb Isaacson, Board Chair, for her commitment to serve on The Mercy Foundation Board of Directors. The successes of the Foundation during your two terms would not have been possible without you.



Barb Isaacson

We are grateful and excited to welcome Lola Davidson as she joins the Board of Directors and brings her unique talents, expertise and perspectives in order to further our mission.

To find out more information, please contact Michelle Anderson, Foundation Director, at **218.485.5586**.

Memorials & Tributes

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 between July 12 and September 23, 2016.

MEMORIALS

In memory of Gordon Aanerud
Dr. and Mrs. Frank Skalko

In memory of Don Benrud
Mr. and Mrs. Dennis Arnold

In memory of Frank Danelski
Dr. and Mrs. Joseph Jamros

In memory of Ida Gassert
Mr. and Mrs. Dennis Arnold
Mr. and Mrs. Maurice Coughlin

In memory of Jack Halverson
Mr. and Mrs. Gary Peterson

In memory of Earl Hassett
Dr. and Mrs. Joseph Jamros

In memory of Edward Kroening
Mr. and Mrs. Clair Strandlie

In memory of Ted Pihlman
Mr. and Mrs. Dennis Arnold
Mr. and Mrs. Maurice Coughlin
Mr. and Mrs. Ronald E. Peterson
Dr. and Mrs. Frank Skalko
Mr. and Mrs. Doug Skelton
Mr. and Mrs. Clair Strandlie

In memory of Janet Skalko
Mr. and Mrs. Harold W. Carlson
Mr. and Mrs. Dean Hovey

In memory of Ilene Staberg
Mr. and Mrs. Maurice Coughlin

In memory of Mary Stepan
Mr. and Mrs. Douglas Skelton

In memory of Bob Wills
Mr. and Mrs. Dean Hovey

In memory of Bob Youso
Mrs. Lynn Youso

The Mercy Foundation awards grant

The Mercy Rehabilitation Services Department received a grant of \$2820.65 from The Mercy Foundation toward the purchase of Therapeutic Listening equipment.

“The Therapeutic Listening program is based on auditory intervention intended to support individuals who experience challenges with sensory processing, dysfunction, listening, attention, and communication,” explained Lori Ziehl, Director of Rehab Services.

TRIBUTES

In honor of Mercy Wellness Center
Moose Lake High School Cheerleaders

In honor of Jennifer Schatz
Mr. and Mrs. Mel Nefstead Jr.



Front left: **Andrea Libra, COTA;** **Haley Bryant, OTR/L;** Back left: **Lori Ziehl, Rehab Director;** **April Davis, OTR/L;** **Ashley Omar, OTR/L;** and **Michelle Anderson, Director, The Mercy Foundation.**

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 AS

ANNUAL CAMPAIGN _____

WELL WITHIN REACH BUILDING FUND _____

MEMORIAL _____

TRIBUTE _____



THE MERCY FOUNDATION

4572 County Road 61 • Moose Lake, MN 55767 • 218.485.5586 • FAX 218.485.5855

Facts about sepsis: what you need to know

Sepsis is a potentially deadly complication caused by the body's overwhelming and life-threatening response to infection. It is difficult to diagnose because it happens quickly and can be confused with other conditions. As part of our ongoing patient safety efforts, Mercy Hospital is adopting best practice protocols developed by the Minnesota Hospital Association for the early detection and treatment of sepsis.

While both emergency patients and inpatients will be screened for sepsis, everyone should be aware of the symptoms. The Centers for Disease Control and Prevention (CDC) recently released a report that found that nearly 80 percent of sepsis cases begin outside of the hospital. So, what do you need to know about sepsis? The CDC answers the following questions in its *Sepsis Fact Sheet*:

When can you get sepsis?

Sepsis can occur to anyone, at any time, from any type of infection, and can affect any part of the body. It can occur even after a minor infection.

What are the symptoms of sepsis?

There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Since sepsis is the result of an infection, symptoms can include infection signs (diarrhea, vomiting, sore throat, etc.), as well as ANY of the following symptoms:

- ▶ Shivering, fever, or very cold
- ▶ Extreme pain or discomfort
- ▶ Clammy, or sweaty skin
- ▶ Confusion or disorientation
- ▶ Short of breath
- ▶ High heart rate

What should I do if I think I have an infection or sepsis?

▶ Call your doctor or go to the emergency room if you have any signs or symptoms of an infection or sepsis. *This is a medical emergency.*

▶ It's important that you say, "I am concerned about sepsis."

▶ If you are continuing to feel worse or not getting better in the days after surgery, ask your doctor about sepsis.

How can I prevent sepsis?

▶ **GET VACCINATED** against the flu, pneumonia, and any other infections that could lead to sepsis. Talk to your doctor for more information.

▶ **PREVENT INFECTIONS** that can lead to sepsis by:

- Cleaning scrapes and wounds
- Practicing good hygiene (e.g., hand washing)

▶ **LEARN THE SIGNS AND SYMPTOMS** of sepsis. If sepsis is suspected, seek medical attention.

NEW ADMINISTRATOR TAKES REINS AT AUGUSTANA

Augustana Care is pleased to announce that Tara Peterson, former director of nursing at the Moose Lake campus, is now taking on the role of administrator at Augustana Care – Moose Lake. Peterson arrived at the Moose Lake campus in 2012 and worked as assistant director of nursing and minimum data set coordinator.



Tara Peterson

Peterson was born in Moose Lake and grew up in the area. While she moved to Duluth for school and stayed a few years, Peterson missed Moose Lake and knew she wanted to return. "I love that everyone knows each other on our campus and we feel like a family," she says.

Peterson believes being part of a health care setting that

includes assisted living, Mercy Hospital, the pharmacy, clinic, rehabilitation and long-term care allows the campus to better meet the needs of the whole community. Memory care at Augustana Care's Oakview location also helps meet the needs of families and residents.

Peterson and her significant other have been together since they met in high school 16 years ago. The couple is raising two daughters and loves family time, especially outdoors. "We are huge hockey fans and love watching the Wild!" Peterson admits.

Her goals include continuing to further Augustana Care's mission and continuing to work on quality improvement goals. We look forward to seeing more of Tara Peterson at our campus.

Employee Spotlight: Health Unit Coordinators

Health Unit Coordinators (HUC) are essential, invaluable members of Mercy's health care team. But even though we know their role is important, what exactly do they do?

The short answer is a lot. A better answer comes from an excerpt from an article written by Jennifer Swanson for the National Association of Health Unit Coordinators' newsletter, the Coordinator (July-September 2016). In the article, she states:

"The H.U.C. is the person who is often the first person you encounter when walking onto a nursing unit in a hospital and liaises daily with doctors and nurses and allied health professionals to coordinate many of the activities of the nursing unit. They are expected to have all the answers, know where everyone is at all times, and to anticipate the needs of staff and patients. (Think: Radar O'Reilly from M*A*S*H*... he was an EXCELLENT H.U.C.!) Processing doctors' orders manually and electronically, booking tests, booking procedures and transport, ordering supplies and equipment, setting up services after discharge, making sure pre-operative testing is done and results are available, and maintaining confidential medical records are all aspects of the H.U.C. role.

...They are somewhat like air-traffic controllers who need know who is where and doing what, and what needs to happen next in a logical and safe sequence. They are trained



Mercy's Health Unit Coordinators (from left): Shanta Balut, Krissy Nelson, Shelley Karulak, Amanda Mlaskoch, Laura Berube, Christina Nelson. Not pictured: Jane Morgan.

for emergencies, and can efficiently coordinate personnel and equipment needed to deal with all sorts of crises in a timely manner.

...They are the consistent person at the front desk, set the tone of the unit for the day and enable the nurses to spend less time at the desk and more time hands-on with the patient, which is where real healing happens."

It is clear that Mercy's CHUCs (Certified Health Unit Coordinators) are pivotal members of our team.

"They are a wonderful group of dedicated Mercy employees and we appreciate all they do!" said Rhonda Skelton, RN, HUC manager.



The Mercy Hospital & Augustana Care Auxiliary invites you its Annual Gift Shop

HOLIDAY EXTRAVAGANZA!

- ▶ **Monday-Friday, November 14-18**
9 a.m. to 3 p.m.
- ▶ **Saturday, November 19**
9 a.m. to 12 noon
- ▶ **Gift Shop** (located near Mercy Hospital Main Entrance)

Caring for **Our Communities, One Person** at a time

Urgent Care

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

Birthing Classes

- ▶ January 14; 9 a.m. to 12 noon
 - ▶ March 7; 6:30 to 9:30 p.m.
- Call **218.485.5572** to register

Caring for Your Newborn

- ▶ October 18; 6:30 to 8:30 p.m.
 - ▶ January 24; 6:30 to 8:30 p.m.
- Call **218.485.5572** to register

Breastfeeding Education Class

- ▶ February 8; 6:30 to 8 p.m.
- Call **218.485.5572** to register

Diabetes Education Program Moose Lake (Mercy):

- ▶ November 15 & 29; January 17; April 11
 - ▶ December 13 & 20; March 14; June 6
 - ▶ January 10 & 24; March 14; June 6
- Call **218.485.5836** to enroll and for additional dates.

Hinckley (Gateway Clinic):

Call **218.485.5836** to set up individualized sessions.

Diabetes Wellness Group

Meets the second Monday of every month; 10 a.m.;
Conference Room, Mercy Wellness Center.

- ▶ November 14 - *Understand Carbohydrates*
- ▶ December 12 - *Goals for the New Year*

Grief Support

Pre-registration is required: Call 218.485.5508.

- ▶ **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.

Call 218.485.4481 for more information.

www.mercymooselake.org 

Make sure your child is safe!
Mercy Car Seat Clinic

Thursday, November 3

2-4 p.m.

Moose Lake Fire Station

Coffee & treats provided!

Pre-registration is not required,
but is preferred by calling **218.485.5521**.

Community CPR & First Aid

- ▶ November 17; 6 to 10 p.m.
- Call **218.485.5572** to register. Cost: \$50.

Cancer Support Group

For those with any type of cancer and their caregivers;
meets the second Tuesday of every month; 6:30 p.m.; Patient
Education Room 1701. Call **218.485.5599**.

Cardiac Rehabilitation - Phase II

This monitored outpatient program for heart patients is
offered on a continuous basis. Call **218.485.5696**.

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**.

Exercise Classes at the Mercy Wellness Center

Check our website for class descriptions and schedules. To
register for an exercise class, call **218.485.5557**.

Evening Digital Mammography Screenings

Call **218.485.5578** to schedule an appointment.

Alzheimer's Group for Family Caregivers

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