

Community Program & Health Screenings

Congestive Heart Failure



Dr. Noah Chelliah,
Interventional
Cardiologist

Find out what congestive heart failure is and learn about the latest treatments in this free community program led by Dr. Noah Chelliah, triple board-certified interventional cardiologist. Dr. Chelliah provides care in Moose

Lake, seeing patients at Gateway Clinic and performing procedures at Mercy Hospital.

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

Thursday, April 28

6:30 to 7:30 p.m.

Education Classroom

Mercy Hospital

New main entrance on County Road 61

FREE HEALTH SCREENINGS

Health screenings, including blood pressure, glucose and EKGs, will be available a half hour before and after the program. *Light refreshments will be served.*



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Exercise is medicine

Arthritis Exercise Class keeps people moving

With arm shaking, Bonnie Muenchow slowly raises her arm, stopping well short of shoulder level.

“That’s how high I could raise my arm before I started the Arthritis Exercise Class,” she commented.

“Now I can do this,” she smiled while enthusiastically and easily waving her arm overhead. “I can really say it has made a world of difference.”

Led by Deron Buboltz, the Arthritis Exercise Class at Mercy Wellness Center consists of health education and low-impact exercise designed to help people keep joints flexible and muscles strong. The free, weekly class helps reduce the pain and stiffness associated with arthritis through gentle range-of-motion movements.

“Exercise is medicine; it is very, very important to maintain or improve health,” said Buboltz, who, in addition to being the Wellness Center Supervisor, is a certified strength and conditioning specialist. “It is a step by step process to increase movement. It takes time and you have to put in the work, but our goal is to make exercise fun.”

Both Bonnie and her husband, Gene, are strong advocates for the program.

“It is the most enjoyable exercise class I’ve taken,” said Gene. “My balance has greatly improved.”

They started taking the class when it began being offered as a continuous class in January, 2014.

“There were four of us when it started,” said Gene. “Now we have

30 every time. We’ve told lots of people about the class.”

“It’s really good to see people come to the class,” added Bonnie. “You can see their improvement.”

Buboltz begins each class with an education session, focusing on health topics like diet. Participants are encouraged to ask questions and suggest discussion topics as well. The second half of the class focuses on exercise.

Buboltz develops gentle exercise routines that change to keep things interesting as well as to engage different muscle groups.

“The key to exercise is not to get stuck in the same routine,” he said. “We change it to incorporate full body routines.”



Pictured above: Participants in Mercy’s Arthritis Exercise Class are ready to move!



At left: Gene and Bonnie Muenchow strike a pose with class instructor Deron Buboltz.

In addition to the physical benefits of exercise, fellowship is another important aspect of the class.

“We’ve made new friends and often have coffee with a group at Art’s Café after class,” Gene said. “When we celebrated our 50th wedding anniversary, we got flowers from the staff. We’re having fun.”

GETTING STARTED: EXERCISE FOR SENIORS

▶ ARTHRITIS EXERCISE CLASS

This free class meets Thursdays, 9 to 10 a.m. New participants welcome.

▶ FREE ONLINE WORKOUT

Do you want to sample a workout before joining a class? Go to www.growyoungfitness.com to try it at home!

▶ FUNCTIONAL FITNESS I & II

Low impact workout with strength, flexibility, and balance exercises.

- **Functional Fitness I** is a 30-minute class. Cost is \$3 per session.
- **Functional Fitness II** is a 45-minute class offered twice a week. Cost per session: \$4 for Wellness Center members; \$6 for non-members. Discounts for 10-session packages. Pre-registration is required.

▶ **Call 218.485.5557 for information about Mercy Wellness Center.**

MERCY TO OFFER SHOE CLINICS FOR PEOPLE WITH DIABETES

The Diabetes Education Program at Mercy Hospital is sponsoring a Shoe Clinic in May in both Moose Lake and Hinckley.

“It is estimated that 25 percent of the 20 million Americans with diabetes will develop foot problems related to the disease,” said Alicen Waxlax, RN, BAN, CDE, Diabetes Educator at Mercy. “Taking care of your feet includes proper fitting shoes and inserts.”

The Shoe Clinic will be offered by appointment:

- ▶ Tuesday, May 3 at the Mercy Wellness Center,
30 Arrowhead Lane, Moose Lake
- ▶ Tuesday, May 3 at Gateway Clinic - Hinckley
45 Lady Luck Drive

A Certified Pedorthist from Diabetic and Comfort Shoes in Duluth will be available for fittings by appointment that day. If you are interested in a fitting, please call **218.625.2095** to make an appointment. Please specify that you are interested in the Shoe Clinic sponsored by Mercy Hospital. A prescription from your physician is also necessary.

DIABETES WELLNESS GROUP

Please join us for education & support!

Second Monday of every month

10 a.m.

Mercy Wellness Center

30 Arrowhead Lane, Moose Lake

Light refreshments will be served.

Featured Topics:

May 9 - *Benefits of Physical Activity*

June 13 - *Oral Health Management*

Call **218.485.5836** for more information.

MERCY'S CANCER SUPPORT GROUP OFFERS CONNECTION

“It really helps people.”

That’s what Jennifer Schatz, RN, OCN, says about Mercy’s Cancer Support Group. She wishes more people would try the group because she knows how helpful it is for people once they do attend.

For those living with any type of cancer and their caregivers, Cancer, Coffee & Conversation meets from 6:30 to 8 p.m. on the second Tuesday of every month in Patient Education Room 1701 at Mercy Hospital. There is no charge for the group.

“This group offers people a time to connect with others who are faced with the same challenges and emotions,” said Barb Orth, RN, OCN. “We hope people will come to share conversation or just to listen and enjoy a cup of coffee with friends. We look forward to sharing and supporting one another.”

In addition to conversation and support, the group also brings in special speakers.

Please call **218.485.5599** for more information.

MERCY AWARDED MHA GRANTS

Mercy Hospital was recently awarded two \$10,000 grants from the Minnesota Hospital Association (MHA). One of the grants focuses on fall prevention; the other on preventing violence in the workplace.

The fall prevention grant is being used to address possible fall risk factors within the patient’s bathroom environment.

“We are very excited about the grant and we strongly believe that our project plan will reduce our fall rate and improve bathroom safety,” said Katie Rigelman, Med/Surg/ICU Nurse Supervisor.

The grant on preventing violence in the workplace will allow Mercy to bring in an outside educator to train staff on the management of aggressive behaviors. Also, three employees will receive training to become instructors, ensuring that on-going needs will be met for annual staff education and new employee education.



Members Cooperative Credit Union donates \$65,000

Members Cooperative Credit Union visited Mercy Hospital to present The Mercy Foundation with a check for \$65,000 in support of the Well Within Reach capital campaign.

“Members Cooperative Credit Union’s generous gift is just one more example of their leadership in the community and devotion to the wellness of the community,” said Michelle Anderson, Director of The Mercy Foundation. “We are profoundly grateful.

“It is extremely exciting for The Mercy Foundation to share that as of today, we have raised nearly \$996,000 in gifts and pledges,” Anderson added. There is still \$4,000 remaining to raise for the Well Within Reach campaign.

With the completion of the capital campaign getting closer in sight, the \$65,000 gift will be matched by The Mercy Foundation. All gifts and pledges coming in to help reach the Foundation’s \$1 million dollar goal will be matched dollar for dollar.

“MCCU has a long history of supporting the communities we serve, and we’re pleased to have the opportunity to help propel the Well Within Reach capital campaign to near-completion,” said MCCU’s President/CEO, Tammy Heikkinen.

“I am full of gratitude for Members Cooperative Credit Union and their gift to the Mercy Foundation. This kind



of commitment to local healthcare truly demonstrates what an exceptional organization Members Cooperative Credit Union is. This is a donation that says local, independent healthcare is important to us all. Thank you for this very generous gift,” said Mike Delfs, Mercy Hospital CEO.

Please consider donating a gift, large or small, to help reach our goal! Contact The Mercy Foundation office to discuss the many options available to you including gifts that can be acknowledged by the naming of a patient room or waiting area, or a piece of beautiful art.

THE MERCY FOUNDATION AWARDS THREE GRANTS



The Mercy Wellness Center received a grant of \$5,750 from The Mercy Foundation to purchase new fitness equipment.



The Chemotherapy/Infusion department at Mercy Hospital received a grant of \$3,156.84 toward the purchase a new recliner.



The Medical/Surgical department also received a grant of \$4,075.22 toward the completion of a Fall Prevention Plan and equipment.

PIZZA!

It’s time for The Mercy Foundation annual Kettle River Pizza fundraiser. Pizzas are \$8.50 each or 3 for \$25 and will be ready for pick up on Thursday, April 28, 2 to 4 p.m. at the Mercy Hospital Café.

Please call the Foundation office before April 22 at 218.485.5586 if you’d like to order pizza. Thanks for your support!

2016 SAVE THE DATES!

- ▶ Saturday, May 7: The Mercy Foundation Moose Run, Moose Lake City Park.
- ▶ Friday, June 24: The Mercy Foundation Midsummer Golf Tournament, Moose Lake Golf Course.
- ▶ Saturday, October 15: The Mercy Foundation Autumn Gala.

For more information: Michelle Anderson, Foundation Director, 218.485.5586; manderson1@mercymooselake.org.

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 between December 10, 2015, and March 21, 2016.

MEMORIALS

In memory of Dale Gregory Anderson

Mr. Carl Anderson

In memory of Marlen Anderson

Mr. and Mrs. Edwin Lund

In memory of Michael Arnold

Mr. and Mrs. Dennis Arnold

In memory of Carol Barker

Mr. and Mrs. Maurice Coughlin

In memory of Kathleen Beede

Mr. Carl Anderson

In memory of Bernie Bondeson

Mr. and Mrs. Clair Strandlie

In memory of Tracey Bordine

Mr. and Mrs. Gary Skelton

Memorial for Pat Eastman

Mr. Darrell Ruhland

In memory of Ruth Engen

Mr. and Mrs. Maurice Coughlin

In memory of Mae Fransen

Ms. Christine Fransen

In memory of Curt Frohrip

Mr. and Mrs. Edwin Lund

In memory of Eric Gunderson

Mr. and Mrs. Edwin Lund
Mr. and Mrs. Gary Skelton

In memory of Jack Halverson

Dr. and Mrs. Joseph Jamros

In memory of Josephine Klejeski

Mr. and Mrs. Clair Strandlie

In memory of Bill Kruse

Mr. and Mrs. Vern C. Anderson II
Mr. and Mrs. Maurice Coughlin
Mr. and Mrs. Ronald E. Peterson
Mr. Darrell Ruhland
Mr. and Mrs. Doug Skelton

In memory of JoAnn Menk

Mr. and Mrs. Doug Skelton

In memory of Harold Nelson

Ms. Barb Nelson

In memory of Gary (Pete) Peterson

Mr. and Mrs. Gary Skelton

In memory of Norma Hancock

Ms. Carolyn Bjerke
Mrs. Nancy Forse
Mr. and Mrs. Gilbert Gamst
Mr. and Mrs. Henry Gretsfield
Mr. and Mrs. David Hancock
Mr. and Mrs. Gary Janas
Mr. and Mrs. Robert McTaggart
Mr and Mrs. Gerald Paulseth
Mr. and Mrs. Terry Roy
Ulteig Engineers, Inc
Wanner Engineering, Inc
Mr. William Wassweiler
Ms. Nancy Zuk
Mr. and Mrs. Thomas Cross
Mr. and Mrs. Jason Hoskins

In memory of Shirley LaFond

Mr. and Mrs. Gary Skelton

In memory of Robert Manninen

Ms. Kay A. Smith

In memory of Leonard Schmidt

Mr. and Mrs. Edwin Lund

In memory of Orville Skelton

Mr. and Mrs. Gary Skelton

In memory of Mike Smalley

Mr. and Mrs. Gary Skelton

In memory of Fred Steuck

Mr. and Mrs. Clair Strandlie

In memory of Dean Tegland

Mr. and Mrs. Dennis Arnold
Mr. and Mrs. Maurice Coughlin
Mrs. Rita Tegland

In memory of Herb Thorsten

Mr. and Mrs. Gary Skelton

In memory of Leo and Bea Trace

Mr. and Mrs. Gary Skelton

In memory of Jordan Lee Tucker

Mr. Jeffrey L. Tucker

In memory of Amanda Wojtysiak

Mr. and Mrs. Gary Skelton

In memory of Mardy Youngberg

Mr. Darrell Ruhland

In memory of Louie and Martha Zuk

Mr. and Mrs. Maurice Coughlin

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

Meet me in Moose Lake

Tom Stillwell flying doctor, storyteller extraordinaire

By C.M. Swanson

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When he was in junior high school, Tom Stillwell wanted to become a pilot. His pursuit was delayed by one of those pesky adults in an authoritative role who told him wearing glasses would disqualify him for that position. So he did the next best thing. He became a surgeon.

It was a circuitous route, attending Hamline University, getting married, beginning a family, going to grad school at the University of Wisconsin, joining the Navy with the provision of receiving a scholarship to attend Marquette Medical School, after which he did an internship at Bethesda Naval Hospital. Another year was spent stationed at the Naval Air Station in South Weymouth, Massachusetts to fulfill an obligation of one year of general practice. It was then that he began to specialize.

“After my general medical officer year I had to find a residency program,” said Stillwell. “I wanted to become a Urologist so I went to Mayo as a Urology resident for four years.”

The Navy used the skills he picked up at the Mayo Clinic by assigning him to a Naval Hospital in San Diego, California as a Urology instructor for the residents for three years, at the end of which he was deployed to Desert Storm.

“I was in a MASH Hospital doing trauma surgery,” said Stillwell. “It was one of the last things I thought I’d end up doing when I first signed papers to join up.”

After the military service, the doctor, Virginia his wife, and their four children returned to Minnesota where he took a position at North Memorial Medical Center in Robbinsdale. His experience in the MASH unit prepared him well for his work in the trauma unit in the medical center.

About two years into his work at North Memorial an outreach coordinator approached the doctor to gauge his interest in providing urology services part time in Mora. Little did he know when he took the opportunity that Mora would also reignite his childhood dream of becoming a pilot.

“About two or three months later I was at an air show at Flying Cloud with my son,” said Stillwell. “I thought to myself, I always wanted to fly. Now I have to go to this place far away. Why don’t I get my pilot’s license? So, it was an Ah-Ha moment. That was my epiphany to go to flight school.”

Being true to his epiphany, Stillwell started training at



Even kneeling in the snow to properly wrap the aircraft cowling so he can head off to work for a long day doesn’t diminish the satisfied smile that graces Tom Stillwell’s face after he’s been flying.

Crystal Shamrock where he soon earned his pilots license, after which he began flying VFR to Mora. He then pursued his instrument rating. As he picked up ratings, he also engaged in more hospital outreach programs including Sandstone, Moose Lake, Grantsburg, and Onamia. What had been declared as an impossible dream turned out to be the most natural thing in all the world.

“I love to fly,” said Stillwell. “I think being a pilot is part of your genetics. It’s somewhere deep in you that, once it gets tapped, it’s kind of hard to resist. You must feed this need. If you don’t, you’re not happy.”

Even with all the stress in trauma units in a major medical facility, hectic schedules, and dividing time between a number of rural hospitals, the doctor is invigorated by flying...any time.

“I will fly home tonight,” said Stillwell after a day that began at 5:45 a.m. and wouldn’t end until after 10 p.m., “I will go up to five or six thousand feet. The stars will be above me. The lights on the ground will be absolutely drop dead gorgeous. It will be like an ethereal experience, sort of heavenly.”

With schedules to keep, Stillwell always flies with a back up plan.

“This fall I had lots of IFR,” said Stillwell. “Take off and you’re immediately in the clouds and you don’t come out of the clouds until the next airport is right in front of you. There’s something very rewarding about that, and very challenging.

“I always fly with the air traffic controllers. I always fly IFR, always. There’s camaraderie with the gang up there in

Specialty care, close to home



Dr. Stillwell brings his expertise to Moose Lake through Mercy's Specialty Clinic. Dr. Stillwell has been providing urology services to patients at

Mercy since 2002. For more information about this and other specialty services, contact Mercy's Specialty Clinic at **218.485.5896**.

the sky. You're up there with the Delta pilots, and the Fed Ex pilots, and the Bemidji Air Service pilots who fly all around the state. You know their voices. It's a community in the clouds."

Of course, the experienced pilot has stories to tell, like one cold February night when he and a partner experienced an emergency moments after taking off.

"I started getting a collection of debris on the windscreen which looked a little bit like ice," said Stillwell. "I soon realized it wasn't ice. It was oil. I thought, this is a problem."

The aircraft was less than six miles out so he immediately started a 180 turn.

"At that moment the cabin started filling up with smoke," said Stillwell. "I popped the window and turned off the electricity because I thought it might be an electrical fire, which in retrospect was a mistake because I lost my GPS and lot of my panel.

"When I realized it wasn't electrical I turned the electricity back on. By then I had gotten a lot of smoke out of the cabin but oil was continuing to build up on the windscreen and the oil pressure was going down.

"This was in Benson, Minnesota. Near the airport is an enormous factory that processes turkey excrement. In doing so it produces a lot of steam so you can kind of locate the airport by the steam so I aimed for the steam.

"We did make it back. I had to slip the airplane, which means coming in sideways. I couldn't see out the front so I had to slip in to look out the side window. We got it down and taxied in.

The fire went out, by the way. The fire was oil getting spewed onto the manifold, then coming in through the air vents which were open to allow heat to come into the plane because it was so cold.

"What had happened is, there was, a horizontal piece that leads from the manifold venting tubing to the vertical piece which I had probed to clear of any ice build up."

Stillwell belongs to Club Cherokee, a flying club with six aircraft operated by 75 people.

When somebody put the cowling on, one of these flaps had been left up so the jam air was coming straight through and going right into this horizontal piece which froze it. The manifold couldn't vent, so the pressure went up and blew out the prop seal. All the oil went out the front and the propeller blew it against the windscreen.

"So that was an exciting experience."

For years Stillwell has been a member of the Minnesota Chapter of the Eighth Air Force Historic Society where he arranged an annual flight experience for World War II Veterans. Through the years it grew to over 35 pilots flying over 120 guests to aviation events arranged by supportive organizations. The project came to a natural close due to the significant aging of the Veterans.

Stillwell has also flown to see family and friends in Michigan, New Jersey, Texas, Wyoming, Ohio, and Virginia.

"I have five log books, almost 4,000 hours," said Stillwell. "Every new airport I fly to I take a picture.

"I very much appreciate how the communities into which I fly have dedicated resources to maintain their airports. It's not easy but it's important.

"There are several people here in Moose Lake who are especially helpful. Randy Cichy, who plows; Larry Peterson who is the airport guru; and Larry Helwig with his heated hangar who has been a big help in the winters I've been flying here."

Stillwell also encourages young people to look into the abundance of opportunities available in aviation these days. While flying is definitely fun, it ought to have a purpose to keep you flying.

"Just go for a ride," said Stillwell. "Get into an airplane. Take off from the ground. See the world from a different perspective. See if you have the flying gene."



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

▶ July 9; 9 a.m. to 12 noon
▶ October 11; 6:30 to 9:30 p.m.
Call **218.485.5572** to register

Caring for Your Newborn

▶ April 21; 6:30 to 8:30 p.m.
▶ July 19; 6:30 to 8:30 p.m.
Call **218.485.5572** to register

Breastfeeding Education Class

▶ June 15; 6:30 to 8 p.m.
▶ September 21; 6:30 to 8 p.m.
Call **218.485.5572** to register

Diabetes Education Program

Moose Lake (Mercy):

▶ May 3 & 17; July 5; October 11
▶ June 14 & 28; September 13; December 6
▶ July 12 & 26; September 13; December 6
Call **218.485.5836** to enroll.

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.

▶ May 9 - *Benefits of Physical Activity*
▶ June 13 - *Oral Health Management*

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.

Evening Digital Mammography Screenings

Call **218.485.5578** to schedule an appointment.

Community CPR & First Aid

▶ May 19; 6 to 10 p.m.
▶ September 15; 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**.

Alzheimer's Group for Family Caregivers

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

Call 218.485.4481 for more information

www.mercymooselake.org 

We've moved our entrance!

All patients & visitors:

Access Mercy's

NEW Emergency & Main Entrances

from County Road 61

(Mercy/Gateway entrance)