

Breathing easier

Pulmonary Rehab helps people with lung disease live a better life

Many people take the simple act of breathing for granted, but if you have a lung condition that causes you to be frequently short of breath, like emphysema or chronic bronchitis or even asthma, you know how precious a deep breath can be.

Mercy’s Pulmonary Rehab program is designed to help people with Chronic Obstructive Pulmonary Disease (COPD) and other lung diseases improve their quality of life by improving their physical condition. The program seeks to slow and minimize the progression of the symptoms of lung disease through an eight-week program of exercise, education, breathing retraining and nutritional counseling.

“The program will train people to breathe correctly, control symptoms, exercise safely—just to live a better life!” said Shanna Watrin, RRT, Cardiopulmonary Services Manager. “Many people in the area would benefit from this program--it can really make a difference in a person’s life.”

The pulmonary rehab team, including a respiratory therapist, exercise specialist, registered nurse, dietitian, occupational therapist and pharmacist, works with participants to personalize the program to meet individual needs and level of physical conditioning.

The program includes information on:

- ▶ Normal lung function
- ▶ Disease process
- ▶ Breathing retraining



Jessica Polecheck, Exercise Physiologist, Shanna Watrin, RRT, Pulmonary Rehabilitation Coordinator, and Miranda King, Exercise Physiologist, are part of the Pulmonary Rehab team.

- ▶ Exercise conditioning
- ▶ Energy conservation
- ▶ Psychological and social factors
- ▶ Stress management
- ▶ Medications
- ▶ Dietary guidelines
- ▶ Oxygen and home care needs
- ▶ Panic control
- ▶ Emergency planning

A new session of the program begins every four to eight weeks. To enroll, interested participants need a referral from their primary physician. For more information, call Mercy at **218.485.5677**.

Mercy becomes first in region to offer MultiPoint Pacing technology for heart failure patients

Mercy Hospital is the first facility in the region to implant new Multipoint Pacing technology for the management of heart failure.



Dr. Noah Chelliah,
Interventional
Cardiologist

Featured on quadripolar cardiac resynchronization therapy (CRT) pacemaker and defibrillator devices, MultiPoint Pacing technology is designed to deliver electrical pulses to multiple locations within the left side of the heart to resynchronize contraction of the heart's lower chambers (ventricles). It may increase a heart failure patient's response to cardiac resynchronization therapy (CRT) by increasing the amount of cardiac tissue being stimulated at

one time and may reduce the need for costly and invasive procedures.

"MultiPoint Pacing dramatically improves patient symptoms. In the first patient in whom we implanted this system, there was a dramatic visible improvement in his congestive heart failure (CHF). The chest x-rays revealed complete resolution of all fluids in the lungs within 24 hours. I am thrilled with this innovative technology and its ability to treat and improve outcomes for heart failure patients," said Dr. Noah Chelliah, Interventional Cardiologist, who performed the procedure at Mercy. "By improving patients' heart failure symptoms so dramatically, MultiPoint Pacing is able to reduce the symptoms of shortness of breath experienced by patients with CHF and is able to keep patients out of the hospital, thereby improving the quality of life of patients as well as reducing the long-term cost of medical care."

According to the American Heart Association, CRT can improve the heart's efficiency at pumping blood to the body and can lessen symptoms of heart failure, including shortness of breath. However, even with effective placement of the leads around the heart, therapy can be unpredictable and ineffective for some patients. The goal of MultiPoint Pacing technology is to allow physicians to program the device to capture more left-ventricular tissue at one time by pacing at multiple locations in the heart, increasing the number of patients who benefit from this type of therapy.

"Bringing Dr. Chelliah to the area and being first in the

"Bringing Dr. Chelliah to the area and being first in the region to offer new technology like MultiPoint Pacing and the CardioMEMS heart failure monitoring device illustrate Mercy's commitment to improve both patient care and patient access to care."

- Michael Delfs, Mercy CEO

region to offer new technology like MultiPoint Pacing and the CardioMEMS heart failure monitoring device illustrate Mercy's commitment to improve both patient care and patient access to care," said Michael Delfs, Mercy CEO. "By investing in innovative medical technology such as MultiPoint Pacing, Mercy is committed to making CRT effective for more of our heart failure patients."

Studies have shown that CRT can improve the quality of life for many patients with heart failure, a progressive condition in which the heart weakens and loses its ability to pump an adequate supply of blood. CRT resynchronizes the lower chambers (ventricles) of the heart by sending uniquely programmed electrical impulses to stimulate each ventricle to beat in sync for optimal cardiac performance.

Despite the improvements seen with quadripolar CRT technology, non-responders to therapy remain a significant issue. Also, non-responders to CRT are not able to be identified at the time of implant and individual patient response can be unpredictable. Previous studies have shown that activating more ventricular tissue faster may enhance heart muscle performance.

MultiPoint Pacing technology, from global medical device manufacturer St. Jude Medical, is approved by the U.S. Food and Drug Administration (FDA) for commercial use in the U.S. For more information, visit sjm.com.

Dr. Chelliah is a triple board-certified interventional cardiologist with 32 years of practice experience. Dr. Chelliah sees patients once a month at Gateway Family Health Clinic in Moose Lake. Appointments with Dr. Chelliah are made through referral from a patient's primary physician.

Mercy's Wound Care Clinic:

Caring for wounds that do not heal

A wound that does not heal can be a source of pain, discomfort, potential infection and even embarrassment for people struggling with the problems it can bring. That's where the Wound Care Clinic at Mercy Hospital can help.

"The problem is out in the community more than you think. People are living with it and you just don't see it," said Sarah Lambert, RN, certified wound care nurse. "What we want people to know is that they can have a wound that heals and they don't have to live with it."

Wounds that do not heal are most often linked to vascular



Sarah Lambert, RN, certified wound care nurse.

issues, diabetes, or other conditions. Sometimes a complicated surgery may need more care at the site of the incision. Patients in need of wound care are referred to Mercy's Wound Care Clinic by their doctor; Lambert sees patients when they're

in the hospital as well as on an outpatient basis.

Lambert teaches her patients how to dress and care for their wound, along with how to prevent wounds from developing and how to manage them at home. She sees patients until they are healed.

"This time of year, I tell my patients we're getting ready for swim suit season," Lambert smiled. "We want to help people live a healthy lifestyle, free of pain and the issues of caring for an open wound."

If you or a family member is dealing with a wound that does not heal, talk to your doctor about Mercy's Wound Care Clinic or call Mercy at **218.485.5896** for more information.

Tick ID Card

health.state.mn.us

<p>Blacklegged (deer) tick <i>Ixodes scapularis</i></p>	<p>Blacklegged tick</p>	<p>American dog (wood) tick <i>Dermacentor variabilis</i></p>	<p>American dog (wood) tick</p> <p style="font-size: x-small; text-align: center;">Adult female, adult male, nymph, larva</p>
--	--------------------------------	--	--

Tick removal do's and don'ts

- DO remove as quickly as possible.
- DO use tweezers to grasp the head as close to the skin as possible.
- DO pull gently.
- DO use antiseptic on the bite.
- DO NOT burn off with a match.
- DO NOT squeeze the tick.
- DO NOT cover with petroleum jelly.
- DO NOT pour kerosene on the tick.

Preventing tick bites

- Avoid wooded and brushy areas with high grass and leaf litter.
- Use a repellent containing no more than 30 percent DEET.
- Use repellents that contain permethrin on clothing.





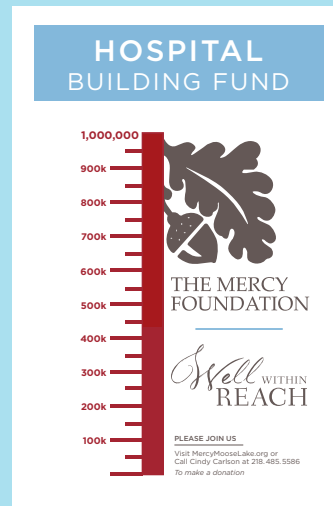
The Mercy Foundation reaches \$1 million goal

The Mercy Foundation recently surpassed its \$1 million goal in its *Well Within Reach* multi-year hospital building campaign. This milestone caps the foundation's major fundraising campaign two years ahead of schedule.

"The generous support from the entire community, from donations both big and small, has been monumental toward the success of this campaign," said Michelle Anderson, The Mercy Foundation Director. "These donations to support Mercy's now completed building project have made a real difference in the community and are greatly appreciated by the foundation, hospital staff and Mercy patients."

"The support for this campaign has been phenomenal," added Mike Delfs, Mercy CEO. "We are extremely thankful for the community's ongoing support and for their investment in local healthcare. We are honored to care for our patients in our state-of-the-art community hospital."

The *Well Within Reach* campaign contributes its



success to several cornerstones, including a recent donation of \$65,000 from Member's Cooperative Credit Union. Major gifts were received from residents of the community to sponsor the hospital's main lobby, upstairs hospital wing, and ER Department, just to name a few examples.

Donors who gave \$1,000 or more during the campaign will be honored in a permanent display near the lobby.

Although the campaign is ending, opportunities to support the hospital will continue. To donate or pledge, contact Michelle R. Anderson at mranderson@mercymooselake.org or call her 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 March 22 and July 11, 2016.

MEMORIALS

In memory of Dale Gregory Anderson
Mr. Carl Anderson

In memory of Arthur O. Anselmo
Ms. Michelle Anderson
Ms. Debbie Corey

In memory of Kathleen Beede
Mr. Carl Anderson

In memory of Jean DeRungs
Mr. and Mrs. Maurice Coughlin
Mr. Darrell Ruhland

In memory of Phyllis Kachinske
Dr. and Mrs. Joseph Jamros

In memory of Hildur Lund
Dr. and Mrs. Frank Skalko

In memory of Carol Luoma
Mr. and Mrs. Dennis Arnold

In memory of Mary Piette
Mr. and Mrs. Maurice Coughlin
Mr. and Mrs. James Gassert
Mr. Larry Peterson
Mr. Darrell Ruhland

In memory of Janet Skalko
Mr. and Mrs. Maurice Coughlin
Mr. and Mrs. Brian L. Garvey
Mr. and Mrs. Harold W. Carlson

TRIBUTES

In honor of Cindy and Harry Carlson and the Timmons Family
Ms. Susan Olson Cox

In celebration of Don and Jan Tschida's 50th Wedding Anniversary
Mr. & Mrs. Harold W. Carlson

Save the date!

Autumn Gala
Saturday, Oct. 15, 2016

A perfect day for golf!

We at The Mercy Foundation are tremendously grateful to everyone who sponsored, volunteered, participated in and contributed to the 15th Annual Mercy Foundation Midsummer Golf Benefit on June 24. We enjoyed a picture perfect day for golf!

This special golf event supports the mission of The Mercy Foundation which is to inspire giving that supports Mercy Hospital's ability to respond to the changing healthcare needs



of our community. Thanks to your support, we raised nearly \$13,000 this year before expenses.

This year's Men's Champions were Ameriprise Financial - Paul Munson Team and Co-ed Champions were the Moose Lake Dairy Queen – Dougherty Team.

Team sponsors: Lake Country Power, Members Cooperative Credit Union, Ameriprise Financial, Team Arnold, Augustana Care, The Boldt Company, Edward Jones, First National Bank of Moose Lake, Team Heller, Team Hunter, Northview Bank, Moose Lake Dairy Queen, Technical Life Care Medical Company, Team Overland.

A special thanks to Quinlivan & Hughes, our grand prize sponsor of \$500, and to our major sponsors,

Kwik Trip and an anonymous donor. Ameriprise Financial- Paul Munson donated \$100 for our putting contest prize.

Thank you to our Hole sponsors, Green sponsors, silent auction donations and all the generous in-kind donations for our raffle prizes. Many thanks to



our volunteers in helping make this event a success; Karen Ackerson, Angie Gran, Mike Delfs,

Lori Ziehl, Deb Benoit, Sonya Towle, Terri Ellison, Mike Steffen, Maggie Neudecker, MD, Donita Korpela and Doreen Scholl. Thanks

to Mercy Café for providing the wonderful "Lunch on the Run" and after golf, TJ's Country Corner catered our delicious Brat Buffet. The Mercy Auxiliary ladies were a great

help to fill the gift bags for us.

We must also thank Denny Arnold, a champion of donation receivables plus course set up, and Darrell Ruhland, who kindly helped again this year (did we mention

he tried to retire from the event?). Plus a big thank you to Josh Gamst and the Moose Lake Golf Course for hosting the tournament.

It's an honor to partner with you and we thank you for your support! Mark your calendar now for the next annual Mercy Foundation Midsummer Golf Benefit next June.

Have a wonderful rest of the summer!

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

Blue-green algae: If in doubt, stay out

Summertime is here. While water enthusiasts and pets enjoy swimming and boating when the weather is calm and sunny, these conditions are also perfect for growing blue-green algae, which can be harmful to both people and animals.

Last summer, blue-green algal blooms were reported in lakes across the state, from near the Iowa border all the way to the Canadian border.

The Minnesota Pollution Control Agency (MPCA) and Minnesota Department of Health (MDH) staff jointly investigated two reported human illnesses and multiple dog deaths following exposure to blue-green algae. Blooms typically begin to form in June when the weather warms.

People and pets at risk

The appearance of a blue-green algal bloom and the unpleasant smell that occasionally accompanies a bloom typically keep most people out of the water. However, people can become sick after they swim, boat, water ski or bathe in water that has toxic blue-green algae. During these activities, people are exposed to the toxins by swallowing or having skin contact with water or by breathing in tiny droplets of water in the air. “In most people, symptoms are mild and may include vomiting, diarrhea, rash, eye irritation, cough, sore throat and headache,” said MDH Epidemiologist Stephanie Gretsche.

Dogs are at particular risk, as they are more likely to wade in the areas of a lake where algal scum accumulates and humans avoid. Dogs are usually exposed to larger amounts of toxins from algae because they tend to swallow more water than humans while swimming, especially when retrieving toys from the water. They also lick their coats upon leaving the water, swallowing any algae that may be on their fur. Dogs exposed to blue-green algae can experience symptoms such as vomiting, diarrhea, rash,



Blue-green algal blooms may not look dense and don't always cover large areas of a lake.

difficulty breathing, general weakness, liver failure and seizures. In the worst cases, it can cause death. If your dog experiences any of these symptoms after visiting a lake, seek veterinary care immediately.

Tips to protect yourself and your pets

Not all blue-green algae are toxic, but there is no way to tell whether a bloom is toxic by looking at it. Harmful blooms often look like pea soup, green paint or floating mats of scum and sometimes

have a bad smell. However, harmful blooms aren't always large and dense and can sometimes cover small portions of the lake with little visible algae present. Before you or your children or pets enter the water, take a closer look at the lake and check for algae in the water or on shore to help determine if a bloom recently happened.

“If it looks and smells bad, don't take a chance. We usually tell people: If in doubt, stay out,” said Pam Anderson, MPCA Water Quality Monitoring Supervisor. “If you're not sure, it's best for people and pets to stay out of the water.” If you do come into contact with blue-green algae, wash off with fresh water immediately, paying special attention to the areas your swim suit covered. Rinse off pets with fresh water if you think they swam in water where blue-green algae were present.

Addressing the algae problem

There are currently no short-term solutions to fix a blue-green algal bloom. Once a bloom occurs, the only option is to wait for the weather to change to disrupt the algae's growth. “With intermittent rain, followed by high temperatures, blue-green algal blooms will be common on many Minnesota lakes this summer,” said Steve Heiskary, an MPCA Research Scientist.

More information on blue-green algae, including how to report a possible human or animal illness, is available on the MDH *Harmful Algal Blooms* website.

Specialized care, right here

When you need specialized care, our board-certified physicians are ready to provide expert care right here, close to home.



218.485.4481
mercymooselake.org



Dr. Noah N. Chelliah
Interventional Cardiology



Dr. Mark Gregerson
Orthopedic Surgeon



Dr. Thomas M. Nelson
General/Colorectal Surgeon



Dr. John E. Schmitt
ENT

DR. KAMP INSTALLED AS MAFP PRESIDENT

The Minnesota Academy of Family Physicians (MAFP) installed Dania Kamp, M.D., as President during its 70th annual meeting in April.

Dr. Kamp is a family physician at Gateway Family Health Clinic in Moose Lake and also serves as Mercy Hospital's Chief of Staff. As MAFP President, she will serve as the official representative and spokesperson for the MAFP, be a member of the Board of Directors and will chair the Executive Committee of the Board of Directors, in addition to promoting the ideals and concepts of family medicine.



Dania Kamp, M.D.

MERCY'S CANCER SUPPORT GROUP OFFERS CONNECTION

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.

In addition, the group also brings in special speakers. On August 9, a pharmacist from Thrifty White Drug, along with student pharmacists, will talk about cancer related medications, focusing on the use of herbal and natural supplements during and after cancer treatment.

Please call **218.485.5599** for more information.

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

▶ October 11; 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.
Call **218.485.5572** to register

Breastfeeding Education Class

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

Diabetes Education Program Moose Lake (Mercy):

▶ August 9 & 23; November 22; February 14
▶ September 6 & 20; November 22; February 14
▶ October 4 & 18; January 17; April 11
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.
▶ August 8 - *Diabetes Medications: Present and Future Options*
▶ September 12 - *Ups & Downs of Life with Diabetes*
▶ October 10 - *Diabetes and Heart Health*

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 

Community CPR & First Aid

▶ September 15; 6 to 10 p.m.
▶ 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**.

Alzheimer's Group for Family Caregivers

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

We've moved our entrance!

ALL PATIENTS & VISITORS:

**Access Mercy's
NEW Emergency & Main Entrances
from County Road 61
(Mercy/Gateway entrance)**