

Bringing specialty care close to home

Patients in the area needing specialized medical services don't have to go far for expert care. Mercy's Specialty Clinic brings medical specialists to Moose Lake, allowing patients to receive quality care conveniently close to home.



Dr. Tom Nelson,
General/
Colorectal
Surgeon



Dr. John Schmitt, ENT



Dr. Thomas Stillwell,
Urology



Dr. Christopher Phillips, Podiatry



Dr. David McKee,
Neurology

Specialized services available through Mercy's Specialty Clinic include:

- ▶ General Surgery
- ▶ Ear, Nose & Throat (ENT)
- ▶ Urology
- ▶ Podiatry
- ▶ Neurology
- ▶ Wound Care

Meet our providers:

The specialists providing care in Moose Lake include:

▶ **Dr. Tom Nelson, General/Colorectal Surgeon**

Certified by the American Board of Surgery and a Fellow in the American College of Surgeons, Dr.

Mercy's Specialty Clinic

For more information about services offered through Mercy's Specialty Clinic or to make an appointment, please call **218.485.5896.**

Nelson began providing surgical services on an outreach basis at Mercy Hospital in 1991. Now based at Mercy, he provides a full range of general surgery and endoscopy services in Mercy Hospital's state-of-the-art surgery center. Performing all forms of

SPECIALTY CLINIC CONTINUED ON PAGE 2

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general surgery, Dr. Nelson specializes in laparoscopic procedures.

Dr. Nelson earned his medical degree from the University of Minnesota. He completed his general surgical residency at the University of Illinois Hospitals followed by a fellowship in colorectal surgery at Cook County Hospital in Chicago. He has served as Chair of St. Luke's Department of Surgery and as St. Luke's Trauma Service Director. In addition, he has served as both Chief of Surgery and Chief of Staff at St. Mary's Hospital in Superior.

► **Dr. John Schmitt, ENT**

Dr. Schmitt is a board-certified ear, nose and throat (ENT) specialist with over 30 years of experience. His scope of practice includes the medical and surgical management of adult and children's diseases and disorders of the ear, nose, sinuses, larynx, mouth, throat and related structures. He also conveniently provides any needed surgical procedures right at Mercy.

Dr. Schmitt earned his medical degree from Ohio State University, completed a surgical internship at University Hospitals of Cleveland Case Western Reserve Medical Center, and otolaryngology residencies at the University of Iowa, and Upstate Medical Center in Syracuse, New York.

► **Dr. Thomas Stillwell, Urology**

Dr. Stillwell is a board certified urologist that has been practicing at Mercy since 2002. He completed his urology training at the Mayo Clinic in 1988, followed by three years at the Balboa Naval Hospital in San Diego. His practice includes all aspects of general adult and pediatric urology, with an emphasis on urologic cancers, prostate disease, and kidney stones.

► **Dr. Christopher Phillips, Podiatry**

Treating a wide variety of foot and ankle ailments for both children and adults, Dr. Phillips' scope of practice

includes diagnostic examinations, relief for foot and ankle pain, fitting for orthotics, physical therapy referrals, and podiatric surgery.

He earned his doctor of podiatric medicine (DPM) degree from the Ohio College of Podiatric Medicine and completed a three year surgical residency at Louis Stokes VA Medical Center in Cleveland, Ohio. Dr. Phillips moved back to Minnesota in the summer of 2014, where he began practicing at White Bear Foot and Ankle Clinic.

► **Dr. David McKee, Neurology**

Dr. McKee, Northland Neurology & Myology, PA, Duluth, is a board certified clinical neurologist with subspecialty certification in electromyography and neuromuscular disease. Dr. McKee provides electromyography (EMG) services and peripheral nervous system consults in Mercy's Specialty Clinic. Appointments with Dr. McKee are made through referral from a patient's primary physician

Dr. McKee earned his medical degree from the University of Wisconsin Medical School. His internship and residency were completed in Portland, Oregon, at Good Samaritan Hospital and Oregon Health Sciences University, respectively, followed by a fellowship in neuromuscular disease and electromyography at the Montreal Neurological Institute, McGill University, in Quebec, Canada.

► **Wound Care Clinic**

Located in Mercy's Specialty Clinic, Mercy's Wound Care Clinic is here to help people live a healthy, wound-free lifestyle, free of pain and the issues of caring for an open wound.

Working with patients until their wounds are healed, our certified wound care nurse helps patients learn how to:

- dress and care for their wound
- prevent wounds from developing
- manage wounds at home.



Mercy receives designation as Level 4 Trauma Hospital

The Minnesota Department of Health recently designated Mercy Hospital as a Level 4 Trauma Hospital.

Mercy Hospital and staff voluntarily participated in the intense designation process to be part of Minnesota’s statewide trauma system. The process included an outside review of the hospital’s resources and capabilities to care for trauma patients. Mercy Hospital met standards of commitment, clinical and equipment resources and staff training. The hospital also participates in a continuous performance improvement process.

For a severely injured person, the time between sustaining an injury and receiving definitive care is the most important predictor of survival—the “golden hour.” The chance of survival diminishes with time; however, a trauma system enhances the chance of survival regardless of proximity to an urban trauma hospital.

“Trauma is the third leading cause of death in Minnesota,” said Minnesota Commissioner of Health Dr. Edward Ehlinger. “The goal of the trauma system is to decrease injured patients’ time to care by making sure their medical needs are appropriately matched with hospital resources. With the designation of Mercy Hospital as a Level 4 Trauma Hospital, we are getting closer to our goal of ensuring that seriously injured Minnesotans have access to an organized system of trauma care wherever they are in the state.”

Wide-scale participation in the voluntary trauma system ensures that a statewide, cooperative effort is in place to care for seriously injured patients. Through its designation Mercy Hospital recognizes the vital role that communities, ambulance services, hospitals and health care professionals play in the care and management of trauma patients.



Mercy Urgent Care

Mercy Urgent Care provides care for minor health issues that need same-day treatment.

Some of the medical issues treated through Urgent Care include minor strains or sprains resulting from sports injuries, mild allergy flare-ups or cold and flu symptoms.

URGENT CARE HOURS

- ▶ **Monday-Friday:**
5 p.m. to 9 p.m.
- ▶ **Weekends/Holidays:**
9 a.m. to 3 p.m.

Access Mercy Urgent Care through Mercy’s Emergency entrance.

Call **218.485.4481** for more information.



Foundation News & Events

GOLF BENEFIT



We at The Mercy Foundation are tremendously grateful to everyone who sponsored, volunteered, participated and contributed generous in-kind donations at our 16th Annual Mercy Foundation Midsummer Golf Benefit on June 23.

The proceeds raised from the Golf Benefit will help purchase a new Ultrasound for the Emergency Department.

A special thank you to our major sponsors: Quinlivan & Hughes, sponsor of the \$500 Grand Prize, Ameriprise Financial-Paul Munson, sponsor of the \$100 Putting Contest, and anonymous donor, \$500.

Congratulations to the top placing teams:

Men's 1st Place: Ameriprise-Greg Gamst, Steve Gault, Dr. Ken Etterman, Jeff Rasmussen.

Mixed Team 1st Place: Mitzi Glowacki, Harold Glowacki, Janelle Heller, Brian Hennen.

Mixed Team 2nd Place: Dairy Queen- Becky Dougherty, Dan Dougherty, Judy Etterman, Kim Hartman.

Thank you to our following Sponsors:

Hole Sponsors:

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Moose Lake Dairy Queen
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John M. Warp, PA



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Carlson - In Memory
of Denny Arnold
United Country Real Estate - Tom Jensen
Northview Bank
Poor Gary's Pizza
Market Place Foods
Northern Minnesota Eye Care
Gamper's
Moose Lake Dental



Many thanks to our staff and volunteers in helping make this event a success; Karen Ackerson, Angie Gran, Mike Delfs, Lori Ziehl, Jon Lund, Trina Lower, Sonya Towle, Terri Ellison, Donita Korpela, Rita Parzy, Joan Manley, Cindy Carlson, Doreen Scholl, Malia Olds, Abby Anderson, Avery Anderson, Anthony Anderson, Levi Skelton. Plus a big thank you to photographer, Amber Ketchmark and Josh Gamst, Manager and Golf Pro at the Moose Lake Golf Club.

THE MERCY FOUNDATION BOARD

We welcome our new Board Members Gail Langhorst, Anna Lattu, Jon Lund, Ron Luoma and Rita Parzy.

With heavy hearts we dearly miss our Board Chair, Denny Arnold, who brought so much energy and offered such wonderful support of The Mercy Foundation. It was his passion to help Mercy Hospital and our community. We kindly thank Lola Davidson for filling in the remainder of his term as Board Chair.

SCHOLARSHIPS

The Mercy Foundation contributed four \$1,000 scholarships to Dollars for Scholars and were awarded to local high school seniors. The recipients were from the following schools; Barnum, Cromwell/Wright, Moose Lake and Willow River. Congratulations!

SAVE THE DATE!

Autumn Gala - Saturday, October 7

We hope you can join us!

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 February 23, 2017, and June 8, 2017.

TRIBUTE

In Honor of Jen Schatz
Mr. and Mrs. Mel Nefstead Jr.

MEMORIALS

In Memory of Mike Adelsgruber
Mrs. Dennis Arnold

In Memory of Dennis Arnold

Mr. and Mrs. Donald W. Adams
Mr. and Mrs. Lyle Almquist
Ms. Pris Almquist
Mr. Tim Almquist
Mr. and Mrs. Vern C. Anderson II
Mrs. Barb Arnold
Mr. and Mrs. Raymond Arnold
Ms. Shelly Arnold
Mr. and Mrs. Dan Baresh
Mr. and Mrs. Ronald Buetow
Mr. and Mrs. Thomas Cannon
Mr. and Mrs. Keith Carlson
Mr. and Mrs. Maurice Coughlin
Mr. and Mrs. Dan Daugherty
Mr. and Mrs. Buzz De La Rosby
Mr. and Mrs. Marvin Durkee
Mr. and Mrs. James W. Eckman
Dr. & Mrs. Kenneth E. Etterman
Mr. and Mrs. Brian L. Garvey
Mr. and Mrs. James Hammes
Mr. and Mrs. Dean Hovey
Mr. and Mrs. Ronald Isaacson
Dr. and Mrs. Joseph Jamros
Mr. Laddy Janovsky
Mrs. Ione Johnson
Mr. Byron Kuster & Ms. Becky Lief-Kuster
Mr. and Mrs. Bruce Lang
Mr. and Mrs. George L. Leach
Mr. and Mrs. Jon Lower
Mr. and Mrs. Gerald W. Nelson
Mr. and Mrs. Jeffrey Olson
Mr. and Mrs. Charles Pace

Mr. and Mrs. Gary Peterson
Dr. and Mrs. Gregory Peterson
Mr. and Mrs. Ronald E. Peterson
Mrs. Maryls Schmidt
Ms. Amy Schoch
Ms. Carol Schultz
Dr. and Mrs. Frank Skalko
Mr. and Mrs. Gary Skelton
Mr. Kim Skoglund
Mrs. Rita Tegland
Mr. and Mrs. Wayne Thom
Vela Strategy
Mr. and Mrs. Bruce E. Wagers
Mr. and Mrs. Mike Weiss
Mr. and Mrs. John Young
The Mercy Foundation

In Memory of Roy Bera
Mr. Clair Strandlie

In Memory of Dave Cooper
Dr. and Mrs. Joseph Jamros

In Memory of Mike Erwin
Mr. and Mrs. Maurice Coughlin
Mr. and Mrs. Gary Skelton

In Memory of Stacia Heaton
Mr. and Mrs. Ronald E. Peterson

In Memory of Stu Johnson
Mrs. Dennis Arnold
Mr. and Mrs. Keith Carlson
Dr. and Mrs. Kenneth E. Etterman
Dr. and Mrs. Joseph Jamros

Mr. Byron Kuster & Ms. Becky Lief-Kuster
Mr. and Mrs. Jon Lower
Mr. and Mrs. Gary Skelton

In Memory of Alf Raymond Madsen
Mr. Ronald Luoma

In Memory of Rudolph Majerle
Mr. and Mrs. Dean Hovey
Mr. and Mrs. Harold W. Carlson
Mr. and Mrs. Brian L. Garvey

In Memory of Ray Mlaskoch
Mr. and Mrs. Vern C. Anderson II
Mrs. Barbara Mlaskoch
Mr. and Mrs. Gary Skelton

In Memory of Patricia Grace-Probst
Mrs. Dennis Arnold
Mr. and Mrs. Keith Carlson
Mr. and Mrs. Jon Lower
Mr. and Mrs. Dustin Sieben

In Memory of Rhonda Skelton
Ms. Karen Aslagson
Mr. and Mrs. Ronald E. Peterson
Mr. Doug Skelton
Mr. and Mrs. Kenneth Skjervem

In Memory of Butch Thompson
Dr. and Mrs. Joseph Jamros

In Memory of Lorraine Virnig
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 _____
 MEMORIAL _____
 TRIBUTE _____



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www.mercymooselake.org

New website makes it easier for women to choose the best fish for their health and their baby's health

Equipping women who are or may become pregnant with the information they need to choose the right fish to eat -- that's the goal of a new campaign recently launched by the Minnesota Department of Health (MDH) and HealthPartners.

The campaign highlights the health benefits of eating fish before and during pregnancy and the importance of choosing the right fish to reduce exposure to mercury or other contaminants.

ChooseYourFish.org is a new website that helps people navigate the many fish choices and choose the best ones for women who are or may become pregnant.

"We want women and children to eat fish. The benefits outweigh risks if they choose fish low in mercury and other contaminants," said Pat McCann, research scientist for MDH.

New brochures that target a different community and/ or region of the state and ChooseYourFish.org were launched to reach more women and families, making it easier for them to follow MDH's fish consumption guidelines. Both the brochures and website describe how often different types (species) of fish can be eaten to provide safe yet beneficial meals. The website also features simple recipes, videos and tips for selecting and cooking fish.

Studies have shown that fish can provide important nutrients that help fetuses and babies develop, as long as they are low in mercury and other contaminants. The fatty acids, vitamins and minerals in fish are also important for adults.



Increased efforts to improve advice to women about eating fish started after a 2011 study by MDH showed that 10 percent of newborns tested in the North Shore – Arrowhead region had mercury above levels of concern in their blood.

These efforts were supported in part through funding from the U.S. Environmental Protection Agency (EPA) Great Lakes Restoration Initiative. A video – “New Information for Women to Choose the Best Fish” (YouTube) – highlights the key points of the new campaign.

MDH gives fish consumption recommendations for pregnant women, women who could become pregnant and children under age 15, as well as for men, boys age 15 and over and women not planning to become pregnant. In general, men, boys 15 years and older and women who are not and will not become pregnant can eat fish about 3 times more often than the guidelines for pregnant women and younger children.

- Minnesota Department of Health



Pictured from left are: Laura Majcin, Education Manager; Paul Lakeman, CALS Executive Director; Susan Jamros, Outpatient Manager; Trina Lower, Director of Quality & Health Information; Sonya Towle, Mercy Director of Human Resources; and Donita Korpela, Director of Patient Care Services.

Mercy recognized as CALS Hospital

Mercy is one of only 13 hospitals in Minnesota to be recognized as a CALS (Comprehensive Advanced Life Support) Hospital for meeting the CALS Standards of Excellence in Rural Emergency Care. Paul Lakeman, CALS Executive Director, was recently at Mercy to present a recognition plaque.

Pulmonary Rehab helps people with lung disease live a better life

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."

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**.

FREE INJURY OR BALANCE SCREENING

Is a nagging strain or pain bothering you? Are you concerned about your balance and falling? Mercy Physical Therapists can help you answer these questions with a FREE Injury or Balance Screen available by appointment at Mercy Hospital.

Please call **218.485.5597** to schedule your appointment.

MERCY SEEKS COMMUNITY MEMBERS FOR ADVISORY COUNCIL

Mercy is looking for additional members for its new Patient & Family Advisory Council (PFAC). Interested patients, their families, and community members are invited to participate.

The council brings together our patients and their families with members from our health care team to provide guidance on how to improve the patient and family experience. The council gives patients and families the opportunity to share their perspective and experience on issues that impact care. The goal is to integrate patient input into service and quality initiatives that improve the quality and safety of our care.

If you are interested in joining the council or would like more information, please contact Kathryn Mourn, Social Worker, at **218.485.5524** or Laura Majcin, Education Manager, at **218.485.5618**.

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 22; 9 a.m. to 12 noon
 - ▶ September 12; 6:30 to 9:30 p.m.
 - ▶ October 21; 9 a.m. to 12 noon
- Call **218.485.5572** to register

Caring for Your Newborn

- ▶ July 18; 6:30 to 8:30 p.m.
 - ▶ September 19; 6:30 to 8:30 p.m.
 - ▶ November 14; 6:30 to 8:30 p.m.
- Call **218.485.5572** to register

Breastfeeding Education Class

- ▶ August 9; 6:30 to 8 p.m.
 - ▶ October 11; 6:30 to 8 p.m.
 - ▶ December 13; 6:30 to 8 p.m.
- Call **218.485.5572** to register

Diabetes Education Program

Moose Lake (Mercy):

- ▶ August 8 & 22; November 7; February 13
- ▶ September 5 & 19; November 7; February 13
- ▶ October 3 & 17; January 16; April 10

Patient Education Room 1701.

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 14 - *Diabetes and Eye Health*
- ▶ September 11 - *Managing Your Weight with Diabetes Medications*
- ▶ October 9 - *Bone and Joint Health with Diabetes*

Community CPR & First Aid

- ▶ September 21; 6 to 10 p.m.
 - ▶ November 16; 6 to 10 p.m.
- Education Classroom. 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; 12:30 p.m. Call **218.485.5677**.

Grief Support

Pre-registration is required: Call 218.485.5508.

Patient Education Room 1701.

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

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**.

Call 218.485.4481 for more information.
www.mercymooselake.org 