



At left: Mercy's Chemo staff Jennifer Schatz, Barb Orth and Dana Jensen with John Martichuski.

Above: John Martichuski with his wife, Kari.

Fighting the good fight

The staff call him Miracle Man.

It's a description John Martichuski of Finlayson, his wife, Kari, and his family, all appreciate as over a year has passed since he was first diagnosed with stage 4 renal cancer. This is a story he wasn't expected to be around to tell when it all started in October, 2015.

The symptoms were vague: when John, who is a truck driver, noticed feeling fatigue and shortness of breath, he went to Mercy's Emergency Department to get evaluated. A CT scan revealed fluid around his lung, which was then drained. When the fluid continued to return the next two days, John was admitted to the hospital and referred to Dr. Sande, Essentia Health Oncologist. Cancer was suspected,

but the source was unknown. A port was placed to continue to drain fluid—up to a liter, three times a day. It took a month before the diagnosis was confirmed and the news wasn't good: stage 4 renal cancer. The type was aggressive and John was told he had three or four months to live.

That same day, John developed a blood clot. The decision was made to transfer him to Duluth so that he could be closer to Dr. Sande. Kari got a call at 12:30 one night to come to the hospital. John had been put on a ventilator; the doctor gave him a 15 percent chance of ever coming off the vent. Because they had previously discussed this, Kari knew John did not want to be kept alive on a ventilator. She made the decision to take him

MIRACLE CONTINUED ON PAGE 2

MIRACLE FROM PAGE I

off the vent. A short time later, he started moving. He opened his eyes and said, “Why is my TV off?”

Miracle.

The ICU nurses there had never seen anything like it. When he was discharged from the hospital, he spent a week and a half at Augustana Care for rehab before finally coming home right before Thanksgiving. After a nice, quiet Thanksgiving with his family (he has two sons ages 6 and 7, along with an adult step son and daughter), he celebrated his 50th birthday with a party, even though he only spent a short time at it. He continued to receive care through Mercy’s Home Care department.

Through all this, John continued to ask questions. What could be done next? When could they do surgery to remove the tumor? While his doctors were not sure if he would ever be strong enough for surgery, he did start chemotherapy at Mercy. He completed seven rounds of chemo, when Dr. Sande, after consulting with colleagues, put John on a new medication. After three rounds, John was strong enough for surgery which was done in Duluth. Given a low percentage of survival, John beat the odds again. The tumor was the same size as the kidney, but his remaining kidney, remarkably, was unaffected. He spent five days in the hospital before returning home.

Miracle.

John continues chemotherapy and will for a year. Every three months, he gets a CT scan and MRI. So far, his lungs remain clear and other kidney remains healthy.

Miracle.

“That’s the best news you can get,” John said. “Dr. Sande said he’s never seen someone respond like me. I feel just as good now as I did before I found it. I never gave up.”

John acknowledges that this experience is not only his own. “It’s not just about me,” he said. “It’s about her [Kari], too. It’s about the person who has cancer and the support person. That person is affected, too, that person goes through it, too. She was there every day. That’s hard to beat.”

Miracle.

MERCY ONCOLOGY SERVICES

CHEMOTHERAPY/INFUSION

Mercy’s chemotherapy and infusion services program offers personal, one-on-one care, something that is more difficult to provide at larger facilities. The nurses in this department are certified to deliver chemotherapy drugs as well as other drugs. The staff includes two oncology certified nurses and a chemotherapy certified nurse.

The chemotherapy staff has also received training from the MS Touch Prescribing Program to become an official infusion site for administration of Tysabri, a drug which is given to patients with multiple sclerosis. Other non-chemotherapy treatments include, but are not limited to, treatments for rheumatoid arthritis, Crohn’s disease, anemia, infectious illness such as Lyme’s disease, and others.

Mercy’s chemotherapy area offers a comfortable, private and quiet setting for patients to receive their treatments as well as specialized care by the nurses. Patients can listen to music, watch a movie or simply rest during their treatments. The staff encourages family members or friends to accompany patients whenever possible.

For more information, please call **218.485.5599**.

CANCER OUTREACH CLINIC

Dr. Jonathan Sande, M.D., board certified hematologist/oncologist, Essentia Health Cancer Center, visits patients weekly in our chemotherapy area. He welcomes new referrals as well as follow-up appointments.

CANCER SUPPORT GROUP

For those living with any type of cancer and for their caregivers, Mercy’s free Cancer Support Group meets from 6:30 to 8 p.m. on the second Tuesday of every month in Mercy’s Patient Education Room 1701.

The group offers a time to connect with others who are faced with the same challenges and emotions. Come share conversation, or just listen, and enjoy a cup of coffee with friends.

MARY BOTHWELL MEMORIAL LIBRARY

Funded by The Mercy Foundation, the library is housed in the Chemotherapy Department. Call **218.485.5599** for more information. Donations to help fund the library are always welcome.



Mixed-arts exhibit at Mercy Hospital offers light & depth from cancer survivors

The traveling exhibit “Arts Express: Quick and True Renderings,” opens at Mercy Hospital with a public reception on Tuesday, January 10, 6:30 to 8 p.m., in Mercy’s Courtyard Café. The exhibit features poetry, drawings and video collage by cancer survivors, their caregivers and friends.

The public reception will also offer a chance for some hands-on participation as a project coordinator will lead an arts exercise for those interested.

Arts Express will be on display near Mercy’s Courtyard Café through February 9. The touring exhibit has also been on display in hospitals in Duluth and Grand Rapids.

“Music and art are so healing to me,” writes Melody

Daley in her artist bio for the exhibit. “Art speaks to my soul and allows my soul to speak.”

The sketches, doodles and drafts on display were made during arts workshops offered by the Duluth nonprofit Project Lulu. Poet Sheila Packa, painter Elizabeth Kuth, dancer Lisa McKhann, and digital artist Joellyn Rock led exercises in quick, bold art-making.

This traveling exhibit was made possible in part by a grant from the Community Opportunity Fund of the Duluth Superior Area Community Foundation. Other key support came from ARAC, CPL Images, UMD Stores and MMAD Lab, On the Rocks Art Studio, MacRostie Art Center, Essentia Health, and others.

For more information about the exhibit, contact Lisa McKhann at (218) 349-9121, lisa@projectlulu.org, or visit www.projectlulu.org/arts_express



Fabulous '50s Gala

This year's Mercy Foundation's Fabulous '50s Gala was a huge success with many thanks to all of our guests, Mercy staff and the Foundation Board members!



The event was sold out with close to 130 guests at Holy Angels Community Center. As guests arrived at the event, they were greeted by Merciford Moose and a beautiful '50s Dodge on display, compliments of Tony Stewart Motors. Thank you to our photographers, Kayla Nelson and her daughter Kalya.

The delicious meal was catered by The Lazy Moose Grille, *Gramps with Amps* gave us a wonderful show performing 50's music. Our volunteers were amazing, the waiters were exceptional, and everything ran smoothly.

The auction tables had a new twist this year with two live auction items added; one was a generous gift basket donated by TJ's Country Corner and the second was a chance to be a character in an upcoming Dean Hovey book, *Family Trees*. A big thank you to our auctioneer, Tim Dahl, for sharing your time with us. Security Jewelers donated a beautiful diamond necklace which made an exceptional raffle item! The silent auction tables were absolutely packed with wonderful baskets filled with items donated by Mercy Hospital staff and gifts donated from the community as well. We are very, very grateful and without your support we would not be able to achieve the success we did for this event.

Thankful and Joyful

On behalf of The Mercy Foundation Board of Directors, we want to tell you once again how much your support and good will means to us.

Looking for a unique gift? The Mercy Foundation can help you - consider making an honor gift this year. It's easy! Just contact Michelle at The Mercy Foundation and let her know that you'd like to make a gift in honor of a special person or family. Your honored person will receive a special card from The Mercy Foundation, notifying them of your gift on their behalf, you will receive tax deductible credit for your gift, and your gift will be listed in the next issue of Mercy's Lifeline in 2017, as well as The Mercy Foundation's Annual Thanksgiving Ad in next year's Evergreen Shopper. We have many gift options, from a monetary donation of any amount or consider donating toward a dedicated piece of art or patient room at Mercy.

Thank you for extending the season of giving to the whole year.

Gratefully,

The Mercy Foundation Board
Michelle R. Anderson, Foundation Director
Karen Ackerson, Data Manager



SAPPI SUPPORTS THE MERCY FOUNDATION

Members of SAPPI's Community Connections Committee visited Mercy Hospital to present a \$1,000 gift to The Mercy Foundation. We are so thankful for SAPPI's generous sponsorship for this year's Autumn Gala. Proceeds from this year's fundraising efforts were designated to support ongoing medical needs and services offered at Mercy Hospital. SAPPI generously contributes yearly to help The Mercy Foundation and we are grateful for your partnership!

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 September 23 and December 13, 2016.

TRIBUTES

In Honor of Home Care
Mr. Dennis Korpela

MEMORIALS

In Memory of Don Benrud
Mr. and Mrs. Maurice Coughlin

In Memory of Carole Hansen
Mr. and Mrs. Dennis Arnold

In Memory of Momy Johnson
Mr. and Mrs. Maurice Coughlin

In Memory of Jesse James Peterson
Dr. and Mrs. Joseph Jamros

In Memory of Emma Silampa
Mr. Richard Silampa

In Memory of Dr. Robert Schultz
Dr. and Mrs. James E. Stevenson

In Memory of Joan Strandlie
Mr. and Mrs. David A. Arneson
Mr. and Mrs. Henry Gretsfield
Mr. and Mrs. Norman Johnson
Ms. Paula Merrier
Mr. and Mrs. Dale Nordwall
Mr. Clair Strandlie
Mr. and Mrs. Mike Strandlie

In Memory of Zachary Salmonson
Mrs. Betty Waldhalm

In Memory of Rhonda Skelton
Mr. and Mrs. Vern C. Anderson II
Mr. & Mrs. Dennis Arnold
Ms. Kristine G. Brigan
Dr. & Mrs. Kenneth E. Etterman
Mr. and Mrs. Dean Hovey
Mrs. Mary Kruse
Mr. and Mrs. Ronald E. Peterson
Mr. Wayne A. Peterson
Mrs. Kenneth Rice
Mr. Darrell Ruhland
Mr. and Mrs. Bruce E. Wagers

In Memory of Ezra Unzen
Mr. and Mrs. Maurice Coughlin

In Memory of Jim "Big Wally" Waldhalm
Mrs. Betty Waldhalm

Blood Drive at Mercy Hospital

Save the date for Friday, January 20 from 10:30 a.m. to 5:30 p.m.! The Memorial Blood Center Mobile Bus will be parked near the main hospital entrance.

The Mercy Foundation Board members are committed to support the good health of the residents of Moose Lake and the surrounding areas. We need your help for a great turnout again this year!

There are two ways you can schedule your appointment: go online www.mbcherohub.club or contact Michelle R. Anderson at 218.485.5586 mranderson@mercymooselake.org.

THE MERCY FOUNDATION BOARD

We are pleased to announce our 2017 Board members for The Mercy Foundation. We sincerely appreciate your dedication and support of Mercy Hospital and the community we embrace!

A special thank you to our former Director Mike Steffen, we appreciate all you did to help us this past year.

Dennis Arnold, Chair
Trina Lower, Vice Chair/Secretary
Byron Kuster, Treasurer
Lola Davidson, Director
Thea Ericson, Director
Dr. Kelly Goeb, Director
Kristin LaBounty, Director
Dr. Maggie Neudecker, Director

Mike Delfs, ex officio, CEO Mercy Hospital
Karen Ackerson, Data Manager
Michelle Anderson, Foundation Director

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 _____



THE MERCY FOUNDATION

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

MERCY OFFERS SANE SERVICES

Mercy Hospital offers SANE (Sexual Assault Nurse Examiner) services through its Emergency Department. This service to the community is offered through a partnership with WINDOW Victim Services, a local victim advocacy agency serving Carlton, Kanabec and Pine counties.

The SANE program was developed to provide a victim-focused approach to victims of sexual violence. The program provides these individuals the option of receiving a forensic exam completed by a specially trained SANE nurse as well as having an advocate available for immediate and on-going support. Three Mercy nurses have received the SANE training.

One of the many benefits of the SANE program is that it provides victims with quality care and support by a team of caring, compassionate and committed individuals. Another benefit of receiving a SANE exam is that it significantly increases the likelihood of identifying and holding the perpetrator accountable.

In a statement, WINDOW Victim Services expressed its thanks to Mercy: “[We] would like to take this opportunity to thank Mercy Hospital, collaborating team members and the Blue Cross Blue Shield Foundation for recognizing the need of this service and for their willingness to join in a partnership that dedicates itself to better our community. None of this would be possible without all of you!”

WINDOW Victim Services serves victims of domestic violence, sexual assault, and general crime and has a 24-hour crisis line. Advocates offer support, resources and referrals to all victims regardless of age, race or gender. Advocates can assist with finding shelter, safety planning, and providing hospital and court advocacy.

MERCY'S WOUND CARE CLINIC

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.

Wounds that do not heal are most often linked to vascular 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. Mercy's certified wound care nurse sees patients when they're in the hospital as well as on an outpatient basis, teaching them how to dress and care for their wound, along with how to prevent wounds from developing and how to manage them at home. The nurse works with patients until they are healed.

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**.

MERCY IS DESIGNATED CALS HOSPITAL

Mercy Hospital has received a CALS Hospital designation from the Executive Board of the CALS Rural Emergency Medical Education organization.

CALS (Comprehensive Advanced Life Support) is an education program designed specifically for the emergency medical training needs of rural healthcare teams.

In awarding the designation, the CALS Executive Board stated: “As a rural hospital, Mercy Hospital faces many barriers to providing quality medical care to your community. Yet Mercy Hospital has found ways to meet those challenges and exceed their community's expectations. Such accomplishment is not impossible, but it requires a strong commitment from providers, staff, managers, and administrators.

“CALS is pleased to recognize Mercy Hospital for meeting its standards for excellence in emergency care. CALS Hospitals across the Midwest share a common dedication to teamwork, efficiency, and effectiveness in the emergency department, as well as improved outcomes in patient care.”

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. Thomas J. Stillwell
Urology Surgery



Dr. Mark Gregerson
Orthopedic Surgeon



Dr. Thomas M. Nelson
General/Colorectal Surgeon



Dr. John E. Schmitt
ENT

IMPACT OF GRIEF® SERIES BEGINS IN JANUARY

Bereavement is one of life's greatest stressors. A five-week class and support group to help those struggling to cope with the illness or death of a loved one will be offered at Mercy Hospital beginning in January.

Presented by Coral Popowitz, MSW, LGSW, CT, the Impact of Grief® series will focus on various topics, offering support and resource information to those who have experienced a loss. The class will be held from 5:30-7 p.m. at Mercy in Patient Education Room 1701 on the following Mondays:

- ▶ January 16 – The Grief Experience
- ▶ January 23 – Emotional Course of Grief
- ▶ January 30 – Pathways to Self Care
- ▶ February 6 – When Does It End?
- ▶ February 13 – Memories, Rituals & Celebration

Interested people may choose to attend selected sessions or the entire series. There is no charge for the program.

For more information, call **218.485.5508**.

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.
▶ April 22; 9 a.m. to 12 noon
Call **218.485.5572** to register

Caring for Your Newborn

▶ January 24; 6:30 to 8:30 p.m.
▶ March 21; 6:30 to 8:30 p.m.
▶ May 23; 6:30 to 8:30 p.m.
Call **218.485.5572** to register

Breastfeeding Education Class

▶ February 8; 6:30 to 8 p.m.
▶ April 5; 6:30 to 8 p.m.
Call **218.485.5572** to register

Diabetes Education Program

Moose Lake (Mercy):

▶ January 10 & 24; March 14; June 6
▶ February 7 & 21; May 9, August 1
▶ March 7 & 21; May 9, August 1
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.

▶ January 9 - *Managing Sick Days*
▶ February 13 - *Benefits of Physical Activity with Diabetes*
▶ March 13 - *The In and Out of Carbohydrate Counting*

Grief Support

Pre-registration is required: Call 218.485.5508.

▶ **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.

Community CPR & First Aid

▶ February 16; 6 to 10 p.m.
▶ May 18; 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; 12:30 p.m. **No meeting in January.** Call **218.485.5677**.

Evening Digital Mammography Screenings

Call **218.485.5578** to schedule an appointment.

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.mercyooselake.org 