



Mercy CRNAs Bryan Hunter, left, and Matt Stokes treat patients for acute and chronic pain through Mercy's Pain Management Clinic.

Mercy nurse anesthetists earn prestigious pain management credential

Of the over 40,000 certified registered nurse anesthetists (CRNAs) in the United States, only 15 people in the entire nation had earned the Nonsurgical Pain Management provider credential (NSPM-C) as of early 2017. Two of Mercy Hospital's staff can now be added to that list.

After completing a rigorous fellowship in Advanced Pain Management at the University of South Florida, Mercy CRNAs Bryan Hunter and Matt Stokes recently earned the prestigious NSPM-C provider credential after successfully completing the national board exam.

In addition to being board certified in anesthesia and nonsurgical pain management, Bryan and Matt are Doctoral Candidates at the University of South Florida

with an emphasis on pain management treatment outcome tracking and analysis. Both Bryan and Matt also served honorably as commissioned officers in the United States Army.

"We congratulate Bryan and Matt on this rare achievement," said Mike Delfs, Mercy CEO. "For patients coming to Mercy for pain management, this means they can be assured they are receiving the highest standard of care."

The Mercy Hospital Pain Management Clinic treats multiple sources of acute and chronic pain. The majority of the pain treated and procedures performed at the pain clinic are related to neck and back pain. However, Mercy also provides services for headache/migraine pain and many other chronic pain conditions.

FOR MORE INFORMATION ABOUT MERCY'S PAIN MANAGEMENT CLINIC, GO TO PAGE 2

Mercy's Pain Management Clinic

Treating acute and chronic pain

Mercy's Pain Management Clinic uses a holistic and patient tailored-approach to pain management, treating multiple sources of acute and chronic pain.

Typically patients treated at the pain clinic come with chronic pain issues (greater than 30-60 days). The majority of the pain treated and procedures performed are related to neck and back pain. However, Mercy also provides services for headache/migraine pain, leg and arm pain, pain generated from disc herniation, degenerative disc disease or spinal stenosis, along with many other chronic pain conditions.

Injection treatments are just one part of the treatment plan and will work better with the implementation of other lifestyle changes and modalities. Issues like diet, exercise, emotional stress and tobacco cessation also need to be addressed as part of a patient's chronic pain needs.

Treatment interventions include:

- ▶ Steroid injections
- ▶ Spine injections
- ▶ Headache injections
- ▶ Trigger Point injections
- ▶ Sacroiliac injections
- ▶ Ultrasound guided injections
- ▶ Fluroscopic x-ray guided injections
- ▶ Radiofrequency Neuroablation (coming in 2018)

Injection treatments usually provide 3-6 months of improvement in the majority of patients. About 99 percent of our patients require no sedation, as the injections are not painful; our CRNAs really focus on being gentle, thoroughly explaining the procedure.

Meet our providers

After completing a rigorous fellowship in Advanced

Pain Management at the University of South Florida, Mercy Certified Registered Nurse Anesthetists (CRNA) Bryan Hunter and Matt Stokes recently earned the prestigious NSPM-C provider credential after successfully completing the national board exam.

In addition to being board certified in anesthesia and nonsurgical pain management, Bryan and Matt are Doctoral Candidates at the University of South Florida with an emphasis on pain management treatment outcome tracking and analysis.

Appointments

Mercy CRNAs see patients for initial appointments at Gateway Family Health Clinic in Moose Lake and Sandstone. Contact your primary care provider for referral information or call **218.485.5800** with questions.

Mercy's Pain Management Clinic is a non-narcotic pain clinic.

MERCY WELLNESS CENTER NOW OPEN 24/7

Early risers and night owls now have a new option for exercise. The Mercy Wellness Center has expanded its hours and is now open 24/7 for members.

“We’ve been getting requests to open earlier and we are happy to be able to accommodate our early morning and late-night exercise members with these new hours,” said Shannon Wilson, Mercy Wellness Center Supervisor.

Staffed hours for Mercy Wellness Center will remain the same. Members need to use their key card to access the Wellness Center during unstaffed hours.

For information about memberships or classes, please call **218.485.5557** or go to the website: mercymooselake.org.



Mercy to offer free pediatric screening on October 19

Mercy Hospital invites families to a free developmental screening in October for individuals from birth to 21 years of age.

“The screenings are a valuable way to identify children early on with any developmental concerns,” said Jillian Little, M.S., CCC-SLP, Speech Language Pathologist. “This is also an opportunity for parents to ask questions regarding childhood development.”

Mercy’s free Pediatric Screening Day will be held from 3 to 7 p.m. on Thursday, October 19 in Mercy’s Board Room. Screenings will take approximately 30 minutes and will include developmentally appropriate screenings by speech, occupational and physical therapists. Individuals will be screened on a first come, first serve basis.

Routine screenings help parents/caregivers determine if their child is meeting developmental milestones, identify their child’s strengths, and address any concerns.

The screenings will address:

- ▶ Speech/language skills
- ▶ Social development
- ▶ Cognition
- ▶ Sensory processing
- ▶ Visual, gross and fine motor skills

For more information, call Mercy at **218.485.5597**.

GATEWAY CLINIC WELCOMES NEW PHYSICIAN

Gateway Family Health Clinic is pleased to welcome Nicholas M. Taurinkas, M.D.



Nicholas Taurinkas, M.D.

Dr. Taurinkas will practice at Gateway’s Sandstone and Hinckley clinics, deliver babies at Mercy (including C-sections) and work in Mercy’s Emergency Department.

“I am dedicated to providing thorough and quality care to patients of all ages. I enjoy the entirety of medicine, which includes adult and pediatric care as well as obstetrics (including C-sections),” he said.

Dr. Taurinkas enjoys living in the rural Northland, kayaking, fishing and mountain biking with family, as well as, practicing the guitar and occasional karaoke.

▶ Residency:

Duluth Family Practice Residency, 2014-2017

▶ Medical School:

University of Minnesota Medical School, Minneapolis, Doctor of Medicine 2010-2014

▶ Undergraduate Education:

University of Minnesota Duluth Bachelor of Science 2005-2009

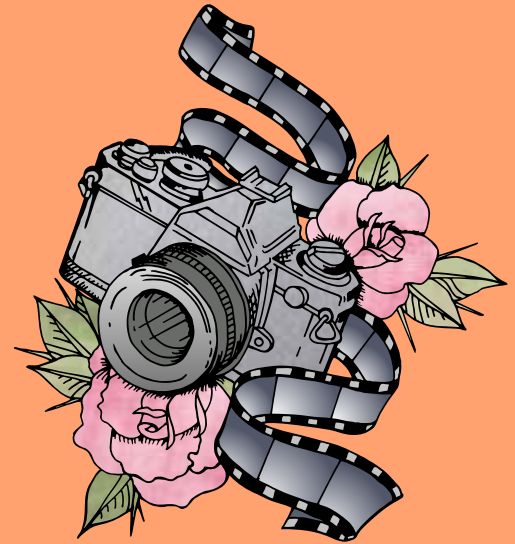


The Mercy Foundation's Annual Autumn Gala – “A Picture Perfect Evening”

This year's Autumn Gala is Saturday, October 7. The evening, which takes place 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. Live entertainment for the evening is “*Gramps with Amps*,” they will surely keep the dance floor lively! Not only will there be a Silent Auction with many wonderful gifts and gift baskets to bid on, but will also have a raffle item, which is a beautiful diamond necklace donated by Security Jewelers and designed especially for the event. A short program will be included in the event.

In addition to this year's “pink” theme, The Mercy Foundation will be focusing on raising funds for Mercy Hospital's Diagnostic Imaging Department; a Trident Imaging Unit is needed for Stereotactic Breast Biopsy.

There's a buzz of excitement growing, this is sure to be a classy, fun event! Tickets are \$65 per person. We thank everyone for their kindness and support!



Phi·lan·thro·py

The desire to promote the welfare of others, expressed especially by the generous donation of money to good causes.

Our holiday season moves through many different phases as we carve turkey, wrap presents, and watch the ball drop. Perhaps, you want to celebrate and remember those you love. Consider an annual gift or even a recurring gift to The Mercy Foundation in tribute to your friends or family, it's a nice way to honor someone special. The Mercy Foundation will acknowledge your gift and will notify your recipient

of your gift with a personalized note. Gifts will be listed in the next issue of Lifeline. Another thought - all gifts to The Mercy Foundation are tax deductible. WE THANK YOU FOR YOUR SUPPORT!

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

Farewell and Welcome



Kristin LaBounty

The Mercy Foundation and its Board of Directors would like to express their gratitude to Kristin LaBounty, Branch Manager at Sandstone Members Cooperative Credit Union. We sincerely appreciate her commitment to serve two terms on the Board of Directors. We are grateful to Kris and her leadership as she was instrumental in securing a generous donation from Members Cooperative Credit Union of \$65,000 for The Mercy Foundation. This allowed us to complete our *Well Within Reach Campaign* for Mercy

Hospital ahead of schedule. We will miss you Kris!

Welcome to our new Board members as they will share their expertise, perspectives and unique talents, in order to further our mission:

- ▶ Lilli Skelton, Student at Moose Lake High School
- ▶ Lainie Janke, Director, Community Based Programs at Therapeutic Services Agency.

We have so much to be thankful for!

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 June 8, 2017, and September 8, 2017.

MEMORIALS

In Memory of Stu Johnson

Mrs. Ione Johnson

In Memory of Ken Milczark

Mr. and Mrs. Maurice Coughlin

In Memory of Danila Noss

P. J. Noss, MD

In Memory of Jane Pederson

Mr. and Mrs. Maurice Coughlin

Ms. Marlene Finley

Ms. Judith Goodman

Mr. David Knefelkamp and Ms. Joyce Langness

In Memory of Rhonda Kay Skelton

Mr. and Mrs. Gordon Forbort

Mr. and Mrs. Isaac Gran

Ms. Julie R. Klejeski

Ms. Lori A. Ziehl

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 _____



4572 County Road 61
Moose Lake, MN 55767

218.485.5586 • FAX 218.485.5855

www.mercymooselake.org

Kids learn and practice social skills in pediatric group

In the summer, Mercy's Rehab Department offered a six-week Pediatric Social Skills group for the first time.

With 20 total participants ranging in ages from 3-18, the groups focused on optimizing the children's interactions with peers. Participants were separated into four different groups based on their skill level, age, and primary communication mode. Each group session centered on structured and unstructured interactions between peers and therapists to facilitate improved social interactions and comfort level within small groups.

Specific focus areas and goals included: taking turns with peers, waiting for responses, asking questions, sharing, appreciating appropriate personal space, improving eye contact with peers and adults, encouraging peers, resolving conflicts, initiating social interactions, improving grammar, maintaining a topic of conversation, and improving conversational skills.



Mercy therapists work with children to improve social interactions within small groups.

Following the program, children showed more interest in socializing with peers in the waiting room, initiating conversations with familiar faces in public, an increased comfort level within a small social setting, and initiating conversations more appropriately within a variety of environments.

Comments from parents affirmed the group's success, including:

"Nicholas took some of the projects he made to the fair. He was very excited to share what he did in his social skills group. It was evident

from the sounds in the waiting room how much Nicholas and his friends enjoyed their time together."

"Mackenzie has a hard time in social settings. She is very uncomfortable in groups of people. The social skills group therapy has helped. Mackenzie loved going each week and still asks if she can go."

Mercy therapists plan to hold another Pediatric Social Skills group next summer. Contact Mercy's Rehab Department at **218.485.5597** for more information.

KEEPING KIDS SAFE IN VEHICLES

Every day in America, too many children ride in car seats that have been installed incorrectly, or are riding in the wrong car seats for their ages and sizes. Even worse, many other children ride while completely unbuckled. According to the U.S. Department of Transportation, National Highway Traffic Safety Administration (NHTSA), two out of three car seats are misused.

"Parents lead busy lives, but it's critical not to put our schedules ahead of safety," says Amanda Paull, Mercy CPS Technician. "We need to take care of our most precious cargo, our children. Properly secure them in the appropriate child restraint and make sure to buckle up as well to set a good example. Using car seats that are age- and size-appropriate is the best way to keep your children safe."

Too often, parents move their children to the front seat

before they should, which increases the risk of injury and death. The safest place for all kids under 13 is in the back seat. Also, according to NHTSA in 2015, about 25.8 percent of children 4 to 7 who should be riding in booster seats were prematurely moved to seat belts, and 11.6 percent were unbuckled altogether.

Mercy Hospital has been active in its role to keep children safe by providing all newborns with a free rear-facing infant car seat when they go home. Mercy Birthing Center nurses have been trained as CPS Technicians and are qualified to instruct parents on properly installing car seat restraints. In addition, Mercy Hospital CPS Technicians conduct free child passenger safety clinics. For more information or to get your child's car seat checked, call Mercy's OB department at **218.485.5521**.

Making your health care wishes known

Advance care planning helps you communicate your preferences for medical treatment, providing guidance and direction to your family and friends about your health care wishes in case illness or injury prevents you from making health care decisions for yourself.

The planning process involves learning about the types of decisions that might need to be made, considering treatment options ahead of time, then letting your family and friends know about your preferences.

Advance care planning will help you:

- ▶ Learn about your treatment options
- ▶ Clarify your health care goals
- ▶ Consider the kind of care and treatment you would want or not want
- ▶ Make decisions about appointing a health care agent or completing a health care directive
- ▶ Share your wishes and any documents with your family, friends and health care provider.



Who provides advance care planning?

Mercy's trained facilitators can help you with your advance care planning discussions.

We will help make sure your advance care planning is completed the way you want. We are also committed to honoring and respecting your wishes when providing your care.

To schedule a one-to-one appointment with one of our trained facilitators, please call us at: 218.485.5524 or 218.485.2138.

The Mercy Hospital Auxiliary invites you its Annual Gift Shop

HOLIDAY EXTRAVAGANZA!



Check out our fabulous selection of holiday items & gifts! Door prizes & refreshments!

- ▶ **Thursday, November 30**
Friday, December 1
9 a.m. to 5 p.m.
- ▶ **Saturday, December 2**
9 a.m. to 1 p.m.
- ▶ **Mercy's Education Classroom**

Proceeds from the Gift Shop are used to support programs at Mercy Hospital as well as student scholarships for area high school students.

MERCY OFFERS EVENING 3-D MAMMOGRAPHY APPOINTMENTS

To make it easier for women to schedule this important screening procedure, Mercy offers evening mammography appointments. To schedule an appointment or for available dates, please call **218.485.5578**.

Mercy now offers state-of-the-art 3-D mammography exams which are clinically proven to significantly increase the detection of breast cancers.

COMMUNITY MEMBERS NEEDED 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.

For more information, please contact Kathryn Mourn, Social Worker, at **218.485.5524** or Laura Majcin, Education Manager, at **218.485.5618**.



4572 County Road 61
Moose Lake, MN 55767

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

Urgent Care

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

Birthing Classes

- ▶ October 21; 9 a.m. to 12 noon
 - ▶ December 5; 6:30 to 9:30 p.m.
- Call **218.485.5572** to register

Caring for Your Newborn

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

Breastfeeding Education Class

- ▶ 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):

- ▶ November 14 & 28; January 16; April 10
 - ▶ December 12 & 19; March 13; June 5
 - ▶ January 9 & 23; March 13; June 5
- 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.

- ▶ October 9 - *Bone and Joint Health with Diabetes*
- ▶ November 13 - *Carbohydrate Counting: What Counts?*
- ▶ December 11 - *How to Include Sweets in Your Meal Plans*

Evening 3-D Mammography Screenings

Call **218.485.5578** to schedule an appointment.

Community CPR & First Aid

- ▶ 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.mercyooselake.org 