

Mercy Birthing Center

Natural Birth after a C-section

“We didn’t know any different. Now, after having this, seeing her up and moving and going home the next day, it’s obvious this is a much better option.”

For second-time dad Jordan Stipp, seeing his wife, Jill, and newborn son, Parker David, ready to go home the day after birth has been an amazing experience.

Jill was able to deliver Parker naturally after their first child, daughter Madelyn, was born by cesarean section (C-section).

A Vaginal Birth After Cesarean, referred to as a VBAC, is not a service offered at many small hospitals. But by partnering with the physicians at Gateway Clinic, Mercy has been able to put into place the necessary safety measures and expertise needed to make this option available to mothers throughout the region.

It used to be that a vaginal delivery was not possible after having a C-section. But changes, largely in surgical technique, have made VBAC possible in many cases.



Jordan and Jill Stipp, with their children Madelyn and new baby Parker David, and Mercy RN Sarah Class.

Moms consider VBAC for a number of reasons, including:

- Fewer complications
- Shorter recovery time
- More participation in the birth
- Impact on future pregnancies

Not all women are candidates for VBAC, however. A woman considering VBAC should discuss the potential risks with her doctor. Sometimes an underlying condition

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Inside Lifeline

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or pregnancy complication prevents this option.

In all attempted VBACs, precautions are taken during

labor, including continuous electronic monitoring. A surgical team will also be on standby in case an emergency C-section is required. Following VBAC guidelines and evidence-based standards of practice, Mercy's commitment to safety includes routinely

conducting emergency C-section drills to ensure proper response times are maintained.

The Stipps experienced a big difference in recovery times in the births of their children. Because her firstborn was in a breech position during labor, Jill delivered her daughter by C-section. Complications from the surgery meant an extended recovery time for Jill.

Internal bleeding following the C-section meant Jill had to return to surgery so the womb could be packed to stop the bleeding. This procedure would be repeated over the next few days, keeping Jill in the hospital from Sunday through Friday. For the first week at home, a home care nurse visited every day,

followed by alternate day visits for several weeks after that.

Despite the longer recovery time, Jill said her physician, Dr. Dania



Jill Stipp with her newborn son and Dr. Dania Kamp, Gateway Clinic.

Kamp, told her she would be an excellent candidate for VBAC.

“You don't realize the difference in recovery,” Jill said comparing her two deliveries. “For me, I probably would have been disappointed to have needed a second C-section, but

you have to do what's best for you and baby.

“I had excellent care,” she continued, commenting on Parker's birth. “All the nurses made sure I was comfortable and my pain was managed. They were very responsive, checking in frequently.”

“Rhonda [their nurse] was excellent, very professional,” Jordan added. “I'm very impressed.”

For the Stipp family, it was a very happy and remarkable day when they could take their newest addition home the day after his birth.

For information about VBAC or obstetric care, contact Gateway Clinic (Moose Lake: **218.485.4491**), (Sandstone: **320.245.2250**) or Mercy Hospital at **218.485.5521**.

WE ARE EXPECTING!

Gateway Clinic

Gateway Clinic provides obstetric care at their Moose Lake and Sandstone clinics, and with the opening of the new Hinckley location in February 2015, Gateway Clinic will be providing obstetric care at their Hinckley clinic as well. Watch for more information.

Mercy Hospital

Mercy will open its new hospital addition, including new birthing suites, on January 13, 2015. The new birthing suites, located on the second floor, are designed to create a relaxing, home-like atmosphere for new families. The spacious, private rooms, complete with spa-type whirlpool, will include other amenities, like a microwave and refrigerator, in order to foster a comfortable stay for the family.

Feeling Fit & Fabulous!

Two years of exercise can make a big difference in your overall health. Pounds of difference. Just ask Janelle Heller and Barb Davis.

These two women have been regular members of Mercy Wellness Center since 2012. Although they are of different generations, their experiences at the Wellness Center and the value they place on the importance of exercise are much the same.

“When I come to the Wellness Center, it just makes me feel better,” Janelle commented. She works out four to five days a week for one hour each visit, doing some cardio and weights. Her favorite machines are the elliptical and arc trainer and she’s considering taking a class.

Since she’s started exercising at the Wellness Center, Janelle’s lost 15 pounds. In addition to the weight loss, she lists more energy and better sleep as benefits of regular exercise.

“I play golf,” she added, “and when I’m in better shape, I play better.

“It’s hard to get in a routine,” she admitted, “but once you do, it’s a good experience.”

One aspect that Janelle particularly likes about the Wellness Center is the variety of people who use it.

“You see people of all shapes and sizes, so it’s not intimidating,” she explained. “I’ve been to other gyms that were intimidating.”

Janelle also likes that the facility is clean and the staff is friendly. It’s a sentiment that Barb echoes.

“I love it here,” Barb said. “It’s like a little community.”

Barb started using Mercy Wellness Center after a visit to the doctor and a diagnosis of diabetes prompted her to develop better eating and exercise habits. When she first started, she exercised for 30 minutes. Now she exercises for an hour and half, six days a week, putting 25 miles on the bike each visit. With two knee replacements, she prefers the bike as it is easy on her knees. She also likes to do some upper body exercises as part of her workout routine.

“When you leave here, you feel so exhilarated,” she said. “I have more energy. I want to do more. I’m not content just sitting.



Barb Davis, left, and Janelle Heller, above, exercise regularly at the Mercy Wellness Center, making a real improvement in their fitness levels.

“Getting here is another story,” she laughed, admitting that sometimes it’s easy to delay leaving for her workout.

But she does get here and her results speak for themselves. She’s lost 65 pounds, a weight loss she has maintained for a year. “I’ve never done that before,” she said about keeping the weight off. Although she remains on some medications, her diabetes is under control, her blood pressure is good and her pulse is down.

“This has made a real difference in my life,” Barb smiled, adding, “I’m trying to get other people to go!”

The Mercy Wellness Center offers a number of membership options for students, adults and families, along with a wide variety of exercise classes for people of all skill levels. Mercy Wellness Center also participates in several fitness reimbursement programs and is a participating location for the SilverSneakers® program and the Silver & Fit program. For more information, call **218.485.5557** or go to our website: **www.mercymooselake.org**.

More than Words

There's no question that raising funds for Mercy Hospital's new building project is exciting and challenging; it has been The Mercy Foundation's focus for nearly two years now, and it is WELL WITHIN REACH of its \$1 million minimum goal. But that is not its only mission nor is it The Foundation's sole focus.

The Mercy Foundation was created to encourage local philanthropy to assist Mercy with its equipment or training needs.

Recently, the Mercy Foundation Board was educated about a new speech therapy program designed to help parents of young children with diagnoses on the Autism spectrum communicate more effectively with their children.

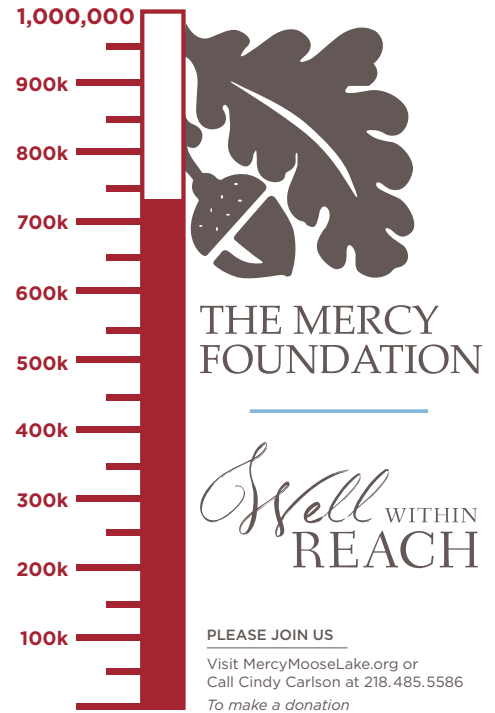
Mercy Speech Language Pathologist Brianne Johnsen, who has successfully completed the Hanen course certification, presented the Board with the components of the program and the benefits it offers to families in this situation. Entitled *More than Words*, the program addresses the unique needs of these children and provides parents with the tools, strategies and support they need to help their children reach their full communication potential.

"It can make so much difference to parents of these children to be in a supportive setting with other parents who share their challenges and to learn how they can improve their ability to connect with their children," said Johnsen. "What we hoped to do is run a "trial" program with local parents to see how we could fine tune the course for our area families; but that would take money we didn't have in our budget. Fortunately, we asked The Mercy Foundation to consider giving us an internal grant to make it happen, and the board voted to give us that chance."

"Helping to bring programs like these to life at the front end means Mercy can offer needed services to patients and families right where they live, instead of losing them to similar programs in Duluth or the Metro," stated Executive Director Cindy Carlson. "The board looks at these as investment opportunities, bringing needed services to our area and helping expand Mercy's bottom line."

Johnsen is in the process of setting up the eight training sessions that make up the core of the course, and working with families that meet participation requirements. Watch for a follow-up story after the first course is completed.

HOSPITAL BUILDING FUND



The Mercy Foundation recently placed a "progress thermometer" at the corner of Highway 61 and Kenwood Avenue to help folks see how far our donors have helped us progress toward our \$1 million minimum goal for the building fund.

Any and every donation toward the **WELL WITHIN REACH** campaign for *OUR* hospital edges us closer to success. **PLEASE HELP US REACH OUR GOAL!**

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 May 22, 2014, and September 11, 2014.

MEMORIALS

In memory of Dale Gregory Anderson
Mr. Carl Anderson

In memory of Roy Carlson
Ms. Angela R. Gran
Mr. Michael Hagen
Ms. Trina Lower
Ms. Vickey Langhorst-Milczark
Ms. Judy Molis
Ms. Nancy Oquist
Ms. Sonya Towle

In memory of Vern Coil
Ms. Carol A. Agurkis
Mrs. Cecelia Coil

In memory of Don Gamst
Mr. & Mrs. Dennis Arnold
Mr. & Mrs. Brian L. Garvey
Mr. & Mrs. Steven Kozak

In memory of Clay & Bunny Hartman
Mr. & Mrs. Greg Gamst

In memory of Grace Kenyon
The Bohaty Family
Ms. Joanne I. Hrubes
Mr. William Kenyon
Mr. & Mrs. Grover Petersen
Ms. Bethel Walters

In memory of Donald Lang
Mr. & Mrs. David Arneson & Family
Mrs. Elizabeth Lang

In memory of Helmi Maki
Mercy Hospital

In memory of Emory Patterson
Dr. & Mrs. Kenneth Etterman

In memory of Lois Romanoski
Mr. & Mrs. Dennis Arnold
Mr. & Mrs. George Leach
Mr. Darrell Ruhland

In memory of Harry Solheim
Ms. Carol A. Agurkis

In memory of Allen L. Thomas
Dr. & Mrs. Kenneth Etterman

In memory of J. Lawrence Thomas
Dr. & Mrs. Kenneth Etterman

In memory of Kenny D. Thomas
Dr. & Mrs. Kenneth Etterman

WELL WITHIN REACH

In memory of Roy H. Carlson
Ms. Debra Oliver & Family

In memory of Jerry DeRungs
Mrs. Jean DeRungs

In memory of John DeRungs
Mrs. Jean DeRungs

In memory of Mavis Heyn
Mr. & Mrs. Maurice Coughlin

In memory of Dorothy Kalm
Mr. & Mrs. Harold W. Carlson
Mr. & Mrs. Maurice Coughlin
Mr. Darrell Ruhland

In memory of Alice Swensson
Rev. Phillip R. Swensson

An UpLIFTing Evening

The Mercy Foundation's Autumn Gala, *An UpLIFTing Evening*, takes place on Saturday, October 11, 2014 at Holy Angels Catholic Church Social Hall.

The doors will open at 6:30 for social hour and guests will be seated for dinner at 7:15. Todd Wolf and his staff from Lou's of Barnum are catering the event with seasonal specialties. Back by popular demand are *The Gramps with Amps*, a cover band that specializes in top 40 hits from the 50s through the 90s. Last year, they filled the dance floor! A silent auction will be a feature throughout the evening.

Why are we calling this year's event *An UpLIFTing Evening*? Proceeds from this event are earmarked for the purchase of new lift equipment as part of the hospital's Safe Patient Handling Program.

Formal invitations have been sent to current donors as a courtesy, but the event is open to all. Call The Foundation office at **218.485.5586** to make arrangements.

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

710 South Kenwood Avenue • Moose Lake, MN 55767 • 218.485.5586 • FAX 218.485.5855



You'll feel better at home. Recover in your hometown.

Recover near everything and everyone you love—
in Moose Lake!

If you have surgery or an illness, recover with the therapy you need at Augustana Mercy Health Care Center in Moose Lake. Our transitional care team of skilled doctors, nurses, and therapists have helped hundreds of others make a full recovery, and will be your “bridge” to your home.

Conveniences, care, and comforts:

- **FREE Transportation from Duluth**
- Spacious private rooms
- TV and phone provided
- Private dining and room meal service
- Gracious lounges and outdoor patio
- Dedicated on-site physical, occupational, and speech therapists
- Specialized on-site medical care with direct access to all of Mercy Hospital
- Coordinated discharge planning for in-home services

You will feel better and recover faster in your hometown!
Ask your hospital discharge planner to refer you to us, or stop in for a tour and learn more!

“My son suggested Augustana Mercy Health Care Center after my bypass surgery. The therapist helped me to restore my strength and in three weeks I was back home. My private room was so nice, food wonderful, and nurses so responsive that I named the Center ‘The Healing Moose Hotel!’”

—Darrell Ruhland




Augustana Mercy
Health Care Center

710 South Kenwood Avenue, Moose Lake
Admissions 24/7: (218) 351-9400

email: sjmork@augustanacare.org
www.augustanacare.org



Skilled Nursing
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Rehabilitation Therapies
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★★★★ 4-Star CMS quality care rating · 90% customer satisfaction · Recognized rehabilitation leader

Two-Day Class Special!

Here's your chance to try some of our great exercise classes for FREE!

October 13 & 14

All classes on these two days will be offered free of charge. Pre-registration is required. Call us today to reserve your free classes. *Class sizes are limited.*

Please call **218.485.5557** for more information. Go to our website, www.mercymooselake.org, for class schedules and descriptions.



30 Arrowhead Lane, Moose Lake
www.mercymooselake.org

NEW REHAB OPTION FOR PEOPLE WITH HEART FAILURE

People with stable chronic heart failure now have the option of participating in Mercy's Cardiac Rehabilitation program.

Cardiac Rehabilitation is a safe, individualized exercise program that is monitored by health professionals. The program includes an education component to help patients modify and reduce risk factors. The goal of the program is to increase participants' abilities to conduct everyday activities.

"Cardiac rehab benefits people with heart conditions by helping improve their quality of life," said Jessica Polecheck, Exercise Physiologist and Cardiac Rehab Coordinator. "For stable heart failure patients, the program can help them manage their symptoms."

To see if you qualify for the program, talk with your doctor or call Mercy at **218.485.5696**.

MERCY REDESIGNATED AS LEVEL 4 TRAUMA HOSPITAL

The Minnesota Department of Health recently redesignated 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.

On average, trauma claims the lives of 2,400 Minnesotans annually. States with trauma systems have seen survival rates increase by 15 to 20 percent. Wide-scale participation in the voluntary trauma system ensures that a statewide, cooperative effort is in place to care for seriously injured patients.

Minnesota began developing a comprehensive statewide trauma system in August of 2005. 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.

NEW HELIPAD OPENS

After passing inspection, Mercy Hospital began using its new helipad on September 3. The helipad was relocated on the hospital campus to accommodate the hospital's new addition.

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 7 & 9; 6:30 p.m. to 9 p.m.
■ November 11 & 13; 6:30 p.m. to 9 p.m.
■ December 6; 9 a.m. to 2 p.m.
Call **218.485.5572** to register

Caring for Your Newborn

■ November 20; 6:30 to 8:30 p.m.
Call **218.485.5572** to register

Breastfeeding Education Class

■ October 15; 6:30 to 8 p.m.
Call **218.485.5572** to register

Diabetes Education Program

Moose Lake (Mercy):

■ October 7 & 21; January 6; April 7; 2 to 5 p.m.
■ November 4 & 18; January 6; April 7; 2 to 5 p.m.
■ December 2 & 16; March 3; June 9; 2 to 5 p.m.
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; 2:30 p.m.;
Conference Room, Mercy Wellness Center.

■ October 13: Planning Before Winter
■ November 10: Eating During the Holidays
■ December 8: Personal Planning for 2015

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.

Community First Aid/CPR

■ December 4; 6 to 10 p.m.
Call **218.485.5572** to register. Cost: \$50.

CPR for Health Care Providers

■ November 20; 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.; Community Room I. 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**.

Evening Digital Mammography Screenings

Call **218.485.5578** to schedule an appointment.

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 