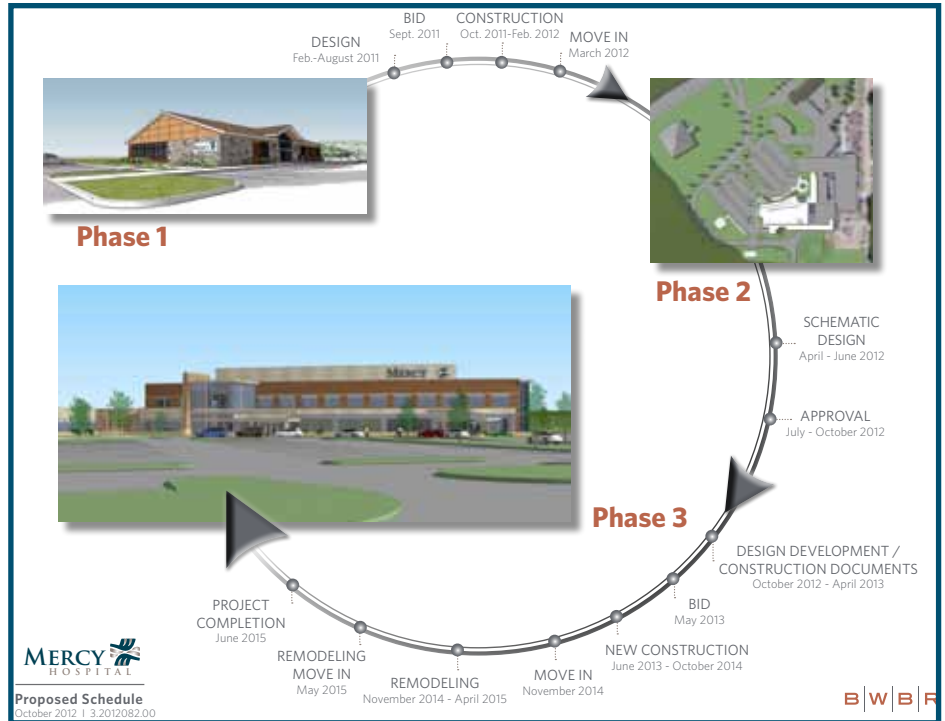




Lifeline

A Mercy Hospital Publication
FALL 2012

Mercy receives \$38 million in USDA loans for new building and renovation project



Mercy Hospital has been selected to receive \$38 million in loans from USDA Rural Development for a major building and renovation project. Mercy’s Board of Directors voted to accept the loan and proceed with the project at a meeting on October 4.

“This project is focused on meeting the health needs of our hospital district well into the future,” said Michelle Frohrip, Mercy Board Chair. “We are excited to move forward with a building that will enhance patient care, safety and privacy while reflecting the personalized, high quality care already provided by our dedicated staff.”

“We appreciate the USDA’s recognition of the value of this project to the people served by our hospital,” added Jason Douglas, Mercy CEO. “This project is an investment into the health of this rural district and is based on a careful and thorough planning process.”

With the loan secured, the project will move into the final design phase. Construction is expected to start in May/June of 2013 and includes remodeling a portion of the existing

hospital and building a new two-story addition. When the project is finished, the hospital district will have a hospital that is efficient in design and enables modern healthcare services to be delivered safely and effectively well into the future.

The new 116,400 square-foot facility will have 21 new private rooms and four labor and delivery rooms. Some departments will be relocated to improve the flow of services and better ensure patient and staff safety. The facility also will address the current and future healthcare needs of the region.

USDA funding comes in the form of a \$30 million direct loan and an \$8 million loan guarantee delivered through AgStar Rural Capital Network.

Inside Lifeline

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Mercy’s new CT Scanner provides high quality images using less radiation. **Page 3**

FLOOD OF GOOD WILL

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HOME AWAY FROM HOME

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New CT scanner offers high image quality at lower dose

A breakthrough in Computed Tomography (CT) is now available at Mercy Hospital, enabling physicians to obtain clearer images of the body and make timelier diagnoses in both acute and emergency care.

Using x-rays and a computer, a CT scan produces detailed pictures of structures inside the body. Offering both faster and clearer images while using a lower radiation dose, Mercy's new SOMATOM® Definition AS CT Scanner is particularly useful in examining patients with acute chest pain, abdominal pain and suspicion of stroke, according to Linda Staebler, Radiology Technologist. The highest image quality can be obtained even for those patients who are difficult to image due to patient condition.

"The technology available in our new scanner simplifies and automates time-consuming and complex procedures, improving not only workflow, but also results" Staebler said. "This scanner is a wonderful tool for our physicians and enables us to bring advanced CT technology to our patients."



Mercy radiology technologists received special training on the hospital's new CT scanner. Pictured from left: Julie Gustafson, Brenda Hutar, Erika Sandstrom, Lisa Gassert, Tara Barrett, Aspen Box (Siemen's training specialist), and Linda Staebler.

General Surgeon joins Gateway Clinic



**Dr. Sharon Gossett,
General Surgeon**

Gateway Family Health Clinic is pleased to announce the addition of Dr. Sharon Gossett, General Surgeon, to its staff.

While Dr. Gossett is not new to the area (she has provided surgical services at Mercy Hospital since 2005), she previously split her independent practice between Moose Lake and Onamia. She now is available on a full-time basis in the community, providing a full range of general surgery and endoscopy services in Mercy Hospital's state-of-the-art surgery center. Working in partnership with a patient's family physician to

optimize a patient's health care, she specializes in all forms of general and laparoscopic surgery, including surgical OB/GYN, endoscopies, pacemakers, and limited ear/nose/throat (ENT).

Certified by the American Board of Surgery, Dr. Gossett earned her medical degree from the Medical College of Wisconsin in Milwaukee, where she also completed her surgical residency.

"Having Dr. Gossett here on a full-time basis means our patients have increased access to quality surgical care right here, close to home," said Eric Nielsen, Gateway Administrator.

"The expansion of Dr. Gossett's practice enhances the excellent medical services we are able to offer to the people of this community," added Jason Douglas, Mercy CEO.

Appointments with Dr. Gossett can be made by calling Gateway Clinic at **218.485.4491**.



Class Schedule for November 2012

Call 218.485.5557 to sign up for classes.

www.mercymooselake.org

MON	TUES	WED	THU	FRI
	SPIN (6:15-7am)		SPIN (6:15-7am)	
COMBO (10:30-11:15am)	SENIOR (10:30-11:15am)	COMBO (10:30-11:15am)	SENIOR (10:30-11:15am)	
ZUMBA** (12-12:30pm)	ZUMBA** (12-12:30pm)	ZUMBA** (12-12:30pm)	ZUMBA** (12-12:30pm)	
	ARTHRITIS (2-3 pm) (10/9-11/27)	COPD EXERCISE (2-2:45pm)		
SPIN (4-4:45pm)	BOOT CAMP (4-4:45pm)	SPIN (4-4:45pm)	BOOT CAMP (4-4:45pm)	SPIN (4-4:45pm)
BOOT CAMP (5-5:45pm)	ZUMBA (5-5:45pm)	BOOT CAMP (5-5:45pm)	ZUMBA (5-5:45pm)	ZUMBA (5-5:45pm)
CORE CONDITIONING (6:30-7:15pm)	KETTLEBELLS (6:30-7:15pm)	CORE CONDITIONING (6:30-7:15pm)	KETTLEBELLS (6:30-7:15pm)	
ZUMBA (7:30-8:15pm)	SPIN (7:30-8:15pm)	ZUMBA (7:30-8:15pm)	SPIN (7:30-8:15pm)	

Cost per session: \$5 (non-member); \$3 (member)

Cost per Zumba/Spinning session: \$6 (non-member); \$4 (member)

Basic Package: \$45 (non-members); \$25 (member)

(Basic Package includes 10 classes of your choice, excluding Spinning and Zumba.)

Deluxe Package: \$55 (non-member); \$35 (member)

(Deluxe Package includes any 10 classes, including Spinning and Zumba.)

****Lunch-Break Zumba is \$2 per session for both members and non-members**



THE MERCY FOUNDATION

Flood of good will remains high in our area

The Mercy Foundation's annual Midsummer Golf Tournament took place on its rescheduled date, August 3, 2012. The day was hot and sunny, the roster was full and spirits were high at the noon shotgun start. After the winners were awarded and the bills were paid, The Mercy Foundation was happy to make a gift of \$10,000 to the Moose Lake Area Flood Relief Fund last month.

Foundation Director Cindy Carlson, who also serves as a volunteer on the MLAFRF Committee, knows firsthand that the money was a welcomed infusion into the Fund. "People drive through town and comment that it looks like the flood never happened," said Carlson. "But I remind them that the real wounds are on the INSIDE of people's homes, which the general public never sees. The heartbreak continues, even as folks work very hard to rebuild their lives. Our great

concern now is for those who have not yet replaced furnaces as winter sets in. This influx of funds, combined with the continued generosity of people from all over, assures that we can continue to provide some financial support to our neighbors who were hurt by the flood."

The Mercy Foundation would like to thank all the golfers and golf sponsors for supporting these efforts wholeheartedly.

Autumn Gala a sparkling success

The Mercy Foundation's 11th annual gala began amid candlelight and wine on Saturday, October 13, 2012. It was the first time the gala was held in the fall. Foundation Director Cindy Carlson explained, "The Foundation Board decided that, since we had hosted our gala in June for 10 years, we would try an autumn event for a change of pace. It was a huge hit!"

The sold-out event was catered on site by Lou & Robin Paulson of Barnum, live music was provided by *Gramps with Amps*, a four-piece band from Cloquet and Hermantown, and the auction tables were beautifully laden with interesting and useful offerings with a fall and winter theme. There were smiles all around, all evening.

"We want to thank our diners, donors and sponsors and excellent volunteers for their willing participation in our major fundraising event," said Carlson. Proceeds from this year's event are providing the initial monies for The Mercy Foundation's Building Campaign.

And, the Foundation Board has already approved the date of next year's Autumn Gala: October 12, 2013. "And, the 2013 Gala WILL be a Masked Ball," laughed Carlson. "We'll be encouraging our guests all year to let down their guard and put on a mask for fun AND fundraising!" Watch LIFELINE for details!



MERCY FOUNDATION COMMUNITY GYM BACK IN USE

The Mercy Foundation had a photo op at the September Open House celebrating the opening of Mercy's wonderful new Wellness Center after the flood. Mercy Foundation Vice Chair/Secretary Donna Eckman had the privilege of presenting Mercy CEO Jason Douglas with a check for \$25,000, which helped to pay for the special floor and other fittings in the Community Gym. Stop in and check out the facilities and classes available to all at Mercy's Wellness Center.



THE MERCY FOUNDATION

Tributes & 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 from July 28, 2012 through October 31, 2012.

TRIBUTE

As a tribute to Lou & Robin Paulson
Mr. Larry D. Peterson

MEMORIALS

In memory of Helen Anderson
Mercy Hospital

In memory of Idell Bailey
Mercy Hospital

In memory of Lorna Bean
Mr. & Mrs. Maurice Coughlin

In memory of Don Cluett
Mrs. Venice Cluett

In memory of Harold Conlow
Ms. Trina J. Lower
Mr. & Mrs. John Mandernach

In memory of Robert Corbett
Dr. & Mrs. Kenneth E. Etterman
Mr. & Mrs. Greg Gamst

In memory of Curtis Dahlmeier
Mercy Hospital

In memory of Lillian Evenson
Ms. Trina J. Lower
Mr. & Mrs. John Mandernach

In memory of Laura Few
Mercy Hospital

In memory of Glenn F. Kajer
Mrs. Marie L. Kajer

In memory of Alvin Warren Karki
Ms. Pearl Tharaldson

In memory of John Karkela
Mr. & Mrs. Maurice Coughlin

In memory of Joseph and Lucy Kostecky
Ms. Barbara Alm

In memory of Rolph Lattu
Mrs. Joyce Lattu

In memory of Harriet Mader
Mr. & Mrs. John Mandernach
Mr. & Mrs. William Storck

In memory of Gerald (Whiz) Oswald
Mr. & Mrs. Maurice Coughlin

In memory of Doris Nelson
Mercy Hospital

In memory of Alan Peterson
Mr. & Mrs. Robert McTaggart

In memory of Madelyn Peterson
Mercy Hospital

In memory of Pearl Peterson
Mr. & Mrs. Stanley Peterson
Mercy Hospital

In memory of Lillian Speltz
Mercy Hospital

In memory of Jordan Lee Tucker
Mr. Jeffrey L. Tucker

In memory of Pearl Wilen
Mercy Hospital

In memory of Bob Youso
Mrs. Lynn Youso

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 IN THE FORM OF A:

- MEMORIAL _____
- TRIBUTE _____



THE MERCY FOUNDATION

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

Home until you can go home...

At Augustana Care we believe that every person is important and out of that belief comes a calling to foster fullness of life for older adults and others in need.

The short-term stay wing and program is a team effort to carry out this calling. After a hospital stay our dedicated nursing staff handles complex medical needs and coordinates care with therapists and doctors. The result is an average short stay of only two weeks and hundreds of people who have regained independence.

The rest of our team is also here for you. Together they provide clean, private rooms to help you rest, excellent meals in the Courtside Dining room, beauty shop services to help you look good, community events to enjoy, the Garden Courtyard where you can go outside on a nice day, and hospitality. It's all about healing.

The short-term stay program continues a local tradition of providing excellence in health care. But it's because every patient is important that we work to be the best place for your short stay.

- Steve Mork, Administrator

A COMMUNITY HERE FOR YOU

Even if you are having your surgery outside of Moose Lake, you can arrange to be close to friends and family during your rehabilitation.

To help everything go smoothly, you can pre-plan your stay before surgery. Together we can learn more about your surgery, discuss your rehabilitation or



The Augustana Mercy and Mercy Hospital Therapy Team.

special needs, and help you plan your return home. You can even meet the team of dedicated professionals who will care for you when you arrive.

Call Alison at **218.351.9441** to set up an appointment.

SPIRITUAL CARE AT AUGUSTANA MERCY AND KENWOOD PLACE

This past year our Mission Advancement Council has been working to improve Spiritual Care. With the help of local individuals, churches, the auxiliary and the Augustana Care Spiritual Care Fund supplementing gifts received, we are close to hiring our first part-time chaplain. The chaplain will help minister to the needs of those without churches or when the local pastor isn't available. Please consider making a donation to our Spiritual Care Fund. Your gift will also be

supplemented by Augustana Care and help provide an important person and word of comfort. Gifts can be sent to Augustana Mercy Spiritual Care, 710 S. Kenwood Ave. Moose Lake, MN 55767.

One of Augustana Mercy's Transitional Care rooms used for short-term care and rehabilitation.



News Notes



“work through” the pain or go see your doctor? 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 Physical Therapy. Please call **218.485.5597** to schedule your appointment.

FREE One-Month Membership to the Mercy Wellness Center

To encourage our patients to continue exercising on their own, adults completing Physical or Occupational Therapy outpatient treatment for a physical ailment receive a free one-month membership to the Mercy Wellness Center.

For More Information:

Call Mercy at **218.485.5597** for more information about our services.

ASK MERCY PHYSICAL THERAPISTS

If you are recovering from illness, injury or surgery, Mercy’s skilled therapists are ready to provide the individualized care you need to return to your home, work and sport activities.

Mercy’s Rehab Department offers many specialty therapy services. If you feel you might benefit from therapy services, please give us a call—our rehab staff would be happy to talk with you about your concerns.

Ask us about:

- **Back Pain**
- **Dizziness & Balance Problems**
- **Fall Prevention**
- **Hand Therapy**
- **Home Care Therapy**
- **Pediatric Therapy**
- **Sports Injuries**
- **Total Joint Replacement Therapy**
- **Treatment of Pain**

The choice is yours. The decision about where to receive therapy is yours. When you choose Mercy, your community hospital, for your therapy, you will receive high quality, personalized care in spacious, private treatment areas featuring specialized equipment. We also provide home care services.

Additional Mercy Therapy Services: **Exercise Equipment for Outpatients**

Current outpatients have free use of exercise equipment located at Mercy Hospital, Monday-Friday, 8 a.m. to 4:30 p.m.

FREE Injury or Balance Screening Available

Is a nagging strain or pain bothering you? Should you

MERCY OFFERS LOW-COST MAMMOGRAPHY SCREENING

Mercy Hospital will once again participate in the American Cancer Society’s Screening Program to offer low-cost mammography to women who are underinsured or do not meet the guidelines for free mammograms.

During November and December, mammograms will be offered at a cost of \$70 to women whose insurance may be inadequate or to those with high unmet deductibles. The fee must be paid at the time of the exam. Patients should be 40 or older, asymptomatic and have no history of breast cancer.

Evening mammography appointments are also available, making it convenient for women to schedule an appointment.

To make a mammography appointment, call Mercy at **218.485.5578**.

JUSZAK ACCEPTS AWARD ON BEHALF OF ED STAFF

Kim Juscak, RN, BA, PHN, Mercy Emergency Department Nurse Manager, recently received an award from Essentia Health for Mercy’s STEMI care (ST Elevation Myocardial Infarction or heart attack).

Mercy is part of the DASH program (Duluth Area STEMI Hospitals). Each year at an annual conference, Essentia recognizes one physician, one nurse and one paramedic participating in the program for their work in implementing program recommendations.

“This award really belongs to our Emergency Department staff who do an outstanding job incorporating recommended changes into the care of our patients,” Juscak said. “I bring back the requested changes to the nurses and reinforce them, but the front line staff does all of the work. This award reflects their commitment to quality care which ultimately benefits our patients.”

Caring for Your Community, 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

■ December 1; 9 a.m. to 2 p.m.
■ January 19; 9 a.m. to 2 p.m.
■ February 9; 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.
■ January 21; 6:30 to 8:30 p.m.
Call **218.485.5572** to register

Breastfeeding Education Class

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

Diabetes Education Program

Moose Lake (Mercy):

■ December 4 & 18; January 8; April 2; 2 to 5 p.m.
■ January 15 & 29; May 14; August 6; 2 to 5 p.m.
■ February 12 & 26; May 14; August 6; 2 to 5 p.m.
Call **218.485.5836** to enroll.

Hinckley (Gateway Clinic):

Call **218.485.5836** to set up individualized sessions.


Diabetes Support Group

Meets the second Monday of every month; 2:30 p.m.;
Conference Room, Mercy Wellness Center.

Grief Support

■ **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 First Aid/CPR

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

CPR for Health Care Providers

■ December 13; 6 to 10 p.m.
Call **218.485.5572** to register. Cost \$50.

Breast Cancer Support Group

Meets quarterly, the second Tuesday in January, April, July & October; 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**.

Alzheimer's Group for Family Caregivers

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

Exercise Classes at the Mercy Wellness Center

We offer a wide array of group classes for people of all skill levels at the Mercy Wellness Center on Arrowhead Lane.

Classes are offered on a continuous basis unless otherwise noted. That means you can join a class any time there is an opening. You will purchase either individual sessions or a package of sessions, then sign up for specific session dates that work best for your schedule. Enrollment size varies and sessions are filled on a first come, first served basis. Check our website for class descriptions and schedules. To register for an exercise class, call **218.485.5557**.