



## Mercy invites community to Grand Opening on October 9

Mercy Hospital will celebrate the completion of its \$38 million building and renovation project with a Grand Opening and Ribbon Cutting event on October 9.

Area community members are invited to the Grand Opening/Ribbon Cutting program at 1 p.m. on Friday, October 9 in front of the hospital's new main entrance on County Road 61. Self-guided tours of the newly remodeled areas and a reception will follow the ribbon cutting.

"This entire project has been designed to create a technologically advanced healing environment that enhances patient care, safety and privacy," said Michael Delfs, Mercy CEO. "With the completion of the renovation phase of this project, we are able to care for our patients in a state-of-the-art facility that

will serve the health needs of this region well into the future. The new facility complements the outstanding care provided by our staff, allowing us to provide the highest levels of care and quality to our patients."

Features of the completed project are outlined below.

### The new addition features:

- ▶ Emergency Department with private treatment rooms
- ▶ Private Patient Rooms, including 2 ICU rooms
- ▶ Birthing Suites and Nursery
- ▶ Diagnostic Imaging, including inhouse MRI
- ▶ Laboratory Services
- ▶ Admissions
- ▶ Expanded Gift Shop
- ▶ Meditation Room
- ▶ Comfortable Family Waiting Rooms

**GRAND OPENING CONTINUED ON PAGE 2**

## GRAND OPENING FROM PAGE I

### Renovations of the existing hospital include:

- ▶ Addition of third Surgery Suite and new pre- and post-op rooms
- ▶ Chemotherapy & Infusion Services
- ▶ Physical, Occupational and Speech Therapy with private treatment rooms
- ▶ Cardiopulmonary Services & Cardiac Rehab
- ▶ Sleep Study Suites
- ▶ Dining and Kitchen
- ▶ Medical Records, Business Services and Administrative Offices
- ▶ Material Management

Architect for the project was BWBR; general contractor was The BOLDT Company. USDA Rural Development funding for the project comes in the form of a \$30 million direct loan and an \$8 million loan guarantee delivered through AgStar Rural Capital Network in collaboration with local banks and other financial institutions. Additional support comes from The Mercy Foundation's *Well Within Reach* campaign.

*Mercy Hospital is an equal opportunity provider and employer.*



Artwork in the new facility includes work by local artists (clockwise) Pat and Ken Larson, Craig Blacklock and Jennifer Szczyrbak.

## A healing environment

**Enhanced patient care, privacy and safety** are the hallmarks of Mercy's now completed building and remodeling project. The goal of the project was to create a healing environment that complements the outstanding care provided by our staff. A healing environment, however, is about more than incorporating the latest technology. That's why thoughtful design was an integral part of the entire project.

One aspect of design was the selection of artwork. With an eye for artwork that reflects our region, the art committee worked with a consultant to choose the artwork used throughout the project. The goal was to provide a thoughtful selection of art, incorporating regional and emerging artists, along with others, in a variety of media.

The committee was pleased to use the work of artists close to home, including photographer Craig Blacklock, sculptors Pat and Ken Larson, and artist Jennifer Szczyrbak. Collectively, their work is featured prominently in our most public spaces. Other regional artists hail from Duluth, Hibbing, Grand Marais, Twin Cities, Hugo and Granite Falls.

With a variety of artwork styles represented, the artwork has created a more interesting environment for our patients, visitors and staff, garnering positive feedback and discussion. And that's what art is all about.

# Mercy is first in region to offer patients a new heart failure monitoring solution

Mercy Hospital is the first facility in the region to implant a new miniaturized, wireless monitoring sensor to manage heart failure (HF). The CardioMEMS HF System is the first and only FDA-approved heart failure monitoring device that has been proven to significantly reduce hospital admissions when used by physicians to manage heart failure.

The CardioMEMS HF System features a sensor that is implanted in the pulmonary artery (PA) during a non-surgical procedure to directly measure PA pressure. Increased PA pressures appear before weight and blood



**Dr. Noah Chelliah,  
Interventional  
Cardiologist**

pressure changes, which are often used as indirect measures of worsening heart failure. The new system allows patients to transmit daily sensor readings from their homes to their health care providers allowing for personalized and proactive management to reduce the likelihood of hospitalization.

“This innovative technology and its ability to monitor the pressure inside the blood vessels of the patient’s lungs for the rest of his/her life will enable the physician to optimize the patient’s heart failure management and thereby improve outcomes for heart failure patients,” said Dr. Noah Chelliah,

who performed the procedure. “The availability of CardioMEMS is important and its use will fine tune the management of heart failure in patients in rural communities in Minnesota.”

Dr. Chelliah is a triple board-certified interventional cardiologist with 32 years of practice experience. Using sophisticated technologies and working with a specialized team, Dr. Chelliah is able to safely perform this procedure in a rural hospital. His team includes an experienced physician assistant trained in vascular surgical techniques and a senior technologist from St. Jude Medical with 15 years experience.

“Mercy Hospital is committed to the highest quality of care for our region,” said Michael Delfs, Mercy CEO.

“Investing in advanced technology like the CardioMEMS HF System is the best possible care for our patients. Not only does this system bring the most technologically advanced care for patients being treated for heart failure, CardioMEMS is a lower cost solution that is specifically designed to keep patients healthier by giving the physician real-time information on the individual patient.”

Heart failure occurs when the heart

is unable to pump enough blood to meet the body’s demands. According to the Centers for Disease Control and Prevention, more than 5.1 million Americans have heart failure, with 670,000 new cases diagnosed each year. Patients with heart failure are frequently hospitalized, have a reduced quality of life and face a higher risk of death.

The CardioMEMS sensor is designed to last the lifetime of the patient and doesn’t require batteries. Once implanted, the wireless sensor sends pressure readings to an external patient electronic system. There is no pain or sensation for the patient during the readings. The CardioMEMS HF System allows the patients to transmit critical information about their heart failure status to a clinician on a regular basis, without the need for additional clinic or hospital visits. This provides clinicians with the ability to detect worsening heart failure sooner and adjust treatment to reduce the likelihood that the patient will need to be hospitalized.

The CardioMEMS HF System, from global medical device manufacturer St. Jude Medical, is approved by the U.S. Food and Drug Administration (FDA) for commercial use in the U.S. For more information, visit <http://www.heartfailureanswers.com/>.

Dr. Chelliah sees patients once a month at Gateway Family Health Clinic in Moose Lake. Appointments with Dr. Chelliah are made through referral from a patient’s primary physician.

# YOU are cordially INVITED to this year's RED and GOLD GALA!



The Mercy Foundation's Autumn Gala, *A RED and GOLD GALA*, takes place on Saturday, October 10, 2015, at Holy Angels Social Hall in Moose Lake.

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. A short program will be given during dessert; dancing follows. Back by popular demand are 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.

Earlier this year, The Mercy Foundation made a \$17,000 commitment to Mercy Hospital for the purchase of new cardiac equipment for each of Mercy's two ambulances. Proceeds from this event are earmarked for that financial promise.

Formal invitations have been sent to current donors as a courtesy, but the event is open to all. Just call The Foundation office at 218.485.5586 to make arrangements. Ticket sales will close on October 1.

Please come add to the glitter of the evening!

## Mercy Foundation welcomes new director

The Board of Directors of The Mercy Foundation is pleased to announce the appointment of Michelle Olds to the position of Director, effective September 28. She replaces Cindy Carlson who retired in June.

A graduate of Willow River, Olds brings a strong background in marketing and event planning to the Foundation. In her most recent position, she served as the Executive Director of Events and Marketing for Lake Las Vegas, a residential and resort community development in Henderson, Nevada. In that position, she facilitated marketing and business development activities, including high-profile events, sponsorship initiatives and event planning, while building long-term relationships with clients.

"I'm excited to become part of the Mercy family," said Olds. "I'm pleased to be doing what I love, working together, embracing the community and the Foundation."

Olds earned a Bachelor's Degree in Journalism from the University of Nevada-Las Vegas. She has been actively involved on the Board of Trustees Speedway Children's Charities, UNLV Alumni Association, Lake Las Vegas Destination Marketing Council



**Michelle Olds**

and Lifestyle Committee, City of Henderson Veteran's Court and Henderson Nevada Chamber of Commerce. She has also served as a volunteer in a number of organizations, including Speedway Children's Charities, St. Jude's Ranch, New Vista Community, Wounded Warriors, and others.

In her role as Mercy Foundation Director, Olds will be responsible for fund development through special projects, events, annual giving campaigns and planned giving.

# WE CAN SEE IT FROM HERE!

In January of 2013, The Mercy Foundation was very pleased to announce that Ernie & Janette Muller had made a lead gift to help us get our building fund campaign off to a strong start.

Their \$100,000 gift will be part of the total building fund, but is being acknowledged with the naming of Mercy's new Emergency Department as they wish.

In the months and years that have followed, the community joined the Mullers by supporting The Mercy Foundation's WELL WITHIN REACH campaign for *our* hospital, making gifts and pledges, participating in Foundation events, and volunteering at fundraising activities.

We are very grateful to report that we have raised gifts and pledges nearing \$860,000, leaving us with the task of raising the last \$140,000



THE MERCY FOUNDATION CAMPAIGN  
For Our Hospital

of our million dollar campaign over the next two years. From Mercy staff who have pledged \$1 per pay period for two to five years, to individuals who are making gifts of larger amounts, to donor groups who are joining together to raise funds that will be acknowledged by the naming of a patient room or waiting area, or a piece of beautiful art, the WELL WITHIN REACH Campaign for our hospital rolls on.

It is human nature to think that now that we have our beautiful new hospital wing and completed the extensive renovation of our existing facility, the fundraising is also complete. **WE STILL WELCOME GIFTS LARGE AND SMALL TO**

HELP US MEET OUR PROMISE TO MERCY!

Please consider joining us and leaving your legacy for the health of all. Contact The Mercy Foundation office at 218.485.5586 to discuss the many options available to you over the remaining two and a half years of this important campaign.

Working together, our goal is **WELL WITHIN REACH!**

## 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 July 1, 2015, and September 8, 2015.

### MEMORIALS

**In memory of Dale Gregory Anderson**  
Mr. Carl Anderson

**In memory of Kathleen Bede**  
Mr. Carl Anderson

**In memory of Margaret Bottila**  
Mr. & Mrs. Harold W. Carlson

**In memory of Merlin Fadness**  
Mr. & Mrs. Maurice Couhglin

**In memory of Peter Juszczak**  
Mr. & Mrs. Roger Juszczak  
Mr. & Mrs. Scott Seglem

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

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

## From nursing assistant to RN: A career of caring at Augustana Mercy

As a child, Ashley Bachman would help her mom at the Sandstone hospital. Coloring with the residents and pushing wheelchairs to meals was part of the fun. After her mother became a surgical tech, she had her first chance to observe a surgery. Her experiences led her to enroll in the nursing assistant class offered to students through the Moose Lake High School and Mercy Hospital.

That was just the beginning. After high school, Ashley began working as a nursing assistant at Augustana Mercy. She says, “I really enjoyed my relationships with the elders and making them smile or laugh was a highlight.” While at Augustana Mercy, Ashley went on to become an LPN and eventually became an evening charge nurse. Her professional pursuits continued and two years later, through the Fond du Lac Tribal & Community College, she became an RN.

Today, Ashley is helping to direct care and rehab services



**Ashley Bachman, RN**

on the Transitional Care Unit (TCU). She notes that she has always gravitated towards people recovering from surgery. Success to her is helping others plan their rehab, reducing their pain and getting people back home again. In the TCU, she looks forward to getting to do this every day as Augustana Mercy admits over 150 people a year.

Ashley says she would highly

recommend Augustana Mercy in Moose Lake to both students and patients. Says Bachman, “Augustana Care was very supportive, and even provided a scholarship on my journey to becoming an RN. What sets our organization apart is teamwork, a commitment to helping our elders recover, a desire to offer first class care systems and equipment. Everyone has a desire to do our best for the elders and the staff that serve them.”

Augustana Mercy in Moose Lake trains people to become nursing assistants, trained medication assistants and

supports staff in becoming LPNs and RNs. If you are interested in pursuing a health care career or need our services, call Leslie at 218-351-9441.

Augustana Care in Moose Lake congratulates Ashley Bachman and all its staff in their professional accomplishments and for excelling as dedicated caregivers.

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# New program addresses concussion care

Getting your bell rung used to be an accepted, if not common, part of many sport activities at all levels of play. Now, however, the lasting effects of a concussion that is not properly cared for are better understood. Mercy Hospital and Gateway Family Health Clinic have teamed up to provide a comprehensive concussion management program for area student athletes.

## What is a concussion?

A concussion is a traumatic brain injury, which affects how the brain functions and processes information. Common signs and symptoms would include:

- ▶ Physical (headaches, dizziness, nausea, fatigue, sensitivity to light and noise)
- ▶ Cognitive (mentally foggy, difficulties with memory and concentration)
- ▶ Emotional (sadness, irritability, nervousness, more emotional)
- ▶ Sleep (drowsiness, sleeping more or less than usual, troubles falling asleep)

## Concussion care/prevention has been in the news...why the increased concern?

Research has shown that injuries to the brain such as concussions can have long-lasting effects if not properly managed. Some of these lasting effects are a decline in memory, concentration, mood, and sleep issues.

## What is being done locally concerning concussion prevention/care?

Mercy Hospital and Gateway Clinic have collaborated to provide a comprehensive concussion management program that has been endorsed by all of the local school boards.

## What is the program? How does it work?

The program involves utilizing a computer-based neurocognitive test called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing). This test is widely used in professional sports, colleges, high schools nationally and here in the northland. It tests how well an individual's brain is processing information (memory, reaction time, concentration, processing speed). This test is one of the tools used in the concussion management



Members of the concussion management team include: (back row, from left) Jonas Kyllonen, PT, Rehab Director; Gary Anderson, DNP, FNP-C; (front row, left) Tonya Benzie, OT; Jillian Leach, SLP.

program, along with Gateway provider's clinical assessments and Mercy therapist's testing (balance, vestibular, cognition, musculoskeletal assessments).

Mercy Hospital and Gateway Clinic are covering the costs involved with the ImPACT testing for the local high school athletes.

## Who is the program for?

Anybody who has a concussion should be evaluated by his/her medical provider for appropriate care and management.

## What does it mean for student athletes?

Proper concussion management allows the concussed individual's brain to appropriately heal to prevent long-term effects. ImPACT provides objective measures, which will allow health professionals to track the brain's recovery and help make decisions on safe return to sport activities. The program includes obtaining baseline preseason assessments which are then repeated if a student athlete suffers a concussion, and then tracked until full recovery from the concussion has occurred.

Current local high schools that are involved in the testing are East Central, Willow River, Moose Lake, Barnum and Cromwell

## Who should people contact for more information?

- ▶ Gary Anderson, DNP, FNP-C, at Gateway Clinic-Sandstone, **320.245.2250**
- ▶ Jonas Kyllonen, PT; Tonya Benzie OT; Jillian Leach, SLP; at Mercy Hospital, **218.485.4481**

Postal Customer

## 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 13; 6:30 to 9:30 p.m.  
Call **218.485.5572** to register

### Caring for Your Newborn

▶ October 20; 6:30 to 8:30 p.m.  
Call **218.485.5572** to register

### Breastfeeding Education Class

Call **218.485.5572** to register

### Diabetes Education Program

#### Moose Lake (Mercy):

▶ October 6 & 20; January 5; April 12  
▶ November 3 & 17; January 5; April 12  
▶ December 1 & 15; March 1; June 7  
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 12 - *Worry Free Traveling with Diabetes*
- ▶ November 9 - *Carbohydrate Counting: What Counts?*
- ▶ December 14 - *Making Your Plans for 2016*

### 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.

### Evening Digital Mammography Screenings

- ▶ October 6, 12 & 28
  - ▶ November 10 & 18
  - ▶ December 7
- Call **218.485.5578** to schedule an appointment.

### Community First Aid/CPR

▶ November 19; 6 to 10 p.m.  
Call **218.485.5572** to register. Cost: \$50.

### CPR for Health Care Providers

▶ October 22; 6 to 10 p.m.  
Call **218.485.5572** to register. Cost: \$60.

### 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; 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**.

### 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](http://www.mercymooselake.org) 

**We've moved our entrance!**

All patients & visitors:  
Access Mercy's  
**NEW Emergency/Main Entrance**  
from County Road 61  
(Mercy/Gateway entrance)