



# Lifeline

A Mercy Hospital Publication  
SPRING 2012



**Dr. Sasha Narayan, Optometrist, Moose Lake Eye Care, (left) and LeAnn Poirier, Occupational Therapist, Mercy Hospital, provide a new vision therapy program that helps people of all ages with vision problems.**

## New vision therapy program offered in Moose Lake

Moose Lake Eye Care and Mercy Hospital are working together to offer a new vision therapy program to help people of all ages with vision problems.

A new service to the area, vision therapy is a type of physical therapy for the eyes and brain. It is a highly effective non-surgical treatment for many common visual problems such as lazy eye, crossed eyes, double vision, convergence insufficiency and some reading and learning disabilities. It is also used for sports vision improvement.

“Currently the closest places to receive this service are Brainerd and the Twin Cities,” said Dr. Sasha Narayan, Optometrist, Moose Lake Eye Care. “We are

excited to offer this new service locally and believe it will be a great benefit to those with vision concerns.”

Visual processing or developmental vision problems can’t be detected unless an

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# Mercy Nurse Call Line

Mercy Hospital is offering a new service designed to help people with health questions and concerns.

Available 24 hours a day, the Mercy Nurse Call Line connects people to nurses who provide symptom triage to answer questions and help direct people to the appropriate level of care. Mercy began contracting for nurse call services in March.

“We often get calls from people with questions about health concerns,” said Donita Korpela, Mercy’s Director of Patient Care Services. “This dedicated phone number allows patients easier access to the information they need in order to make good decisions about the level of care that is appropriate for their concern.”



**The Mercy Nurse Call Line number is 218.485.5511.** When accessing the Nurse Call Line, people can expect a return call regarding their question within one hour of their call.

The Mercy Nurse Call Line is *not* an emergency response system. In a medical emergency, dial 911.

## VISION THERAPY CONTINUED FROM PAGE 1

optometrist specifically tests for them. If a problem is identified and vision therapy is prescribed, patients work with a Mercy Occupational Therapist using a progressive program of vision exercises or procedures under a doctor’s supervision. The program is individualized to fit the visual needs of each patient and is supplemented with exercises done at home between office visits.

Depending on the case, vision therapy is prescribed to:

- Help patients develop or improve visual skills and abilities
- Improve visual comfort, ease and efficiency
- Change how a patient processes or interprets visual information.

For more information about vision therapy, contact Moose Lake Eye Care at **218.485.8495**.

This program is supported through a grant from The Mercy Foundation.

## H.O.T. helps students explore health careers

Students in grades 8-12 are invited to explore health care career opportunities at a special three-day program to be held from **9 a.m. to 4 p.m., June 11-13 at Mercy Hospital.**

The program, called Health Occupations Today or H.O.T., is coordinated by the University of Minnesota’s Northeast Minnesota Area Health Education Center (AHEC) located in Hibbing, MN.

H.O.T. is a fast-paced program that introduces middle and high school student to a variety of health careers. It will include hands-on learning, presentations, and tours.

***Application deadline for the program is June 1.*** Cost of the program is \$65 and includes t-shirt, lunch, snacks and materials. For more information about the program or to receive an application packet, please contact Brittany Chopp at 218.312.3010 or [bchopp1@range.fairview.org](mailto:bchopp1@range.fairview.org). Locally you can call the Education Department at Mercy at **218.485.5572 or 218.485.5618.**

## MERCY TO OFFER SHOE CLINIC AT WELLNESS CENTER FOR PEOPLE WITH DIABETES

The Diabetes Education Program at Mercy Hospital is sponsoring a Shoe Clinic in June at the Mercy Wellness Center on Arrowhead Lane.

“It is estimated that 25 percent of the 20 million Americans with diabetes will develop foot problems related to the disease,” said Allicen Waxlax, RN, Diabetes Educator at Mercy. “Taking care of your feet includes proper fitting shoes and inserts.”

**The Shoe Clinic will be offered by appointment:**

■ **Tuesday, June 5 in the Conference Room at the Mercy Wellness Center**

Carie Harris, a Certified Pedorthist from Diabetic and Comfort Shoes in Duluth, will be available for fittings by appointment that day. **If you are interested in a fitting, please call 218.625.2095 to make an appointment.** Please specify that you are interested in the Shoe Clinic sponsored by Mercy Hospital. A prescription from your physician is also necessary.

## MERCY'S DIABETES SUPPORT GROUP TO MEET AT WELLNESS CENTER

Mercy Hospital's free Diabetes Support Group will meet at the Mercy Wellness Center on Arrowhead Lane beginning with the May 14 meeting.

The Diabetes Support Group meets at 2:30 p.m. on the second Monday of the month in the Conference Room at the Mercy Wellness Center. The group is facilitated by Betty Zebrasky, RN, and includes education and support.

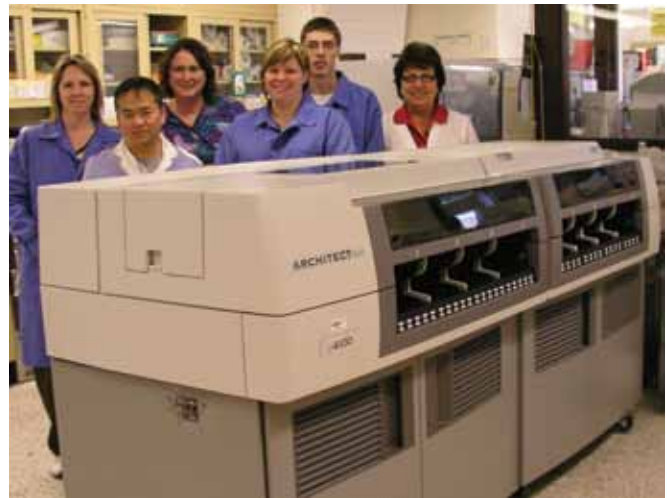
Please call **218.485.5836** for more information.

## MERCY TECHNOLOGIST GAINS ADVANCED LEVEL CERTIFICATION

Mercy Radiologic Technologist Linda Staebler was recently awarded her Advanced Level Certification in Computed Tomography (CT).

With 16 plus years of experience in CT, Staebler attended a registry review course and completed the necessary requirements needed to take the CT Registry with the American Registry of Radiologic Technologists (ARRT). She successfully passed the intense registry exam at the end of January 2012. She also holds an Advanced Level Certification in Mammography.

All Diagnostic Imaging technologist staff members are required to be certified with the ARRT. Advanced Level certifications, however, are not required.



**Mercy Hospital Lab staff from left: Deb Forse, Billy Vang, Deb Benoit, Blossom Sawyer, Ben Brigman and Renee Tschida.**

## MERCY ADDS NEW LAB EQUIPMENT

Mercy Hospital has added a new chemical analyzer in its Lab.

The new chemical analyzer is an integrated system that replaces two pieces of equipment that were over ten years old. The new equipment integrates two tests into one platform and offers the same robust science that larger-volume labs employ. Some renovations in the lab were necessary in order to accommodate the new equipment.

“The new system gives us fast, accurate results, while optimizing our workflow,” said Renee Tschida, Mercy Lab Manager. “We are very pleased to work with this updated technology on behalf of our patients.”

## MERCY TO OFFER FREE CHILD PASSENGER SAFETY CLINIC IN JUNE

To make sure your car seat or booster is protecting your child, take the time to brush up on how to properly secure your children in the correct safety restraint. Mercy Hospital will offer a free Child Passenger Safety Clinic in Sandstone in June.

**The free safety clinic will be offered:**

■ **Tuesday, June 5, 9 to 11 a.m., Gateway Clinic-Sandstone**

Mercy staff specially trained and certified in Child Passenger Safety (CPS) will conduct the free Safety Clinic, making sure that the proper car seat or booster is being used based on the age, height and weight of the child and that the seat or booster is properly installed.

No appointment is necessary. For more information, please call **218.485.5521**.



# THE MERCY FOUNDATION

## Why are these people smiling? They do GREAT WORK!

It is our pleasure to introduce you to the intrepid group of individuals who make up The Mercy Foundation's current Board of Directors. This group of quiet leaders works mostly behind the scenes, making sure The Mercy Foundation's work stays true to its mission and vision, helping to steward our donors' generous gifts to best serve Mercy Hospital and those who depend upon it for care, keeping strategic goals in focus and always looking to the future. But they are a fun-loving group, too—look for them at the

Mercy Foundation Moose Run, our Midsummer Golf Tournament or our Fundraising Gala, where they are the life of the party!

The Mercy Foundation Board is a volunteer advisory fundraising board. Board members serve one or two three-year terms, as their circumstances permit. If you are interested in serving on The Mercy Foundation Board in the future, please contact Cindy Timmons Carlson for more details.



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## Swing into summer with us!

Gather your teams for the **Annual Mercy Foundation Midsummer Golf Tournament on June 22, 2012** at the Moose Lake, Golf Course!

The 18-hole scramble-style golf tourney is usually a sell-out, so organize your teams now! **NEW THIS YEAR:** TJ's Bratwurst Buffet Dinner, an option for golfers and friends, just \$10 per person!

Call The Mercy Foundation Office (218-485-5586) for registration details. Golfers who participated in last year's tourney enjoy first-come status (donating has its privileges!)

Sponsorships and prize donations are also happily accepted until June 15, 2012 to allow time for publicity.



# 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 January 25, 2012, through April 30, 2012.

## TRIBUTE

**In honor of Maurice Coughlin**  
Mr. & Mrs. Dale Pederson

## MEMORIALS

**In memory of Irene Aho**  
Mercy Hospital

**In memory of Stanley Bonk**  
Mercy Hospital

**In memory of Proiche Boseovski**  
Mercy Hospital

**In memory of Teresa Dingman**  
Mr. & Mrs. Brian Garvey  
Dr. & Mrs. Frank Skalko

**In memory of Lillian Distad**  
Mercy Hospital

**In memory of Bernadine Edin**  
Mercy Hospital

**In memory of Hazel Gobel**  
Mercy Hospital

**In memory of Raymond Grazin**  
Ms. Hazel Grazin

**In memory of Florian Gresczyk**  
Mrs. Arlene Gresczyk

**In memory of William Hardie**  
Mercy Hospital

**In memory of  
Albena Hattenberger**  
Mercy Hospital

**In memory of Velma Koecher**  
Mercy Hospital

**In memory of Richard Jokimaki**  
Mercy Hospital

**In memory of Lillian Lampel**  
Mercy Hospital

**In memory of Lennon Marsyla**  
Mercy Hospital

**In memory of Lillian Nordlund**  
Mercy Hospital

**In memory of Toye Odegard**  
Mr. & Mrs. Maurice Coughlin

**In memory of Ailie Pahkala**  
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**In memory of Ervin Peterson**  
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**In memory of Helen Peterson**  
Mr. & Mrs. Maurice Coughlin

**In memory of Margaret Peterson**  
Mercy Hospital

**In memory of Helmi Reed**  
Mercy Hospital

**In memory of Mike Shimmell**  
Mercy Hospital

**In memory of John Sorlie**  
The White Bear Lake Lions Club

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

**OUR GALA  
HAS MOVED!**  
**Save the date:  
October 13, 2012  
for a  
MASKED BALL!**

## Community invited to new speaker series

Augustana Mercy Health Care Center and Mercy Hospital are cosponsoring a new speaker series focused on topics of interest to elders and their caregivers called a Word to the Wise.

Community members are invited to the first program of the educational series entitled *Flexibility Exercise: How Flexibility Exercise Can Improve Your Balance*. The free program will be held at **2 p.m. on Wednesday, May 23 in Community Room 1** at Mercy Hospital. Pie and coffee will be served.



**Mercy Physical Therapist Bruce Hauger, DPT, will be the featured speaker for the program.**

“As we age, balance becomes an increasingly important factor in our health and safety,” said Mercy Physical Therapist Bruce Hauger, DPT, featured speaker for the program. “This program will help you find out how to maintain and improve balance through exercise.”

Hauger received his bachelor’s and master’s degrees from the University of Minnesota and his doctoral degree from Concordia University Wisconsin. He is a clinical back specialist credentialed by the McKenzie Institute and has

worked in a variety of settings including orthopedics and sports medicine, outpatient clinics, and long-term care. He was previously a faculty member in the Physical Therapy Department at The College of St. Scholastica for 18 years. He has done workshops and presented his research in the United States and Europe.

“We invite you to join us for this interesting program,” said Steve Mork, Administrator, Augustana Mercy Health Care Center. “Bruce is an excellent



# a Word to the Wise

*speaker series*

## **FLEXIBILITY EXERCISE:**

### **How Flexibility Exercise Can Improve Your Balance**

**Wednesday, May 23**

**2 p.m.**

**Community Room 1  
Mercy Hospital**

presenter and a real resource for the community—I guarantee you will be glad you attended.

“We are excited to cosponsor this new speaker series because it gives us the opportunity to provide programs on a wide variety of topics to the community,” he added. “We hope community members will take the time to check out the program.”

# Thank You!

The Mercy Hospital & Augustana Mercy Auxiliary thanks everyone who contributed to Lights of Love.

## IN MEMORY

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CAMELLE & CASSANDRA PARKER

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CHAS & ROSE ADAMCZAK  
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IRENE NYRUD  
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CATHERINE MANDERNACH  
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JUSTINA SHURLOW  
LAVERNE STIEN

**LYLE KOECHER**  
EVY STABERG

**TED ZUK**  
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HELEN MATUSESKI

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DON & DARLENE JACOBSON

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KENNETH OLSON  
WALLY OLSON  
NIECES & SPOUSES  
DARLENE (DON) JACOBSON  
DAWN (KEN) SCHATZ

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IRENE SAVOLAINEN  
ANNA & SWEDE NELSON  
STAND MADSEN  
ERNIE & NORMA HOLMSTROM

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FRANK NAGORSKI  
ELEANOR NAGORSKI  
GEORGE & DORIS LEACH

**MAURICE THOMPSON**  
VAN THOMPSON  
LORRAINE THOMPSON

**OUR PARENTS**  
BILL & LOU HALL

**JOHN M. YOUNG**  
SHANON YOUNG

## IN HONOR

**RON PETERSON**  
RHONDA SKELTON

**KYLE PETERSON**  
GRAYCE PETERSON

**GRACE SCHJELDAHL**  
DIANNE & TERRY PETERSON

**MARION STOJ**  
JOE STOJ  
JACK TURNER  
MARY STOJ

**SHIRLEY TSCHIDA**  
JULIE, ADAM, RAYNA, RIATA  
KLEJESKI

**CLARENCE ANDERSON**  
CAROL DAOUST

**NORMA KIRK**  
BYRON & BECKY LIEF-KUSTER

**DEAN & RITA TEGLAND**  
HARVEY & THELMA OLSON  
STEVE & DIANE OLSON

**TENA ALLISON**  
AMY TAIPALE  
TOM & MARY HELFMAN

**DALE PEDERSON**  
JANE PEDERSON  
KRISSEY JEFFERS  
REGI GARVEY  
MAURICE & BETTY COUGHLIN

**JOHN GRONSKI**  
HARRY KASPSZAK

**LAURA RADERMACHER**  
MEGAN WEGGE  
KRISSEY JEFFERS  
ANN & BRIAN HAUGEN

**DONALD PETERSEN**  
MAXINE KIMINSKI

**EDYTH WOOD**  
ROSE HERMANSON  
LIL & ORV EVENSON

**RAMONA O'CONNEL**  
HELEN MATUSESKI

**KARL SCHATZ**  
DEANN SCHATZ  
COLLEEN SCHATZ  
CAROLINE & KARL SCHATZ

**GRACE KENYON**  
WILLOW RIVER COMMERCIAL CLUB

## *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**

■ June 16; 9 a.m. to 2 p.m.  
■ July 10 & 12; 6:30 p.m. to 9 p.m.  
■ September 8; 9 a.m. to 2 p.m.  
Call **218.485.5572** to register

### **Caring for Your Newborn**

■ May 15; 6:30 to 8:30 p.m.  
■ July 17; 6:30 to 8:30 p.m.  
Call **218.485.5572** to register

### **Breastfeeding Education Class**

■ July 25; 6:30 to 8 p.m.  
Call **218.485.5572** to register

### **Diabetes Education Program**

#### **Moose Lake (Mercy):**

■ May 8 & 22; July 10; October 2; 2 to 5 p.m.  
■ June 5 & 19; September 4; December 11; 2 to 5 p.m.  
■ July 3 & 17; September 4; December 11; 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.

### **Community First Aid/CPR**

■ May 10; 6 to 10 p.m.  
■ September 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 1. 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.*

### **Group Exercise Classes at the Mercy Wellness Center**

We offer a wide array of group classes for people of all ages and 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 a group class, stop in the Wellness Center or call **218.485.5557**.