

# Mercy Names New CEO

The Board of Directors of Mercy Hospital is pleased to announce the appointment of Michael Delfs to the position of Chief Executive Officer, effective June 30.

“Michael Delfs was our unanimous first choice,” said Kelly Goeb, M.D, Chair of both Mercy’s Board of Directors and CEO Search Committee. “We feel strongly that he is the right leader for Mercy. With his experience and depth as a senior administrator and CEO, he is very knowledgeable about the challenges of rural health care. We were impressed with his history of good physician relations, his financial success in improving the bottom line in his current position, and his communication skills with both staff and the community. We believe he is an excellent fit for our needs.”

Delfs began his career in healthcare with MeritCare (now Sanford Health) in 1991, and from 2006 until 2012, he served as Chief Operating Officer for Riverwood Healthcare Center in Aitkin, Minnesota. In July, 2012, Delfs



**Michael Delfs**

was named the Chief Executive Officer of The Richland Hospital in Richland Center, Wisconsin. Richland, a Critical Access Hospital similar in size and scope to Mercy, has seen both its financial performance and patient quality improve significantly under Delfs’ leadership.

“I’m excited to become part of the Mercy team,” said Delfs. “The hospital and clinic provide exceptional care to the area and I’m thrilled to be part of that partnership as we near completion of new patient care areas. I’m looking forward to being part of the healthcare community.”

A native of North Dakota, Delfs earned his Bachelor’s Degree in Business/Management and his Master’s Degree in Business

Administration from the University of Mary. He is a Fellow in the American College of Healthcare Executives (FACHE), and has been active in both the Wisconsin and Minnesota Hospital Associations. He has been actively involved in the Richland Center community as a member of Rotary International, volunteering with Greater Richland Cancer Elimination, and was previously a board member of the Aitkin Chamber of Commerce.

Delfs and his wife, Beth, have two adult children, both of whom reside in North Dakota with their families, which includes two grandchildren.

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# Springing Into Action



By Jonas Kyllonen, DPT  
Mercy Physical Therapist

It is officially spring and summer is around the corner. With the change of the seasons and warmer weather to look forward to, new activities will begin. These new activities include spending more time outdoors gardening, cutting the grass and doing other yard work. Other activities include spending time on the lakes canoeing or skiing and walking, hiking, playing softball and running.

It's been over six months since we have had the opportunity to perform some of these activities. These activities can place new demands on our bodies and it may take time to adjust to these demands. Starting up an activity that our body hasn't done for a period of time can create discomfort in our muscles and joints. It is important that we listen to our bodies when performing these activities to avoid injury. Whether it is spending time in the garden or playing in a softball league or running this spring/summer, it is important to be in tune with your body and know when it is time to back off when feeling discomfort.

Dynamic activities such as yard work or exercises such as running require a dynamic warm-up. This might include gentle arm circles/swings, standing marches or jumping jacks, etc. A warm-up should take at least 5-10 minutes. The point of a dynamic warm-up is to loosen/limber up muscles and joints and get your heart rate up slightly to allow muscles and tendons to perform efficiently and minimize strains.

Discomfort/pain that is felt after initiating an outdoor activity could be a sign of a number of issues such as an overuse injury, overloading weak muscles and tendons, poor posture and mechanics leading to failure in the musculoskeletal system. It is normal to feel muscle soreness 24-48 hours after a new activity that is placing new demands on muscles (Delayed onset muscle soreness). Any pain that persists should be checked by your physician or qualified health professional.

**Mercy Hospital physical therapy department provides free injury screens.** If you are experiencing a nagging strain or if pain is limiting activity, a physical therapist will screen to assess appropriate care. Please call to schedule a free screening at **218.485.5597**.

## COMING SOON: PATIENT PORTAL

Mercy will unveil its new Patient Portal to patients this summer.

This interactive web portal will empower patients and their families to take a more active role in their care by providing easy, secure access to their health information.

The Patient Portal will give patients access to their health information, including laboratory and radiology results, medications, allergies, demographic information, visit history, discharge/aftercare information, and more. Patients will also be able to link to Mercy's on-line bill pay option. In addition to handling their own care, parents and health care proxies with authorized consent will appreciate the ability to access the records of those individuals for whom they manage care.

To access the portal, patients will need to enroll. Details on how to enroll will be available soon.

# Mercy welcomes two new doctors to its Specialty Clinic

Two new doctors are now offering services to patients in Mercy's Specialty Clinic.

Both Dr. David McKee, Neurologist, and Dr. Alexander Worobel, Podiatrist, are seeing patients once a month in Mercy's Specialty Clinic.

**Dr. McKee**, Northland Neurology & Myology, PA, Duluth, is a board certified clinical neurologist with subspecialty certification in electromyography and neuromuscular disease. Dr. McKee's undergraduate degree, a B.S. in Chemistry (summa cum laude) from Macalester College in St. Paul, was followed by his M.D. from the University of Wisconsin Medical School in Madison. His internship and residency were completed in Portland, Oregon, at Good Samaritan Hospital and Oregon Health Sciences University, respectively. They were followed by a fellowship in neuromuscular disease and electromyography at the Montreal Neurological Institute, McGill University, in Quebec, Canada. He began his practice of neurology in Duluth in July of 1992 and has been very involved in the northern Minnesota medical community ever since. In addition to his practice, he is currently the medical director for Integrity Health Network. He has been included in Best Doctors in America for several years and has been chosen for Top Doctors in Duluth-Superior Magazine.



**Dr. David McKee,**  
Neurologist

Dr. McKee will provide electromyography (EMG) services and peripheral nervous system consults in Mercy's Specialty Clinic on the first Tuesday of the month. Appointments with Dr. McKee are made through referral from a patient's primary physician.



**Dr. Alexander Worobel,**  
Podiatrist

**Dr. Worobel**, White Bear Foot Clinic, is board Certified by the American Board of Podiatric Surgery. He earned his Doctor of Podiatric Medicine (DPM) from the Pennsylvania College of Podiatric Medicine and completed his residency program in podiatric medicine and surgery at St. Francis Hospital in Shakopee, MN. He is a Fellow of the American College of Foot and Ankle Surgeons and has served as Adjunct Clinical Assistant Professor at both the College of Podiatric Medicine, Des Moines, Iowa, and the Ohio College of Podiatric Medicine, Independence, Ohio.

Dr. Worobel's scope of practice includes medical and

surgical management of adult and children's foot conditions. He sees patients once a month in Mercy's Specialty Clinic. Appointments with Dr. Worobel can be made by calling Mercy's Specialty Clinic at **218.485.5896**.

Mercy's Specialty Clinic brings specialists to Moose Lake, allowing patients to receive needed care close to home. In addition to Dr. McKee and Dr. Worobel, patients have access to the following specialists: Dr. Thomas Stillwell (Urology), Dr. Thomas Nelson (General/Colorectal Surgery) and Dr. Jonathan Sande (Oncology). Chemotherapy and Infusion Services are also located in the Specialty Clinic.

**For more information about these services, call Mercy's Specialty Clinic at 218.485.5896.** Mercy's Specialty Clinic is accessed through Mercy's Outpatient Entrance.



**Mercy's Diabetes Program is led by Certified Diabetes Educators Linda Appelgren, RD, CDE, (left) and Allicen Waxlax, RN, CDE.**

## DIABETES PROGRAM MEETS NATIONAL STANDARDS

The Diabetes Education Program at Mercy Hospital was recently awarded continued Recognition from the American Diabetes Association (ADA) for meeting national standards in diabetes self-management education. Mercy was originally recognized in 2004.

Mercy's Diabetes Education program features important information that helps patients with all forms of diabetes develop good diabetes care practices, helping reduce their risk of developing serious complications. Patients do not need to be newly diagnosed to receive education.

"Meeting the national standards in diabetes education means that our program is of the highest quality and is consistent with other top programs not only in our own state, but throughout the nation," said Allicen Waxlax, RN, CDE.

Mercy offers diabetes education through scheduled classes in Moose Lake and through individual sessions by appointment at Mercy in Moose Lake as well as Gateway Clinic in Hinckley.

Also, a free **Diabetes Wellness Group** meets at 2:30 p.m. on the second Monday of each month at the Mercy Wellness Center, 30 Arrowhead Lane, Moose Lake.

Most insurances allow individuals with diabetes to receive continued diabetes education on an annual basis; contact Mercy for more information at **218.485.5836**.



# Taking (and giving) Stock

...No man is an island, entire of itself;  
every man is a piece of the continent, a part  
of the main.

- John Donne

Off the coast of Norway near the city of Trondheim is a small island, two miles long by one-half mile wide, named Gjessing. It is from this place, in 1911, that Oscar & Marie Gjessing emigrated to America. Their son Morris was born in Roseau, MN. Soon the family moved to West Duluth. When Morris shares stories of his life, you get a sense that his childhood was warm and happy, busy with family, neighbors and church; his middle years were filled with school and scouting—he earned his Eagle Scout designation before his graduation from Denfeld. “The proudest moment of my life was getting that Eagle Scout designation,” smiled Morris. “If you can get your Eagle Scout, you can do just about anything.” His life has borne this out. Morris is The Mercy Foundation’s newest major donor.

Morris remembers sitting in his neighbors’ living room listening to Edgar Bergen & Charlie McCarthy on the radio when the program was interrupted to announce the bombing of Pearl Harbor. Two years later, the 17-year-old joined the Navy, caring for wounded soldiers in the Pacific as a Navy Corpsman until July, 1946. He graduated from Duluth Junior College and went on to get a degree in Biology from UMD. Work was hard to find, so he went out to Seattle, and used his GI Bill to study radio telegraphy. He found work with the railroad, working in Alaska, South Florida and the DMIR out of Duluth. He then moved to Washington, DC to work for the US Navy Hydrographic Office as a civilian, sounding the depths of fjords and mapping the seas in the Atlantic. Scholarship and industry were important to Morris, and he found a blend of both in the study of pharmacy, graduating from the University of Washington (Seattle) College of Pharmacy.

It was his most advanced degree that brought him to Moose Lake in 1972, where he worked as a pharmacist at the Moose Lake State Hospital for 20 years. In 1977, Morris and his wife, Marietta, moved to Moose Lake to raise their family. Their three sons, Mark, Mylan and Matt, all graduated from Moose Lake High School. They all live and work in Duluth now, but he hopes they come back for the All-Class Reunion this July.

When they do, they may hear of his latest generous act: a combined gift of stock and cash that brought \$50,000 to The Mercy Foundation’s *Well Within Reach* building fund campaign. It qualified for the WELCOME MAT(CH), meaning an additional \$50,000 will go to the building fund. Morris shared, “I guess it’s good to make a gift now rather than later. And the hospital is good for the community. It employs lots of people, and it will help bring more people to Moose Lake. That’s what people want in a community: a hospital, a church and a school.” He added, “Most people here will end up using the hospital at one time or another. It’s nice to feel you’re part



**Cindy Carlson, Executive Director, The Mercy Foundation, thanks Morris Gjessing for his generous contribution to The Well Within Reach building fund campaign.**

of it—even a little gift makes you feel in the loop. And it’s nice to be able to give locally—you can see what your money is doing.”

The 88-year old gentleman has proven that even though he lives alone now, he is no island—his community spirit and generosity keep him connected. His gift will be recognized with two patient rooms, one named in memory of his parents, and another named in memory of his dear wife Marietta. The Laboratory Waiting Room will be named in his honor, which at first the modest man demurred. Soon, an outpatient will be able to wait comfortably for lab work in the new wing made possible by Morris Gjessing and other generous donors like him. He hopes his gift will inspire others to consider supporting The Mercy Foundation’s building fund campaign. “My father always used to say, ‘Life is short, even at its longest.’ He was right. Why wait?”

Why, indeed?



## MEET YOUR MATCH!

The Mercy Foundation's initial challenge, THE WELCOME MAT(CH) for first time donors, exceeded our goal of \$50,000 in first time gifts to The Foundation: \$62,525 new dollars were matched.

The Mercy Foundation Board has decided to let the momentum continue, and are putting the remaining \$37,475 up to match ANY community gifts (private or business gifts) to The Foundation's *Well Within Reach* building fund campaign. (Because we're family, Mercy and Gateway staffs do not qualify for this match.)

### PLEASE CONSIDER A GIFT TO THE WELL WITHIN REACH BUILDING FUND CAMPAIGN SOON!

Contact Cindy Timmons Carlson at 218.485.5586 or e-mail: ccarlson@mercymooselake.org.  
THANK YOU!

## 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 February 12, 2014, and May 21, 2014.

### MEMORIALS

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

**In memory of Kathy Berglin**  
Mr. & Mrs. Jon Lower

**In memory of Eva Booker**  
Mercy Hospital

**In memory of William Brose**  
Mercy Hospital

**In memory of Rita Christensen**  
Mr. & Mrs. Maurice Coughlin  
Mercy Hospital Board, Administration & Staff

**In memory of Vern Coil**  
Mr. & Mrs. Maurice Coughlin

**In memory of Beverly Ecklid**  
Mercy Hospital

**In memory of Walter Howell**  
Mercy Hospital

**In memory of Beverly Lewandoski**  
Mr. & Mrs. Dennis Arnold  
Mr. & Mrs. Gary Oltmanns  
Mercy Hospital

**In memory of Marjorie Niedzielski**  
Mercy Hospital

**In memory of Ellen Peterson**  
Mercy Hospital

**In memory of Nellie Reiners**  
Mercy Hospital

**In memory of Jacob Riley**  
Mr. & Mrs. Maurice Coughlin

**In memory of Pearl Russell**  
Mercy Hospital

**In memory of Robert Schultz, MD**  
Mr. & Mrs. David Bendt  
Mr. Raymond J. Book  
Mr. Robert J. Book  
Ms. Ruth H. Busta  
Ms. Joan E. Nelson  
North Clinic, PA

**In memory of Alice Swensson**  
Mr. & Mrs. Dennis Arnold

**In memory of Glenn Supri**  
Mercy Hospital

**In memory of Olga Torkelson**  
Mercy Hospital

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

**In memory of John Wenzel**  
Mercy Hospital

**WELL WITHIN REACH**  
**In memory of Roy & Caroline Ahlberg**  
Mr. & Mrs. Lyle Almquist

**In memory of William R. Timmons**  
Mrs. Marie L. Kajer

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

**In loving memory of Carolyn Wilske**  
Doug, Patrick, David & Jack Wilske

**In memory of Gene Zwickey**  
Mr. & Mrs. Larry Lundeen  
Mrs. Elaine Zwickey

## SWING INTO SUMMER WITH US!

The Mercy Foundation's annual Midsummer Golf Tournament is scheduled for a shotgun start on Friday, June 27, 2014 at the Moose Lake Golf Course. The 18-hole scramble-style golf tourney is usually a sell-out, so organize your teams now!

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 20 to allow time for publicity. Contact Darrell Ruhland, Golf Tournament Director, 485.8169, or Cindy Carlson, at 485.5586.

# Augustana Mercy Receives Federal Four Star Ratings for Overall Quality

Augustana Mercy Health Care Center has received overall four star ratings from the federal Centers for Medicare and Medicaid Services (CMS). This achievement is currently unmatched by any neighboring health care centers.

Augustana Mercy attributes earning this high rating to the care and dedication of staff and the quality health care system in Moose Lake that supports them.

The four star ratings are a result of inspections and evaluations of key quality of care outcomes, resident and family satisfaction interviews, staffing levels, and physical building compliance.

In addition, Augustana Mercy has achieved high quality of care through the success of their short-term transitional care. Transitional care is a skilled nursing bridge for people who no longer require hospitalization but need time and therapy to recover and return to their homes.

A key quality indicator for transitional care is the rate of re-hospitalizations needed for these short-term stay patients. Augustana Mercy has demonstrated a rate significantly below current industry averages. In



partnership with Mercy Hospital therapists, Mercy Home Care, and the Gateway Clinic physicians, Augustana Mercy has been able to successfully transition people back to their homes.

The Augustana Mercy Campus provides area seniors

with quality health care and living environments including assisted living, short-term transitional care, rehabilitation therapies, skilled nursing, respite care, and memory care. With a direct connection to Mercy Hospital, Augustana Mercy Health Care Center residents have easy access to clinical services and physicians not typically available in health care center settings.

**For more information, contact Leslie Bakhtiari, RN, Admissions/Discharge Planner, at 218.351.9441.**



# Snowy Winter Did Not Hurt Ticks

Record number of Lyme disease cases, 1,431, reported in 2013; other tick diseases were also up.

Last winter's heavy snowfall across Minnesota likely helped the survival of ticks that can carry disease, prompting state health officials to urge precautions against tick bites.

Minnesota's blacklegged ticks (also called deer ticks) were likely insulated from cold winter temperatures by deep snow in the wooded and brushy areas where the ticks are found, said David Neitzel, a tick-borne disease specialist with the Minnesota Department of Health.

The highest risk for exposure to disease-carrying ticks is typically from mid-May through mid-July when these small and hard to detect nymphs are active.

In 2013, a record 1,431 Lyme disease cases were reported in Minnesota residents. In addition, cases of human anaplasmosis and babesiosis were also high at 627 and 64, respectively. Besides these three commonly reported diseases, blacklegged ticks carry the agents for Powassan disease and a new form of human ehrlichiosis. American dog ticks ("wood ticks"), which are very common in spring and early summer throughout Minnesota, can carry Rocky Mountain spotted fever (RMSF). While RMSF is most common in the southern United States, a small number of RMSF cases have occurred in Minnesotans.

## PROTECT YOURSELF FROM TICK BITES

**Know when you are in tick habitat; this is when it is most important to take precautions:**

- Wooded or brushy areas for the blacklegged tick.
- Grassy or wooded areas for the dog tick.

**If you spend time outdoors in tick habitat, use repellent to reduce the risk of disease:**

- DEET-based repellents (up to 30 percent DEET) can be applied to clothing or skin.

- Pre-treating fabric with permethrin-based repellents can protect against tick bites for at least two weeks without reapplication. This is an excellent option for people who frequently venture into wooded areas.

### Consider tick habitat management strategies.

People who live, or spend time at cabins, on heavily wooded property should consider managing their landscape to reduce their risk. :

- Keep lawns and trails mowed short.
- Remove leaves and brush.
- Create a landscape barrier of wood chips or rocks between mowed lawns and woods.
- Apply pesticide treatments in the spring or early summer along the edges of wooded yards and trails; follow pesticide label instructions carefully.

## PERFORM DAILY TICK CHECKS

Perform tick checks after spending time outdoors in tick habitat. If you find a tick on you, remove it immediately.

Early detection of tick-borne illness is important to prevent potentially severe complications, so people should seek medical care if they develop symptoms. Signs and symptoms of the various tick-borne diseases can include, but are not limited to, rash, fever, headache, fatigue, muscle aches, and joint pain or swelling. These symptoms can be associated with other diseases, so it is important for patients to mention possible tick exposures to their medical provider. Except for Powassan disease, which is caused by a virus, all of Minnesota's tick-borne diseases are treatable with antibiotics.

**More information about tick-borne diseases** is available at <http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/index.html>. People with concerns about tick-borne illnesses should contact their doctor.

## BREATHING EASIER: MERCY OFFERS NEW ASTHMA TEST

A new asthma test now available at Mercy Hospital gives people with asthma and their healthcare providers a more complete picture of their asthma in order to help keep it under control.

The FeNO test measures the amount of nitric oxide in a

person's breath as he or she exhales. When the airways of a person with asthma are inflamed, the lungs produce higher than normal amounts of nitric oxide. Measuring FeNO is the only convenient way to know the severity of airway inflammation. An important

addition to breathing tests, measuring FeNO can help doctors decide which type of medication can help manage a person's asthma.

For more information about the FeNO test, contact Mercy at **218.485.5677**.



## 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 21; 9 a.m. to 2 p.m.  
■ July 8 & 10; 6:30 p.m. to 9 p.m.  
■ August 16; 9 a.m. to 2 p.m.  
Call **218.485.5572** to register

### **Caring for Your Newborn**

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

### **Breastfeeding Education Class**

■ July 16; 6:30 to 8 p.m.  
Call **218.485.5572** to register

### **Diabetes Education Program Moose Lake (Mercy):**

■ June 3 & 17; September 2; December 9; 2 to 5 p.m.  
■ July 1 & 15; September 2; December 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.  
■ June 9: *Putting Your Best Foot Forward*

### **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**

■ September 11; 6 to 10 p.m.  
Call **218.485.5572** to register. Cost: \$50.

### **CPR for Health Care Providers**

■ June 19; 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**.

### **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.mercyooselake.org](http://www.mercyooselake.org)** 