



Lifeline



Mercy to Build for the Future

For nearly 50 years, Mercy has strived to meet the health needs of the people in our region. Designed to enhance patient care, safety and privacy, a new building and renovation project will focus on meeting the needs of our patients well into the future.

After reviewing and updating our 2010 Master Facility Plan, Mercy is seeking funding for a major building and renovation project.

A Critical Access Hospital, Mercy will mark its 50th anniversary in 2013. In order to continue to meet the health needs of the people in our region, Mercy began carefully studying and planning for our future, developing both a strategic plan and a master facility plan in 2010. The master facility plan was developed to accommodate the vision and program direction outlined in our strategic plan. The thorough facility planning process included department interviews to

determine space needs, site and facility assessments, market demand analysis to project future patient volumes, along with cost estimates and other financial considerations. The resulting plan presents solutions for our biggest space issues with careful consideration to their affordability.

Mercy recently reviewed and fine-tuned the plan as part of the USDA loan pre-application process.

Following board approval in

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July, Mercy submitted an application for a USDA Rural Development Community Facility Direct Loan. The Hospital should be notified of loan approval or denial in September. If the loan is approved, Mercy's Board of Directors will then hold a final vote on whether to proceed with the project.

As part of the loan application, schematic design decisions have been made regarding department adjacencies, room adjacencies, the footprint of the building and identification of future areas of expansion. The design development stage, in which final design decisions will be made, will not begin until the USDA loan is secured and the Mercy Board votes to proceed. The detailed design development stage is expected to begin in October and be completed in March.

"We know our staff provides excellent care here at Mercy. We also know that our facility has some serious space and design issues," said Jason Douglas, Mercy CEO. "Consider that an emergency patient needing a CT scan must be transported to the other side of the building to receive care or that to get to surgery, people must walk by every patient room in the hospital. This new building project will provide a patient-focused facility that reflects the personalized, high quality care that our staff provides to our patients."

With that in mind and with major input from department managers, the architects from BWBR developed three guiding principles for the project:

Patient Care

*The new facility will be designed to fully **focus on patients** and their families. Compassionate, personalized care will be supported through unique caring spaces, recognizing the privacy and dignity of all. A holistic approach to layout and design will support a **collaborative** and dedicated medical team... treating the whole patient in dynamic context. **Safety** will be embedded in all design solutions to create an outstanding health care environment.*

Image

*Through the appropriate use of glass, natural materials and building details, the first impression of the new hospital will be **warm, welcoming and friendly** for our community. There will also be clear design cues which support cutting edge technology, highly professional staff and quality health care services.*

Support/Function

*The layout, details and quality of the new facility will support a highly efficient, sustainable medical environment. Work-flow and departmental relationships will be thoughtful and flexible for **practical and appropriate** design solutions.*

The proposed plan features a two-story addition that will relocate the main hospital entrance. By rearranging some department locations, the new floor plan will create a smooth and efficient flow of services for both patients and staff, enhancing patient care, privacy and safety. The proposed changes include locating diagnostic services adjacent to Emergency Services, private ER patient rooms, and private inpatient rooms located on the second floor away from major walkways.

"This project is focused on meeting the needs of our patients and will be designed to enhance patient care, privacy and safety," Douglas said. "Mercy will celebrate its 50th Anniversary in 2013. If all goes as planned, we will break ground for this project next spring, allowing us to meet the health needs of the people of our hospital district for the next 50 years."

Wellness Center Update

Work to repair flood damage continues at the Mercy Wellness Center, with the delivery schedule for the reordered doors, casework and lockers pushing the reopening date into September.

"The Mercy Wellness Center suffered significant flood damage," said Jason Douglas, Mercy CEO. "We recognize that members are eager to resume their exercise routines and we are working hard to restore services as quickly as we can. We thank members for their patience during this process."

Needed renovation work includes new insulation and drywall for the bottom two feet of the walls, along with new carpeting and gym floor. Doors, casework and lockers also need replacement. In addition, much work is required to repair the tile showers.

Please watch for more information regarding specific dates for the reopening of the Wellness Center and the resumption of exercise classes.

Meaningful Use at Mercy Hospital

In April of 2012, Mercy Hospital began a demonstration period in regard to its use of electronic health care technology.

This Meaningful Use/Electronic Health Record Incentive Program is part of the American Recovery and Reinvestment Act of 2009. With this act, the Federal Government is providing incentives for hospitals and providers to use technology to reduce recordkeeping costs, reduce repeat tests, decrease hospital length of stay, increase patient safety, and reduce medical errors.

The Federal Government realizes implementing health care technology can be very expensive, especially for small rural hospitals and providers. If hospitals and providers can successfully demonstrate specific Meaningful Use objectives, they will receive incentive monetary reimbursement to help offset the cost of adopting, implementing, and upgrading their health care technology. Beginning in 2015, however, they will see a reduction in reimbursement if these Meaningful Use objectives are not being met.

Mercy has been implementing and using health care technology for many years. Computerized bedside medication verification reduces medication errors by allowing the nurse to verify the correct patient with the correct medication ordered for them. Digital CT scans, x-rays, and the like, eliminate the need for film and allow physicians to view these on a computer screen in the hospital or during a procedure to ensure correct site



Alyssa Olson, RN, uses a computer to review information in a patient's medical record.

verification. Computerized order entry by physicians in the Emergency Department reduces the chance for errors for a number of reasons. One reason is the interpretation of handwriting is eliminated.

While Mercy has been utilizing many types of electronic health care technologies, there are now specific objectives we are meeting to demonstrate Meaningful Use. Many staff assisted in this effort by helping to make changes to Mercy's computerized health care information system and changes in workflow to be able to electronically capture the

specific information needed to meet the Meaningful Use objectives. The administration at Mercy has been committed to this effort from the start. Mercy has also worked with SISU Medical Solutions in this effort. SISU offers health care IT services and is working with several Minnesota hospitals in achieving Meaningful Use.

The next stage of Meaningful Use will be finalized by the U.S. Department of Health and Human Services before the end of 2012. This next stage will continue to focus on improving patient care and improving the secure exchange of patient information among hospitals and providers. There will also be a big effort to facilitate and improve patient's access to their own electronic health care information.

For more information, contact Dale Osby at Mercy Hospital. Or, go to this internet address: http://healthit.hhs.gov/portal/server.pt/community/healthit_hhs_gov__home/1204.



THE MERCY FOUNDATION

Turnabout is Fair Play!

Nearly three months of behind the scenes work washed down river with the flood waters for The Mercy Foundation on that fateful third week in June, when the area was hit by the “100 year flood.”

“Even as late as Wednesday, we still thought we could go on with our Annual Golf Benefit. The Moose Lake golf course was closed to protect the greens, but the thought was that if the rain stopped later on that day and we had breezy weather, it would only be a case of creating some “detours” on the course—the tournament could be played,” said Cindy Carlson, Director of The Mercy Foundation. “By Thursday morning, we knew it couldn’t happen—the world had changed. Not only was it physically impossible to think of the tournament, it struck us as being disrespectful to consider going on with a fun event in the face of all the suffering and uncertainty the people in our area faced. We called off the tournament Thursday morning and decided to re-evaluate our options after the flood subsided.”

By the next week, the waters receded and the clean-up began. “It was heartbreaking to see all the lost possessions of homeowners and businesses piled on the curb for pick-up” Carlson noted. “But it was also heartwarming to see the genuine desire to go on, to move forward, to get back to normal. It started to seem OK to consider our tournament going on, too—but with a different goal.”

Carlson asked Mercy CEO Jason Douglas if he would support the idea of dedicating proceeds from the Foundation’s annual fundraiser to the newly-established Moose Lake Area Flood Relief Fund (MLAFRF) instead of to The Foundation’s soon-to-be-created Building Fund. “Jason’s immediate response was ‘I LOVE it! Go for it!’” said Carlson. But The Mercy Foundation Board must approve such a change. “I sent out an urgent e-mail to each board member and heard back from everyone before noon on the same

day. The Board was unanimous in this decision. We all felt it was a wonderful opportunity to support the communities that have supported us for the last 12 years.”

The rescheduled Mercy Foundation Golf Tournament began with its shotgun start at high noon on Friday, August 3, 2012. The tournament was full to bursting and it is hoped that, after expenses, nearly \$10,000 will be deposited into the MLAFRF.

There were high hopes for good weather on August 3. But just in case, this year’s golfers’ premium (ordered months in advance) was an auto-open, auto-close umbrella, bearing The Foundation’s logo. Carlson wryly admitted the irony has not been lost on anyone.

A NOTE ABOUT THE MOOSE LAKE AREA FLOOD RELIEF FUND

The Moose Lake Area Flood Relief Fund (MLAFRF) was established within days of the June floods in response to the many concerned people from Minnesota and beyond who wanted to help the victims of flooding in the Moose Lake Area.

The MLAFRF is held in The First National Bank of Moose Lake as a separate fund under the accounts of Hope Lutheran Church. This allows the donations to the fund to be tax deductible for donors. Donations may be made at several locations—area churches, Lake State Federal Credit Union, the First National Bank of Moose Lake or the Moose Lake Chamber of Commerce. All donations will be deposited into the MLAFRF.

The fund is being managed by a steering committee representing area churches, since every church has congregants who live somewhere within the flood area. Application forms are available at all area churches, at the bank and credit union and at Moose Lake City Hall offices. Applicants need not be members of any church to apply for funds. The steering committee meets weekly to review applications and meet with applicants. You may call Moose Lake Covenant Church (218-485-4800) or Cindy Carlson (218-372-3525) with questions.



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 April 24, 2012 through July 27, 2012.

TRIBUTE

In honor of Silver & Berniece Anderson, on their 50th wedding anniversary
Mr. & Mrs. Harold W. Carlson

MEMORIALS

In memory of Arthur Abrahamson
Mercy Hospital

In memory of Sue Arnold
Mr. & Mrs. John Mandernach

In memory of Beatrice Davis
Mercy Hospital

In memory of John Dragicevich
Ms. Gabriella Nygren

In memory of Deborah Hilleren
Mercy Hospital

In memory of Frank Sinclair Hovey
Mr. & Mrs. Dennis Arnold

In memory of Frank Johnson
Mercy Hospital

In memory of Mildred Juscak
Mercy Hospital

In memory of Lillian Lampel
Mr. & Mrs. James Lehet

In memory of Irma Lundorff
Mercy Hospital

In memory of Jean Mecl
Mercy Hospital

In memory of Alan Peterson
Mr. & Mrs. John Mandernach

In memory of Pearl Peterson
Mr. & Mrs. Harold W. Carlson

In memory of Colleen Ruhland
Mr. & Mrs. John Mandernach

In memory of Louella Skog
Mr. & Mrs. Harold W. Carlson
Mr. & Mrs. Maurice Coughlin
Mr. & Mrs. Brian L. Garvey
Mercy Hospital

In memory of Bob & Goldie Warner
Ms. Linda Juscak
Mr. Randy Warner
Mr. Ryan Warner

SAVE THE DATE!

The Mercy Foundation's annual gala has moved to October 13, 2012. (We are all feeling lucky it was not scheduled for June 23 this year!)

Please mark your calendars and make plans to attend. This is one of the two major annual fundraising events for The Mercy Foundation. "We'll have a new band this year. It's a group of retired Northland professionals that call themselves "Gramps with Amps." They play great dance tunes from Oldies on—including polkas! Lou and Robin Paulson and the crew will again cater the sit-down meal with their palate-pleasing fare," said Foundation Director Cindy Carlson.

"With the switch to an October date, we decided to host a Masked Ball," said Carlson. The event is open to all. "We send special invitations to our donors as a courtesy, but we encourage anyone who is interested to join us for a wonderful evening." More details will be unveiled as the date nears.

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

A Place to Land

The next time you come to Augustana Mercy Health Care Center and Mercy Hospital, you may meet a tall man in a power wheelchair named Larry Blomquist.

As a former pilot, professional photographer and air craft traffic controller for Northwest

Airlines, Larry has plenty to talk about. Last year, you might have met him uptown or seen him at a local church talking about the Gideon ministry. That is, until one summer evening when Judy, Larry's wife, discovered him lying on the kitchen floor. He was later diagnosed as having had a major stroke.

In fact, someone in America has a stroke every 45 seconds. The third leading cause of death, strokes cause a part of the brain to die, affecting various regions of the body. Dr. Ray Christensen, Medical Director for Augustana Mercy, currently serves on the MN Acute Stroke System Council. Dr. Christensen says people should know the warning signs of strokes. These include sudden:

- weakness, numbness of the face, an arm, or a leg—especially on one side;
- confusion or trouble speaking;
- trouble seeing in one or both eyes;
- trouble with walking and coordination, or a loss of balance and dizziness.

After the stroke, Judy had to decide where Larry would get the best care and rehabilitation. After weighing their options, they decided to remain in Moose Lake. Judy said not only was staying local



Mercy Hospital therapists work with Larry.

important, but the local hospital and Augustana Mercy had all the resources they needed.

The stroke had impacted Larry's entire left side, his speech and his ability to eat. The staff at Augustana Mercy and Mercy therapists helped Larry compensate for his loss of strength, speech, and swallowing.

They helped him secure a power wheelchair and other needed equipment.

Today, Larry has a private room and exceptional caregivers that brighten up each day. "Wendy, Candy, Joy, Heidi, Kim, Ashley, Linda and Brenda are special, and there are more," he says with a smile.

Judy, Larry's dedicated wife, is another big part of each day. They talk and read together, as well as stroll around the grounds and neighborhood. In addition, Judy volunteers and helps serve at weekly events. As members of the Gideons, they both have relied upon their faith to give them strength and hope. Larry even says the stroke has opened some new doors for ministry as he has had the chance to pray with people coming to either the hospital or care center.

Next time you visit, you may see Larry at the front entrance. His optimistic attitude continues to fill the lobby with a warm glow and he is sure to greet you with a broad grin.

Larry experienced major engine failure twice as a pilot. He says that life is like that: "When it happens, you need to find a good place to land."

We are glad Larry and Judy chose to land with us at Augustana Mercy Health Care Center.

News Notes

MERCY TRUSTEE EARNS MHA CERTIFICATION

Gail M. Langhorst, a trustee of Mercy Hospital, was honored July 8 for completing the Minnesota Hospital Association (MHA) board member certification program.

A Mercy Board member since January 2009, Langhorst represents Kalevala Township.

“Hospital trustees serve in a complex environment. To be successful requires knowledge of health care issues, understanding, dedication and commitment to the community the hospital serves,” said Lawrence Massa, MHA president and CEO. “Achieving certification demonstrates that Gail maintains high standards and takes her governance responsibility seriously.”

Under the voluntary training program, hospital board members earn at least 35 education unit credits for studying in topics as varied as strategic planning and positioning and patient safety and quality. The program is designed to help trustees remain up-to-date on health care issues, to hone their leadership skills, and to develop governance best practices.

“We are lucky to have board members who are dedicated to the well being of the people and communities served by the hospital district,” said Jason Douglas, Mercy CEO. “We congratulate Gail for earning this certification and commend her for her commitment to Mercy and the patients in our care.”



Gail Langhorst

MERCY TO HOLD FREE CHILD PASSENGER SAFETY CLINICS

Take the time to brush up on how to properly secure your children in the correct safety restraint and better understand the importance of booster seats. To make sure your safety restraint is protecting your child, Mercy will offer free inspections at Child Passenger Safety Clinics in August and September.

Mercy staff specially trained and certified in Child Passenger Safety (CPS) will conduct the free Safety Clinics, 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.

Safety Clinics will be held:

- Tuesday, August 14, 4 to 6 p.m., Cloquet Walmart
- Thursday, September 20, 9 to 11 a.m.,
Moose Lake Fire Hall

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

FREE INJURY SCREENING AVAILABLE BY APPOINTMENT

Is a nagging strain or pain bothering you? Should you “work through” the pain or go see your doctor?

Mercy Physical therapists can help you answer these questions with a FREE Injury Screen available by appointment at Mercy Hospital. Please call **218.485.5597** to schedule your appointment.

MERCY OFFERS SPEECH THERAPY PROGRAM FOR PEOPLE WITH PARKINSON DISEASE



**Mercy Speech Pathologist
Jillian Leach**

Soft voice...mumbled and/or monotone speech...hoarse voice. Almost every person with Parkinson Disease (PD) will experience speech problems like these that start early in the disease process and progressively diminish a person’s ability to communicate. Mercy Hospital now offers an effective speech treatment specially created to help improve the speech of PD patients.

Called LSVT@LOUD, this intensive speech therapy program consists of 16 individual treatment sessions held one hour per day, four days a week for one month. The treatment program is offered by Mercy Speech Pathologist

Jillian Leach, M.S. CCC-SLP, who received special training and certification in the program.

“This is a wonderful, effective program, with so much research behind it,” Leach said. “I’m excited to be able to offer this to our patients. It’s a really interesting, fun therapy.”

LSVT@LOUD improves both the voice and speech of individuals with PD. Treatment focuses on improving vocal loudness with immediate carryover into daily communication, enabling patients to maintain and/or improve their oral communication. Research on the program has demonstrated:

- Improved vocal loudness
- Improved speech intelligibility
- More facial expression

While designed for patients with PD, Leach said the program may have broader applications, increasing speech functionality for others as well. Research is now underway testing the effectiveness of the program with people with Cerebral Palsy and Down’s Syndrome.

For more information about LSVT@LOUD or other speech therapy programs, call Mercy at **218.485.5626**.

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

■ September 8; 9 a.m. to 2 p.m.
■ November 6 & 8; 6:30 p.m. to 9 p.m.
■ December 1; 9 a.m. to 2 p.m.
Call **218.485.5572** to register

Caring for Your Newborn

■ September 18; 6:30 to 8:30 p.m.
■ November 20; 6:30 to 8:30 p.m.
Call **218.485.5572** to register

Breastfeeding Education Class

■ October 17; 6:30 to 8 p.m.
Call **218.485.5572** to register

Diabetes Education Program

Moose Lake (Mercy):

■ August 14 & 28; November 13; February 5; 2 to 5 p.m.
■ September 11 & 25; November 13; February 5; 2 to 5 p.m.
■ October 9 & 23; January 8; April 2; 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

PLEASE NOTE: August meeting will be held at Mercy Hospital. 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

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

CPR for Health Care Providers

■ August 16; 6 to 10 p.m.
■ 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 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.

Exercise Classes at the Mercy Wellness Center

When the Wellness Center reopens in September (watch for opening date announcement), we will resume offering 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 a group class, call **218.485.5557**.