



Lifeline



A Mercy Hospital Publication
SUMMER 2013

Mercy Hospital welcomes general/colorectal surgeon

Mercy Hospital is pleased to announce that the surgical practice of Dr. Thomas M. Nelson, General/Colorectal Surgeon, is now based at the hospital on a full-time basis.

Dr. Nelson has provided surgical services on an outreach basis at Mercy Hospital since 1991. He is now available full time in the community, providing a full range of general surgery and endoscopy services in Mercy Hospital's state-of-the-art surgery center. Dr. Nelson specializes in all forms of general and laparoscopic surgery.

Certified by the American Board of Surgery and a Fellow in the American College of Surgeons, Dr. Nelson earned his medical degree from the University of Minnesota. He completed his general surgical residency at the University of Illinois Hospitals followed by a fellowship in colorectal surgery at Cook County Hospital in Chicago. He has served as



Thomas M. Nelson, MD, FACS

Chair of St. Luke's Department of Surgery and as St. Luke's Trauma Service Director. In addition, he has served as both Chief of Surgery and Chief of Staff at St. Mary's Hospital in Superior.

"Dr. Nelson is a well-respected surgeon in the area and has provided surgical services here at Mercy for many years," said Donita Korpela, RN, BA, MHA, Director of Patient Care Services.

"Having him practice here on a full-time basis means our patients have another excellent option for quality surgical care right here, close to home."

Dr. Nelson's practice is based at Mercy Hospital. His offices are easily accessed through Mercy's Outpatient Entrance on Kenwood Avenue. To make an appointment with Dr. Nelson or for referral information, please call Mercy at 218.485.4481.

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A MASKED AFFAIR!

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Mercy Board appoints Interim CEO



Michael Hagen, Ed.D., Interim CEO.

The Board of Directors of Mercy Hospital has appointed Michael Hagen, Ed.D., to the position of Interim CEO. Hagen replaces

Jason Douglas who accepted the position of President of Regional Enterprises Incorporated and CEO of Memorial Medical Center in Ashland, Wisconsin.

Hagen comes to Mercy from Riverwood Healthcare Center in Aitkin, MN, where he served as CEO from 2001 until his retirement in July, 2013. During his tenure at Riverwood, he oversaw the construction of a new hospital and integrated rural health clinic in 2003, along with a \$21 million expansion completed in 2013. Hagen also developed collaborative relationships and joint ventures that expanded services in the community such as the partnership with Cuyuna Regional Medical Center to form the Cuyuna Riverwood Breast Health Alliance and Minnesota Center for Orthopaedics. Under his direction, Riverwood was recognized as a top 100 Community Hospital in 2012 by Becker's Hospital Review, and as a Top 100 Critical Access Hospital in 2012 and 2013 by the iVantage Health Analytics' Hospital Strength Index.

"The leadership skills Mike brings to this position will be an immediate asset to Mercy as we continue to move forward with a number of important initiatives," said Kelly Goeb, M.D., Mercy Board chair. "Our board feels fortunate to have someone with Mike's experience step into this position during this transition period."

Hagen earned a bachelor's degree from Moorhead State University, a master's from Mankato State University, and a doctorate in education from Utah State University. During his career, he served as the director of the Montana Center for Handicapped Children, Eastern Montana College, and as administrative director of rehabilitation at Saint Vincent Hospital and Health Center—both in Billings, Montana; administrator at HealthSouth Rehabilitation at Baptist Hospital in Knoxville, Tennessee; and was chief executive officer of HealthSouth Rehabilitation Hospital of Beaumont, Texas, just before coming to Aitkin.

In his role as Mercy Interim CEO, Hagen will facilitate initiatives currently under development, which include updating the strategic plan, overseeing the building/renovation project, and assisting in the search for a permanent CEO.



Mercy breaks ground!

It was a great day! Mercy celebrated its past and future at the Groundbreaking and 50th Anniversary celebration on May 31, 2013. An enthusiastic crowd of 250 community members and hospital staff was on hand for the festivities.

Go to our website at www.mercymooselake.org for more information about our major expansion and renovation project. Follow the link to the blog and live web cam for construction updates.



Looking Forward, Looking Back: Niilo Isaacson

When you drive through the woods into the leafy green yard of Niilo and Millie Isaacson's home, you will be amazed at the elaborately simple squirrel-proof bird feeder standing tall there. Built of flagpole, pulley cable, metal baffle and wooden birdfeeder, it stands as testament to the resourcefulness of the self-professed "Jack-of-all-trades" who, at age 90, still resides in the plant-filled home with his wife of nearly 67 years.

Niilo came to work at Mercy just before the building was opened for business in 1963. He did not come to Mercy early in his long life. By the time he answered the ad in the Star-Gazette, he had worked for the Kettle River Creamery as a boiler operator until it closed, served our nation as an engineer with the US 8th Air Force in England, survived being shot down over the North Sea there, came back to work at the Twin Ports dairy in Superior as a boiler operator, and decided to see if he could find work closer to home.

Mercy's very first CEO, Clifford Johnson, interviewed him personally. When he entered his office, Mr. Johnson asked Niilo if he drank coffee. Niilo, in typical Finnish reserve, simply answered "Yes." Mr. Johnson responded in kind. "You're hired!" he told him—and he started the next day.

For many of the 23 years he worked for Mercy as the head maintenance engineer, he worked alone. It was only after Mercy built the nursing home wing that

he was able to get help from Harold Nelson and then Robert Tomczak. In the early days, he not only kept the boiler and all other utilities operating in the new hospital, he mopped floors, served as orderly and built basic furniture and shelving units for the support areas of the hospital.



Niilo Isaacson.

Mercy CEO Bill Zellman was Niilo's only other boss during his tenure at Mercy. He was "pretty darned good" at his job, Niilo said. The two men were devoted blood donors, each reaching coveted "3 Gallon" donor status. "We each got a pin and our name in the paper at the same time," Niilo smiled, the pride still there. Niilo learned first hand of the need for blood.

When Wes Hamlin donated a panel truck to Mercy for use as its first ambulance, Zellman sent Niilo

and two other men to a metro hospital to learn CPR, and then on to the Cloquet hospital to be trained as EMTs so they could double as ambulance drivers. Niilo said, "We were on call 24/7. I could never go on vacation. They called out here if I wasn't at work. If all went well, I drove and had another guy up front and a nurse in the back with the patient. There were times I would drive right into the woods if there was a hunting accident and I knew where the guy was injured." Niilo saw a wide range of injuries, heartaches and triumphs as Mercy's ambulance driver.

After 23 years of more than full-time commitment to Mercy, Niilo retired. "They gave me a nice Seiko watch," he told us. "It finally quit last year. I lasted longer than it did." How nice that Niilo and Mille are both still ticking!



THE MERCY FOUNDATION

Come One, Come All, to Our Long-awaited Masked Ball!

The Mercy Foundation's annual gala moved to October last year, and the move was a good one—the event attracted a record-breaking crowd. This year's Autumn Gala will be held on Saturday, October 12, 2013, at Holy Angels Social Hall in Moose Lake.

The evening opens with a social hour beginning at 6:30. Guests are seated for dinner at 7:15. Lou and Robin Paulson and their crew will again cater the elegant meal with their palate-pleasing fare, suitable for autumn appetites.

Back by popular demand is last year's band, "Gramps with Amps," which kept the dance floor hopping with decades of Oldies including polkas! A short program is also part of the event.

"This year's gala is focused on raising funds to support Mercy's expanding surgical program—so a Masked Ball seemed very appropriate," said Cindy Carlson, Foundation Executive Director.

And just what is a Masked Ball? It's not really a costume party. The idea gained popularity in the 18th century, especially among European courtiers (Think *Amadeus*). And, while some groups aim for the full-blown Venetian Masked Ball, replete with flowing gowns and feathers for the women and ruffled shirts and leggings for the men, The Mercy Foundation's Masked Ball will be much simpler: Wear your pretty dress or your sport coat, but be playful and don a mask.



"We admit we had to work up the nerve to go for it," laughed Carlson, "but I can honestly say there is gathering excitement at adding this new twist to our popular event. You'll be surprised how different an evening can be behind a mask! Come and find out!"

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," Carlson said, adding a warning, "Don't wait too long to make your reservations—we had to turn folks away last year and we know it will happen again this year."

Seats are reserved on a first-come, first-served fully paid basis. Invitations will be mailed in early September. Questions? Call **218.485.5586**.

Campaign Rolls Forward

Well Within Reach: The Mercy Foundation Campaign for our hospital is rolling out into Mercy's service area. Watch your mailbox for more details, or call Cindy Timmons Carlson at 218.485.5586 or ccarlson@mercymooselake.org with your questions.

Do what you can, with what you have, where you are.

- T. Roosevelt

If everyone helps, meeting our \$1-1.5 million goal is **WELL WITHIN REACH!**

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 May 17, 2013 through August 20, 2013.

TRIBUTE

In honor of the many Midsummer Golf Tournament Volunteers who make the fundraiser FUN!

Mr. & Mrs. Stuart E. Johnson

MEMORIALS

In memory of Raymond Adamczak
Mercy Hospital

In memory of Robert (Bob) Admaczak
Mr. Ross Anderson
Mr. & Mrs. Thomas Cich
Ms. Annette Dahlmeier
Four Seasons Shores Realty, Inc.
Mr. Michael T. Hay
Mr. & Mrs. Lowell J. Nelson
Mr. & Mrs. Ronald C. Renn
Dr. & Mrs. William Schnell
Mr. & Mrs. Doug Skelton
Mrs. Lynn Youso
Mercy Hospital

In memory of Dale Gregory Anderson
Mr. Carl Anderson

In memory of Ethel Appicelli
Mercy Hospital

In memory of Mary Bothwell
Mr. Larry D. Peterson

In memory of John Carl
Dr. & Mrs. Kenneth Etterman

In memory of Mary Lisa Cross
Mr. & Mrs. Dennis Arnold
Mr. & Mrs. Harold W. Carlson
Mr. & Mrs. Brian Garvey
Mr. & Mrs. Stanley Peterson

In memory of John Curran
Dr. & Mrs. Kenneth Etterman

In memory of Joseph Gilles
Mercy Hospital

In memory of Carl Grangruth
Mrs. Beatrice Grangruth

In memory of Toini Happonen
Mr. & Mrs. George Leach
Mercy Hospital

In memory of Robert (Bud) Heyn
Mr. & Mrs. Maurice Coughlin

In memory of Joseph Jamros II
Mr. & Mrs. Maurice Coughlin

In memory of Regina Juszczak
Mercy Hospital

In memory of Jeri Matten
Ms. Carol Agurkis

In memory of Linda Olson
Mr. & Mrs. Maurice Coughlin
Lori Jo Chard, Luke & Ashely
Mr. & Mrs. Bruce Lang
Mr. & Mrs. Steven Lang

In memory of Vivian Rengo
Mercy Hospital

In memory of Frank Romanoski
Mr. & Mrs. Dennis Arnold
Drs. Dan & Sue Benzie
Mr. Rick Bothwell
Mr. & Mrs. Keith Carlson
Mr. & Mrs. Maurice Coughlin
Mr. Byron Kuster & Ms. Becky-Lief Kuster
Mr. & Mrs. John Mandernach
Mercy Hospital

In memory of Stephanie Rufin
Ms. Carol Agurkis

In memory of Geraldine Schultz
Mercy Hospital

In memory of Susie Skog
Mr. & Mrs. Dennis Arnold

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

In memory of Edyth Wood
Mr. & Mrs. George Leach
Mercy Hospital

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

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

Why Choose a Care Center?

For important reasons, assisted living has become the first choice for many seniors and families seeking long term care. Often less expensive, assisted living offers more homelike surrounding and with many of the services nursing homes provide. Our residents at Kenwood Place Assisted Living love it for just those reasons. However, there are still important reasons why seniors and families choose nursing home care.

Most people understand Augustana Mercy Health Care Center's specialized short stay wing with private rooms that gets people back home after a hospital stay. However, there are other reasons to choose a care center. For individuals with complex care needs or changing medical conditions, our licensed nurses are on hand 24 hours per day. These nurses address pain control, help heal fragile skin conditions, carefully monitor medications and partner with health care professionals to meet complex medical needs. For those that need special assistance with transfers between bed, wheelchair and bath, nursing home staff have access to a range of specialty equipment.

On average, care centers provide more licensed nurses and twice the staffing levels than other facilities. They frequently utilize medical specialists like pharmacists, wound care nurses and psychologists. At Augustana Mercy we have a well outfitted therapy



Resident Roger Dehnel loves to build model airplanes and assemble bird houses.

center and therapists to help improve walking, movement and speech or swallowing.

Today, more than ever, Augustana Care has adopted what is right about assisted living. We promote fullness of life through a culture of hospitality and customer service. We promote choice around: wake up and bed time, meals, bathing or showering, and the daily activities people enjoy. We have many more private rooms and encourage people to make it home. In their rooms residents sew, read, surf the internet, do art and other hand crafts. The activities and volunteer program provides for individual interests and offers crafts, gardening, worship, bible studies, exercise, pet therapy, a weekly happy hour and more.

If you may have a need for a nursing home, Augustana Mercy's admission nurse Leslie Bakhtiari, RN, is available to help you assess that need. Call her at **218.351.9400**.

News Notes

EVENING DIGITAL MAMMOGRAPHY

To make it easier for women to schedule this important screening procedure, Mercy offers evening digital mammography appointments. Evening appointments are available on the following dates:

- September 10 & 23
- October 15 & 23

To schedule an appointment, please call **218.485.5578**.

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.

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

Is a nagging strain or pain bothering you? 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--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.

Two for one!

Check Out Our September Special!

Attend 10 exercise classes in the month of September at the Mercy Wellness Center and receive **two additional classes of your choice for just \$1.**

Call **218.485.5557** to register for classes or go to our website for class descriptions and schedules: www.mercymooselake.org.



Emma D. L. Cosgrove, the 50th baby born at Mercy Hospital during the hospital's 50th Anniversary, is pictured with her parents, Kayla Haft and Anthony Cosgrove, along with big sister Kaylynn and attending physician Dr. Dania Kamp (pictured at left).

50TH BABY BORN DURING MERCY'S 50TH ANNIVERSARY!

Mercy Hospital continues to celebrate its 50th Anniversary with a special recognition of the 50th baby born in 2013.

Kayla Haft and Anthony Cosgrove of Sandstone are the proud parents of the 50th baby born at Mercy Hospital in 2013.

Their daughter, Emma D. L. Cosgrove, was born at 5:01 a.m. on June 7, 2013, weighing 7 lbs, 5 ½ oz. and measuring 19 inches long. Dr. Dania Kamp, Gateway Family Health Clinic, was the attending physician.

In addition to the free car seat given to all families who give birth at Mercy, the family received special gifts from the hospital and auxiliary.



710 South Kenwood Avenue
Moose Lake, MN 55767

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

■ October 1 & 3; 6:30 p.m. to 9 p.m.
■ November 7 & 12; 6:30 p.m. to 9 p.m.
Call **218.485.5572** to register

Caring for Your Newborn

■ September 17; 6:30 to 8:30 p.m.
■ November 19; 6:30 to 8:30 p.m.
Call **218.485.5572** to register

Breastfeeding Education Class

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

Diabetes Education Program

Moose Lake (Mercy):

■ October 8 & 22; January 7; April 1; 2 to 5 p.m.
■ November 5 & 19; January 7; April 1; 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.

Topics for 2013:

■ September 9 - Traveling with Diabetes
■ October 14 - Getting through Sick Days
■ November 11 - Diabetes and Holiday Eating
■ December 9 - Stress and Diabetes

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 12; 6 to 10 p.m.
Call **218.485.5572** to register. Cost: \$50.

CPR for Health Care Providers

■ November 14; 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**.

Women's Health Focus Group

Group meets first Wednesday of every month at 6 p.m. at the Mercy Wellness Center, 30 Arrowhead Lane. Call **218.485.5597**.

Exercise Classes at the Mercy Wellness Center

Our wide array of 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. 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 