

Mercy welcomes two new specialists

Two new physician specialists are working in conjunction with Gateway Family Health Clinic and Mercy Hospital to bring additional healthcare expertise to patients in the area.

Dr. Noah Chelliah, Interventional Cardiologist, and Dr. John E. Schmitt, Otolaryngology, both see patients at Gateway Clinic and perform procedures at Mercy Hospital.

“Dr. Chelliah and Dr. Schmitt are both terrific additions to healthcare available locally,” commented Mike Delfs, Mercy Hospital CEO. “Both physicians bring a level of expertise and treatment options not offered before within the community.”



Dr. Noah Chelliah,
Interventional
Cardiologist

Dr. Chelliah is a triple board-certified interventional cardiologist with 32 years of practice experience. Unlike many cardiologists who require patients to travel to a larger hospital for procedures, Dr. Chelliah provides selected advanced cardiac procedures to patients in their community hospital. He specializes in implanting pacemakers, implantable cardiac defibrillators (ICDs), and

biventricular pacing and defibrillator devices.

Using sophisticated technologies and working with a certified physician’s assistant with special training in vascular surgery, Dr. Chelliah is able to safely perform these implant procedures in a rural hospital.

“Using a team approach, we have performed close to 60 such complex implant procedures over the last 18 months in a rural hospital/surgical center setting with great success and a perfect safety record,” he said. Recently, he successfully completed his first two implant procedures at Mercy, including Mercy’s first implant of a Cardiac Resynchronization Therapy (CRT) device in a heart failure patient.

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

Dr. Schmitt is a board-certified ear, nose and throat (ENT) specialist with over 30 years of experience. His scope of practice includes the medical and surgical management of adult and children’s diseases and disorders of the ear, nose, sinuses, larynx, mouth, throat and related structures. He also conveniently provides any needed surgical procedures right at Mercy.



Dr. John E. Schmitt,
Otolaryngology

Dr. Schmitt sees patients every Monday at Gateway Clinic. Appointments with Dr. Schmitt can be made by calling **218.485.5896**. No referral is needed.

Mercy brings specialists to Moose Lake, allowing patients to receive needed care close to home. In addition to Dr. Chelliah and Dr. Schmitt, patients have access to the following specialists:

- ▶ Dr. Mark Gregerson (Orthopedics)
- ▶ Dr. Thomas Stillwell (Urology)
- ▶ Dr. Thomas Nelson (General/Colorectal Surgery)
- ▶ Dr. Sharon Gossett (General Surgery)
- ▶ Dr. Skott Nielsen, (Gynecology)
- ▶ Dr. David McKee (Neurology)
- ▶ Dr. Christopher Phillips (Podiatry)
- ▶ Dr. Yun-Sen Ralph Chu (Ophthalmology)
- ▶ Dr. Jonathan Sande (Oncology)
- ▶ Chemotherapy and Infusion Services



Gateway moves to new Hinckley location, expands services

Relocated to a new medical building in Hinckley, Gateway Family Health Clinic is now offering expanded services for residents of the area, including new providers and specialists, along with obstetric care.

Gateway’s new, larger clinic is located in the Hinckley Medical Building on 45 Lady Luck Drive. Offering walk-in care and scheduled appointments Monday-Friday, 8:30 a.m. to 5:30 p.m., Gateway has added new providers and now provides obstetric care as well.

“Gateway Clinic has had a presence in Hinckley since 2001, but after 14 years in our downtown clinic location, it was time for Gateway to expand our Hinckley clinic and the services we provide to our patients in the area,” said Eric Nielsen, Gateway Clinic Administrator.

“Besides expanding our Gateway Clinic, we were able to join with other local healthcare providers to create a medical campus and expand services for the Hinckley community,” he added. “In addition to Gateway Clinic, the Hinckley Medical Building also houses Thrifty White Pharmacy, Essentia Health Therapy, and Northern Minnesota Eye Care.”

Gateway’s primary care providers include:

HINCKLEY OPEN HOUSE

Hinckley Medical Building

45 Lady Luck Drive

Thursday, July 23

4:30 to 6:30 p.m.

(4 p.m. Ribbon Cutting)

Tours, picnic, health education/screenings, prize drawings and bouncy house for kids



Dr. Kathy Brandli,
Family Medicine/
Obstetric Care



Dr. Paul Dewey,
Internal Medicine
and Pediatrics



Dr. Ryan Harden,
Family Medicine



**Genevieve Swenson,
Family Nurse
Practitioner**

**Jessica Gerard,
Family Nurse
Practitioner
(effective
August 1)**

In addition, Gateway brings visiting specialists to Hinckley, including:

- ▶ Gateway Hearing Health
- ▶ Dr. Sharon Gossett – General Surgery
- ▶ Dr. Christopher Phillips – Podiatry
- ▶ Dr. Skott Nielsen – GYN
- ▶ Dr. Mark Gregerson – Mercy Orthopedics
- ▶ Mercy Hospital Diabetes Education
- ▶ Orthopedic Associates
- ▶ St. Luke’s Urology, Rheumatology and Cardiology

OPEN HOUSE

An open house for the new building in Hinckley will be held from 4:30 to 6:30 p.m. on Thursday, July 23 and will include tours, picnic, health education and screenings, prize drawings and bouncy house for kids.

For more information about Gateway Clinic in Hinckley, please call **320.384.6618** or go to www.gatewayclinic.com. Gateway also has clinic locations in Sandstone and Moose Lake.

MERCY SERVICES IN HINCKLEY

Working with Gateway Clinic, Mercy Hospital provides the following services in Hinckley:

DIABETES EDUCATION

Mercy’s Diabetes Program helps you learn to live with diabetes. Our diabetes education team, including two nationally Certified Diabetes Educators, work with you so that you have the knowledge you need to achieve and maintain good health.

Educational services include:

- ▶ Individualized classes for people with Type 1 diabetes, Type 2 diabetes, and gestational diabetes
- ▶ Diabetes nutrition counseling and meal planning
- ▶ Instruction on home blood glucose monitoring
- ▶ Insulin pump therapy
- ▶ Continuous glucose monitoring

Mercy offers individualized diabetes education sessions at Gateway Clinic–Hinckley every other Tuesday by appointment. Call **218.485.5836** for more information. This program is recognized by the ADA.

MERCY ORTHOPEDICS

Certified by the American Board of Orthopedic Surgery, Dr. Mark Gregerson will help you evaluate your options to safely relieve pain and restore movement, providing expert orthopedic care close to home, including most minimally invasive procedures.



**Dr. Mark Gregerson
Orthopedic Surgeon**

Services include:

- ▶ Knee arthroscopy
- ▶ Fracture care
- ▶ Sports medicine
- ▶ Carpal tunnel/hand surgery
- ▶ Hip & knee joint replacements

Appointments with Dr. Gregerson are available at Gateway Clinic in Hinckley (**320.384.6618**), Moose Lake (**218.485.4491**) and Sandstone (**320.245.2250**).

BIRTHING CENTER, MERCY HOSPITAL, MOOSE LAKE

Mercy works with Gateway physicians in providing obstetric care. Our dedicated, highly skilled obstetric nurses focus on providing a happy and memorable birth experience that is personalized to each family. Our new, spacious birthing suites are designed to create a relaxing, home-like atmosphere for new families.

For more information about our obstetric services, childbirth education classes or a tour, please call **218.485.5521** or go to our website: mercymooselake.org.

To the rescue

Responding to emergencies is what Mercy Ambulance is all about. But in this case, it was The Mercy Foundation that came to the rescue.

Mercy planned to update equipment and purchase a state-of-the-art ZOLL X monitor/defibrillator for the ambulance. With advanced monitoring capabilities, the new equipment is also able to transmit EKGs directly to the Emergency Department, helping staff deliver the best patient care possible in critical, life-saving situations.

The problem? Mercy operates two ambulances.

With a price tag around \$30,000 for a single unit, two monitors just weren't in the budget. That's when Joe Jamros, Mercy's ambulance coordinator, approached The Mercy Foundation.

"With partial funding available for a second unit from the hospital, we hoped The Mercy Foundation would see the importance of funding the balance," Joe explained. "And after reviewing our request for this critical piece of equipment, The Mercy Foundation did just that."



Joe Jamros, Mercy Ambulance Coordinator, with the new equipment recently added to the ambulance.

The Mercy Foundation provided a grant of \$17,000 for the equipment.

"Our ambulance staff is very grateful for the Foundation's support," Joe said. And so will the patients and families who may need life-saving care one day.

Onward!

Fifteen years ago, then Mercy CEO Dianne Mandernach gave me a gift and a challenge that changed my life: she offered me the opportunity to raise funds for Mercy Hospital through the newly formed Mercy Foundation.

Dianne and a group of dedicated community volunteers which comprised the Charter Board of Directors had already made sure the "foundation of The Foundation" was well and firmly set—all they needed was the fundraiser.

I was not sure exactly how I would go about my work, but I knew from the first conversation with Dianne that I would be able to speak from the heart--my husband and I were already grateful to Mercy for care we had received here. It took a little time to meet with various groups and individuals within Mercy's service area to tell the story of Mercy and the hopes of The Mercy Foundation, but we took in our first gift in August of 2000, and the community has been generously supporting our work ever since.

You can say what you will about fundraising—most people cannot understand why anyone would want to take a job like this (some days, I admit, I wondered why

I did myself!). But in fifteen years, my work became my calling—and the money that we have raised together is more than just coinage—it really IS an act of love. Every time people decide to share their hard-earned treasure with us, they are saying what happens at Mercy Hospital is meaningful to them and they want to make sure Mercy is here for their families and for their future needs. While we have enjoyed the amazing largesse of some folks from our area, most of the funds that have been given to The Mercy Foundation have come in small amounts: \$25 memorials, \$2 per pay period, \$100 at Christmas time. Every gift has proven a phrase I heard long ago from Ray Kroc, founder of McDonald's, "All of us is better than each of us."

As I retire from the day-to-day responsibilities of The Mercy Foundation, I leave more grateful and hopeful than the day I arrived. I look forward to continuing my support of Mercy from a quieter perspective—but with no less love and gratitude for the people who have brought us to this good place.

Keep up the great work!

Warmly,

Cindy Timmons Carlson

Picture perfect!

Dan & Becky Daugherty, son Nick and daughter Hannah pause in the shade during The Mercy Foundation's 14th annual Midsummer Golf Tournament, which was held at the Moose Lake Golf Course on Friday, June 26, 2015.

Twenty teams turned out to enjoy the beautiful weather and friendly competition at the annual fundraiser. This year marked Darrell Ruhland's 14th and last year as Volunteer Tournament Director.

"Our tourney has grown over the years to the point where we know it will always be a sell-out event. We would never have reached this remarkable level of participation were it not for Darrell's passionate persistence and personal generosity," noted Foundation Executive Director Cindy Carlson. "We are grateful to Darrell, and to all our sponsors, local businesses, golfers and volunteers for making this year's event such a FUN fundraiser!"

Net proceed figures were not yet available at press time. All proceeds from this event will go to The Mercy Foundation's *Well Within Reach* building fund.



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 March 1, 2015, and July 1, 2015.

TRIBUTES

In celebration of Joe & Lee Mogen's 50th wedding anniversary
Mr. & Mrs. Harold W. Carlson

MEMORIALS

In memory of Dale Gregory Anderson
Mr. Carl Anderson

In memory of John Billman
Ms. Jane Dresser

In memory of Donna Evenson
Mr. & Mrs. Clair Strandlie

In memory of Roger Forse
Mr. & Mrs. Gary Skelton

In memory of Peter Juszczak

Ms. Dianne Anderson
Mr. Vern C. Anderson
Mr. & Mrs. Tom Kepler
Mr. Mert Koskey
Ms. Ramona Laveau
Mr. & Mrs. Roger Mohelsky
Ms. Barb Nelson
Mr. & Mrs. Arthur N. Palazzari
Ms. Darlene Peterson
Ms. Gloria Reynolds
Mr. & Mrs. Alan Schmelling
Dr. & Mrs. Frank Skalko

In memory of Shirley Peterson

Mr. & Mrs. James Hatch
Mrs. Marlys Schmidt

In memory of

Fr. Oscar Schoenberg
Dr. & Mrs. Joseph Jamros

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



Caregiving spouse becomes volunteer: **“Augustana Care is like family”**

When family members share their ideas and talents with us, everyone at Augustana Care benefits. Bob Nowak, whose wife lived at Augustana Mercy in Moose Lake for several years, became an active volunteer after she passed away. We asked Bob to explain why he wants to stay connected to Augustana Care.

How did you first connect with Augustana Mercy?

When my wife was in memory care between 2009 and 2013, I visited every day. I got to know people there pretty well. You get acquainted with people and staff. It’s almost like family.

How do you feel about your wife’s experience at Augustana Mercy?

They took really good care of her. There were times I couldn’t be there and I felt very comfortable knowing she was getting the help and care she needed.

Why did you decide to stay on and volunteer after your wife passed away?

I knew a lot of the residents, volunteers and staff and I enjoy being with them. I would be sad if I couldn’t go to Augustana Mercy. I would miss seeing the people here.

What are some of the things you do as a volunteer?

I assist with different projects, such as helping people at outings or wood projects or games. Recently we started a men’s group at Augustana Mercy made up of men who want to get together. It helps people get out of their rooms and relate to each other. We talk about stuff that is of interest to guys and enjoy coffee and freshly-baked bread.

Why do you think it is important to stay connected with Augustana Care?

Everyone in our community knows when you need help with care, this is where you want to go. The staff is so experienced—some have been here for many years. I want to give something back to Augustana Care and the residents here. And I get so much too—new friendships and old ones.

People of all ages and abilities volunteer at Augustana Augsutana Mercy Health Care Center. Together they help brighten the lives of our elders in countless ways and make this place something special. Volunteering can be a simple as having coffee with someone or sharing your hobby or talent. If you would be interested volunteering or being a friend to one of our elders, please contact Emma Peterson, Activities and Volunteer Coordinator, at 218-351-9414 or at etpeters@augustanacare.org.



Mercy receives the Workplace Recognition Award from the Minnesota Breastfeeding Coalition; pictured from left: Donita Korpela, RN, Director of Patient Services, Rhonda Skelton, RN, OB Manager, Katie Banks, MHA, and Sarah Class, RN.

MERCY RECEIVES WORKPLACE SUPPORT AWARD

Mercy Hospital recently received the 2015 Breastfeeding Friendly Workplace Recognition Award from the Minnesota Breastfeeding Coalition.

The award recognizes Mercy for providing outstanding lactation support for employees and for recognizing the importance of breastfeeding for the health of mothers and babies.

In order to be considered for the award, Mercy had to meet certain criteria. These included:

- ▶ Designated lactation space: The hospital provides two designated Mother's Rooms to employees.
- ▶ Employee policy: As a part of employee policy, Mercy allows time for breastfeeding employees to express breast milk.
- ▶ Additional Resources: Mercy provides resources to employees to assist with questions, concerns and support.

Donita Korpela, RN, Director of Patient Services, Rhonda Skelton, RN, OB Manager, and Sarah Class, RN, accepted the award on Mercy's behalf at the third Annual Perinatal Hospital Leadership Summit.

MERCY RECOGNIZED FOR REDUCING EARLY ELECTIVE DELIVERIES

For the second consecutive year, Mercy Hospital was recognized by the Minnesota Hospital Association (MHA) and the March of Dimes for reducing the number of elective inductions and Cesarean deliveries performed before 39 completed weeks of pregnancy. The March of Dimes says this will give more babies a healthy start in life; babies delivered before full term are at increased risk of serious health problems and death in their first year of life.

"The last weeks of pregnancy are important. Babies aren't just putting on weight. They are undergoing important development of the brain, lungs and other vital organs." says Lawrence Massa, March of Dimes Board Member and Minnesota Hospital Association President and CEO. "I commend Mercy Hospital for being a champion for babies with their quality improvement effort."



As one of Mercy's Wayfinder volunteers Susan Grill greets patients and visitors and helps them get to their destination.

LEADING THE WAY

When you come to the hospital, you may notice some friendly new faces at the podium located at the Emergency Entrance. These people are our newest volunteers and are serving as wayfinders for our patients and visitors.

Our wayfinder volunteers help our patients and visitors feel welcome. By escorting

our patients to their destination, our volunteers make our patients more comfortable, eliminating their "where do I go now?" feeling.

For more information about volunteer opportunities at Mercy, please contact Jane Morgan at **218.485.5891**.

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

▶ July 21; 6:30 to 8:30 p.m.
▶ October 20; 6:30 to 8:30 p.m.
Call **218.485.5572** to register

Breastfeeding Education Class

▶ September 16; 6:30 to 8 p.m.
Call **218.485.5572** to register

Diabetes Education Program Moose Lake (Mercy):

▶ August 11 & 25; November 10; February 2
▶ September 8 & 22; November 10; February 2
▶ October 6 & 20; January 5; April 12
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.

▶ August 10 - *Foot Care*
▶ September 14 - *Exams & Tests: Which Ones & How Often*
▶ October 12 - *Worry Free Traveling with 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.

Call 218.485.4481 for more information
www.mercyooselake.org 

Community First Aid/CPR

▶ September 17; 6 to 10 p.m.
▶ 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.; 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.

We've moved our entrance!

All patients & visitors:

**Access Mercy's
NEW Emergency/Main Entrance**
from County Road 61
(Follow **EMERGENCY** signs)