



Lifeline

A Mercy Hospital Publication
WINTER 2012



Mercy to open Wellness Center in March

Work on Mercy's new Wellness Center on Arrowhead Lane is nearing completion with opening targeted for March.

When totally completed, the project will feature a new, spacious fitness center with large locker rooms as well as community gym space for future class offerings and activities. In addition, Mercy's Home Care department will have offices in the building.

Plans are being finalized for a community open house/wellness fair to be held in the near future. The schedule of group class offerings is also being finalized. For more information, find us on Facebook and/or check for details on our website.

Fitness Center

The new fitness center will nearly double in size and will offer a variety of cardio and strength equipment as well as a partitioned free weight area. It will also

feature a bank of windows for natural light, wall-mounted televisions and wireless audio capabilities.

Strength equipment will include:

- Cybex
- Functional Trainer
- Chest Press
- Leg Press
- Smith Press
- Arm Extension
- Arm Curl
- Free Weights

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FIVE STARS!

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Cardio equipment will include:

- Treadmills
- Elliptical Trainers
- Steppers
- Upright Bikes
- Smartstride
- Spin Bikes
- Total Body Arc Trainer

The Mercy Foundation Community Gym

The Mercy Foundation Community Gym (*see article on page 4*) is designed for multi-purpose use, appropriate for both classroom or exercise activity. It will feature a wood athletic floor, wall mirrors, windows and storage space for classroom equipment. Planning is underway for exercise classes for all ages, from children to seniors, and will include Zumba, kettle bells, spinning classes and more. Group classes will be available to both members and non-members.

“We are excited about the health benefits Mercy’s new Wellness Center will bring to the community,” said Jason Douglas, Mercy CEO. “An active lifestyle is a key component of good health and this new facility will allow us to expand our wellness offerings, using the expertise of our exercise physiologists to provide a variety of programs to people of all ages and abilities.”



30 Arrowhead Lane, Moose Lake
www.mercyooselake.org

Membership

We offer a number of membership options for individuals, families and students. In addition, Fitness Center members receive a one-time, 30-minute personal training session with one of Mercy’s exercise physiologists. Members also receive a discount on group classes. Learn more about Fitness Center memberships and rates on our website.

Hours:

Monday-Friday: 6 a.m. to 10 p.m.
Saturday/Sunday: 8 a.m. to 4 p.m.

Fitness reimbursement programs

Mercy Fitness Center participates in several fitness reimbursement programs. You may be eligible to receive up to a \$20 reimbursement each month on dues paid for fitness center membership.

SilverSneakers®

Mercy Fitness Center is a participating location for the SilverSneakers® Fitness Program.

The Mercy Foundation Community Gym

Group Classes

Available to both members and nonmembers, we will offer a wide array of group classes for people of all ages and skill levels. Please watch for more information. Fitness Center members do receive a discount on group classes.

Personal Training

Led by our exercise physiologists, Mercy’s Personal Training program is specifically designed to help people of all ages and abilities develop realistic exercise programs that can make a real difference in maintaining a healthy lifestyle. Whether you want a one-time session to get you started or an ongoing program, Mercy’s personal training services are tailored to individual needs, abilities and goals.

Cost of this service is \$35 per one-hour session and is available to both Fitness Center members and nonmembers.

Physical Therapy Injury Screening Clinic

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 at the free Injury Screening Clinic at the Mercy Wellness Center.

Available to both members and nonmembers, this service will be available on Wednesdays from 6:30 to 8:30 a.m. and on Thursdays from 4 to 6 p.m. at the Mercy Wellness Center.

Mercy Welcomes New Speech Therapist

Mercy is pleased to welcome a new speech language pathologist to its rehab team. Brianne Johnsen, M.S., CCC-SLP, recently joined Jillian Leach, M.S., CFY-SLP, in providing speech therapy services to both children and adults.

Helping people of all ages communicate effectively is the ultimate goal of speech therapy. Speech, language and swallowing difficulties can result from a number of causes, including stroke, developmental delays or disorders, learning disabilities, voice pathology and hearing loss. Our speech therapists work with patients to assess, diagnose, treat and help prevent disorders related to speech, language, cognitive-communication, voice and fluency. They also work with individuals with swallowing difficulties. For each patient, our therapists develop an individualized plan of care, tailored to his or her specific needs.

In addition, our therapists bring some specialized skills and interests to their work. Brianne is certified in the use of VitalStim®, a non-invasive, external electrical stimulation therapy for the treatment of dysphagia (difficulty swallowing). VitalStim® is used in conjunction with traditional therapy to help restore swallowing function. Jillian has a strong background in the use of Augmented and



Speech language pathologists Brianne Johnsen, left, and Jillian Leach provide speech therapy services to children and adults.

Alternative Communication (ACC) devices, which are used to supplement or replace speech or writing.

Our speech therapy services are available on both an inpatient and outpatient basis. For students, there are benefits to receiving therapy in both a school and medical setting. To find out more about our speech therapy services, call Mercy at **218.485.5626**.

Love Seats

The family and friends of Robyn Spiess knew just how they wanted to remember her when she died just a little over a year ago—she gave them instructions.

If anyone wanted to give a memorial, she wanted to make sure Mercy's Chemotherapy and Infusion Services Department would be able to use it toward new chairs for chemotherapy patients. She could never quite get comfortable in the ones they had.

The Mercy Foundation processed the memorials as "donor directed funds" for Mercy's Chemo Department—an informal way of keeping track of significant gifts that can be accumulated for a particular purpose. The Mercy Foundation then agreed to make up the difference between the memorials and the cost of the two new chairs.

In January 2012, new Champion Power Recliners were installed in two of Mercy's Chemotherapy treatment rooms. "These chairs are just wonderful," said Barb Orth, RN, Chemotherapy and Infusion Department Manager. "They have optional heat and massage functions; they are



Jim Behrens gets comfortable in one of Mercy's new chemo chairs.

extremely versatile. We can configure them so that each patient can be situated comfortably and easily moved in and out of the chair--and the patient can control everything with a small remote."

Patient Jim Behrens has experienced the "before and after" effect of the new chairs. "These are much more comfortable than the old ones," he told us. "I could definitely sleep if I wanted to—but I am usually too busy during my time here." Jim comes to Mercy two days a week, every other week, for about 5 hours of treatment. He has been coming to Mercy for chemo for over three years. "The only thing better than these new chairs is the wonderful care I get from all the nurses here at Mercy. That has never changed. And Dr. Sande and

Courtney, his colleague, are just tremendous. It is terrific that they come here. I used to have to drive all the way down to Rochester for chemo before I discovered Mercy's program. Now it's just a 30-mile drive from our place outside Finlayson."

These new chairs might look like recliners to some people, but to Robyn Spiess's family and friends, and to Mercy's chemotherapy patients, we know they are really love seats.



THE MERCY FOUNDATION

Foundation Makes \$25,000 Gift

Mercy Foundation Board Chair Bev Peterson was able to share some wonderful news with donors at The Foundation's annual Donor Appreciation Brunch, which was held at Mercy on Sunday, January 22, 2012. The brunch is hosted each January for special volunteers and donors who have contributed \$200 or more in the most recent fiscal year.

At The Mercy Foundation's January board meeting, the board voted unanimously to make a \$25,000 gift to Mercy Hospital to be used toward the completion of the new Wellness Center on Arrowhead Lane. When the doors open to the public in spring, we will be able to welcome you to THE MERCY FOUNDATION COMMUNITY GYM.

Keith Carlson, Mercy's Director of Facilities Management, made a detailed presentation on Mercy's Wellness Center to The Foundation board in November. After the presentation, the board determined that The Mercy Foundation should participate financially in this wonderful addition to Mercy's service area.

"The board knew immediately that this project hits all the right notes for us: it is bringing Mercy out into the community, it supports health through wellness, and it can serve people of all ages and abilities," explained Foundation Director Cindy Carlson.

Added Vice Chair/Secretary Donna Eckman, "Another thing we really liked about this project was that we could support something that would stay with the community for years and years—pieces of equipment, though necessary, will one day wear out or become obsolete; but the gym itself will be used by all people in our area for years after we are gone."

"Each area of Mercy's new Wellness Center meets specific needs and requires different equipment or building considerations, but The Mercy Foundation Community Gym is probably the most multi-purpose

space in the building," said Keith Carlson. The special fitness floor carries the largest price tag: \$19,000. "The entire building is built on a cement foundation," he explained. "However, in the gym, the floor is being carved down and then fitted with a rubber base before the specially laminated fitness wood is installed. The floor will absorb shock and will hold up well under exercise and fitness activities."

In addition to fitness and exercise classes, the space will be equipped to hold classes and meetings. Tables and chairs ordered for the space and stored in specially designed storage closets in the room will also be purchased with The Mercy Foundation's gift. Finally, the room will be fitted with a drop down screen and digital projector for use during meetings, classes and seminars. The last portion of The Foundation's \$25,000 will be used to defray that expense.

Stay tuned for the Mercy Wellness Center's Grand Opening and Health Fair. The Health Fair will be held in The Mercy Foundation Community Gym.

SAVE THE DATES

We hope to get a spot on your calendars! Just a reminder of Mercy Foundation-sponsored events taking place in 2012:

- **The Mercy Foundation Moose Run**
Saturday, May 5, 2012
- **The Mercy Foundation Midsummer Golf Benefit**
Friday, June 22, 2012
- **The Mercy Foundation Fall Gala**
Saturday, October 13, 2012

Questions? Suggestions? Call The Foundation Office at 218.485.5586. Voice –messaging is always available.

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 October 6, 2011, through January 31, 2012.

TRIBUTE

**In honor of Allicen Waxlax,
Diabetes Educator
Extraordinaire**
Rick Bothwell

MEMORIALS

In memory of Irene Balut
Mercy Hospital

In memory of Marlene Beehler
Mercy Hospital

In memory of Rita Best
Mercy Hospital

In memory of Virginia Best
Mercy Hospital

In memory of Proiche Boseovski
Mercy Hospital

**In memory of Mary Bothwell,
supporting The Bothwell
Memorial Library**
Rick Bothwell

In memory of Rita Butterfield
Mercy Hospital

**In memory of Jerry & John
DeRungs**
Jean DeRungs

In memory of Bernadine Edin
Mercy Hospital

In memory of Louise Feters
Mercy Hospital

In memory of Florian Gresczyk
Arlene Gresczyk

In memory of Rae Klein
Mercy Hospital

In memory of Lucy Kostecky
Mercy Hospital

In memory of Ruth Laajala
Mercy Hospital

In memory of Lillie Laine
Nancy Johnson
Mercy Hospital

In memory of Rolph Lattu
Joyce Lattu

In memory of Stan Madsen
Keith and Mary Carlson

**In memory of Laverne
Mandernach**
Brian & Regi Garvey
Frank & Marie Skalko

In memory of Ailie Pahkala
Mercy Hospital

In memory of John Sorlie
From his Family

In memory of Albina Sostak
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
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

Taxing Issues

The Mercy Foundation mailed all 2011 tax statements the week of January 23, 2012. If you do not receive a tax statement by the second week of February, but believe you should have, please contact us at 218.485.5586 or via e-mail at ccarlson@mercymooselake.org. Thank you for your continued support of The Mercy Foundation!

Augustana Mercy Receives Five Stars for Quality Measures

Augustana Mercy Health Care Center received a five star Quality Measures rating in 2011.

Each year the Federal Government assesses quality in care centers through several measurements. This report is then posted on the internet for the public.

Augustana Mercy received 5 out of 5 stars on key Quality Measures and 4 out 5 stars for staffing. In the overall rating, Augustana Mercy Health Care Center received 4 out of 5 stars. Augustana Care is proud of the great staff providing excellent care in Moose Lake!

Source: <http://www.medicare.gov/NHCompare/>



Mission Advancement Council

In 2011, Augustana recruited a group of local, well respected citizens to help us plan, listen and be responsive to the local communities.

Our thanks to the Mission Advancement Council for their time and advice. Members include (front L to R): Romyne Storck, Janette Muller, Natalie Frohrip, (backrow) - Ernie Muller, Louis Butkeiwicz, Cindy Carlson, Curt Frohrip and Steve Mork, Administrator. Not pictured: Lynn Youso.

News Notes

Cholesterol & Lipid Screenings

February Walk-In Tests

Mondays/Tuesdays/Wednesdays in February
7:30 - 9 a.m.
Mercy Hospital Lab

\$5 - Cholesterol

\$15 - Complete Lipid Profile

(12-hour fast required before lipid test)

No appointment required.

Call 218.485.5549 for more information.

MIKROT EARNS CERTIFICATION IN IMAGING INFORMATICS

Katie Mikrot, PACS administrator in Mercy Hospital's Diagnostic Imaging Department, was recently certified as an imaging informatics professional by The American Board of Imaging Informatics (ABII). Mikrot joins a select group—there are only 767 certified imaging informatics professionals in the nation.

The ABII exam assesses candidates in several key areas of knowledge, with image management and information technology comprising about one-third of the 150 items.

“Certification is a mark of excellence and demonstrates Katie's commitment to quality patient care” said Anna Koski, Mercy Diagnostic Imaging Supervisor. “We are very proud of Katie for earning this certification.”

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.

Ask us about:

- Back Pain
- Dizziness & Balance Problems
- Fall Prevention
- Hand Therapy
- Home Care Therapy
- Pediatric Therapy
- Sports Injuries
- Total Joint Replacement Therapy
- Treatment of Pain

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. Please call us at **218.485.5597** for more information about our services.



Community Lifeline is published four times a year for community members by the Public Relations Department of Mercy Hospital.

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Care Services

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Quality & Health
Information

Judy Molis
Director of
Home Care

Sonya Towle
Director of
Human Resources

Comments are welcome and should be directed to the Public Relations Department at 218.485.5672 or tellison@mercy.mooselake.org.

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

■ March 6 & 8; 6:30 p.m. to 9 p.m.
■ April 14; 9 a.m. to 2 p.m.
■ May 1 & 3; 6:30 p.m. to 9 p.m.
■ June 16; 9 a.m. to 2 p.m.
Call **218.485.5572** to register

Caring for Your Newborn

■ March 20; 6:30 to 8:30 p.m.
■ May 15; 6:30 to 8:30 p.m.
Call **218.485.5572** to register

Breastfeeding Education Class

■ May 2; 6:30 to 8 p.m.
■ July 25; 6:30 to 8 p.m.
Call **218.485.5572** to register

Diabetes Education Program Moose Lake (Mercy):

■ March 13 & 27; May 1; August 7; 2 to 5 p.m.
■ April 10 & 24; July 10; October 2; 2 to 5 p.m.
■ May 8 & 22; July 10; October 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

Meets the second Monday of every month; 2:30 p.m.;
Community Room 1.

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.

Evening Digital Mammography Screenings

Call **218.485.5578** to schedule an appointment.

Community First Aid/CPR

■ May 10; 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.

Call 218.485.4481 for more information.

www.mercymooselake.org

