

# HealthBeat

SUMMER 2022



## Finding New Ways to Care for our Community

*Patti Banks, CEO, Ely-Bloomenson Community Hospital*

Ely-Bloomenson Community Hospital is using lessons learned during the pandemic to plan for the future. CEO Patti Banks and the entire EBCH Team know it's more important than ever to offer a variety of healthcare services both inside and outside the hospital.

"We've placed a strong emphasis on education and how to meet community members' needs where they are," Patti shared. "We need to provide ways for people to connect with the right resources at the right time."

EBCH collaborated with local schools, colleges, the public health department and others to perform health education and outreach. These partnerships allowed the healthcare system to address pertinent issues affecting the community, including nutritional deficiencies and childcare.

"Thank you to all of our partners for helping us bring access to care outside of the hospital," Patti said.

EBCH is also adding services inside the hospital. Four new rehab services will

help keep care local, and the surgery team offers a wide range of procedures to address a variety of health issues. As EBCH continues to adapt to meet community needs, the team continues to seek new ways to provide care.

"We recognize that people need access to these essential healthcare services in our community," Patti said, "And we'll continue to put in the work to keep people healthy and living their lives to the fullest."



## Meet Our New Pharmacy Team Leader!

Naomi Sperry joins the ECP staff as the new Pharmacy Team Leader. She brings great passion and expertise to the pharmacy staff, and we can't wait for everyone to meet her!

Naomi Sperry, Pharmacy Team Leader

# Ely Community Pharmacy: Celebrating 20 Years of Serving Our Community

For two decades, Ely Community Pharmacy (ECP) has been a trusted health partner in Ely, Babbitt and Tower – and is looking forward to continuing that legacy of care for many years to come.

"We're so happy to serve Ely and the surrounding areas," outgoing Pharmacy Team Leader Beth Hartshorn said. "The staff is proud to be a trusted part of the community."

In addition to prescriptions, ECP is a full-service retail pharmacy offering:

- Walk-in immunizations (including COVID-19 vaccines & boosters every Friday)
- Diabetic testing supplies
- Medication therapy management (MTM)
- Prescription mailing

"Our pharmacy is locally staffed," Beth shared. "There's a true sense of neighbors caring for neighbors, and that leads to an excellent experience for people."

ECP prides itself on accommodating people's lifestyles. The pharmacy is right at Ely-Bloomenson Community Hospital so patients can get prescriptions after their healthcare appointments. People can also conveniently refill prescriptions

using the Refill Rx app, at [ebch.org](http://ebch.org) or via phone. For those who do not want to travel, prescriptions can be mailed at no additional cost. ECP also runs monthly specials for over-the-counter medications in the Ely Shopper, The Ely Echo, The Timberjay and the Babbitt Weekly.

"We want to be as convenient as possible," Beth said. "It means a lot to make people's experience as seamless as possible."

Recently, ECP launched a new program – Free Children's Vitamins – for local families to get a free monthly supply of chewable vitamins for their kids. "It's wonderful to get kids involved in their health," Beth said. "There are no qualifications. It's for any family and truly free."

Even after 20 years, ECP is honored to be a community health partner. "To everyone who supports ECP, thank you so much," Beth shared. "We're locally owned and operated and truly appreciate our community. Many of us grew up here and are proud to be working here."

**Pharmacy Location:** 328 W Conan St. Ely, Minnesota 55731

**Hours:** Monday – Friday: 8:00 a.m. – 6:00 p.m.

Saturday: 9:00 a.m. – 1:00 p.m.

**Phone:** 218-365-8788

Find Us on Facebook! 

# NEW REHAB SERVICES

## Now at EBCH!

The EBCH Rehab Therapy Team is excited to offer four additional services to patients. Members of the rehab team have gone through extensive training and education to provide these services with the utmost care and expertise.

*“We are extremely proud to offer these new, effective treatments and help keep more care local in our community.”*

- Joe Keranen, Therapy Team Leader



Elizabeth Brandriet

### **PELVIC FLOOR THERAPY**

Provided by Elizabeth Brandriet

- Manipulates pelvic floor muscles to restore strength and function
- Biofeedback can assist in the treatment of urinary incontinence, constipation, pelvic pain and pelvic organ prolapse, as well as help children who struggle with constipation, daytime urinary accidents or bed wetting

### **INTEGRATIVE DRY NEEDLING (IDN)**

Provided by Joe Keranen

- Can help patients suffering from headaches, migraines, facial pain, cervical pain, fibromyalgia, back pain and soft tissue dysfunction



Joe Keranen

### **SENSORY INTEGRATION & PRAXIS TEST (SIPT)**

Provided by Katelyn Rice

- Identifies deficit areas in children's sensory processing system
- Can help with diagnosis and treatment of autism, ADHD, dyspraxia, and generalized sensory processing difficulties

### **LYMPHEDEMA THERAPY**

Provided by Katelyn Rice

- This therapy treatment consists of complete decongestive therapy, manual lymph drainage, compression bandaging, skin care, and appropriate exercises
- Focuses on removing swelling from arms and legs by moving lymphatic fluid out of affected limbs
- Can help patients with breast cancer or who are post-surgery or post-radiation



Katelyn Rice



## Your Goals, Our Expertise.

To learn more call **218-365-8755** or speak with your provider to see if any of these new services are a good fit for your healthcare needs.

# KEEP CARE CLOSE TO HOME

## Surgical Services at EBCH

Ely-Bloomenson Community Hospital offers a wide range of surgical services, including advanced robotic surgery, to the community that helps keep care local and convenient. And our compassionate, expert surgical team has decades of experience, ensuring that patients receive the highest quality surgical care before, during and after their procedure.

"One of our greatest assets as a small, local surgical team is that we can provide individualized care for each patient," Becky Johnson, surgical team leader, shared. "We take the time to answer questions before and after a procedure and ensure the patient is comfortable with what is going to happen—they are more than a number to us."

"At EBCH we have a very low infection rate for all our surgical procedures, which is practically unheard of," Becky shared. "And we're extremely proud of the fact that 99% of the patient feedback we receive is positive. It's clear patients trust our team to take care of them and help them leave us healthier than they came."

If you need a surgical procedure, talk with your provider and see if the EBCH surgical team can provide the care you need. For local and convenient surgical care, we're here for you.

### Available surgical procedures at EBCH include:

- Robotic Surgeries - Hernia Repairs, Gallbladder Removal, Colon Resections, Nissen Fundoplication
- Appendix Removal
- Amputations
- Biopsies (including Breast Biopsies)
- Mastectomy
- Hemorrhoidectomy
- Port Placement & Removal
- Cyst Excisions
- Wound Care
- Upper Endoscopy
- Colonoscopy
- Incision and Drainage of Abscesses
- LIS for Anal Fissures & Fistulas
- Podiatry Procedures - Bunionectomy, Metatarsal Joint Replacement, Achilles Tendon Repair, Ankle Joint Fusion, Hammer Toe Repair, Hardware Removal, Release of Plantar Fascia
- Diabetes Foot Care & Shoe Fitting
- Joint Injections
- Carpal Tunnel Release
- Decompression of Ulnar Nerve
- Closed Reductions
- Ganglion Cyst Removal
- Trigger Finger Release



## Why Robotic Surgery?



Many surgeons operate at EBCH, including **John Bollins, DO**, who specializes in robotic surgery. After working at larger healthcare systems, Dr. Bollins enjoys being part of a smaller hospital community. "I love working at EBCH. We can schedule patients quickly for surgery," he shared. "This is great because sometimes the anticipation and waiting for surgery is the worst part."

Dr. Bollins also explained the patient benefits of robotic surgery. "The robot helps me ensure patients have the best possible outcomes," he said. "Compared to laparoscopic surgery, the robot has a camera that provides a crisp, 10X magnified 3D image and uses finely articulated instruments that allow me to be much more precise and do more minimally invasive surgeries than I could without it," he continued. "This translates to fewer hospital stays and shorter hospital stays, less postoperative pain, fewer infections and other complications, and lower rates of ICU admissions."