

HealthBeat

FALL 2019



Dear Reader,

Ely-Bloomenson Community Hospital is excited to relaunch our newsletter, formerly known as *The Community Heartbeat*, with a new look and name! Welcome to the first issue of *HealthBeat*! While we've given it a refresh, we'll still be bringing you the latest health news and updates about EBCH.

In this issue, we highlight the specialty services that are offered right here, close to home, and give you an idea of what's yet to come!

We also tell Sheri Dochat's story and how our swing bed program made a world of difference in her total knee replacement recovery.

In the coming months, we hope to expand the reach of this publication, offering health tips, recipes, and profiles of local people who inspire us. Thank you for taking the time to read. Thank you, also, for trusting EBCH with your health.

Yours in good health,
Michael Coyle, CEO

Ely-Bloomenson Community Hospital

EBCH GIVES BACK

EBCH and our dedicated employees have donated thousands of hours to better the communities within our service area in 2019.

These are some of the highlights:

- Held **community forums** in Ely, Babbitt and Tower
- **Provided speakers** for over a dozen clubs and organizations, presenting information on opioids, healthy aging, and first aid to name just a few topics
- Held a **“Wing Fling” EMS Appreciation Event** for over 40 EMS Workers from Ely, Winton, Babbitt, Tower, Soudan and the surrounding townships including Morse and Fall Lake
- Led a **“Catch the Wellness Wave” community health event** in which EBCH caregivers provided over 50 blood pressure and blood glucose screenings to community members during the Ely Area Food Shelf pick-up day
- 30 team members volunteered time to the **spring and fall highway clean-up**
- **Annually donates over \$25K in free flu vaccinations** with clinics held at a variety of locations throughout our service area including: Ely, Babbitt, Tower, along with Washington Elementary and Ely Memorial High Schools. EBCH also makes getting flu shots even more convenient by holding business wellness days where employees are vaccinated onsite.

EBCH team members are also committed to doing their part in the communities they love. They volunteer time at local churches, schools and chambers, Lions, Kiwanis and Rotary Clubs and with the Boy and Girl Scouts of America. Staff raise money for local, state and national causes such as the Relay for Life, The Ely Area Food Shelf and the Mud Monkey Obstacle Course Race.



COMING SOON!

A new and improved EBCH website including easy to navigate homepage, enhanced service listings and provider information, Ecards for inpatients and much more!



EXTRA TLC

The benefits of swing bed at EBCH



For Sheri Dochat, there was no question that she would be going to swing bed after her total knee replacement in January of 2018.

"My doctor said he wouldn't do the surgery unless I had signed up for swing bed," she says. "Here I thought my ADA-compliant house would be good enough, but he said he wanted me to have the care I could get through swing bed at EBCH."

"The swing bed program helps patients rehabilitate from surgery, illness, or an accident," says Becky Holmstrom, MSN, RN, Chief Nursing Officer. "It consists of an inpatient hospital stay to receive physical therapy and occupational therapy. It is great transitional care between surgery and preparing to go home, allowing patients to recover in a skilled staff and well-cared-for-environment. They can be close to home rather than 60-130 miles away in Virginia or Duluth and get all the comforts of hometown care in their community."

Sheri checked into swing bed at EBCH and was immediately glad she did. Her sons were a thousand miles away in Ohio and she lived on her own, so being cared for in swing bed was a good move.

"I can't tell you how great it was," she says. "I felt so taken care of. Everyone was helpful and genuinely kind. They even allowed my neighbor, who was watching my dog Lacey, to come in with her and visit. And we were able to have my church group meetings in my room in the hospital so I didn't miss anything."

Healing Arts

Art boxes available for EBCH patients

Patients at EBCH can better picture their own bright future thanks to art kits available from The Art Corner. We talked to Dafne Caruso, owner of The Art Corner, to learn more about the program.

What does each kit contain?

The art kits contain art supplies, materials, and directions to complete a project. For example: the colored pencil kit contains a number of colored pencils, a sharpener, and coloring pages I have drawn and copied. The watercolor kit includes a refillable water brush,

watercolors, watercolor paper, a micron pen, and suggestions and ideas to start a piece.

Who are the kits for?

The kits are given to patients who may have to spend long periods of time at EBCH including those receiving infusion or chemotherapy treatments or inpatient and swing bed patients.

What's special about the arts scene in Ely?

Where to start! For a small town, Ely has a huge art population, a number of art

organizations, art galleries, and artists who work in probably all of the mediums an artist can work in. Many artists, myself included, understand how important the act of being creative is, and we give back to the community however we can. The Art Corner and EBCH have also collaborated in putting together an art display in the hospital hallway. Artists hang their work and we have an artist meet and greet during the first weeks of the show.

What if you're not in the hospital but you'd like an art kit?

Sheri says swing bed made a big difference when it came to her recovery. "I was up and moving a lot more. I had therapy twice a day, and in between, I could walk in the hallway with a walker. By the time I got home, I could negotiate all the challenges."

Every step of the way—literally—Sheri felt as if she had her own cheering section. "It was incredibly motivating. It was like having a big family there to cheer me on. I was supposed to stay there for two weeks but I graduated in a week."

A few things surprised Sheri during her stay: First, the food. "Some of the food was just spectacular," she says. "The people in food service were so, so solicitous."

Another wow factor for Sheri was the cleaning staff. "My room just sparkled," she says. "The cleaning people did a beautiful job and were so friendly and caring. I would recommend swing bed to anyone."

To learn more about swing bed at EBCH, please call **218-365-8745**.



The Art Corner has something similar to the art boxes provided to EBCH. The program is called Be Inspired Artbox. A person can sign up for either a monthly, 3 month, 6 month, or 12 month commitment. Each art box contains 4-5 quality art products with instruction on how to use them.

SPECIALTY SERVICES CLOSE TO HOME

NEW!

Bella Mente Home Health

Ely-Bloomeson Community Hospital has teamed up with Bella Mente Home Health to offer medical and personal care services for patients. Whether you're recovering from an injury or things just aren't as easy as they used to be, we can help you stay happy and healthy at home. Learn if personal care services might be right for you or a loved one. For more information, you can contact Bella Mente at **218-301-7301** or visit their website at www.bellamentegroup.com.

NEW!

Urology

EBCH is pleased to welcome urologist, Dr. Nicholas Johnson, to our team of skilled health professionals. Men and women can now see Dr. Johnson for urinary symptoms and urologic conditions such as urinary incontinence, kidney stones, erectile dysfunction, prostate cancer, and bladder cancer. Talk to your primary care provider about a referral to see Dr. Johnson or call **218-365-8793** for more information.

Surgical Services

EBCH offers fulltime general surgery performed by skilled providers. A general surgeon is a specialist who is trained to diagnose, treat and manage patients with a broad range of surgical needs typically in the abdomen including esophagus, stomach, small intestine, large intestine, liver, pancreas, gallbladder and appendix. Some examples of procedures performed at EBCH include:

- Appendectomy
- Breast procedures
- Colonoscopy
- Gallbladder
- Hernia repair
- Gastrostomy

To learn more, call **218-365-8793**.

Imaging

Did you know that you have a choice when it comes to where you have your diagnostic imaging services? When your doctor orders a test, choose Ely-Bloomeson Community Hospital.

- New onsite MRI
 - Available five days a week, is operated by certified MRI technologists, and offers improved image quality. Best of all, our board-certified radiologist will have your results the very next day.
 - State-of-the-art CT scans
 - Ultrasound
 - 3D mammography
 - Bone densitometry
 - Echo ultrasound
 - Nuclear medicine
 - Digital X-ray
 - Coming soon: Fluoroscopy
 - Live x-ray that will allow for a wide range of new procedures at EBCH, including swallow studies and pain injections.
- Call **218-365-8737** to schedule your imaging test today.

Orthopaedics

Dr. Sam Harms, a board-certified orthopaedic surgeon from Orthopaedic Associates of Duluth, provides expert orthopaedic and sports medicine care at EBCH. If you are having nagging joint pain or just can't do the activities you love to do anymore, Dr. Harms is here to help. Find him at EBCH the second Wednesday of every month. Call **218-365-8793** to set up an appointment.

COMING SOON!

New service offerings including: **Podiatry, Cardiology, Pulmonary Rehab** and expanded options for **Women's Health**.

For a full list of services at EBCH, visit www.ebch.org.