

FALL 2024

# HealthBeat

YOUR SEASONAL GUIDE TO HEALTH AND WELLNESS



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

*"Whether it's through patient care, community outreach, or staff development, we will always prioritize the human experience."*

At Ely-Bloomenson Community Hospital (EBCH), connection is at the heart of everything we do. Our deep bond with this community is what drives us to prioritize the human experience, both for our patients and our dedicated teams.

Our mission is simple: take care of our staff so they can take care of you. We believe that when our employees feel supported and valued, they can provide the compassionate, high-quality care that our patients deserve.

This is why we focus on creating a positive work environment, offering professional development, mental health resources, and flexible scheduling to ensure our staff can thrive.

A recent reminder of our impact came during the Blueberry Arts Festival, where a young camper shared a story of how our team cared for them when they were far from home. In return, they donated their only \$2 as a gesture of gratitude. Stories like these

reinforce the meaningful work we do every day. Hearing such feedback energizes our staff and strengthens their commitment to excellent care. It reminds us of the important role we play in this community and motivates us to continue providing the best care possible. As we look to the future, our focus remains on compassion, excellence, and above all, people. Thank you for your continued trust in EBCH. We are honored to serve you.

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for dates/times



What's Inside  
this Issue:

- ✓ Customer Testimonials
- ✓ Carpal Tunnel Treatment
- ✓ Fall Recipe for Heart Health





# COMMUNITY VOICES:

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## WHY EBCH MATTERS:

### The Jessica Macho Story

*"Some people might feel uneasy about being treated in a small-town hospital where everyone knows each other, but for me, it's the opposite..."*

As a long-time Ely resident, Jessica Macho knows firsthand the importance of having local access to quality healthcare. She moved to Ely in 2008 with her husband and young son and has since built a strong connection with the community through her work as a Registered Nurse at Boundary Waters Care Center, volunteering at her children's sports events, and, of course, through her experiences with Ely-Bloomenson Community Hospital (EBCH).

Jessica's story is one of personalized care and community trust. Over the years, she relied on EBCH for several key moments in her life, including her most recent health concerns. One of her most significant experiences was when she needed surgery to remove her gallbladder. During a casual conversation at a Little League game, she learned from Kenzie, a nurse at EBCH, that the hospital offered gallbladder removal surgeries—a service she had assumed required a trip to Duluth. Thanks to this

timely information, Jessica was scheduled for surgery within a week.

"The experience was seamless," Jessica recalls. "From my pre-op appointment to the day of surgery, the staff went above and beyond to make me feel comfortable. Dr. Bollins, Christian, and Sam were all attentive and professional, and the fact that I was the only patient in pre-op made the experience feel intimate and focused. They kept my family updated, and even after the surgery, they followed up to ensure I was recovering well."

One of the things that stands out to Jessica about EBCH is the personalized, one-on-one care she and her family have received over the years. Whether it's an emergency room visit for her husband or stitches for her child, Jessica has always felt reassured by the familiar faces and exceptional care.

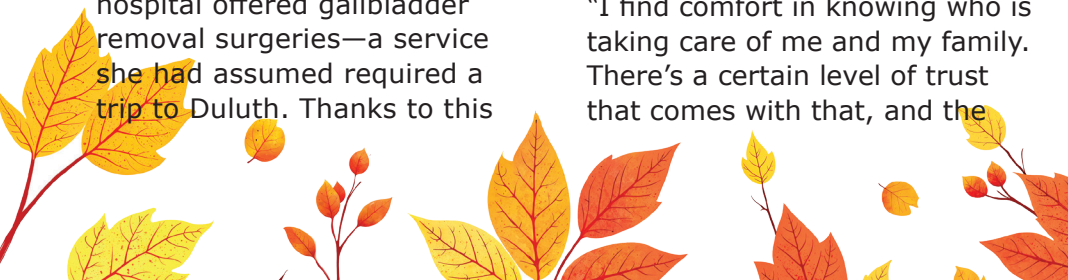
"Some people might feel uneasy about being treated in a small-town hospital where everyone knows each other, but for me, it's the opposite," Jessica explains. "I find comfort in knowing who is taking care of me and my family. There's a certain level of trust that comes with that, and the

staff at EBCH have consistently provided excellent, personable care."

Jessica wholeheartedly recommends EBCH to her family, friends, and neighbors. "People need to know that they can get great quality care right here in Ely. It was such a relief to only have to drive five minutes home after surgery instead of making a long trip out of town. The staff at EBCH made me feel at ease, and the whole experience exceeded my expectations."

Her advice to others? "Don't hesitate to ask questions and learn about the services EBCH offers. You might be surprised at the range of care available right here at home."

For Jessica, having access to healthcare in her small town isn't just a convenience—it's a source of comfort and peace of mind, knowing that skilled professionals are always nearby when her family needs them.





# FROM ATLANTA TO ELY

## Why I Choose EBCH for My Care

For nearly three decades, Ely, MN, has been my home, although I've split my time between Ely and Atlanta for the past fourteen years. Despite the big-city healthcare options available in Atlanta, I always choose Ely-Bloomenson Community Hospital (EBCH) for my medical needs, specifically for procedures like colonoscopies.

The first time I needed a colonoscopy, I traveled to the Twin Cities because I didn't realize the procedure could be done locally. Fortunately, a doctor at EBCH informed me that they offered colonoscopies right here in Ely. The warmth, professionalism, and familiarity of EBCH's staff, coupled with the hospital's convenience and proximity, make it my preferred choice for healthcare over Atlanta's options.

My background as a motivational speaker and active community member, including roles like the SADD Advisor at the local high school and the Executive Director for the Youth for Christ chapter, deepens my connection to Ely. These roles, along with being a

part of The Northern Lakes Arts Association and various faith-based activities, have rooted me deeply in this community. My greatest joy, however, comes from spending time with our children, six grandchildren, and a great-grandchild who also call this place home.

**Living in a rural area like Ely, often referred to as "the end of the road," underscores the importance of having accessible healthcare.**

My husband, who served as the Economic Developer for Ely, often highlighted our local hospital as a key selling point for families considering a move here. It reassured us as much as it reassured prospective residents about the quality of life in Ely.

**My experiences at EBCH have always been marked by a level of personal attention that's rare in larger cities.**

For instance, after one of my colonoscopies, the follow-up

nurse was a friend of our son. Such personal connections are not just comforting; they're truly special. Additionally, EBCH's thoughtful gestures, like a follow-up call the day after my procedure and a thank-you card signed by all the nurses involved, made me feel valued and cared for.

EBCH stands out because of its commitment to providing not just general care but also specialized services through traveling specialists. This blend of local familiarity and specialist availability ensures that we in Ely do not need to travel far for comprehensive care.

I wholeheartedly recommend EBCH to anyone in need of medical attention. The care I've received here has consistently exceeded my expectations, making me feel reassured and well-cared-for. Whether you're a long-time resident or considering moving to Ely, knowing that EBCH and its exceptional staff are here should give you great confidence in the healthcare available in our community.

**Nancy Henning**



# A GRATEFUL PATIENT'S JOURNEY

## WITH ELY-BLOOMENSON COMMUNITY HOSPITAL

*"I wholeheartedly recommend EBCH to anyone in need of medical care."*

"I've lived in Ely, MN, my entire life, and having Ely-Bloomenson Community Hospital (EBCH) in our small town is such a blessing. Over the years, I've had to visit EBCH a few times, including two longer stays—once for eight days and another for eleven days due to heart problems and an infection. Each time, my experience was nothing short of exceptional. The staff at EBCH were always so kind, caring, and knowledgeable. I truly felt like I was in the best hands.

Working in various roles in the public for years, including as a waitress and in different offices around Ely, I've always valued the importance of a supportive community. After my heart surgery, I came out of retirement and now work at a local oil company. I love spending time at sporting events, cheering on my grandchildren and great-grandson, and crocheting and knitting for my family. Having EBCH here gives me peace of mind, knowing that if I ever need help, it's right here in town. The personalized care I receive makes me feel safe and special, and that's something you just can't put a price on.

My journey with EBCH has been truly remarkable. From the moment I entered the hospital doors, the staff were attentive and always there to help, no matter the time of day. They not only took care of me but also ensured my family was comfortable and informed. I was especially grateful to the staff during my cardiac rehab after heart surgery. Tommy and Kim, who led my rehab, made me feel so at ease and motivated that I looked forward to my sessions. Their care and encouragement made all the difference in my recovery.

What sets EBCH apart from other healthcare facilities I've visited is how much they truly care. The staff's dedication and expertise allowed me to relax and trust that I was in good hands. During one of my stays, I needed to be moved closer to the nurses'

station because I was feeling unwell. Nurse Jill, who was with me that night, took the time to explain everything and even made sure my daughter, who stayed with me, was comfortable. It's those small, thoughtful gestures that make EBCH stand out.

I wholeheartedly recommend EBCH to anyone in need of medical care. I've told many people about how well I was treated and how knowledgeable the staff is. They always go above and beyond to find the right answers if they're unsure. Every day, I feel so fortunate to have this incredible hospital and medical team in our town. Dr. Schwinghammer, my doctor, and all the nurses at EBCH are simply the best. Ely is lucky to have them, and I'm grateful to know they are always here when I need them."

**Peggy Hartshorn**

### FLU SHOTS

**October 3** – Grand Ely Lodge **8:00 am** until Noon and **2:00-6:00 pm**

**October 9** – ISD 696 Parent/Teacher Conferences **3:00-7:00 pm**

**October 10** – ISD 696 Parent/Teacher Conferences **3:00-7:00 pm**

**October 16** – The HUB on Miners Drive **7:00-9:00 am**

**October 16** – Ely Senior Center **11:30 am-1:00 pm**

**October 24 & 29** – Business Wellness Days

**November 7** – Babbitt Municipal Gym **9:00 am-Noon**



## CUTTING-EDGE CARPAL TUNNEL TREATMENT at Ely-Bloomenson Community Hospital

At Ely-Bloomenson Community Hospital (EBCH), we're excited to offer a new solution for carpal tunnel syndrome: **ultrasound-guided carpal tunnel release surgery**. This advanced procedure provides a faster recovery and precise treatment, especially for our active, outdoor-loving community.

### Understanding Carpal Tunnel Syndrome

Carpal tunnel syndrome (CTS) affects the median nerve in the wrist, causing pain, numbness, and tingling in the hands and arms. These symptoms can disrupt everyday activities, from paddling to hiking. Traditional treatments often involve a lengthy recovery, but our ultrasound-guided surgery offers a minimally invasive alternative with faster results.

### What is Ultrasound-Guided Carpal Tunnel Surgery?

This procedure uses ultrasound technology to guide the release of the ligament compressing the median nerve. The imaging allows the surgeon to navigate

the area precisely, reducing the risk of injury to nerves or blood vessels. The surgery is performed through a small incision at the end of the forearm, rather than directly over the palm.

### How Does It Differ from Traditional Surgery?

Traditional surgery requires a larger incision over the palm, leading to more tissue damage and longer recovery times. In contrast, the ultrasound-guided method uses a smaller incision, minimizing tissue disruption and offering a faster recovery.

### BENEFITS of Ultrasound-Guided Surgery

- **Smaller Incision:** Less tissue damage, quicker healing.
- **Enhanced Precision:** Real-time imaging ensures accurate ligament release.
- **Faster Recovery:** Patients often resume activities sooner.
- **Reduced Complications:** Fewer postoperative risks and discomfort.

While both surgeries have similar long-term results, not every patient is a candidate for ultrasound-guided surgery. Your surgeon will evaluate and recommend the best option for your condition.

### Who Is a Candidate?

This procedure is ideal for patients with moderate to severe CTS who haven't found relief through non-surgical treatments like braces or rest.

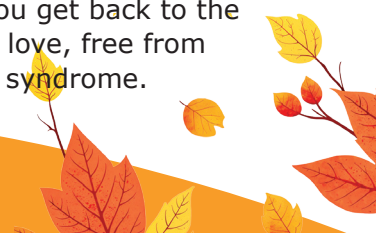
### What to Expect

The surgery takes about 15-20 minutes. Patients receive local anesthesia, and a small incision is made. After surgery, you should elevate the wrist and avoid lifting heavy objects for several days. Most patients return to their normal activities soon after.

### Learn More

EBCH is proud to offer this cutting-edge treatment. **To learn more or schedule a consultation, visit our website or call us at 218-365-8724.**

Let us help you get back to the activities you love, free from carpal tunnel syndrome.



# WE'RE HERE FOR YOU.

EBCH prides itself on being a part of the community we call home. We do our best to be involved and meet the needs of our friends, neighbors, and family day in and day out.



Ely-Bloomenson  
Community Hospital

Emergency	<b>911</b>
Hospital Main	<b>218-365-3271</b>
Ely Community Pharmacy	<b>218-365-8788</b>

328 West Conan Street  
Ely, Minnesota 55731

[www.ebch.org](http://www.ebch.org)



## Warm Up with Our Fall Heart Healthy Favorite: BLACK BEAN SOUP RECIPE

### INGREDIENTS:

2 cans black beans (15 oz each), rinsed and drained  
1 tbsp olive oil  
1 medium onion, chopped  
2 garlic cloves, minced  
1 medium carrot, diced  
1 celery stalk, diced  
1 bell pepper, chopped  
1 tsp cumin  
1 tsp chili powder  
4 cups vegetable broth (or chicken broth)  
Salt and pepper to taste  
Juice of 1 lime  
Optional toppings: sour cream, cilantro, avocado, shredded cheese

### INSTRUCTIONS:

**Sauté the vegetables:** In a large pot, heat olive oil over medium heat. Add onion, garlic, carrot, celery, and bell pepper. Sauté until the vegetables soften, about 5-7 minutes.

**Add spices:** Stir in the cumin and chili powder and cook for another minute.

**Simmer the soup:** Add the black beans and vegetable broth to the pot. Bring to a boil, then reduce the heat and let it simmer for 20-25 minutes.

**Blend (optional):** Use an immersion blender to partially blend the soup, leaving some beans whole for texture. If you don't have an immersion blender, you can transfer part of the soup to a blender and pulse.

**Finish the soup:** Stir in lime juice and season with salt and pepper. Adjust seasoning to taste.

**Serve and garnish:** Ladle the soup into bowls and top with optional garnishes like sour cream, avocado, cilantro, or shredded cheese.

**Enjoy your delicious black bean soup!**

