

# The Healthy Times

February 2019

**The Cook Hospital has partnered with Community Memorial Hospital in Cloquet, MN to offer two new services: Pain Management & ENT!!**

## Do you live with chronic pain?

Relief from persistent pain is available with Dr. Paul Vollmar through the Cook Hospital's Telemedicine program.

Dr. Vollmar specializes in Pain Management and Anesthesiology; he is the Director of the Pain Management Clinic at Community Memorial Hospital with over 15 years of diverse experience, especially in Pain Management. Dr. Vollmar is trained in the most advanced therapies and technologies to treat many types of persistent pain previously thought untreatable. Consultation appointments are held at the Cook Hospital via telemedicine. At this time, treatment methods are performed at Community Memorial Hospital in Cloquet.

## The Pain Management Clinic specializes in helping you manage many kinds of chronic pain:

- Mild procedures
- Neck and back pain
- Headaches
- Facial pain
- Post-stroke pain
- Post-surgical pain
- Chronic pain syndrome
- Deconditioning syndrome
- Pelvic pain
- Post-accident pain
- Sports injury pain
- Fibromyalgia
- Arthritis pain
- Shingles pain
- Cancer pain
- Comprehensive pain relief

## Ear, Nose, and Throat (ENT) Services for Children & Adults

ENT focuses on conditions involving the sinuses, larynx (voice box), oral cavity, and upper pharynx (mouth and throat), as well as structures of the neck and face. The Cook Hospital has partnered with Community Memorial Hospital to offer an Ear, Nose and Throat doctor right here in Cook.

### Dr. John Schmitt offers personalized treatments that promote good health and relieve discomfort from the following:

- Ears** – Balance disorders, ear infections, hearing loss, and tinnitus (ear noise)
- Nose** – Allergies, nasal obstruction, polyps, and smell disorders
- Throat** – Swallowing disorders and conditions involving the larynx, throat, and voice
- Head and neck** – Infections, tumors, and facial trauma or deformities

Dr. John Schmitt is a board certified ear, nose and throat (ENT) specialist. His area of specialty includes the management of adult and children's diseases of the ears, nose and throat- both medically and surgically. Dr. Schmitt received his medical degree from Ohio State University, and he completed a surgical internship at University Hospitals of Cleveland Case Western Reserve Medical Center. He also completed residencies in otolaryngology at the University of Iowa and Upstate Medical Center in Syracuse, New York. Patients of all ages are welcome to make an appointment. No referral needed.



Dr. John Schmitt, Certified ENT

To schedule your next appointment for Pain Management or ENT, contact Outpatient Services at 218.666.6247.

# Day-Break Cook Hospital Adult Day Services Program

The goal of the Adult Day Services program is to enable adults to continue to enjoy quality lives, maintain independence, and provide a much-needed respite for families and caregivers. Day-Break offers caregivers the chance to take some time on their own to just relax and know their loved one is safe. The Adult Day Services program provides activities and programs that give participants the opportunity to develop confidence, self-esteem, self-expression, and to build on and maintain current living skills. Day-Break supports the participants' highest level of functioning, as well as encourages well-being and dignity, all in a safe and stimulating home-like environment. We do offer services for those who need assistance with bathing, foot care, and picking up medications at the local pharmacy.

For more information about Adult Day Services please contact 218.666.6240

We look forward to the opportunity to show you what ADS all is about.

**Come visit our wonderful residents and staff!**



For more  
information about  
Adult Day Services  
**Contact**  
218.666.6240

## Warm Greetings from the Cook Hospital and Care Center!

I would like to introduce myself to those of you I've not yet met and tell you a bit about myself and our facility.

My name is Denise Forsline, and I am the RN Hospital Case Manager here at the Cook Hospital. In this role, I manage the referrals that we receive for patients to come into our Swing Beds. Also, I interact personally with our patients while they are here and I help to coordinate services and arrange equipment when those things are needed upon discharge from our hospital.

As you likely know, Cook Hospital is a 14-bed acute care Critical Access Hospital, complete with a round the clock emergency department, a rehab department, laboratory, imaging department, out-patient surgical department, as well as an attached long-term care facility: the Cook Care Center.

For those of you not familiar with Swing Beds, they are beds in our hospital that are used for people who need short-term skilled care in a hospital setting, but who no longer meet the criteria for staying in acute care. Swing Beds are usually paid for by Medicare and many other insurances and are commonly used for individuals who require strengthening from

Physical &/or Occupational Therapy due to weakness following an illness or surgery, therapy following joint replacement, intravenous (IV) therapy, specialized wound care, or end of life care when death appears imminent.

Often our patients tell us how much they appreciate being able to receive their extended therapy and care close to their own homes, in the community they are familiar with, and to be cared for by nurses, therapists, and other staff they know!

Because 'there's no place like home', when a need arises and skilled care is necessary, we hope that you will consider a Swing Bed stay here at the Cook Hospital!

*We currently have Swing Bed availability. If you'd like more information about Swing Beds, please contact me directly at 218.666.6230. I would be happy to visit with you and answer any questions you might have.*

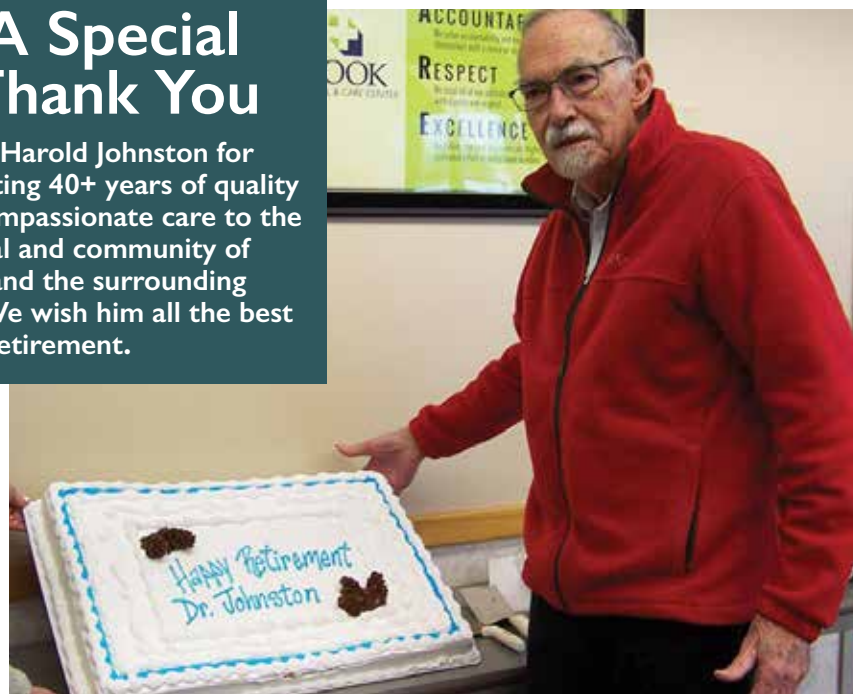
**Denise Forsline, RN**  
Cook Hospital Case Manager  
& Infection Preventionist  
218.666.6230

**"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." - Plato**



# A Special Thank You

To Dr. Harold Johnston for dedicating 40+ years of quality and compassionate care to the hospital and community of Cook and the surrounding area. We wish him all the best in his retirement.



## Tomato & Roasted Red Bell Pepper Soup

*Try this hearty & heart-healthy soup!*

Serving Size: 3/4 Cup  
Serves 6

### Ingredients

- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1 3/4 cups fat-free, low-sodium chicken broth
- 1/2 cup chopped, roasted red bell peppers, drained if bottled
- 1 Tbsp. dried basil (crumbled)
- 1/2 tsp. dried oregano (crumbled)
- 1/8 tsp. crushed red pepper flakes (optional)
- 2 tsp. olive oil (extra virgin preferred)
- 1/4 tsp. sugar
- 1/8 tsp. salt
- 1/4 cup chopped, fresh parsley, arugula or watercress

### Directions

In a medium saucepan, stir together the tomatoes with liquid, broth, roasted peppers, basil, oregano, and red pepper flakes. Bring to a boil over high heat. Reduce the heat and simmer, covered, for 10 minutes. Remove from the heat. Stir in the oil, sugar, and salt. Serve sprinkled with garnish.

### Nutritional Facts per serving:

|               |       |
|---------------|-------|
| Calories      | 57    |
| Protein       | 2g    |
| Total Fat     | 2.5g  |
| Saturated Fat | 0.5g  |
| Fiber         | 1g    |
| Sodium        | 122mg |
| Cholesterol   | 0mg   |

E I S R E A V I T A M I N S  
F A N T I O X I D A N T S L  
S R I R U I G I S I N E A E  
E X S S T I U R F N O F R E  
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## TO YOUR HEALTH!

ORGANIC  
PROTEIN  
ENERGY  
VEGETABLES  
FRUIT  
BALANCE  
WELLNESS  
SLEEP  
HYDRATION  
LIFESTYLE  
FIBER  
VITAMINS  
ANTIOXIDANTS  
ACTIVE  
FITNESS





# WELLNESS FAIR 2019

brought to you by  
Cook Hospital & Care Center

September 14th, 9am - 12pm

Watch for details, health & wellness  
booths, kids games, giveaways

ISO Vendors: Mental/Financial  
Physical/Emotional Health Related

## Cook Hospital Board of Directors

- Liz Dahl, **Chair** - Linden Grove Township
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- Marge Hyppa - Owens Township
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- Don Potter - Unorganized St. Louis County
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- Jolene Blake - Willow Valley Township

For more info:  
[www.cookhospital.org/healthfair](http://www.cookhospital.org/healthfair)



## Free CNA Course Offered

Cook Care Center partners with Leading Age Minnesota and the State of Minnesota to offer online Nursing Assistant training at no charge. Complete the training courses in a matter of weeks from the comfort of your own home. Skills lab and clinicals are completed at the Cook Care Center.

Apply online at [www.cookhospital.org](http://www.cookhospital.org) or pick up an application from the Cook Hospital Business Office. Cook Hospital & Care Center is an EOE. To check out what other job opportunities the Cook Hospital has to offer, visit [www.cookhospital.org/join-our-team](http://www.cookhospital.org/join-our-team)

## Our Specialty is You



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