



## Looking to work in our healthcare facilities?

We have both full time and part time employment opportunities in a wide variety of departments. Visit our website at [mlhealth.org](http://mlhealth.org) and scroll to the Employment button under Quick Links. Or, you can call Crystal Rowland, HR Specialist, at 320-532-2606.

Lisa Bednar, R.N. and Pam Olson, Admissions, at work in the Outpatient Department of Acute Care.



## Roll up your sleeve for the flu shot

Fall is time for going back to school, getting back to a routine, and also making sure you are covered by the **annual flu shot**.

The Center for Disease Control (CDC) explains that while flu spreads every year, the timing, severity, and length of the season varies from one year to another. Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year. Flu vaccines are designed to protect against the main flu viruses that research suggests will be the most common during the upcoming season.

Flu outbreaks can happen as early as October and can last as late as May, peaking between December and February. So it's important to get your flu shot by October so you can be protected during those months. Additionally, remember that young children and our senior population are especially vulnerable to complications of the flu. So healthy people can battle the flu successfully, but those compromised people around you may not be able to. Protect everyone and get your shot.

Mille Lacs Health System

# House Call



## Staying Connected

Just one of our Specialties



Thanks to all in our communities who helped support the Mille Lacs Area Health Foundation's efforts by attending the 11th Annual Charity Golf Tournament in August.

The Foundation provides scholarships, medical equipment for MLHS, assists local initiatives such as Operation Community Connect, and more.

To donate to the Foundation, visit [mlhealth.org](http://mlhealth.org)



### Mark your calendar

- **The Mille Lacs Area Health Foundation's fall fundraiser** at Izatys in October. See paper for details later in the fall.



### Classes and Clinics –

- *Prepared Childbirth* classes : Two Tuesdays, Sept. 15 and 17, 6–8 p.m. in the North Conference Room in Long Term Care. Free of charge. To register, call: Kathleen Boser (320)-362-0919.
- *Nursing Assistant* classes will be offered in January, 2016. To register, call 320-532-2392.
- *Diabetes class* (see p. 2)

### Support Groups –

- *Caregiver Support* Group: 3rd Tues., 10 a.m. in the East Conference Room at MLHS Long Term Care.
- *Diabetes Support* Group: 1st Tues., 4:30-5:30 p.m. at IREC in Isle.

320-532-3154 [www.mlhealth.org](http://www.mlhealth.org)

- Onamia • Isle • Hillman
- Garrison • Milaca



# Mille Lacs Health System

*Caring for body, mind and spirit*

## Use our Patient Portal

When you see your healthcare provider at MLHS, you may be asked to **sign up for the Patient Portal** if you haven't already done so. All you need is an email address to get you started. When you visit our website, you can access the portal by looking for the red Patient Portal link on the top menu bar, or by scrolling down the page to find the red button.



The portal helps you get information regarding summaries of visits to your provider, lab results, and diagnoses; and the ability to add and manage family members. Questions? Call our portal helpline at 320-532-2350.



## Medical marijuana in Minnesota

The Minnesota State Legislature has approved legislation that legalizes the use of marijuana (also known as cannabis or THC) for specific medical conditions as of July 1, 2015. There are very specific conditions for which it can be used, and dispensed.

**The laws in Minnesota are different** than the laws that were passed governing medical use in California and Colorado. In Minnesota, it is much more specific and limited.

### The process in Minnesota is:

**First:** A patient who feels they would benefit from using medical marijuana will see their medical provider. If the provider feels they would benefit from use, they can then determine whether the patient has an eligible condition. If so, they can register the patient as eligible with the state website : <http://www.health.state.mn.us/topics/cannabis/>.

**Second:** The patient contacts the State of Minnesota

via the aforementioned website and requests an application. The application is sent to them by email. It is filled out and sent back to the State.

**Third:** If approved, the patient is given an opportunity to meet with a State Pharmacist. The Pharmacist determines proper dosage and form of cannabis to be given to the patient. (Note that the provider does not prescribe the cannabis or determine the dose).

Patients will need to pay a \$200 fee to register with this program; this fee may be decreased for some patients with financial needs. There is a prescription fee for the drug as well; no insurance companies in Minnesota are paying for medical marijuana. Thus, all patients will have significant out of pocket costs for obtaining medical marijuana.

Please note there are specific conditions for which cannabis can be dispensed. If you have questions about this and are a patient of ours, visit with your provider.

## New to diabetes?

A series of 3 classes (most often covered by insurance) can help!

**November 4, 8, and 11** from 9 a.m. to 11:30 a.m.

Learn about carbohydrate counting, protein, fats, complications, high and low blood sugars, and more. Sign up at any of our clinics, speak with your MLHS provider, or call 320-532-2704. Held at the Onamia campus clinic.



## A Patient's View: "I'm dazzled!"

### Surgery patient has great experience

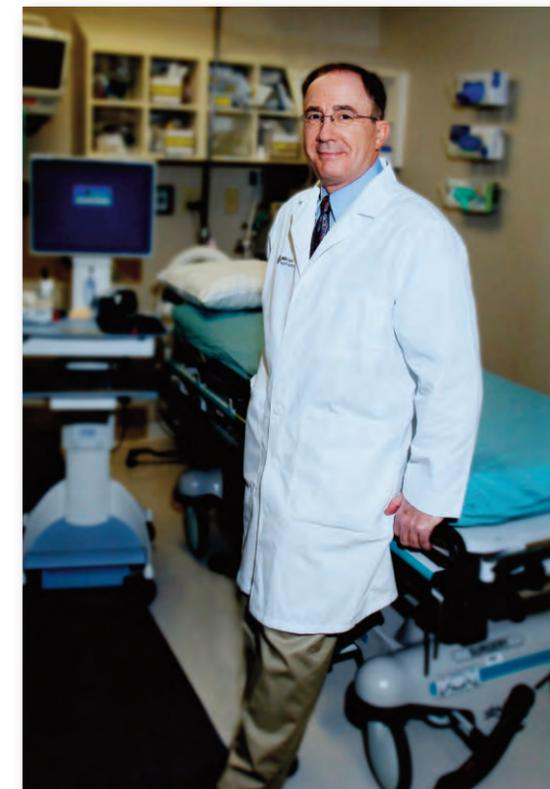
Laura Determan is a kind of walking billboard for Mille Lacs Health System. "I tell everybody – especially people who are new to the area – **if you want the best, go to Mille Lacs Health System,**" she says. She lives a few miles from Mora but her drives to the north for general health care and surgery are well worth it, she says. Determan sees Dr. David Strobel for her primary care, who she says is thorough, intelligent, and "takes his time explaining everything until I'm satisfied." Then, recently, she needed to have cataract surgery done and figured her best bet was the facility she had come to trust.



Laura Determan

"I wrote Dr. Drown after the surgery to tell her 'I am dazzled' and I mean that literally," she says. "I can see things so well now, I don't even need my glasses anymore." She had her surgery done in Onamia and says the doctor, nurses and whole experience was like being with family. "It's like your daughters are taking care of you, that's how much you feel like you are not just a 'patient' – you're a person who needs looking after and you have total trust that they're going to pay careful attention to you from the time you get there till you go home."

This patient fainted once and was brought to another hospital, but insisted she get transferred to MLHS. Unfortunately, that wasn't possible, but it shows her connection to the facility. "I just love all those nurses, from the clinic to surgery. Those nurses know you, and it's true, real caring that comes across. When you get treated like that – especially because you're coming in with a health issue and that's not always fun – it just reaches out to people's hearts. It means a lot to me to feel such a warm attitude, and I tell everyone that!"



General Surgeon Thomas Davis, M.D.

## Mille Lacs Health System News Surgery, close to home

Did you know Mille Lacs Health System has a **full time general surgeon**, as well as many visiting surgical specialists?

Board Certified General Surgeon Thomas Davis, M.D., F.A.C.S., brings experience and depth of knowledge to the surgical department. Dr. Davis has many surgery specialties, which include: **abdominal, laparoscopic, endoscopic, colonoscopy, appendectomy, hernia and gallbladder surgeries.**

In addition to Dr. Davis, many of our visiting specialists also do surgery at MLHS. They are:

- Dr. Amy Lelwica – **Orthopedics**
- Dr. Steve Mariash – **Podiatry**
- Dr. Kurt Waters – **Ear, nose and throat and plastic surgery**
- Dr. Ina Drown – **Ophthalmology**
- Dr. Hal Leland – **OB/Gynecology**
- Dr. Sam Elghor – **Pain Management**
- Dr. Thomas Stillwell – **Urology**
- Dr. Mark Satz – **Ear, nose and throat**

*When you need surgery, get it done close to home, at MLHS.*