



Reflux Relief seminar



Dr. Howard McCollister consults with a patient about GERD.

Dr. Howard McCollister, a surgeon with CRMC (Cuyuna Regional Medical Center) will present a seminar called "Reflux Relief" on Tuesday, March 10 at 6 p.m. on the Onamia campus.

Dr. McCollister will speak about the condition and the latest treatments for GERD (gastroesophageal reflux disease.) CRMC is one of three places in Minnesota where patients can obtain the new, minimally invasive treatment for GERD. Information about registration is below in our calendar.

Mark your calendar

- "Reflux Relief" seminar, Tues., March 10 at 6 p.m. in the Lower Level Board Room on the Onamia Campus (Administration entrance.) Register by calling: 218-546-4343 or 888-546-4343. Sponsored by Mille Lacs Health System and Cuyuna Regional Medical Center.

Mille Lacs Area Health Foundation

Annual Spring Fundraiser

Fri., April 24, 2015 at Appeldoorn's Sunset Bay Resort.
Check local media for more info in April.



Classes and Clinics –

- *Prepared Childbirth* classes : March 9 and 11 in the North Conference Room, MLHS Long Term Care. Time: 6-8 p.m. Register by calling Kathy Boser, 320-532-2732.
- *Nursing Assistant* classes will be offered March 3 - April 17 on Tuesdays and Fridays, from 3-9:30 p.m. on the Onamia campus. To register, call (320) 532-2392. The next classes will be offered May 1 - June 12, 8-2:30 p.m.

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.
- *Grief Support* Group - 1st and 3rd Thurs., 3-4:30 p.m. at IREC in Isle.



320-532-3154 www.mlhealth.org

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Mille Lacs Health System

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House Call



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Winter 2014



New surgeon joins MLHS family

Board Certified General Surgeon Thomas Davis, M.D., F.A.C.S., will soon begin providing surgical services in Onamia and Crosby as part of a new rural surgical partnership between the Mille Lacs Health System and Cayuga Regional Medical Center, Premier Surgical Associates, and the Minnesota Institute for Minimally Invasive Surgery.

He will consult with patients and perform operations and procedures in Onamia beginning in January.

Dr. Davis has more than 20 years of experience. He earned his Medical Degree at the University Of Washington School Of Medicine and completed his internship and residency at Mercer University School of Medicine. He is a military veteran, having served as captain in the U.S. Marine Corps.

A surgeon who says he has always enjoyed rural medicine and small communities, Davis notes **personal care in a small facility is a priority.** "I'm very happy to be working with the Mille Lacs Health System family of medical professionals."



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MLHS Home Care Program receives award

Mille Lacs Health System Home Care program has been named a 2014 HHCAHPS HONORS recipient.

HHCAHPS Honors is a prestigious, annual honor recognizing home health agencies that continuously provide the highest level of satisfaction through their care as measured from the patient's point of view.

Award criteria were based on the HHCAHPS survey results for 2014. Individual agency performance scores were compared to the Delta National Average score calculated from more than 1,800 partnering home health agencies.

HHCAHPS Honors recipients include those home health agencies scoring above the Delta National Average on at least eighty-five percent of the evaluated questions. MLHS Home Care scored above the Delta National Average (90 - 100% in most cases, with the national average being 78 - 88%) on composite scores of care, getting help and advice, treating with courtesy and respect, and communication between providers/patients.

MLHS Home Care Medical Director Dr. Patti Hook is especially pleased with the department's award. "Our staff and nurses are superb, and we are so fortunate to be locally owned. **We take pride in the care of our hometown neighbors.**" Hook goes on to say that she depends very much on the nurses to be "our eyes and our ears in the homes of the people they see. The Home Care nurses make adjustments when needed, detect problems and work with us to solve them, thus allowing people to stay in their own homes."



Kim Schiller, Alanna Tuttle, Jenny Harper, Joni Walker, Bernie Hoffman and Nikki Narveson – some of the MLHS Home Care staff.



Mille Lacs Health System News

Patient Safety Excellence Award

Mille Lacs Health System in Onamia was recognized by the Minnesota Hospital Association (MHA) for its **commitment to patient safety.** The facility has been participating in a three-year Partnership for Patients Hospital Engagement Network Initiative.

MLHS was one of 115 Minnesota hospitals actively addressing conditions such as falls, infections, and readmissions, among other issues.

The MHA presented a plaque to MLHS, acknowledging the "hard work and resources devoted by your hospital to keeping patients safe through the Partnership for Patients Initiative."



Acute Care nurses Gretchen Miller, Angela Pohl, Tracy Meyer, Ruth Hughley and Kristy Olson care about your safety.



Avoid the Season of Sick

The biggest piece of advice on how not to get one of the 3 illnesses circulating widely in our state this season: **Wash your hands.**

Ordinary soap and water, combined with the friction of a good scrub, can help you avoid the nasty germs that cause influenza, RSV, and Norovirus. In fact, it's been found that alcohol-based hand sanitizers actually are not very effective in killing off Norovirus. When you walk in the door from wherever you came, going right to the sink and washing up is your best protection.



Mille Lacs Health System News

Reduce your fall risk

Mille Lacs Health System received a grant this past year from the Minnesota Hospital Association to develop a screening tool for "fall potential." Out of 4,217 people screened in the facility's clinics for 6 months,



Good lighting helps you see problems before you trip over them.

over 1 out of 10 said they had either fallen or were concerned about falling. Those people were directed to the right services for help.

Next up: A community coalition is in development. Meanwhile, here are some tips to prevent falls in the home from the MLHS Rehab Department:

- Get rid of throw rugs
- Get more light, everywhere, so obstacles are more easily seen
- Put brightly colored duct tape on the first stair so it's clear that's where to start stepping down
- Do the same for the place where carpet meets the floor, another potential problem area
- De-clutter, especially in hallways and tight spaces
- Most falls occur in the bathroom, so make sure rugs are out of there, and use bath mats and decals on the shower/tub floor
- Raised toilet seats, tub chairs/shower benches, and grab bars are invaluable