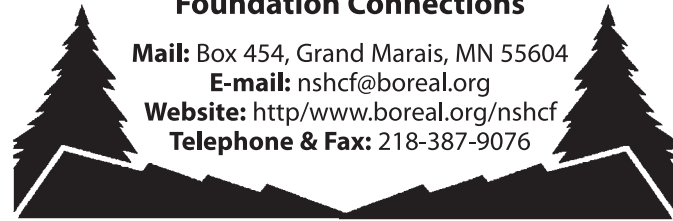


BECOME A MEMBER NOW

NPR, MPR, and WTIP have campaigns twice a year that say, "We need your support to continue our excellent programs. Please show your support by becoming a member." At the North Shore Health Care Foundation, we have a similar message; that is, "Members are the backbone of our efforts to fulfill our mission which is to benefit health care for all who live, work, and visit in Cook County." As with our public and independent radio stations, we need your support. The NSHC Foundation makes major grants to the many organizations committed to providing health care in Cook County. Please help us continue this effort by becoming a member today. Complete the enclosed application to become a member or renew your membership. Thank you.

Foundation Connections

Mail: Box 454, Grand Marais, MN 55604
E-mail: nshcf@boreal.org
Website: http://www.boreal.org/nshcf
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NORTH SHORE HEALTH CARE News

Benefiting health care for those who live, work & visit in Cook County

July 2009, Volume XII Issue 2

Health Care Foundation receives IRVIN BENSON DONATION

The North Shore Health Care Foundation received a donation of \$10,000.00 from the Irvin I. Benson Trust. The money is designated by the Trust to be used for North Shore Hospital Registered Nurse education, and was accepted on behalf of the Foundation by Executive Director, Karl Hansen, who stated that such donations strengthen the quality of healthcare delivery throughout the region.

Irvin Benson was a well known, beloved resident of the Gunflint Trail. Trained as a pilot in World War 11, he moved to Saganaga Lake in 1948 where he became known as an accomplished welder, builder, trapper and owner and operator of the Pine Island Camp along with his wife, Tempest Powell Benson.

Irvin was among a vanishing breed of independent men and was written up in the Detroit Free Press, by Duluth Tribune writer, Sam Cook, and twice in National Geographic.

Although Irvin appeared to be the stereotype of the north woods recluse, people were always charmed by his humor, wit and knowledge. He was also famous for his story telling prowess and his love of jokes. This included the North Shore Hospital staff and he, in turn, appreciated the care received from it as age and macular degeneration took their toll.

The wilderness always remained his first love, but he spent the final months in the care of long time friends, Carol and David Seglem. His last wish to remain mentally alert at all times was followed to the end.

With Irvin's passing, another era and a vanishing breed of independent men came to an end and the North Shore Health Care Foundation is honored to accept the donation of this unique individual.

North Shore Health Care Foundation Issues a Challenge!

The Foundation has received a grant request from the Sawtooth Mountain Clinic for a portable bladder scanner. For many reasons, this is a wonderful tool for our healthcare professionals, but most important, it allows them to quickly and easily scan the amount of urine retention in a patient's bladder without having to perform more invasive and risky procedures, such as catheterization. More on that later.

The problem is, each unit costs \$8,000, and the Foundation sees the tremendous value to our community in having such a tool available to the Clinic. However, like everything else, the economic downturn has effected the amount the Foundation can grant each request. Therefore, we've pulled together half of the amount requested, \$4,000, and are issuing a challenge to the community to fund the rest. Here's why we feel the community should support this request:

According to Rita Plourde, the Clinic's Executive Director, and Teresa Borak, Clinic RN and Outreach Coordinator, our community is aging, and many of the folks moving up here to retire or visit are also older. The Clinic is seeing this change in their patient population, and one of the more common issues that population experiences as it ages is urine retention in their

bladders and the ensuing infection issues. This effects both women and men: The latter almost universally have prostate issues that cause retention, and women have problems as their bodies age and their organs settle, also causing retention issues.

We are all familiar with the problems that result - bladder infections which, if untreated, can diminish the patient's overall health and cause damage to the kidneys.

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In the past, the only way to check for such a problem was to respond when the patient already had the infection (i.e., too late), or to try to check a patient's bladder condition by inserting a catheter after the bladder was emptied and measuring the amount of urine retained. Not only is that a very uncomfortable procedure but it risks internal damage and infection. Furthermore, it is so uncomfortable that it can serve as a deterrent to a patient seeking help until it is too late and already experiencing pain and infection. Older patients (defined as those of us over 60) don't need pain and infection, for obvious reasons, but primarily because we don't resist infection as well as we used to.

But with this wonderful device, the doctor or nurse only has to hold the coffee-thermos-sized machine against the patient's lower abdomen and it measures the amount of urine, in seconds! Done. Simple as that. No invasive procedures, no pain. No fear.

Why doesn't the Clinic get the money from the County? Well, for one thing the County is already struggling with reduced revenues, but, more important, because the Clinic is a "Community Health Center", meaning that it is a standalone non-profit with a community-based board of directors that has no connection to the County. None.

So it gets its funding from grants, patient fees and the generosity of people like us, that see the enormous value of having a local clinic that can care for us, with great staff and the technology to keep us well. That's why we are asking the community to help the NSHCF help the Clinic purchase this wonderful device, because it is worth it. It will help keep us well. Please help us find that \$4000.



Directors notes July 2009



As we welcome Kay Grindland to the new position of coordinator of the proposed hospice program, the foundation moves squarely into a new era of cooperative effort with other groups. Both Arrowhead Electric's Operation Round Up and the Cook County Community Fund have joined the Lloyd K Johnson Foundation with grants given to our initiative to get hospice in Cook County. We will need many more partners committed to long term support to make that a reality.

BBQ committee chair Fran Smith called a couple of months ago and asked what I thought of adding an accordion player to the event. Frankly, I was hesitant but when Gerald Thilmany started playing on Sunday at Gunflint Lodge, and Bev Denyes, Pat Zankman and Thelma Hedstrom and others started singing "...roll out the barrel..." it was so much fun that it might be a regular addition to our annual fundraiser.

Conference committee chair Jean Christie wrote the follow-up article about the Pain Management Conference. There were actually three separate chances to connect with Dr. Tom Elliott on June 12 and 13. The professional community was invited on Friday, and about 50 nurses, therapists and complementary health providers were very impressed with his depth of knowledge and willingness to share. Friday night he had dinner with doctors and spouses, and Saturday was the public presentation at the ACA. A number of people expressed their thanks for bringing this important information to our community. The bottom line in pain management – cooperative multidisciplinary treatment is the key to success. Is there a theme here?

The Dragon Boat Festival is our next cooperative event July 23 – 25, look at the web site <http://www.northshoredragonboat.com> for details. Then plan on our golf tournament on Sunday, October 4 – players, volunteers and sponsors are all needed.

As Treasurer John Bottger points out in his piece, our membership donations are down significantly. In an effort to cut expenses without reducing our program, we have reduced the number of pages in this newsletter, and are sending it only to our mailing list instead of all "postal patrons" in Cook County. Only a few people expressed an interest in email delivery, so we will be continuing this traditional format. Thanks so much to our hard working "mailing party" volunteers. Also a special thanks to Wendy, Fran, Suzanne, Katie and Heidi who have all spent volunteer time to help catch up with office filing and organizing.

We try to thank everyone who supports us, but inevitably some people are missed. To all of you who support us consistently with your time and effort and goods and money – please know that this organization is all about you, you are the "we" that is doing all the good work that NSHCF can brag about!

Karl Hansen



Gunflint Barbecue 2009 *The tradition continues...*

We are happy to report that cool, damp weather did not hamper the Gunflint Barbecue fundraiser event in any way this year. With the challenging economy and less-than-perfect weather, we were extremely pleased that attendance at the barbecue was similar to last year. Barbecue proceeds go to the North Shore Health Care Foundation Endowment Fund, to maintain our ability to give grants to help fund Cook County health needs, in good times and bad. This year, preliminary estimates are that the Barbecue netted approximately \$2000 for the Endowment Fund. The weather may have kept everyone indoors, but with festive music provided by accordionist Gerald Thilmany of Loon Lake, a great time was had by all. As usual, Gunflint Lodge's barbecue buffet of ribs, chicken, salmon, cheesy potatoes, fruits and salad, and decadent brownies for dessert, was a scrumptious hit! As an added bonus, five attendees from Grand Portage were also given a personal tour of the future Chik-Wauk Museum and Nature Center at the end of the Gunflint Trail. Thank you so much to everyone who contributed to making the barbecue possible, and especially thank you to everyone who contributed by coming to enjoy the evening!





PROPOSED HOSPICE PROGRAM

has a
new coordinator

The development of the Hospice/Palliative Care Program for Cook County has taken another positive step forward. As a result of a grant awarded by the Lloyd K. Johnson Foundation, Kay Grindland was hired as the part-time coordinator of the program. She will serve as the initial contact for those wanting more information about the program and end-of-life care services. She will also coordinate our trained volunteers who currently support families and patients with end-of-life care in the hospital and the care center.

Kay Grindland moved to Lutsen in 1999 where she worked as Managing Director of Norcroft: a Writing Retreat for Women. Currently, Kay lives in a house she built outside of Grand Marais. She also works as Membership & Outreach Coordinator at Cook County Whole Foods Co-op. "I am honored to be working with so many dedicated and compassionate volunteers, donors, and professionals to make a hospice program a reality in Cook County."

We extend a sincere "thank you" to Suzanne Sherman, our out-going Hospice Program Developer, for her dedication and enthusiasm. During her tenure she helped establish a clear need for the program, raised start-up funds, helped shape the program direction and completed a brochure for the proposed hospice program.

In addition to her other duties, Kay will help coordinate community outreach and fundraising activities as the hospice planning committee works towards its next vital goal: creating on-going financial support for the program. We hope to become a licensed program, so that we can provide hospice volunteer support in the home, but this will not be possible until we can demonstrate solid financial support. While we will continue to pursue additional funding through grants, we need to show sustained community funding for hospice. The North Shore Health Care Foundation has already pledged \$5,000 a year to the proposed hospice program. We need your help to multiply this support. Therefore, this coming year we will ask community groups, individuals, and family foundations to consider annual pledges.

For more information on the program, donations, or to receive a brochure, you may contact Kay Grindland at the North Shore Health Care Foundation office at 387-9076 or at hospice@boreal.org

Grants Awarded in June 2009

for the second quarter

The board voted to approve the Charitable Funds Distribution Committee's decision to approve the following grants totaling \$10,677, about half of the requests received:

Cook County Higher Education is moving to a new facility in a remodeled church. We granted \$3500 for a science lab work station.

Cook County North Shore Hospital Physical Therapy Department was granted \$1250 to continue staff training for a Postural alignment specialist.

Sawtooth Mountain Clinic was the big winner in this grant cycle. They received \$4,000 for the first half of a bladder scanner (see article on this subject) as well as \$1245 for a new skeleton and other anatomical models that help the providers with explanations to patients. They also got another \$682 for the 600# scale that was funded last quarter because when it was delivered it turned out that the railings and platform were too small.

These grants and the hospice development grants bring the total of all grants distributed since 1995 to \$368,842! Congratulations to all the donors who make this good work possible.



Enthusiasm for Annual Golf Tournament Still Strong

The annual NSHCF Golf Tournament fundraiser will be held on October 4, 2009, at Superior National Golf Course. According to tournament co-directors, Cindy Tiffany and Joan Crosby, plans are in full swing. This festive event, held at the peak of fall colors, is always filled with good will and eagerly anticipated.

The \$125.00 registration fee for golf teams includes green fees, cart, continental breakfast, lunch, on-course beverages and an after-tournament reception at Lutsen Resort. Celebrity Golfer Paul Krause, sponsored by Blue Fin Bay, will be returning again for this year's event.

For 15 years, the NSHCF golf tournament has been a festive autumn occasion. This year promises to be no different.

Enthusiasm for the event runs high. Committee chairpersons are in place. Registration forms are being circulated as well as posters advertising the event. Soon sponsors will be asked for donations in return for on-course advertisements.

All proceeds from the Tournament go to the North Shore Health Care Foundation, which gives grants to qualifying local health care needs and emergency funds. All health care and emergency organizations requesting funds are seriously considered if the qualifying criteria are met, and Board members encourage requests. Funds are granted for as many requests as possible.

Since proceeds of the Golf Tournament are the main source of grant funds, donations in the form of time or money for the Golf Tournament are always greatly appreciated. If you are interested in joining the festivities as a team or a helper or in donating funds, please contact the North Shore Health Care Foundation office at 218-387-9076.

Manage your pain before it manages you

Chronic Pain was the focus of the two day North Shore Health Care Foundation's Annual Health Conference on June 12th and 13th.

With over 75 million Americans (25% of the population) living with persistent or recurrent chronic pain, it is no wonder that nearly one hundred Cook County residents and visitors participated in the two day event.

Dr. Tom Elliott, Medical Director of the Pain Management Center at Miller Dawn, St. Mary's Duluth Clinic Health System in Duluth was the guest lecturer on both days.

As Dr. Elliott addressed his audience, he described the St. Mary's Duluth Clinic's Pain Management Program, in which anyone can apply to participate. The main goal of the program is to promote independent pain management skills. The Team provides rehabilitative therapies that lead to improved function and quality of life, less pain perception, better coping skills, and self management of the chronic illness.

Dr. Elliott emphasized over and over again throughout the two days that Prescription Drugs were not the only source of pain relief. Rather, discovering the integrative and complimentary therapies that work well with patients results in the most satisfying outcomes for them. Sometimes that includes prescription drugs and sometimes it doesn't.

There are four very important components of Chronic Pain: Emotional, Behavioral, Social, and Spiritual. All must be addressed.

The primary pain diagnosis at the Pain Clinic are: Neck, Back, and Spine Pain (40%); Fibromyalgia (30%); Headaches (12%); Neuropathic Pain (10%); Other Pain (8%). Most patients have three or more pains.

Modalities that the Program taps into in addition to traditional Western Medical treatments include Physical Therapy, Occupational Therapy, Massage, Healing Touch, Yoga, and QiGong, just to name a few.

As was pointed out by Ruth Olson, LP, formerly a psychotherapist in Grand Marais, now a Team Member at the Chronic Pain Clinic in Duluth, many of these expert Health Professionals are already practicing in Cook County

and that perhaps in the future, with proper coordination between the Duluth Pain Clinic, the Physicians at Sawtooth Mountain Clinic and the other modalities, more people could be properly treated for the devastating effects of Chronic Pain.

With Dr. Elliott's concluding remarks that pain management is "An Art, and a Science", that Chronic Pain is always Physical and Mental requiring both body and mind, that a Team of Health Professionals need to work together, most people left the Conference with new understandings or confirmed knowledge regarding pain and a belief that Chronic Pain can be controlled and that a positive outlook on life can be attained.

NORTH SHORE HEALTH CARE FOUNDATION

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*Our mission is to
benefit health care
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live, work & visit
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