

The Healthy Times



March 2018

The New Care Center

The Cook Care Center can assist with those needs. We have opened our beautiful new facility. Within our new Care Center, we offer 28 well accommodated rooms with private bathrooms and showers. Our facility was built with the idea of a household model in mind, each with 14 residents. The household model creates a more home-like living environment with comfort and security being in the forefront.

For a more homelike environment, our households have kitchens where staff can cook fresh meals. The kitchens have split height counters to facilitate involvement with residents and have wheelchair access.

**Does your loved one
need aid with their daily
living but wants to live
in a home-like setting?**



Our mission is providing a safe and home-like living environment, valuing dignity and compassion for our residents, promoting independence, fostering support of family and relationships, while nurturing the human spirit.

Our staff come to work at our residents' home daily with the intention of bringing quality care with dignity and compassion for everyone. This is our mission and we will do so while building relationships with the residents and their families and making the residents' human spirit a part of that daily mission.



What's Going on in There?



You no longer have to travel great distances as Cook Hospital offers colonoscopies, EGD's and other minor procedures. They can be done right here at the Cook Hospital.

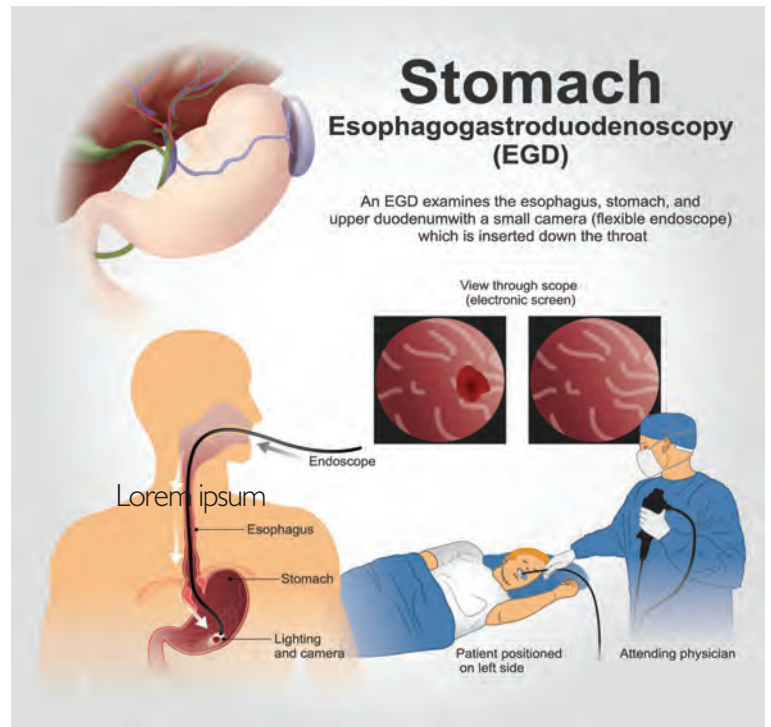
Ask your doctor to set up an appointment for you with Dr. Holmes.

What is a colonoscopy and why do I need it done?

According to the American Cancer Society colorectal cancer is the third most common cancer found in men and women in this country. The risk of a person having colorectal cancer in a lifetime is about 1 in 19. The death rate of colorectal cancer has gone down in the last 15 years and this is due to the public being more aware of the necessity of a colonoscopy screening. Don't take chances with your health. If you are 50 or over and have not had this test done please talk to your doctor and ask for a screening colonoscopy to be done here at the Cook Hospital.

Now what is an EGD?

It stands for Esophagogastroduodenoscopy. This is a procedure using a flexible scope to look for any problems in your upper digestive tract. Looking for some things like GERD, Heart Burn, Bleeding, Ulcers, Acid Reflux or any upper GI problems. This will help your doctor to treat these conditions.



If you have any questions or to schedule an appointment please call Wendy Laakkonen at 218-666-6247.

Cook Cares About Your Health



Outpatient Services Open House

March 14th / 2:00pm– 4:00pm

Cook Hospital Outpatient Service Department

Come and see the Outpatient Staff and what services the Cook Hospital has to offer you.

Impact Studies • Telemedicine • Orthopedics • Sleep Studies • EMGs • Colonoscopies • Endoscopies

Free!

Blood Pressure Check

**Testing Kit for
Colorectal Cancer**

Blood Glucose Check

Lots of FREE Give Aways

Hors D'oeuvres!

**Don't Miss the
Giant Walk-Thru
Colon!**



Welcome!

Dr. Eric Elleby & Rachel Beldo, CNP



Doctors from LEFT TO RIGHT

Top Row: Rachel Beldo, CNP, Matt Homes, MD, Josie Norberg-Lopez, MD, Charles Tietz, MD, Nick Vidor, MD

Bottom Row: Eric Elleby, MD, Bruce Garbisch, MD, Harold Johnston, MD, Aaron Heaslet, PA, Emily Hadrava, CFNP

“ I was scared and nervous to have my procedures done at Cook. I was afraid it would not be like my prior experience at another facility. I was shocked at how professional you all were and it was a wonderful experience, I would recommend you to everyone.”

— Shirley Conway

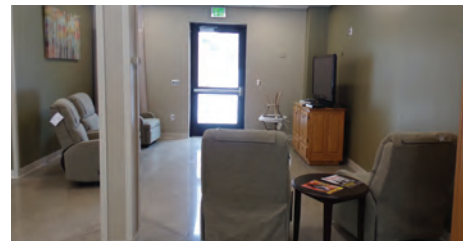


Adult Day Services has moved!!

They are now located upstairs by the new Care Center. The participants enjoy being able to see outside and watch the birds. They are looking forward to summer and being able to enjoy the court yard too.



Activities



Relax



Kitchen



Save the Date!

There are exciting things happening at Cook Hospital & Care Center!

March 14

Outpatient Open House 2-4pm

Aug. 11

W.C. Heiam Fundraiser

Check the website for details on the Shake-a-Leg 5k Walk/Run

Our Specialty is You



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