

# Rainy Lake Rural Health Clinic Answers Your Questions.



Brad Reiners, PA-C



Dr. Jay Knaak



Nancy Burmeister, FNP-BC

### Who can be treated at the Rainy Lake Rural Health Clinic?

Everyone! No matter your age, income, or insurance plan, you can make an appointment with one of our excellent providers.

### How do I schedule an appointment?

Call 218-283-5503 to schedule an appointment with Dr. Jay Knaak, Nancy Burmeister, or Brad Reiners. On the day of your appointment, check in at the main registration desk at the Hospital Campus.

### Can my medical records be transferred?

Yes. With your request, the Health Information Management Department can access your medical records for use in the Rainy Lake RHC. You can do this by calling 218-283-5463.

### Can I receive a referral from the RHC?

Yes. Our providers are able to refer you to the specialist of your choice, or recommend options for you as well.



Hospital Campus • 1400 Highway 71 • International Falls, MN 56649 • 218-283-5503

# LOCALNEWS

## ‘Powerful Tools’ class for caregivers June 2

### KAO STAFF REPORT

A class to help Borderland’s family caregivers thrive is planned for Littlefork.

“Powerful Tools for Caregivers” is designed to teach skills to enhance caregivers’ own well being as they care for an older family member or friend. Once-weekly classes will be offered by Koochiching Aging Options beginning June 2.

“Powerful Tools showed me how important it was to take care of myself in order to give care better. And, they gave me the tools to do it. It was a lifesaver – mine,” said a participant in the six-session class taught last year in Big Falls.

Caregivers are defined as a family member or friend helping an older adult with shopping, transportation,

bill paying or activities of daily living such as eating and bathing.

The goal of the course, according to Koochiching Aging Options Program Specialist Leslee Loop, is for caregivers to learn to reduce their stress levels, improve their self confidence, bring balance to their lives, better communicate their feelings and increase their ability to make tough decisions.

Since 1998, this award-winning program has been taught in 30 states and has reached more than 60,000 family caregivers. Class participants report that they have fewer feelings of anger, guilt and depression and gain increased confidence in coping with the demands of care giving. They are also more likely to use community services that

can help ease their burden.

Class members receive “The Caregiver Helpbook” developed specifically for the program. A \$25 donation is requested to defray the cost of the help book and materials. No one will be turned away if they are unable to contribute.

Classes will be held from 12:30 to 3 p.m. each Monday, starting June 2 through July 7 in a classroom at Littlefork Lutheran Church. Certified instructors will be Leslee Loop and Koochiching Aging Options Executive Director Douglas Skrief. Registration ends Thursday.

To ask questions or to register for the class call Koochiching Aging Options at 218-283-7030 or 1-800-950-4630 or email [KoochichingAgingOptions@gmail.com](mailto:KoochichingAgingOptions@gmail.com).

## New Zamboni needed at arena

### Electric Zamboni would improve air quality

#### JOURNAL STAFF REPORT

In an effort to improve air quality inside Kerry Park Arena, the International Falls Recreation Commission and International Falls Recreation Hockey Association are teaming to purchase a new electric Zamboni for Kerry Park Arena.

The groups have asked International Falls and Koochiching County to kick in toward the purchase.

Bill Mason, recreation director, discussed the need to purchase a new Zamboni with the Koochiching County Board last week and earlier with the International Falls Budget and Finance Committee.

The change from a propane to electric Zamboni is prompted by the carbon monoxide and nitrogen dioxide emissions from the propane-generated Zamboni being used to clean and smooth the ice surface.

Information provided to

the county board by Mason said the Kerry Park Arena has been near the maximum emission allowance standards set by the state for carbon monoxide levels.

“If levels get high enough, kids and other people can get seriously sick breathing in these emissions,” said the commission proposal.

The level of emissions in the arena is tested twice each week, as required by the state. The proposal noted the emissions in the arena may be high because of the low ceiling in the arena.

In addition, the proposal said the age of the current Zamboni, 15 years, causes difficulty in finding parts for maintenance.

The total cost for the new electric Zamboni is \$122,218.

The commission and association have committed \$25,000 each toward the purchase. The Falls Men’s Tournament Committee has indicated it would contribute \$20,000 to \$30,000.

Because the city owns Kerry Park, it has been asked to contribute. And it did. The International Falls City Council last week ap-

proved a recommendation from its committee to contribute up to \$52,218 to the Recreation Department for the purchase.

Mayor Bob Anderson suggested the council ask the commission to use the current Zamboni as a trade in, which could decrease the amount of the city’s contribution.

The county board was asked to help fund the purchase because the commission estimates more than 40 percent of the participants in Kerry Park Arena activities live in the county, said the proposal.

Commissioners agreed of the need for the change in Zambonis to ensure the safety of children and others using Kerry Park Arena.

The board urged Mason to apply for a community enhancement grant from the Koochiching Community Development Association, a partnership between Koochiching County and the cities within it. Community enhancement grants are for projects designed to improve life and the appearance of the county.

# CONCERTS IN THE PARK

May 28 - FHS Choir & Band

June 4 - TBA

June 11 - Open Mic

June 18 - Town Band

June 25 - Assemblies of God worship team

July 2 - No Concert (4th July setup)

July 9 - Don & Friends, old timey

July 16 - Uncommon Joe, classic pop songs

July 23 - Faith and the Believers

July 30 - Sloughgrass

Aug 6 - Borderland Strings

Aug 13 - Open Mic

Aug 20 - No Concert (bass tourney setup)

Aug 27 - Icebox Radio StoryFest

Schedule subject to change

# Wednesdays, 7 p.m. Smokey Bear Park

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## Cross-border collaboration continues

### Ontario-Minnesota group meets at Sleeping Giant Provincial Park

#### JOURNAL STAFF REPORT

A panel discussion on cross-border partnerships and presentations on bi-national tourism projects will be among the topics on the agenda for a two-day meeting of the Heart of the Continent Partnership.

The Heart of the Continent Partnership, a coalition of public land managers and interested community stakeholders from northeastern Minnesota and Northwestern Ontario will conduct a quarterly meeting Thursday and Friday at Sleeping Giant Provincial Park.

The Ontario-Minnesota group of stakeholders has been working together under the Heart of the Continent banner for more than seven years with a region-wide vision to ensure the sustainability of the vast of expanse public lands in the center of the North American continent.

The partnership started with representatives of public lands from both sides of

the border — the Superior National Forest, Voyageurs National Park, and Grand Portage National Monument in Minnesota; the Ontario parks of Quetico, Kakabeka Falls and Sleeping Giant — getting together to share best practices and find ways to collaborate on projects that make best use of this vast wilderness region with a focus on environmental and economic sustainability.

Communities within the Heart of the Continent region extend from Thunder Bay south along the Lake Superior shore to Duluth then west to Fort Frances and International Falls. Community leaders are also interested in continuing a region-wide dialogue to make best use of healthy public lands.

The meeting opens Thursday afternoon with a video presentation on Sleeping Giant Provincial Park followed by remarks from Superintendent Greg Wilson.

Also on Thursday afternoon is a session with guest panellists, from both sides of the border, who will summarize the need for partnerships, where they already exist, and where they are still needed.

Naturalist and anthropologist Jon Nelson is a

guest speakers at the two-day meeting this week. Nelson will speak about “The People of the Quetico Area” at 7:30 p.m. Thursday.

Tourism highlights the agenda on Friday morning as the HOCP meeting wraps up, covering topics on the sister cities initiative between Thunder Bay and Duluth, an update on the nomination process currently underway for the National Geographic geotourism interactive website, plus a presentation on the bi-national regional tourism approach highlighting successful branding projects like Ride Lake Superior and the Lake Superior Circle Tour.

In addition to the meeting and guest speakers, participants will also have an opportunity to take a guided hike of Sleeping Giant Provincial Park. The park has more than 100 kilometers of hiking trails with a variety of distances and levels of difficulty.

The Heart of the Continent Partnership continues to represent a broad array of organizations interested in promoting the wilderness border region in the heart of North America to the world with a goal to sustain this natural treasure for future generations.