

Rainy Lake Medical Center answers your questions.



What happened to the affiliation between RLMC and Essentia Health?

The hospital and Essentia joined forces and entered into a “legal affiliation” in 2009 with the goal of growing healthcare services in International Falls and mutually benefiting both organizations. After four years of effort, both parties were dissatisfied with the progress and decided to go back to the relationship that was in place prior to the affiliation. Essentia will retain ownership of the clinic. The hospital will retain ownership of the hospital.

Will a new hospital be built? Do we need a new hospital?

The hospital board has given great consideration to building a new hospital, and have obtained architect’s renderings and plans. The change in the hospital’s financial position during recent years has caused the board to reconsider those plans. Fortunately, the current hospital facility is sound and no immediate changes are necessary. A survey conducted last year by The Joint Commission, a nonprofit organization established to evaluate the quality and performance standards of hospitals nationwide, found no unresolved deficiencies. The current hospital building was erected in 1970. For perspective, the three Duluth hospitals, St. Mary’s, Miller Dwan, and St. Luke’s, were built in the 1950s and 1960s. Our hospital building has been very well cared for over the years. The board, foundation, and community have made consistent investments to maintain it. We recently replaced our facility’s emergency generator and next year we will install a complete fire sprinkler system throughout the building. The hospital and clinic have continually invested in and upgraded their technology and equipment. RLMC will continue to weigh our options to renovate or consider a new facility, but for now, we are well served in our current home.

Will the name of the hospital change?

International Falls Memorial Hospital Association was incorporated in 1945. Since that time, the hospital has conducted business under the name, “Falls Memorial Hospital” and most recently “Rainy Lake Medical Center.” The decision under which name to conduct business in the future has not been made.

Are you looking to merge with other healthcare partners?

No. At this time, RLMC will remain an independent, not for profit hospital, similar to the hospitals in Cook, Ely, Cloquet, and Moose Lake. What the hospital will pursue is additional specialty services our community needs as outreach clinics.

What will happen with OB services?

The hospital will continue to be responsive to the need for full obstetrics services, and are prepared to provide full support to the continuation of this service.

What will happen to the hospital now?

The hospital will continue to operate as a separate, independent healthcare facility, just as it did prior to the 2009 agreement. As mentioned above, the hospital will move forward with capital improvements to its building, equipment, and technology.

Where can I pay the bills I receive from the hospital or clinic?

As always, RLMC bills can be paid at the hospital campus, online through our website (www.rainylakemedical.com), or mailed to 1400 Highway 71 International Falls, MN 56649

Will the same physicians work at both the clinic and hospital?

Yes. RLMC will continue its relationship with the physicians who work in our ER and inpatient areas. The physicians at the clinic are employed by Essentia, and will continue to have admitting privileges at the hospital. Other properly licensed and credentialed providers will also have admitting privileges. Patients will likely see no change in the caregivers they trust with their healthcare.

Do I have to leave the area to receive healthcare services?

No. RLMC will continue to provide a robust offering of healthcare services. In fact, as we move forward as an independent hospital, we will be able to resume specialty physician recruitment efforts and hope to expand our current specialty service offerings.

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| • Inpatient and Outpatient Care | • 24/7 Emergency Services |
| • Nonemergency Convenience Care (Evenings and Weekends) | • Maternity (Labor and Delivery), Cesarean births, and Newborn Care |
| • Cardiac Rehab/Diagnostics | • Certified Laboratory with Blood Bank Services |
| • Chemotherapy & Infusion Therapy | • Physical, Occupational, and Speech Therapy, Prosthetics and Orthotics, Sleep Studies, and Sports Medicine |
| • Digital Mammography, Dexascan, Ultrasound, Nuclear Medicine, Pain Injection Services, MRI, X-Ray, CT, and Fluoroscopy | • Various Outreach Clinics |
| • General Surgery, Laparoscopy, GI Endoscopy, Orthopedics | • Patient Education |
| | • Behavioral Health |

**Our mission is
“to serve patients and promote wellness.”**

**We are dedicated to providing this wonderful
community with quality healthcare for
many years to come.**



In association with **Essentia Health**

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OUTDOORS

CALL OF THE WILD

The Journal welcomes ideas for stories about people in our community who have a unique hunting, fishing or outdoors tale.

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Blaze orange reduces hunting accidents

DNR STAFF REPORT

With Minnesota’s small game hunting season underway and the firearm deer season set to begin Nov. 9, the Minnesota Department of Natural Resources says making a blaze orange fashion statement this fall might not get you on the best-dressed list, but it just might save your life.

“Wearing blaze orange clothing is a safety requirement to hunt or trap during Minnesota’s small game season or deer season,” said Capt. Mike Hammer, DNR enforcement education program coordinator. “It’s important to be seen by others.”

Small Game Seasons: At least one visible article of clothing above the waist must be blaze orange when taking small game, except when hunting wild turkeys, migratory birds, raccoons, predators, when hunting by falconry, trapping or while hunting deer by archery while stationary.

Deer Season: The visible portion of a cap and outer clothing above the waist, excluding sleeves and gloves, must be blaze orange when hunting or trapping during any open season where deer may be taken by firearms (including special hunts, early antlerless, youth seasons and muzzleloader). Blaze orange includes a camouflage pattern of at least 50 percent blaze orange within each square

foot. This restriction does not apply to migratory bird hunters on waters or in stationary shooting locations or to trappers on waters.

“The failure to wear to wear blaze orange puts a hunter in jeopardy of not being seen by someone who does not take the time to properly identify their target and what’s beyond it,” Hammer said.

Hammer recommends faded blaze orange garments be replaced.

“Blaze orange, more than any other color, is the most easily seen and recognized bright, unnatural color against a natural background,” Hammer said. “This shade of orange is the only satisfactory color for hunters to wear under all weather and light conditions. The color of the cap, vest, or coat should be plainly visible from all sides while it is being worn.”

From the standpoint of hunter safety, the wearing of this high-visibility color while deer hunting and while small game hunting in heavy cover, such as for grouse and pheasant, is a great communications tool.

“Blaze orange clothing is a tremendous aid in helping hunters maintain visual contact with one another, particularly when moving through dense cover or woods,” Hammer said. “Any hunter who has ever identified someone strictly by seeing blaze orange knows its value in keeping track of

other hunters in the field.”

For those that use ground blinds, Hammer said to remember to place some blaze orange on the outside of the blind for others to see. Tent style blinds can fully conceal even the best dressed hunter.

Some safety tips for non-hunters:

■ **Wear bright clothing.** Choose colors that stand out, like red, orange or green, and avoid white, blacks, browns, earth-toned greens and animal-colored clothing. Blaze orange vests and hats are advisable.

■ **Don’t forget to protect pets.** Get an orange vest for an accompanying dog.

■ **Make noise.** Whistle, sing or carry on a conversation when walking to alert hunters that someone is in the area. Sound carries well across woods and forests, and hunters should listen for any sounds of animal movement.

■ **Be courteous.** Don’t make unnecessary noise to disturb wildlife. Avoid confrontations.

■ **Make presence known.** If a nonhunter hears shooting, the person should raise their voice and let hunters know they’re in vicinity.

■ **Know the dates of hunting seasons.** Learn about where and when hunting is taking place.

■ **If hunting makes a nonhunter uneasy, the nonhunter should choose a hike in a location where hunting is not allowed.**

DNR seeks designs for Minnesota’s 2014 walleye stamp

DNR STAFF REPORT

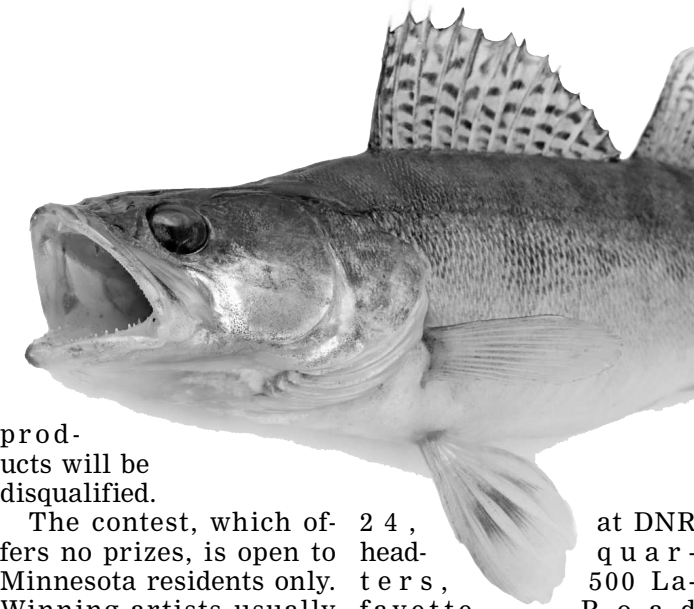
Wildlife artists can submit entries for Minnesota’s walleye stamp from Monday, Oct. 7 through Friday, Oct. 18, the Minnesota Department of Natural Resources said.

Designs should be securely wrapped and enclosed in an envelope or other container. The words “Walleye Stamp” should be clearly marked on outside of the container. Late entries will not be accepted.

Entries must be sent or delivered to 2014 Walleye Stamp Contest, DNR Fish and Wildlife Division, Box 20, 500 Lafayette Road, St. Paul, MN 55155-4020.

The walleye (*Sander vitreus*) must be the primary focus of the design. Other fish species may be included in the design if they are used to depict common interaction between species or are common inhabitants of Minnesota’s lakes and rivers.

Artists are prohibited from using any photographic product as part of their finished entries. Any entry that contains photographic



products will be disqualified.

The contest, which offers no prizes, is open to Minnesota residents only. Winning artists usually issue limited edition prints of the artwork and retain proceeds. Revenue from stamp sales is dedicated to walleye stocking.

A contest entry form and reproduction rights agreement, which grants the DNR the right to use the design for the stamp image and other promotional, educational, and informational purposes related to walleye, must be signed and submitted with the design.

Judging will take place at 2 p.m. on Thursday, Oct.

24, at DNR headquarters, 500 Lafayette Road in St. Paul. Contest judges will have expertise in art, ichthyology, fishing, aquatic habitats and/or printing.

For complete contest criteria and information contact the DNR Information Center, 500 Lafayette Road, St. Paul, MN 55155-4020. Information also is available by calling the Information Center at 651-296-6157 or toll-free at 888-646-6367, or on the DNR website at www.mndnr.gov/contests/stamps.html.

QUESTION OF THE WEEK

Q: Someone told me that for the sake of birds, rice shouldn’t be thrown outside after a wedding. Is this true? And is there a substitute for rice?

A: Instant rice is bad for a bird because it expands

in its crop (throat) and can kill it. Some rice might be harmless to birds, but polluting sidewalks with rice is not recommended. Instead, use wild bird seed to throw at weddings. The seed will be cleaned up,

naturally, within a few days and will also provide food for our feathered friends.

-Lori Naumann, DNR Nongame wildlife program information officer

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