

Dr. Leidenix performs eye surgeries in Harvey



Dr. Monte J. Leidenix, Ophthalmologist

Dr. Monte J. Leidenix, Ophthalmologist has over 26 years of diverse experience, especially in Ophthalmology. He is affiliated with many hospitals including, St. Aloisius Medical Center here in Harvey ND, CHI St. Alexius in Bismarck, ND, Glendive Medical Center in Glendive, MT, CHI St. Alexius in Dickinson, ND and West River Regional Medical Center in Hettinger, ND.

Born in Bismarck, Dr. Leidenix grew up in McLaughlin, South Dakota, where he was ac-

tive in high school sports, 4-H, and rodeo. He continues to have a special interest in agriculture. Dr. Leidenix holds a patent for combine and swather reel bats and raises Limousin Cattle. He is married with two children with very busy schedules which include sports and school activities but they still make the time to go to the family farm in South Dakota on the weekends. His daughter loves the animals and his son enjoys running the farm equipment.

Dr. Leidenix graduated from South Dakota State University in Brookings with a degree in Microbiology and Chemistry. He received his Master's degree in Microbiology/Molecular biology from University of North Dakota in Grand Forks, and then received his medical degree from UND School of Medicine. He did additional research as an Ophthalmic Pathology Research Fellow at the University of Utah and completed his residency at the University of Texas Medical Branch.

He is a member of the American Medical Society, the American Academy of Ophthalmology and is a Fellow of the prestigious American College of Surgeons. He specializes in all aspects of eye surgery, where he provides his cataract surgical patients the most modern cataract techniques, including no-stitch clear corneal incision and foldable intraocular implants.

Combining cutting edge technology, a pio-

neering spirit, and years of experience Monte Leidenix, MD is helping keep The Eye Clinic of North Dakota at the forefront on eye care.

One patient who experienced cataract surgery both in Harvey and Bismarck shared, "I know it's not always possible to have such an improvement in your vision after cataract surgery but for me it was a great experience. I went from wearing glasses to correct my vision and still not being able to read very well, especially numbers like 6, 8, 5, 3 or 9 to NOT wearing glasses at all and being tested with perfect vision even after more than a year after surgery. Dr. Leidenix and his staff were always very helpful and so thorough with the testing, a really caring group of professionals."

In Harvey, Dr. Leidenix performs cataract surgeries in the morning the first Thursday of every month and then sees patients at Dr. Kourajian's Office in downtown Harvey in the afternoon. If you want to make an appointment to see Dr. Leidenix in Harvey you should call 701-255-4673 or 1-800-472-2620.

What stands out the most from interviewing Dr. Leidenix is the motto he shared that is on the office door in Bismarck, "If you enjoy what you do, you'll never work a day in your life." Dr. Leidenix assured me that he does enjoy his work that much! He also stated that he is not going away any time soon and plans to be around doing what he enjoys for a long time yet.

Rylee Martin receives Young Volunteer of the Year Award

Rylee Martin of Anamoose, ND was recently chosen to receive the North Dakota Long Term Care Association's (NDLTCA) Young Volunteer of the Year Award at the NDLTCA Convention. She will be honored at the awards dinner held during the convention in May 2018.

Rylee has been volunteering at St. Aloisius Medical Center in our Long Term Care (LTC) for about 1 ½ years. She enjoys helping the residents with jigsaw puzzles, adult coloring books, balloon toss, playing cards, craft projects, assisting with pretty nails (taking polish off and applying it), playing her saxophone and helping with special projects like our resident/family picnic and beach party.

She has also begun a pet therapy program with her dog "Bella" which provides an opportunity for residents to display affection, develop a companionship and it helps raise their spirits. Her unique contribution to our residents is based upon her ability to bring meaning to their day even if it is for a short period of time.

Residents will start gathering in the living room around 3:45 p.m. in preparation for the evening meal. When you walk in, you may see some sleeping, watching TV or reading. When Rylee walks through the door after school it seems like the residents transform and come to life. You may see them smiling, waving at

Continued on page 4



Sara Balfour, Activities Director, Rylee Martin, Mike Zwicker, CEO

From the administrator . . .



Mike Zwicker, St. Aloisius CEO

With the change in the North Dakota seasons, the change for outdoor activities are sure to follow. Ice fishing is my next sport and is it fun! The community members I share the subject with either love it or don't! Some have described the sport as camping and fishing all wrapped up into one on the ice. Others have described the sport in not so many pleasant words. Oh well, to each their own.

St. Aloisius Medical Center's (SAMC) Cardiac Ready Community process is moving along at a rapid pace. SAMC continues to have routine meetings with community members to assist with Harvey and Fessenden becoming Cardiac Ready Communities. Applications have been sent to the state along with grant writing from our CFO all contribute to the cause of obtaining AEDs for our local business owners and other places of establishment. Again, the purpose of Harvey and Fessenden becoming Cardiac Ready Communities serves one purpose, saving lives!

Sarah G. is progressively moving forward with becoming a certified diabetic educator. She has performed several classes on diabetes education to the public and has classes routinely scheduled. SAMC received a grant to contribute to the necessary education and expectations needed to have SAMC become accredited by the American Association of Dia-

betes Educators. This accreditation is necessary to provide diabetes education to our outpatient services. Diabetic education classes are booked well in advance as this demonstrates the need in our community to educate people on diabetes. Please take advantage of this service for proper education on diabetes management.

The flu season came through Harvey and affected residents, patients, and employees at SAMC. Restrictions were put in place to have only immediate family as visitors and children were not allowed into the long term care area. Hand washing was stressed to all employees prior to coming in contact with any patient and/or resident. Providers, nursing staff and infection control all worked together as a team and performed outstandingly in controlling and dealing with this serious problem and preventing it from spreading to more employees and residents than already acquired.

I am proud to announce that St. Aloisius Medical Center has been acknowledged by the North Dakota Hospital Association and Quality Health Associates of North Dakota for achieving a reduction in Catheter-Associated Urinary Tract Infections (CAUTI) and a decrease in falls for the time period of October 2016 through September 2017. I would like to personally thank EVERYONE who contributed to these great successes of quality for our ministry.

St. Aloisius Medical Center continues to improve the quality of care we provide to our patients and also to our staff. The expectations are for 100% of our employees to become CPR certified. At this point in time our completion is at 239 employees or 99%! The commitment of our staff to meet SAMC's goal is extraordinary! Thank you to everyone who has acquired this skill and also to those who assisted the teaching of CPR.

Our new CT scanner in radiology has been installed and is fully operational. It is an upgraded 32 slice versus the older CT scanner at 16 slices. The project was completed in approximately 10 days and did not disrupt or compromise patient care. In addition to our new CT scanner in radiology, October was Breast Can-

cer Awareness month and the challenge of performing 125 mammography tests was presented to our radiology staff. The staff stepped up to the challenge by advertising in the paper, spoke on the radio with me, and recruited ladies during our wellness opportunities. Our radiology department crushed their old record and made a new one by performing 137 mammography tests! The challenge was that I was to paint my nails pink for the entire month of November. I kept my end of the bargain and sported pink fingernails for the entire month! Even during big game hunting they stayed on! I'm not sure what the challenge will be for this year so stay tuned!

Thank you to everyone for supporting St. Aloisius Medical Center. Our ministry is here to serve and we look forward to that opportunity.

God Bless and thank you!

St. Aloisius 2018 Spring Wellness Days

Harvey

April 9, 11 and 16

6:00 to 10:00 a.m.

St. Aloisius Outpatient Services

Drake

Tuesday, April 17

7:00 to 9:30 a.m.

Drake City Hall

Fessenden

Wednesday, April 18

7:00 to 9:30 a.m.

KTL Building

**- Please Remember -
Only water for 12 hours
before tests!**



Brenna Berge, MSW, LCSW

New Counseling Service in Harvey

We are pleased to announce the addition of a new counseling service in Harvey. Brenna Berge is a Masters-level, licensed clinician who will be providing clinical therapy services in the Harvey area. She is a graduate of the University of North Dakota and licensed as a board-certified Licensed Clinical Social Worker.

Brenna is working with LifeWise Associates based out of Devils Lake, ND. LifeWise Associates is an outpatient behavioral health services agency providing services through medication management and individual therapy. She currently sees children ages 8 and older, adolescents, and adults. She will be based out of the St. Aloisius Medical Center Outpatient Service

Center (old clinic building next to the hospital) on the 2nd and 4th Tuesday of each month.

Though originally from the small town of Munich, ND, she currently lives in Devils Lake. She enjoys playing basketball and golf, making crafts, drinking coffee and reading. Brenna and her husband just recently adopted an adorable puppy named Piper who is a shepherd terrier mix, and she became an aunt for the 13th time when her nephew was born on Feb. 15.

Please welcome Brenna to the Harvey area and if you would like to make an appointment with her, please call LifeWise Associates at 701-662-1046.

Surgery still available in Harvey



Dr. Ronald Skipper, General Surgeon

A diseased gallbladder. A breast tumor. An obstructed bowel. All of these diverse conditions often require surgery to treat them, and chances are the doctor who is going to perform those operations at St. Aloisius Medical Center in Harvey is Dr. Ronald Skipper, General Surgeon.

Dr. Skipper is a board certified General Surgeon who comes from the Heart of America Medical Center (HAMC) in Rugby to St. Aloisius Medical Center for appointments and surgeries the 3rd Monday of every month.

After receiving his bachelor's degree from Kent State University, Dr. Skipper went on to

achieve his Doctor of Medicine degree from the Ohio State University College of Medicine in Columbus, Ohio. He is a Fellow of the American College of Surgeons. He previously practiced at HAMC from 1997 to 2005, before rejoining the HAMC team in 2012. We have been proud to have Dr. Skipper practicing at St. Aloisius Medical for the past several years.

What does a General Surgeon do?

General surgeons are trained to diagnose and manage a wide range of diseases and disorders that may require surgical treatment. Their area of expertise is, essentially, the entire body. It includes: the head and neck; the endocrine system, including the pancreas and thyroid gland; breasts; all parts of the digestive tract, including

the intestines and rectum; the abdominal organs, such as the stomach and liver; and skin and soft tissues. General surgeons are also trained in the care of pediatric and cancer patients and the treatment of patients who are injured or critically ill.

At St. Aloisius Medical Center, skilled surgeon, Dr. Ronald Skipper schedules patient appointments in the Outpatient Service Center and performs a wide variety of surgeries and procedures. Dr. Skipper is committed to providing you with a complete understanding of your medical condition, the various treatment options and details of your surgery.

For more information and to make an appointment with Dr. Skipper in Harvey please call 701 324-5117.

Memorials and Contributions

We gratefully acknowledge the gifts and memorials we receive. Your support helps make it possible for us to continue our mission of "Healing Hospitality" and quality care to the communities we serve. Thank you, again, for your generous donations:

NOTE: The Sisters of Mary of the Presentation Health System, which includes St. Aloisius Medical Center, is considered a Qualified North Dakota Endowment Fund. Are you aware of the tax incentive (income tax credit) for charitable gifts made to qualifying ND charitable organizations? If you are interested in learning more about charitable gift donations, please contact us!

Donation to the Serenity Garden imo Ray Henne from Jerome & Pam Held

Donation to LTC in memory of Gordon Felchle from First Baptist Church WMF, Goodrich

Donation to Pastoral Care imo St. Celine Marie Morth from Pete & Rose Anderson

Donation to the Serenity Garden imo Darlene Solin from Multiple Donors

Donation to the Serenity Garden imo Darlene Solin from Pamela Holm, Bismarck

Donation to the Serenity Garden imo Darlene Solin from Christy & Scott Arends

Donation to the Serenity Garden imo Darlene Solin from Sandy & Bruce Teubner

Donation to the Serenity Garden imo Sr. Celene Marie Morth from Sandy & Bruce Teubner

Donation to Pastoral Care from Harold & Jolene Scott

Donation to the Serenity Garden imo Darlene Solin from Mark & Cathy Hyams

Donation to the Serenity Garden imo Darlene Solin from Karen Bienek

Donation to the Serenity Garden imo Darlene Solin from Nancy Meland

Donation to the Serenity Garden imo Darlene Solin from Lyle & Pam Stewart

Donation to the Serenity Garden imo Sr. Celine Marie Morth from Lyle & Pam Stewart

Donation to St. Aloisius from Trinity Lutheran Church WELCA

Donation for Christmas presents for LTC Residents from Joy Circle at 1st Lutheran Church, Fess.

Donation to the Serenity Garden in memory of John Schmitz from Pam & Jerome Held

Donation to LTC Activities Department from Fessenden Thrift Shop

**ForeWord is primarily
published for the
friends and family of
St. Aloisius Medical Center.**

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Thank you!

We want to tell our community, patient/resident families how grateful and humbled we are by the notes of appreciation we receive. Our mission statement is: St. Aloisius Medical Center inspired by Jesus, in union with the Sisters of Mary of the Presentation, ministers health to all we serve. We also have three "Values" that we try to follow; Hope - Creating an atmosphere of trust and confidence, Healing - Caring for body, mind and spirit, and Hospitality - Welcoming, in a Christ-like way. We continually remind ourselves of this mission as we "Minister health to all we serve".

Several families sent notes of appreciation for the care received in our Long Term Care. One family

sent a beautiful card that was signed by each family member. Another just wanted to send a thank you to our whole staff for the great care received, "The whole staff treated our family with kindness and thoughtfulness. Thank you."

HELP FIGHT CRIME

**Three ways to send anonymous tips to the
Wells County Sheriff's Office**

- Website: wellscounty.nd.com
- Facebook: WellsCountySheriff
- Text: WELLSSO to 847411-add a space- and type in your tip info.

St. Joseph's Community Health Foundation Grant Award

Good news! A grant award of \$5,000 from St. Joseph's Community Health Foundation has just been approved and will be awarded at a luncheon on March 14, 2018. We are excited about this award since it will help fill the need and allow more AED's to be placed in our communities.

The cities of Harvey and Fessenden have been involved, for the last few months in education and moving toward being "Cardiac Ready Communities." As part of this process, community members are being trained in CPR and the use of the Automated External Defibrillator (AED) and AED's are being strategically located within those communities.

This is a community effort and we hope to have a lot of participation within each community educated in CPR and the use of the AED unit and how to be "Cardiac Ready." This training is available for individuals or groups and more than one level of CPR is offered, a short version

which is "hands only" and Friends and Family CPR. We are willing to train your employees as a group or an individual. As a commitment to being "Cardiac Ready," we are proud to share that St. Aloisius is 99% trained in CPR and the use of the AED and each new employee will be scheduled for this training. Several other businesses within the communities have also already participated in the training.

Our 35th St. Aloisius Health, Fitness & Safety Fair "A Community Caring For You" is scheduled for Thursday, May 10, 2018. Lots of free services, product samples and information will be available again this year! As always, we will be checking blood pressures and will offer the CPR/AED training at the fair.

Let's all be involved in our communities health and wellness. Let's be "Cardiac Ready Communities." If you have any questions or need more information please call Candie Thompson at St. Aloisius (701) 324-5113.

Martin, continued from page 1

her, or greeting her in various ways. Rylee will take the time to greet each resident individually and acknowledge their welcome.

Rylee improves the residents' quality of life by breaking up their normal routine, communicating with or smiling/laughing with them. She reaches out to each resident through various means, including pet therapy with Bella. This has a positive impact on our residents by giving them the personal attention they deserve, increasing social interaction and giving them something to look forward to.

Rylee has a calming manner, patience, speaks quietly and has the ability to adapt to our resident's environment. She works well with residents in a group or one-to-one situations. She has shared her experiences as a young volunteer with her friends and has inspired two other young adults to start volunteering at St. Aloisius.

We are pleased and proud of Rylee and her dedication to our residents at St. Aloisius Medical Center and so pleased to have her chosen as the 2018 Young Volunteer of the Year.

WINTER SAFETY TIPS

Frostbite

- Dress children warmly. Several thin layers will help keep children dry as well as warm.
- Set reasonable time limits on outdoor play. Call children in periodically to warm up with drinks such as hot chocolate.
- **Be aware of signs of frostbite:** numbness, tingling or pain in fingers, toes, nose, cheeks or ears.
- Take child indoors. Have child wiggle affected body parts to increase blood supply to that area. Warm the frozen parts against the body. Immerse in warm, or hot, water. Avoid warming with high heat from radiators and fireplaces, and avoid rubbing or breaking blisters.
- Call doctor for additional advice on treating frostbite.



Snow Skiing and Snowboarding

- Take lessons when learning to ski.
- Use caution when entering and exiting the ski lift.
- Be aware of other people on the slope.
- Ski within your experience level, do not ski too fast or out of control.
- Wear sun protection, even on cloudy days.
- Never ski alone.
- Wear an approved helmet.
- Follow posted signs & rules.



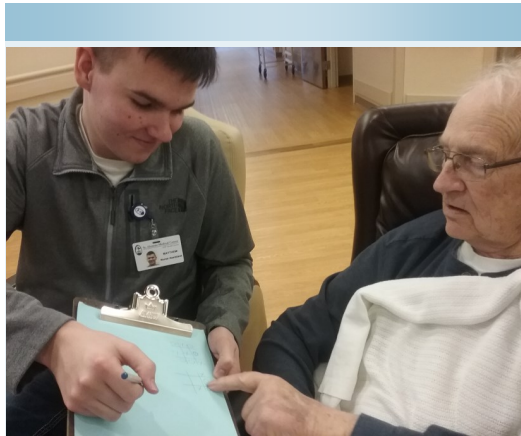
Sledding

- Sled only on terrain that is free of obstacles.
- Check for snow-covered hazards such as rocks or stumps.
- Make sure the bottom of the slope is far away from streets and traffic.
- Use sleds with steering mechanisms, avoid makeshift sleds.
- Do not lie flat on the sled while riding down. Lying flat increases the chance of head and abdominal injuries. Sit up with feet forward.
- Never ride on a sled that is being pulled by a motorized vehicle.
- Check manufacturer's recommendations for number of children or weight restrictions on a sled.
- Clothing (hats/scarves) should not block vision or become an entanglement hazard.

Ice Skating

- Skate only on approved surfaces.
- Check for signs posted by local recreation departments. Never go out on ice that an adult has not approved.
- Skate in same direction as the crowd.
- Never skate alone.
- Throw away candy or chewing gum before skating.

Come Home to St. Aloisius Long Term Care



Services

- Medicare/Medicaid approved
- 24/7 Nurse Supervision
- Certified Gerontology Nurse
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Restorative Nursing Program
- Rural Mental Health Counselor is provided within the Long Term Care area
- Critical Access Hospital attached

Activities daily! Nightly bingo, baking, monthly parties, happy hour, special events, pretty nails, crafts, games, bus rides, and other seasonal activities. Local school groups involved with resident activities. Currently involved as foster grandparents with FCCLA.



Mass twice a week and weekly church services for all denominations.

Serenity Garden is the enclosed outside area for residents and families to enjoy.



Recent purchase of a bus to take residents to events. Transportation provided as needed.



Fun with "Glamour Shots"

5-Star Designation

Our Long Term Care continues to maintain our 5 star rating comparing us to all nursing homes in North Dakota. CMS created the 5-Star Quality Rating System to help consumers, their families, and caregivers compare nursing homes.

The Nursing Home Compare website, <https://www.medicare.gov/nursinghomecompare>, features a quality rating system that gives each nursing home a rating of between 1 and 5 stars. Nursing homes with 5 stars are considered to have much above average quality and nursing homes with 1 star are considered to have quality much below average. There is one Overall 5-star rating for each nursing home and a separate rating for each of these three categories: Health Inspections, Staffing and Quality Measures.

Inspections are performed annually by the ND Health Facilities Division of the Department of Health.

A commitment to Our Patients about Antibiotics

Antibiotics only fight infections caused by bacteria. Like all drugs, they can be harmful and should only be used when necessary. Taking antibiotics when you have a virus can do more harm than good: you will still feel sick and the antibiotic could give you a skin rash, diarrhea, a yeast infection, or worse.

Antibiotics also give bacteria a chance to become more resistant to them. This can make future infections harder to treat. It means that antibiotics might not work when you really do need them. Because of this, it is important that you only use an antibiotic when it is necessary to treat your illness.

How can you help? When you have a cough, sore throat or other illness, tell your doctor you only want an antibiotic if it is really necessary. If you are not prescribed an antibiotic, ask what you can do to feel better and get relief from your symptoms.

Your health is important to us. As your healthcare providers, we promise to provide

the best possible treatment for your condition. If an antibiotic is not needed, we will explain this to you and will offer a treatment plan that will help. We are dedicated to prescribing antibiotics only when they are needed, and we will avoid giving you antibiotics when they might do more harm than good.

If you have any questions, please feel free to ask us. Call 701-324-4651.

Community Forum OPIOID ADDICTION

**Tuesday April 10, 2018 at 6 p.m.
Harvey Eagles Club**



9th Annual St. Aloisius Charity Golf Tournament

June 20, 2018

Harvey Country Club

Save the date! Plan to Golf!!

Pray for a beautiful day!

4-person Scramble

\$180.00 per team

(includes 2 mulligans per team member)

Professional Services Available

We are pleased to have a variety of professional services offered in this region, making your medical choices more convenient and economical.

Rural Mental Health Consortium: Erin Hagemeister, Psychiatric Mental Health Nurse Practitioner (PMHNP). St. Aloisius every Tuesday and third Thursday. Call Donna Corneliusen for appointment at 701-324-4651.

Professional Hearing Services: Dr. Andrea Larson on second Thursday of each month from 10 a.m. – 12 noon at St. Aloisius. Call 1-800-735-5866 for appointment.

Wells County Public Health: Immunizations Only. Call 701-547-3756 for appointment.

Vocational Rehabilitation Counselor: Wes Heinley. Call 1-800-639-6292 for appointment.

General Counselor: Tim Hart, LICSW, Tim Hart Counseling Services. Call 1-701-952-8277 for appointment.

Minor in Possession and DUI Counseling: Eleanore Dossenko, BAAS, call her at 701-324-4362 for appointment.

Surgery Services: Dr. Ronald Skipper, Outpatient Services Center the third Monday of every month. Call 701-324-5117 for appointment.

Cataract Care/Surgery: Dr. Monte Leidenix sees patients at Dr. Kourajian's office in downtown Harvey. Cataract surgeries with Dr. Leidenix are available at St. Aloisius on the first Thursday of every month. Call 701-255-4673 or 1-800-472-2620 for appointment.

Sleep Studies: Provided by Winmar Sleep Center and available at St. Aloisius. Call 701-235-7424 for appointment.

Endoscopies (Colonoscopies/Gastrosopies) offered with anesthesia: Available at St. Aloisius with Dr. Nyhus, 701-324-4856 or Dr. Skipper, 701-324-5117.

Home Health & Hospice Services: CHI Health at Home. Call 855-860-3464 for services.

LifeWise Counseling: Brenna Berge, MSW, LCSW will see children ages 8 and older, adolescents and adults at St. Aloisius on the 2nd and 4th Tuesday each month. Call 701-662-1046 for appointments.

Weight Loss Surgery Support Group at St. Aloisius Outpatient Service Center. 1st Tuesday each month. Call Jessica Miller 701-530-5189, CHI St. Alexius Bismarck.

Pets are welcome to visit!

Pets are welcome to visit their families. If you plan to bring your pet to LTC, please make arrangements with staff.

In order to make sure both families and pets are kept safe, we do require that pets coming in to St. Aloisius Medical Center have current vaccinations on file at our front desk. If you come in using the LTC entrance, please make sure your pet is registered with our facility. We keep a copy of your pet's vaccination record on file and you will sign a form acknowledging that your pet is registered with us.

To protect our residents and your pet, we require that your pet be kept on a leash, in a pet carrier or hand held.

If you have any questions, call 701-324-4651, extension 5420 for Marian.

FREE Diabetes Empowerment Education Program (DEEP)

Every Wednesday
from 5 to 7 pm
in the Presentation Center
at the hospital

Starts on Wed. April 18th
Ends on Wed. May 23rd

*Registration is required
and participants need to plan
to attend all 6 classes.

DEEP Program at St. Aloisius

The Diabetes Empowerment Education Program (DEEP) is being offered free to the community through the collaboration of St. Aloisius Medical Center and the Wells Country District Health Unit. This curriculum has been shown to help participants make behavioral changes to better manage their diabetes and overall health. This group class uses interactive activities and group discussion to help participants understand diabetes and improve self-care skills.

Diabetes is the seventh leading cause of death in the US and the leading cause of cardiovascular disease, blindness, stroke, kidney disease, and lower extremity amputations. Diabetes is a silent disease which can affect the whole body and one that most people do not recognize they have until there is already a complication, such as numbness or burning of the feet (peripheral neuropathy). The only way to diagnosis diabetes is with a blood test.

One recent class participant shared, "Even though I've had diabetes for many years, there is still so much to be learned. I love the diabetes classes with Sarah Gregg and Joye Stolz. They're so refreshing and I've learned so many things about how our bodies are affected by Diabetes. The class is small and not so structured so I feel

I can ask any questions without feeling judged. It's hands-on and that's how I learn best. I'd recommend these classes to anyone wanting to learn about diabetes and how to manage it with nutrition, exercise and medications. Sarah and Joye make it a fun experience and have so much knowledge between them!"

This free class will be offered three times per year with the next class starting in April. Please contact Sarah Gregg, RN, BSN, Diabetes Educator at (701) 324-4760 ext. 5416 or email sgregg@staloisius.com to sign-up for the class or to ask any questions you may have.

Rural Mental Health Consortium receives grant for OPIOID education

The Rural Mental Health Consortium (RMHC) received St. Joseph's Foundation grant especially for opioid education to area junior and senior high students.

A community event is also planned Tuesday April 10 at 6 p.m. at the Eagles Club in Harvey. This is the traditional "Hamburger Night" at

the Eagles.

The Community Cares is offering a hamburger meal to any adult and teen duo who come to the event.

Allison Hofstad, LAC from Aspiring HOPE counseling in Devils Lake will be speaking at 6:30 p.m. JOIN US!

Senior Housing: 1 and 2 bedroom units available

SERVICES WE PROVIDE:

- Noon meal served 7 days per week (Optional)
- 24 Hour emergency call system
- Free laundry facilities
- No stairs
- Carry out service for garbage from inside location
- Fully equipped Kitchen
- Use of central Commons area
- Individually controlled heat and air conditioning
- Sound proofing between apartments
- All utilities, except monthly telephone and cable are included in the rent.



Full kitchen facilities



Central Commons Area

YOUR RESPONSIBILITY:

- Telephone
- TV and cable subscription
- Furnishings for your apartment.



Handicap bathroom (available in 3 apartments)

For further information about our Senior Housing facility, please contact the Administration office at St. Aloisius Medical Center at 701 324-4651.

St. Aloisius Medical Center Senior Housing includes 4 two-bedroom apartments and 12 one-bedroom apartments. Three units are handicap accessible and bath facilities include grab bars and easy access.

Monthly Rental:

One Bedroom:

1 person - \$935 = \$815 Rent and (optional) \$120 noon meal

2 people - \$1,105 = \$865 Rent and (optional) \$240 noon meal

Two Bedroom:

1 person - \$1,040 = \$920 Rent and (optional) \$120 noon meal

2 people - \$1,220 = \$980 Rent and (optional) \$240 noon meal



Minimum age for a senior housing resident is 60 years old. A tenant must be capable of independent living, free of communicable disease, and have assets and income sufficient for payment of tenant's obligation.

Health, Fitness & Safety Fair "A Community Cares for You"

May 10 10 a.m. - 4 p.m.

It's already time to start thinking Spring and Health Fair, although some of you have already been planning. We have scheduled our 35th Health, Fitness and Safety Fair for Thursday, May 10 at the Harvey City Hall. The fair hours are 10 a.m. to 4 p.m. This year's theme is "A Community Caring for You."

The Harvey Kiwanis group will be serving lunch again this year and it will be a fundraiser for them to support Kiwanis college scholarships for high school seniors.

Please join us in May for our 35th Fair!

You won't want to miss St. Aloisius Medical Center's 35th Health, Fitness & Safety Fair!

"A Community Caring For You"

Thursday, May 10, 10 a.m. - 4 p.m.
at the Harvey City Hall

FREE ADMISSION!

Many free services, product samples and information will be available again this year! Ice cream cones are always a hit! There will be lots of exhibitors and many door prizes!

*Lunch selections will be available from 11 a.m. - 1 p.m.,
with proceeds going toward the
Harvey Kiwanis High School Scholarship Fund.*

See you at the Fair!



Community Cares Update:

It's been a busy Year, Creating Partnerships and Collaborations!

Beth Huseth and Caitlynn Roemmich were invited to the fall Harvey Public School (HPS) staff training on Resilience program. The HPS administration and staff were so excited to obtain the curriculum. Community Cares provided funding for HPS staff to attend this training program which will be used in the 5-8th grade classrooms. Michelle Harrington, Brent Dockter and Brandon Storbeck with Heidi Olson attended training and now provide this training within their classrooms.

The Sources of Strength (SOS) program was initiated at both Fessenden-Bowdon and Harvey Public High School. SOS is a community program that focus' on developing and identifying our strengths, these can then be the focus during challenging times. A grant for \$5000 was received through the Department of Education to provide the cost of programing. SOS leaders are: Fessenden-Bowdon, Courtney Weisz and Harvey High School, Heidi Olson and Kate Heilman.

The Partnership for Success (PFS) grant provided through a collaboration with Wells County District Health Unit and St Aloisius is now led by Caitlynn Roemmich and she has 5 partici-

pants from Harvey Public School working with her to focus on underage drinking prevention. They will provide t-shirts and events at the Harvey Post Prom this year. The PFS grant also financially provided the 411 anonymous tip line through the Wells County Sheriff Department.

Wells County Mentoring leaders continue the program within our county. Mentors and mentees are always welcome. Contact Lanae Strand at Wells County District Health Unit at (701) 547-3756 if you would like to participate in this program.

The Penny House, teen center is supported by the Community Cares organization that provides annual insurance premiums and Community Cares members serve on their board.

The Rural Mental Health Consortium (RMHC) has a new practitioner, Erin Hagemeister, PMHNP. For appointment call Donna Corneliusen at St Aloisius (701) 324-5111. In addition, RMHC received a grant from St. Joseph's Foundation for Opioid Education Awareness. Plans are being made in April for Allison Hofstad, Licensed Addiction Counselor, to work with junior and senior high students in Drake,

Fessenden and Harvey. There are also plans being developed for a community event with the focus on opioid addiction awareness. Watch for advertising.

Brenna Berge, MSWA, LCSWA, with LifeWise Counseling Services in Devils Lake will come to St. Aloisius Outpatient Service Center every 2nd & 4th Tuesday for counseling services in our area. Appointments can be made with Brenna at (701) 662-1046.

Grief classes were held again last fall and plans are being made for classes again this spring. For information call Phil Leer at (701) 324-2548 or Brittany Long at (701) 547-3756.

Celebrate Recovery Program has started at the Assembly of God Church in Harvey and meets Wednesdays beginning with supper at 6:30pm. For any questions call (701) 324-5211. This is a safe place that welcomes anyone overcoming hurts, habits and hang ups.

Community Cares will be sponsoring a SPLASH DASH "411" with the Wells County Sheriff's Department this summer. This is a fun family friendly event with opportunities to walk, run, and bike through sprinklers set up. Watch for this event.

2018 Winter Nursing Home Olympics

Activity of the year at St. Aloisius Long Term Care

The Winter Olympics arrived at St. Aloisius Long Term Care on Feb. 9. It started in the morning with residents lining up on Unit B to pass the Olympic torch from resident to resident, while the song, "Proud to be an American" played in the background. The final destination of the torch was the dining room on Unit A.

That afternoon an opening ceremony was held welcoming our Olympians and spectators. Each resident had the opportunity to participate in some popular winter Olympic Games such as: hockey, curling and snowball toss. Once games were completed, we enjoyed our Olympic snack that included snowball punch, homemade hot cocoa and Olympic ring bars.

The closing ceremony was held with medals being presented to our Olympians. Spectators and participants enjoyed posing in the Winter Olympic photo shoot.

