

Sisters celebrate 80 years in Harvey

The Sisters of Mary of the Presentation will be celebrating 80 years at St. Aloisius Medical Center in Harvey with a celebration scheduled on October 23, 2018 which will include a visit from Most Rev. John T. Folda, D.D. Bishop of Fargo. The schedule for our 80-year celebration is on page 3 of this issue.

What eventually became St. Aloisius Medical Center in Harvey, ND had a diverse but uncertain history between its opening in 1913 and 1938, when the Sisters of Mary of the Presentation took it over. As had been a consistent theme so far, "poverty was felt from the very beginning" with an on-again-off-again existence until June of 1938. After a number of years of difficulties and changes of ownership, the Lutheran Good Samaritan Hospital was offered by the stockholders to Fr. Charles Eck, the pastor of the local Catholic church.

It all started in 1913 when a company formed by citizens of Harvey broke ground for the Harvey Hospital. It opened in 1914 but operated for only a short time due to financial problems. Reorganization in 1916 was unsuccessful and for the next four years the hospital was operated by local doctors who were forced to close it in 1920. After that, the building was used for a time as an apartment building and later as classrooms for the public school while a new school was being built. A local physician, Doctor John Seibel, reopened it as a private hospital, "Good Samaritan Hospital," in 1927. He sold it to the Lutheran Good Samaritan Society in 1931 that changed the name to the "Lutheran Good Samaritan Hospital".

When the hospital was offered to Fr. Eck in 1938, he contacted the Sisters of Mary of the Presentation and requested that they purchase it and take charge of its operation. Five sisters arrived in October with Sr. Catherine Marie as the first SMP hospital Administrator in Harvey.

In "Historical Sketches of St. Aloisius Medical Center," which appears to be written by Sr. Kevin Stroh, the following captures the recollection of Sr. Catherine Marie after her retirement of the early days in Harvey: In my interview with Sr. Catherine Marie, I was able to glean a little of their life during their first years in Harvey. She says they arrived in Harvey for noon lunch which they had with Fr. Eck. They were to officially take management at 3:00 p.m. that same afternoon. She said that most of the patients that were able had gone home because they were scared of the Sisters. But within a short time they began to love and trust them. She tells of Dr. Boyum asking the ambulance driver, "Do you think those gals will know how to care for her?" (He was talking of a patient he was sending to them on the first Sunday.) When the ambulance men came in and were about to lift the patient from the floor to the stretcher, the Sisters quickly instructed them of the proper procedure, impressing them of their capability.

Hospitality was evident from the beginning. The janitor, it seems, would often join them for meals and the doctors were frequently found in the kitchen sampling Sr. Reime's cook-



St. Aloisius Hospital circa 1930s

ies. When winter would set in, it was common to have pregnant women come in early to await their deliveries for fear of storms. They would then live with the Sisters. In the Sisters personal notes and scrapbooks are more instances of life stories during those first years at St. Aloisius.

The hospital has continually operated as a ministry of the Sisters of Mary of the Presentation since they first arrived. It was officially dedicated as St. Aloisius Hospital in 1941. In addition to running the hospital, the Sisters also operated St. Cecelia Parochial School in Harvey from the early 1940s until 1967.

The small pieces of history we have just shared are only a little of what has happened over the past 80 years to make St. Aloisius Medical Center the valuable asset to the community we see today.

Please plan to come celebrate with us on Oct. 23, 2018. Celebration schedule can be found on page 3.



Local doctors in Harvey area in 1950's L to R: Dr. Hordinsky (Drake), Dr. Boyum (Harvey), Dr. Charles Snlie? (Harvey), Dr. Hammargren (Harvey), Dr. Mathie (Fessenden), Dr. Lowell Boyum (Harvey) and Dr. Gordon Anderson (Harvey). This picture was recently shared by a local resident. (Note: We are not sure about one of the doctors named above. If you know his name, please tell the ForeWord editor.)

From the administrator . . .



Mike Zwicker, St. Aloisius CEO

Where did the summer go? It appears the older we get time flies by faster than it should, and it certainly appeared to do the same for me this year! That said, St. Aloisius Medical Center has accomplished many projects over the past several months. To begin, St. Aloisius now has a CLINIC! Upon hiring Dr. Rick Geier, the process began to renovate the space that already existed into an updated clinic space. This project was accelerated to be completed in only seven short weeks and yes, it was accomplished. I'm very proud of our staff who ALL stepped up to the challenge to make St. Aloisius' Clinic come to fruition. Furthermore, ALL the local businesses who were involved also helped us accomplish

our goal to have our opening date stay on track.

Our Clinic grand opening was well attended by over 170 people. Tours were provided to the public to introduce our new Clinic where excellent care will be provided to the customers we will be serving. Dr. Rick Geier and Kim Thorson, FNP make an excellent medical team to our Clinic. They both provide outstanding medical care with a personal touch to our patients.

SAMC has hired two more providers as well, a doctor and a Family Nurse Practitioner. Marcia Ketterling, FNP will be working full time in our Emergency Department and she brings with her a plethora of critical care and emergency room experience. Harvey native, Dr. Kelly Krohn, will be working one to two days per month and oversee our new DXA scanner (used for bone density scans). Dr. Krohn will be starting employment the end of October.

Finally, SAMC is in conversations with other specialty doctors to come to Harvey one to two days per month. The Clinic, and the hiring of new doctors, is all from the requests received from the Community Health Assessment Survey performed every three years. These were the concerns and needs of the people who were surveyed and expressed their concerns towards healthcare in our area.

A new service that our Clinic is offering is sports physicals. These sports physicals are

being performed at the Harvey and Fessenden schools out of convenience for the parents and athletes. This year was our first Sports Physical clinic in which we saw 90 student athletes. One hundred percent of the proceeds were donated back to the athletic departments for the schools to purchase needed sports equipment. This year's proceeds reached \$1,800 that was donated back to the schools. This is just another area where St. Aloisius Medical Center is giving back to our communities.

Our Long Term Care (LTC) unit had its annual state survey and the results were fantastic. Our survey resulted in only ONE cited deficiency. The outstanding qualified staff in our LTC is committed to quality care for our residents and it shows every day by the care they provide! We continue to demonstrate our ranking of 5-star quality from the Centers of Medicare and Medicaid Services (CMS).

In conclusion, the summer of 2018 has come and gone, however, it has been one of the most productive summers that St. Aloisius Medical Center has seen in decades. Thank you to the staff and community members for supporting our Mission to serve our communities in many various ways.

God Bless!

Mike Z.

St. Aloisius Clinic Opens

After many years of discussion about the possibility of opening a clinic at St. Aloisius Medical Center, the current Administration and Board of Directors decided to fill a need within the community by moving forward with those plans.

St. Aloisius Medical Center opened a full-time full-service clinic on August 6 in the already existing clinic building attached to the hospital building. Clinic services are being provided by Dr. Rick Geier MD and Kim Thorson FNP, Monday – Friday from 8:00 a.m. to 5:00 p.m. Dr. Geier and Kim are working as a team and are able to provide services for all ages.

Dr. Rick Geier is a family medicine doctor in Harvey, North Dakota and is affiliated with St. Aloisius Medical Center Clinic. He received his medical degree from University of North Dakota School of Medicine and Health Sciences and has been in practice for more than 40 years mostly



Dr. Rick Geier, MD

in the Carrington, ND area. When asked about his hobbies, he shared that his family, fishing and the lake were most important outside of his time at work.

Kim Thorson, FNP, is a Nurse Practitioner specialist in Harvey, North Dakota. She graduated in 2009, having over 9 years of diverse medical experience. Kim is a local Harvey resident who is very involved in our community and school activities. One memorable occasion is when she recently provided pontoon boat rides for residents of our St. Aloisius long term care facility as a special outing. The residents absolutely enjoyed their time out on the water.



Kim Thorson, FNP

We have recently added another Family Nurse Practitioner, Marcia Ketterling, and Dr. Kelly Krohn to our staff. Ketterling will be working full time in our Emergency Department and Dr. Krohn will be working one or two days per month beginning at the end of October to oversee our DXA scanner.

By providing a clinic located as part of our existing full-service medical center complex and inviting other specialty medical providers, we are able to offer more services locally. Patients may find that they have less need to travel for out of town medical services that they can find right here at home.

Diabetes Education Department Accredited



Sarah Gregg, RN, BSN, Diabetes Educator

St. Aloisius Medical Center’s Diabetes Education Department received the distinction of becoming an American Association of Diabetes Educators (AADE) accredited program in June 2018. This means that the program meets and follows the National Standards for Diabetes Self-Management Education and Support.

Diabetes is a chronic disease which can be managed with the right knowledge, skills, and attitude. The goals of diabetes education is to help you feel good today and to prevent/delay complications.

What can a diabetes educator do for me?

Diabetes educators are skilled in both giving you the knowledge you need to perform diabetes

self-management and helping you problem solve issues in your management of diabetes. Using a variety of teaching techniques, the educator can help you set and reach your health care goals.

When should I see a diabetes educator?

- At diagnosis
- Annually
- With new complicating factors which affect self-management
- When there are transitions in care

How can I see a diabetes educator?

First you must get a referral from your primary care provider. The provider will then write an order to see the diabetes educator as an outpatient.

Where is the diabetes educator located?

Sarah Gregg, RN, BSN is located on the second floor of the hospital. She is currently accepting individual and group education referrals.

Please call 701-324-4769 ext 5416 to speak with Sarah and find out how she can help you achieve your diabetes goals.



Please come celebrate with us at St. Aloisius Medical Center.

The Sisters of Mary of the Presentation are celebrating 80 years at St. Aloisius

Tuesday, October 23, 2018

1:15 p.m. Bishop Folda and Fr. Miller Blessings of St. Aloisius beginning at our Daycare

2:00 p.m. Celebration to include Mass at St. Cecilia Catholic Church

3:00 p.m. Cake served in the front lobby of the hospital

Scrap books and a history video will be available.

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!

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

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Donation to the Serenity Garden in memory of Sam Kleinsasser from Bruce & Sandy Teubner
Donation to the Serenity Garden in memory of Loren Pellett from Bruce & Sandy Teubner
Donation to the Serenity Garden in memory of Jerome Held from Pamela Held
Donation to LTC in memory of Diane Zinke from St. John’s Lutheran Church, McClusky
Donation to the Serenity Garden in memory of Betty Melby from Linda & David Keup
Donation to LTC Activities Department in memory of Myra Severson from Connie Mason & Family
Donation to the Serenity Garden in memory of Jerome Held from Ron & Pauline Selzler
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Donation to the Serenity Garden in memory of Jerome Held from Arlene Ehni
Donation to the Serenity Garden in memory of Jerome Held from Bruce & Sandy Teubner
Donation to the Serenity Garden in memory of Jerome Held from Fran Arusell
Donation to the Serenity Garden in memory of Jerome Held from Isabelle Henne
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Donation to the Serenity Garden in memory of Clifford Grosz from the Clifford Grosz’ Family
Donation to the Serenity Garden in memory of Muriel “Molly” Nelson from Pam & Jerome Held
Donation to the Serenity Garden in memory of Lisa Graff from Larry & Betty Graff
Donation to the Serenity Garden in memory of Esther Boese from Edith Anderson
Donation of Carnations to LTC Dining Room from Perfect Petals flower shop in Harvey
Donation to the Serenity Garden in memory of Marion Thomssen from Fran Arusell
Donation to the Serenity Garden in memory of Gordon Christensen from Fran Arusell
Donation to the Serenity Garden in memory of Conrad Huber from Sandy & Bruce Teubner
Donation to the Serenity Garden in memory of Conrad Huber from Pam & Jerome Held
Donation to the Serenity Garden in memory of Esther Boese from Jerome & Pam Held

Deb McAvoy Receives Outstanding Rural Educator/Mentor Award

The Outstanding Rural Educator/Mentor Award is presented to a professional who has made outstanding contributions to the education, development and placement of new healthcare professionals in rural North Dakota communities. Academic educators, community-based instructors and preceptors are eligible for this award.

In 2018, Deb McAvoy, MSN, RN, Clinical Faculty & Site Manager for Bismarck State College at Harvey, ND was one of two recipients of this award. She has instructed and mentored many nursing students since the program began seven years ago.

Deb earned her Master's Degree in nursing since the beginning of this program and now assists other nurses in getting their Registered Nursing degree. She makes her students a priority. She believes that rural hospitals need to grow their own nurses. Because of Deb's leadership, our students graduate at the top of the class year after year. She also conducts C.N.A. and C.M.A. classes, new employee orientation and skills validation.



Deb McAvoy

She loves teaching and it's truly a calling for her. She loves to see the students, watch them grow and bring them through the nursing program successfully. Congratulations Deb, you are truly deserving of this award. A "champion" educator!

SPLASH DASH A SUCCESS

\$1,500 raised!

The Community Cares group held a 5K walk/run/bike event to raise funds for Mental Health and Suicide prevention in our area on July 4, 2018. Eighty people participated and with the support of local businesses we raised over \$1,500.

The Splash Dash is a water event where there are eight stations that have sprinklers you go through during the event. Local plumber TJ Olschlager and Terry Hinrich were the masterminds behind the water. Families share their water systems and the overall response was great by participants.

Plans are underway for next year's SPLASH DASH on July 4, 2019. Consider joining us to decrease the stigma of mental health in our community.

Some of the projects that the proceeds provide are: Resilience curriculum used at Harvey Public School, Mental Health First Aid training, ND Prevention Day attendance and magnets with phone# 800-273-8255 or Text 741741 for support.

Thank you cards, notes and letters from families ~

- A small treat (pan of bars) with a BIG Thank you for all you do for Mom and all the residents!*
- Thank you for all you do for (resident). We appreciate your dedication.*
- Once again your staff and facility along with Dr. Nyhus and Julie, have saved my husband's life. I am so thankful to have St. Aloisius to depend on.*
- Thank you for the red rose memorial for (resident). Thank you for the care given to her for all the years!*
- Thank you for the flowers and thanks to Sister Mary Agnes for the comforting words.*
- To the staff on Unit B - Thank you for your care of (resident) while she was a resident there! God bless you all!*
- Thank you for the months of care for our sweet mom. We are ever grateful.*
- Thank you for purchasing a table of our Tour of Tables! The funds raised will go to our daily operations and our community outreach programs. Thank you again for your generosity.*
- What a wonderful gesture on the part of your business establishment to contribute so families who lost loved ones can receive the memorial book. It is a treasure and very much appreciated.*
- We would like to say thank you for the care and compassion you gave (resident) during her stay at your facility. It was greatly appreciated. Just wanted to let you know that all areas were top-notch.*
- Thank you so much for taking such good care of (resident). She loved you guys and we couldn't ask for someone better to take care of her.*
- Thank you for the gift of flowers. We appreciate all of the kindnesses that were given to our mom during her time with you.*

Our LTC "Rocks" Annual State Survey

St Aloisius had its Annual State survey conducted August 20-23rd.

Five state surveyors spent four days with the residents, talking with families, watching cares and looking through charts to ensure that the nursing home was providing adequate care and is in compliance with state and federal guidelines.

St Aloisius had an excellent survey and very positive comments from the survey team. St Aloisius continues to be a five-star nursing home and we are very proud of our facility and staff. You are all "Rock Stars".

Community Cares meets every 3rd Tuesday at 3 p.m. in the Harvey Chamber Office.

Don't wait to make that call!

24/7 Crisis Lines
1-800-273-TALK (8255)
Text: 741741
FirstLink: 211
Or Call 911

A Community that Cares about Suicide Prevention
REACH OUT! DO SOMETHING!

St. Aloisius offers DXA Scanning

We are excited to announce that our new DXA Scanner has been installed and is officially ready. If you haven't heard about it yet, the following is just a little information you may want to know.

Bone Densitometry has become the gold standard for measuring the density of your bones. Sometimes referred to as a DEXA or DXA scan (dual energy x-ray absorptiometry), bone densitometry is the test for the evaluation of osteoporosis. The results of your exam are compared to others whose age, sex and ethnic background are similar to yours. The measurement of bone minerals is very closely related to bone strength and your potential for bone fractures. As men and women age, along with many other health issues, their risk factors for osteoporosis increase.

The Most Common Risk Factors:

- Postmenopausal (no longer having periods)
- Early menopause (before age 45)
- Surgical menopause (removal of uterus and/or ovaries) without hormone replacement
- Age
- Previous bone fracture
- Family history of osteoporosis
- Certain medications (including steroids and thyroid hormones)
- Caucasian/Asian decent
- Thin or small build
- Eating disorders
- Smoking
- Alcohol abuse
- Inactive lifestyle
- Inadequate calcium intake
- Vitamin D deficiency

Before discussing the actual Bone Densitometry procedure, you should know some facts regarding bone health. Osteoporosis is the most common type of bone disease. There are currently an estimated 10 million Americans suffering

from osteoporosis, as well as another 18 million who have decreased bone mass or osteopenia. Osteoporosis occurs when the body fails to form enough new bone or when too much existing bone is lost by the body. It is a condition characterized by progressive loss of bone density and strength, resulting in an increased tendency to fracture.

The National Osteoporosis Foundation recommends that all women over the age of 65 have a bone density scan. Women are more often affected by osteoporosis than men because their bones are smaller, but it can occur in men. Just as the most common risk factor for women is the decrease in estrogen at menopause, the most common risk factor for men is a drop in testosterone from the aging process. By the age of 65, both men and women tend to lose bone mass at the same rate.

During the exam, if your exam is done using the lower spine and hip for measurement, you will lie down for the test. You will be asked to wear a comfortable two-piece outfit or put on a gown. You must not wear any metal buttons, buckles, or zippers, as these materials may interfere with your results. When you are ready for the exam you will lie on your back and side on the exam table. An overhead arm will travel above your body and take readings of your bone density. It is very important that you lie still while the images are being taken so that the pictures are clear. Once the exam is completed, a computerized printout will be given to your healthcare provider. This information is reviewed by a physician who is skilled in reading the results and identifying areas of concern. After an initial bone densitometry is done, subsequent tests are useful to monitor your rate of bone loss.

Talk to your doctor about whether the test is a good idea for you.



Krystal Wiesz

Weisz receives CT Certification

We are proud to announce that Krystal Weisz recently received her Computed Tomography (CT) Certification. Having a CT Certification means that Krystal is recognized by the American Registry of Radiologic Technologists as having an advanced certificate in a specialty field. But as the Director of Radiology, Danica Grossman, shared, "It was a TON of work. You need to have 125 exams in 25 different categories, with a minimum of 3 and a Max of 5 in those categories to even count them towards the goal. She also had to complete 8 different study modules, earning 16 CE credits, which had to be completed in order to be eligible to even sit for the test. Preparation and study takes a lot of time as a lot of the exams are specialty exams and as a small facility, we are more bread and butter with the basics and a few specialty things here and there."

Krystal spent many hours studying the CT systems and components, CT image formation, image quality, patient handling and safety, IV procedures and contrast agents, anatomy and CT artifacts. She took many practice tests and reviewed over and over again! We are extremely proud of Krystal for her hard work.

All of our Radiology Technicians have been cross trained into CT, which means they can legally do these procedures. And both of our other Radiology Technicians are working toward being able to take that advanced test as well, but it all takes time, patients & patience!



Director of Radiology Danica Grossman, with X-ray Tech Krystal Wiesz, demonstrate the use of the new DXA Scanner.

St. Aloisius offers Sports Physical Clinics

At the end of July, Sports Physical Clinics were held at the Harvey and Fessenden-Bowdon High Schools with 90 students participating, mostly from the Harvey and Fessenden-Bowdon schools. The Sports Physical Clinics were offered by St. Aloisius Medical Center with Kim Thorson, FNP performing the physicals and Candie Thompson, Director of Nursing, organizing this event.

St. Aloisius wanted to make the physicals easy to get right here at home and for a reasonable price. Then St. Aloisius went one step further - they wanted to “give back” to the communities by returning 100% of the fees collected to the local sports programs.

Candie Thompson and Kim Thorson presented the Harvey Wells County Sports Booster Club, represented by Collette Hertz, a check for \$1,800.00 to be used equally for all students participating in the sports programs in the Harvey Wells County area. Collette shared that the funds received are used to help purchase uniforms and equipment and are shared equally with all students participating in the Harvey Wells County sports program, no matter which town they are from.

This is just one way that St. Aloisius stands by their Mission Statement, “...ministers health to all we serve,” to support the communities they serve and “give back” whenever possible. Our kids are important to our future and we all want them to achieve their full potential.



From left: Director of Nursing Candie Thompson, Collette Hertz, Harvey Wells County Booster Club, and Kim Thorson FNP.

Wells County Palliative Care Program Begins

Harvey, ND in Wells County is one of seven communities selected by the State Office of Rural Health to participate in a Rural Community-based Palliative Care Project in North Dakota to establish or strengthen palliative care services in their communities.

Palliative care improves quality of life and quality of care for those with advanced illness and complex care needs and their families. It customizes treatment to meet the needs of each person, such as those with multiple chronic conditions, a long-term cancer diagnosis, or the frail elderly. This whole-person care seeks to relieve pain, anxiety, and other symptoms, as well as provide emotional and spiritual support, so people can live more comfortably with their illnesses. Studies have shown that palliative care can increase patient satisfaction, and reduce 30-day rehospitalizations and emergency department visits.

From the CEO at St. Aloisius Medical Center, Mike Zwicker, “I am very pleased to announce St. Aloisius’s participation in a Community Wide Palliative Care Program. St. Aloisius, Wells County District Health and Wells County Social Services will form an Interdisciplinary Team

to provide Palliative Care Services throughout our community. This program will be dedicated to provide quality palliative care services for persons facing a serious illness.”

On June 11, 2018, St. Aloisius, Wells County District Health and Wells County Social Services representatives met with representatives from UND Center for Rural Health for the kickoff of the STRATIS HEALTH Rural Community-Based Palliative Care Project in our area. An educational program on Palliative Care was presented, a SWOT analysis was completed by the group, as well as an Action Plan initiated. Updates on our progress will be made to the community as we work toward our goal of a Community-based Palliative Care Program for all.

Did you know.... In the past few years

St. Aloisius staff has received awards for:

- Long Term Care Social Worker of the year
- Director of Nursing (DON) of the year
- Environmental Service Provider of the year
- Young Volunteer of the year
- Long Term Care Activity of the year (our LTC Olympics)
- Rural Health Nurse Educator of the Year
- And many more of our staff have been nominated for awards.

Our St. Aloisius Team is AWESOME!



St. Aloisius Medical Center will be celebrating National Rural Health Day at the St. Aloisius Clinic in Harvey. Watch for more announcements and details as the date gets closer.

NOVEMBER 15, 2018



Gail Grondahl

Grondahl Retires as DON

Gail Grondahl recently retired as the Director of Nursing in our Long Term Care (LTC) ministry. Gail has been a licensed Registered Nurse (RN) since August 5, 1971. She worked as an RN in our Medical Surgical Department at St. Aloisius for several years before leaving about 1991. She then returned to St. Aloisius as Co-leader of LTC Unit A.

In July of 2003, Gail assumed the position of DON until just recently retiring from that position. Gail will be taking a part time position with St. Aloisius as Quality Assurance and Staff Development in LTC.

A few years ago Gail was chosen as the Director of Nursing of the Year by the National Association of Directors of Nursing Administration. That award was a great honor not only for Gail but a privilege for St. Aloisius to have her as a part of our team. Thank you Gail for your dedication and your many years of service to St. Aloisius Medical Center.

Youth Mental Health First Aid Training Available

Harvey Area Community Cares and Partnership for Success, Underage Drinking Grant sent Beth Huseh from St. Aloisius and Brittany Long, Wells County District Health Unit, to Youth Mental Health First Aid (MHFA) training on May 3, 2018.

What is MHFA? In 2001 this program was developed in Australia with the vision of “an empowered community providing support to one another in time of mental health problems and crisis.”

Beth and Brittany completed the 8 hours course and are certified in Youth Mental Health First Aid. This program emphasizes the importance of parents and caregivers playing an important role in the mental health and wellbeing of their children. MHFA can support parents and caregivers along this journey. To contact Beth Huseh call her @ 701-341-0756.

National Breast Cancer Awareness Month

October is National Breast Cancer Awareness month and St. Aloisius is gearing up for another Mammogram Challenge. Mike Zwicker, our CEO, has challenged our Radiology Department to do 150 mammograms during the month of October! (Last year we counted 137 mammograms throughout October).

If we meet the goal of 150 mammograms during October, Mike said that he will “PINK OUT” for a day (pink hair, finger nails, shirt, socks, etc.). Note: Last year he sported pink finger nails for a whole month even through hunting season.

Breast cancer is the second leading occurrence of cancer, with lung cancer being number one. When breast cancer is found and treated early, the five year survival rate is 98 percent. According to the American Cancer Society, about 252,710 new cases of invasive breast cancer will be diagnosed in women in 2018. About 63,410 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer). About 40,610 women will die from breast cancer.

How do you know if you are at risk? Risk factors may increase your chance of developing breast cancer, but it doesn’t necessarily mean you will get it. Women without any risk factors other than being a woman and getting older can develop breast cancer. Men can get it too, but it is less common.

Some risk factors to consider are:

1. Being a woman
2. Being older than 50 (breast cancer risk increases with age)
3. Having a personal and/or family history of breast cancer
4. Genetic mutations of the genes BRCA 1 and 2
5. Taking hormone replacement therapy for more than five years

What are some signs and symptoms to look for?

1. Changes in skin color and/or texture such as redness, rash, or orange peel appearance.
2. Changes in size or shape, including swelling, dimpling or puckering
3. Changes in the appearance of the nipple, including dimpling, or one that is scaly or cracked.
4. Spontaneous nipple discharge.
5. Lump or thickening in or near the breast or in the underarm area.

Early detection is your BEST protection! There is so much information out there today, that it’s hard to know when to begin screening exams. Typically, we have always told our ladies that we use the guidelines set forth by the American Cancer Society.

The following is a list of guidelines for a woman at average risk for breast cancer. A woman at average risk does not have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation such as BRCA 1 or 2, and has not had chest radiation therapy before the age of 30.

1. Women between 40 and 44 have the option to start screening with a mammogram every year.
2. Women 45 to 54 should get a mammogram every year.
3. Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

We encourage you to schedule your mammogram at St. Aloisius Medical Center when it is convenient for you. We do them daily, from as early as 7:30 am to as late as 5 pm. There are three technologists who are registered in Mammography and Radiology. They are Danica Grossman, Krystal Wiesz, and Colleen LaFontaine.

We strive to work with you and your schedule and can usually get you in the day and time of your preference. Also, if you need an ultrasound of your breast or additional mammogram views, we can do that as well. No need to take a day off from work to travel 1-2 hours away for exams when we can do them right here in Harvey.

If you don’t know if you will be able to afford a mammogram, don’t worry. Since September 2010, the Affordable Care Act required all health insurance plans to cover yearly mammograms with no out-of-pocket expense. Also, North Dakota offers the Women’s Way program, which is a program for women, ages 40-64. Women’s Way covers mammograms, clinical breast exams, pelvic exams and pap tests on a yearly basis. It is based on income. If you are wondering if you would qualify, please call Danica Grossman at 701-324-5107.



At St. Aloisius, financial assistance is available for those that are unable to pay for medically necessary services. This includes those that do not have insurance and those that are underinsured. Applications are available at the admissions desk or business office. More information can be obtained at www.stalouisius.com/resources-policies.html or at the business office, 701-324-4651.

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 Hagemester, 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. Philip Wiseman on second Thursday of each month from 10 a.m. – 3 p.m. 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, LCSW, 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, St. Aloisius Clinic, 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/Gastroscopies) 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.

DXA Scanner: Appointments available with Radiology Department at 701-324-5107.

The Village Family Service Center: Nicole Franklin, LCSW, In-home counseling services in Wells County and surrounding area. 1-800-627-8220.

Going Green in the Laundry Department

At St. Aloisius Medical Center we are constantly striving to be as efficient as possible in all areas of our ministry. One area of notice is our laundry department. We are always looking for opportunities to explore different vendors and not be complacent with what has always been or sticking with "this is how we always do it".

We switched to a new vendor to improve the operation cost of our laundry equipment by utilizing the correct amount of chemicals and water temperature for washing. With the new process that has already been implemented, the water and energy usage has drastically decreased for cleaning the same amount of laundry. Furthermore, the clothes are cleaner than with the previous process and chemicals. Along with those changes we also added fabric softener for softer laundry.

The laundry washing process was analyzed for one day with about 1,800 pounds of laundry. The estimated water previously used was 4,117 gallons (cost of about \$29) and the new water usage is only 2,858 gallons (cost of about \$20) with an estimated water savings of 1,259 gallons or \$9 savings per 1,800 pounds of laundry. Now that's just the savings for water use. The estimated energy use was equally impressive making the savings of approximately 47.3% reduction during the analysis period.

St. Aloisius is always looking for ways to "go greener."

St. Aloisius 2018 Fall Wellness Days

6:00 to 9:30 am **October 22, 24 & 29** St. Aloisius Medical Center in Harvey
(enter at the St. Aloisius hospital main entrance)

7:00 to 9:30 am **Tuesday, October 30** at Drake City Hall

7:00 to 9:30 am **Wednesday, October 31** at the Fessenden KTL Building

Blood pressure & panel of 18 lab tests including triglycerides, cholesterol & anemia screen.
\$35 includes continental breakfast.

Men can get a PSA test for an additional \$30.

Grief Support Group begins Sunday, September 30 at 6:30 p.m.

First Lutheran Church, Harvey
Church Basement Lounge
1520 Advent Street (by Centennial Park)

- Informal, weekly small group gatherings led by Brittany Long, PMHNP and Pastor Phil Leer, First Lutheran Church. Focused on grief related to the death of a loved one.
- Gatherings run approximately 90 minutes and are geared towards adults. The group will meet for eight consecutive Sundays.
- Free participant materials (book and journal) entitled, *Understanding Your Grief*.
- Questions? Please call or message Pastor Phil at 324-2548 or 341-7784. All are welcome!

Home Grown Nurses at St. Aloisius

St. Aloisius Medical Center is proud to announce the graduation of another awesome group of LPN's. The Dakota Nursing Program through Bismarck State College at Harvey has helped to provide St. Aloisius with "home grown" nurses since 2011.

A Practical Nursing Pinning ceremony was held at the Cobblestone Inn in Harvey on July 12, 2018 to celebrate with Lori Fancieh, Yvonne Green, Lori Stein and Cheline Winegart upon completion of their course study. All of these new LPN's are continuing on with the Registered Nursing program, also available at St. Aloisius in Harvey.

For more information on our nursing ed-

ucation programs, contact Deb McAvoy at dmcavoy@staloisius.com or at 701-324-5417.



2018 LPN graduates Lori Stein, Lori Fancieh, Deb McAvoy (Nursing Inst.), Cheline Winegart, Yvonne Green