

Kennedy receives NDESA Best Service Award



Gary Kennedy, Environmental Services Director, of St. Aloisius Medical Center, is the 2017 North Dakota Environmental Services Association (NDESA) Best Service Award recipient. Gary lives our mission of St. Aloisius every day which is "St. Aloisius inspired by Jesus, in union with the Sisters of Mary of the Presentation, ministers health to all we serve." Gary

has been employed at St. Aloisius just shy of 38 years. He began his career at our facility in maintenance in March of 1979 and became Director of Environmental Services in March of 1986.

Gary has been instrumental in either planning/coordinating or completing several projects over his tenure. Although Gary may not have directly completed the labor on larger projects, he has been the "go between" between the contractors and CEO, along with keeping a 25 Bed Critical Access Hospital, 95 bed long term care and 16 apartment congregate housing unit all functioning efficiently.

Whether it's removing snow after a snowstorm, repairing equipment, attending department meetings or moving cars for a helicopter to land, Gary does the job. One supervisor said "I can say

that in the 34 years I have worked here with Gary, I can't recall him raising his voice or complaining. He has always kept a professional demeanor even in difficult circumstances." Another supervisor said, "He is a man of faith and family."

Gary is a member of NDESA and attends annual meetings at the Long Term Care Association each May. He has attended many sessions related to Life Safety and other environmental services topics to increase his knowledge to the benefit of our organization.

He is currently the Director of our Maintenance, Laundry and Housekeeping departments. He also works closely with our Safety and Risk Manager to keep in compliance with state and federal regulations.

Gary's characteristics that exemplify his dedication and service to the field of environmental services

and St. Aloisius, especially, are his strong faith in God, his commitment to providing for the patients' and residents' needs to the best of his abilities, and his commitment to his St. Aloisius family (staff).

One particular memory noted was that Gary and his maintenance staff, warmly referred to as "the men in blue" from their blue uniform shirts, have grilled burgers and hot dogs every summer for the annual Long Term Care picnic held on our grounds. It's a special time for maintenance to be part of the celebration.

Gary is married to Kathy and they have 7 children and 10 grandchildren. He has held several offices in the Knights of Columbus and is very active in St. Cecilia's Catholic Church, as well as other community organizations. Congratulations Gary Kennedy!

Hagemeister to complete PMHNP certification this summer

Erin Hagemeister, board certified as a Family Nurse Practitioner (FNP) for the past 13 years, will be completing board certification as a Psychiatric Mental Health Nurse Practitioner (PMHNP) this summer. A nurse practitioner is a registered nurse who has completed additional study and training at either the master's or doctoral level and is licensed to diagnose and treat health conditions, including medication management. Nurse practitioners are trained and certified in a specialty area; specialties for nurse practitioners include Family Practice, Pediatrics, Women's health, Neonatology, Acute Care, Adult/Gerontology, Oncology and Psychiatric Mental Health.

A PMHNP is an advanced practice registered nurse specialist who is trained to assess and diagnose mental health issues as well as do



Erin Hagemeister

medication management and some therapy. PMHNPs can see individuals, families and groups, and work in a wide range of practice settings including outpatient clinics, private practices, community health centers, hospitals, substance abuse programs and correctional facilities. They can work with all ages including children and adolescents. Diagnoses that PMHNPs

frequently manage include, but are not limited to, depression, anxiety, psychosis, bipolar disorder, schizophrenia, dementia, post-traumatic stress disorder (PTSD), personality disorders and attention deficit hyperactivity disorder

(ADHD).

Clients can be referred to PMHNPs by their primary care providers, by therapists and counselors, by teachers or other school personnel, as well as family members and self-referral.

St. Aloisius' 34th Health, Fitness & Safety Fair "Caring Together"

St. Aloisius' 34th Health Fair "Caring Together" will be held on Thursday, May 11, 2017, at the Harvey City Hall/Armory from 10:00 a.m. to 4:30 p.m.

This is an event that the community really looks forward to each year. We try to make it fun with a lot of colorful decorations and excitement. Along with the fun though, we provide the education aspect for every age group with learning games and specialty

services provided and available to our local communities. So far we have 46 booths reserved and at least eight new exhibitors. By pooling the resources in one place attendees can be better informed regarding their health and safety needs.

"Caring Together" to benefit the whole community is our goal at St. Aloisius Medical Center. We look forward to visiting with you at the health fair.

From the Administrator . . .

Thanks for the Welcome

I would like to begin this article by saying "Thank You" to the staff at St. Aloisius Medical Center and the community of Harvey and surrounding communities on welcoming my family and me to Harvey. The friendly environment is truly what our ministry is all about. Welcoming, embracing and supporting each other. Now that I am a Harvey community member, I believe it is crucial to become involved in the local community. That said, I have become an Eagles and Kiwanis member, along with being appointed to the Police and Library Board. Moreover, I enjoy having coffee and visiting with community members twice a week at local businesses. This experience provides an avenue to meet people and listen to any concerns they may have.

St. Aloisius Medical Center is a proactive ministry that provides the utmost in quality care and a healing environment to our



Mike Zwicker

serve our patients and communities.

Our Radiology Department currently has a CT scanner that has been in operation for several years and we are now looking at investing in a brand new state-of-the-art CT scanner. Our hope is that this new CT scanner will be installed by the end of 2017. Also, within our Radiology Department, we are exploring the idea of adding a new service line; a DXA scanner. This new piece of equipment is used to help diagnose the

patients. I would like to take this opportunity to elaborate on the various areas that we are looking at expanding or improving upon to

density of the bones helping healthcare providers identify and proactively treat patients, both women and men, with a high risk of debilitating bone fractures due to low bone mass and other significant risk factors.

St. Aloisius Medical Center continues to provide wellness services to Harvey and its surrounding communities both in the Spring and Fall. Most recently, in April, our healthcare team traveled to Drake and Fessenden, in addition to our main ministry to provide blood pressures and blood tests. This wellness service was utilized by over 473 community members. In addition, our Health Fair is scheduled for May 11th located at the city hall. I hope to see you there!

We are kicking off the promotion for the 8th Annual St. Aloisius Medical Center Charity Golf Tournament that will be held June 21st at the Harvey Country Club.

This annual event has been a great success and proceeds have been used to purchase much needed medical equipment for our ministry. This year's proceeds will go toward the purchase of a high capacity digital stretcher scale for our Emergency Department, a much needed item to provide our team with accurate weights from our patients we serve.

Finally, I would like to recognize one of our employees, Gary Kennedy. Gary was nominated and awarded the North Dakota Environmental Services Association Award for 2017 Best Service Award. Gary has been employed at St. Aloisius Medical Center just shy of 38 years. Gary received this prestigious award at the Long Term Care Convention in Bismarck in May. Congratulations Gary!

God's Blessings.

Mike

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

Editor

Pam Stewart

Contributing Writers

Beth Huseth

Brittany Long

Sandy Teubner

Erin Hagemester

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St. Aloisius Medical Center

325 Brewster St. E

Harvey, N.D. 58341

St. Aloisius Medical Center is an equal opportunity provider. Complaints of discrimination may be sent to: USDA, Director, Office of Civil Rights, Washington, D.C. 20250-9410

Population Health Improvement Activity Grant received

St. Aloisius Medical Center is a Critical Access Hospital in central rural North Dakota. Our healthcare system serves the counties of Wells, Pierce, McHenry, Foster, Sheridan and Benson. In our service area we have experienced 12 completed suicides in the past five years including teens, young adults and adults. Our 2016 Community Needs assessment identified mental health as a significant need for our community and service area. We have received the Population Health Improvement Activity Grant Program for \$5,000 to address mental health in our area.

Our sponsors and champions include St. Aloisius Medical Center, Harvey Chamber of Commerce, Wells County District Health, First Lutheran Church, New Life on Main Church, Hinrichs Super Valu and the New Rockford Community Cares organization.

Each of these groups are active members of the Community Cares Coalition, which is chaired by the St. Aloisius community liaison coordinator. The Rural Mental Health Consortium (RMHC) will

be an added partner with this project.

Anticipated outcomes are to introduce new Psychiatric Nurse Practitioner, Erin Hagemester, to our RMHC and Harvey area in May 2017. Erin is currently a Family Practice Nurse Practitioner in the Harvey and Fessenden clinic and will complete her training in May. Although the RMHC has existed since 1991 in the Harvey area, we are aware that our population struggles to find resources needed.

An additional outcome is to change the culture and decrease the STIGMA of mental illness in the Harvey area. In the past five years, St. Aloisius Medical Center Community liaison, Beth Huseth, has spoken on the local radio station (KHND) weekly and now monthly addressing mental health issues. Our grant has taken this one step further by spending time between January 2017 and June 2017 in local coffee shops inviting people to a safe place that allows sharing and discussion of mental health concerns in our communities.

Movie Available
MIND/GAME:
The Unquiet
Journey of
Chamique
Holdsclaw
Available through
Community Cares.
Contact Beth Huseth
701-341-0756

Thank You

Thank you to everyone -- staff and volunteers -- who helped during our Spring Wellness Days!

Totals:

Harvey: 122, 106, 129

Drake: 53

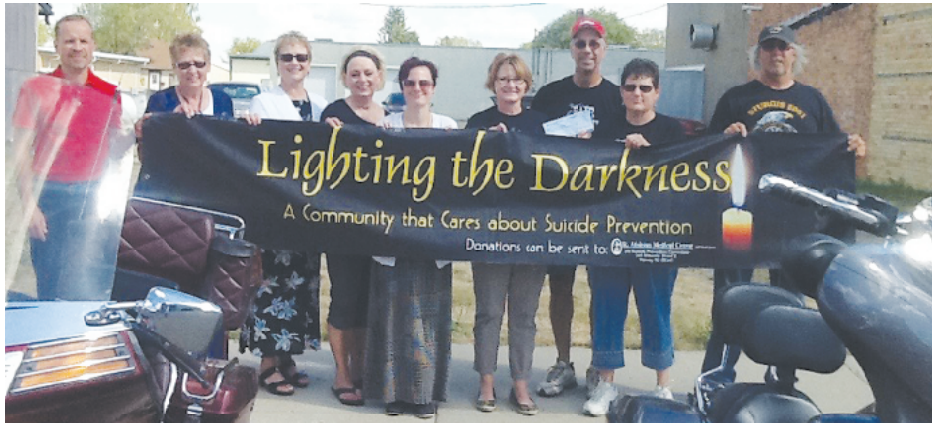
Fessenden: 63

Grand Total: 473

PSAs: 160

Your hard work and participation is much appreciated!

Community Cares Coalition



From the left: Pastor Phil Leer, Ann Adams, Karen Volk, Kathy Muscha, Brittany Long, Beth Huseeth, Jay Stolz, Dolores Stolz, Joey Schimelfenig.

In 2013 a group of interested community members began a coalition to address suicide prevention in Harvey. Since that beginning we've partnered with Wells County District Health to expand our coalition to include underage drinking and substance abuse for all ages.

Some of the events that have been held are: Tree lighting during Christmas holiday to LIGHT the DARKNESS, Suicide survivor events including movies at Central Cinema Theater, motorcycle run, 3000 suicide # and Text # magnets distributed, and they have worked with community of New Rockford to develop their own Community Cares group.

The COMMUNITY CARES Coalition is focused on building a healthy community. Please consider joining us. Contact Brittany Long at Wells County District Health, 547-3756 or Beth Huseeth at 341-0756.

RMHC committed to mental health in our area since 1991

Rural Mental Health Consortium (RMHC) provides Mental Health services to the communities of Harvey, Kenmare and Minot.

How it began . . . 1991 the CEO of each of these healthcare facilities identified the mental health needs in our rural central area. We began with education to staff in our healthcare systems and then expanded by providing a psychiatrist and then a Clinical Nurse Specialist in Psychiatric Care.

Currently, Zane Zuleger CNS in children, adolescent and adult psychiatric care serves the Harvey area. Appointments can be made through St. Aloisius RMHC liaison, Donna Corneliusen. Erin Hagemeister NP is completing her NP in psychiatric care at the University of North Dakota. She will be part of the RMHC Team.

Currently, the RMHC board which is represented by the CEO of the healthcare center meets quarterly and is diligent about providing services in the rural area. Mike Zwicker, CEO at St. Aloisius Medical Center and RMHC board member, is learning about this important program.

The good news is that 26 years ago St. Aloisius identified there was a mental health need in our area. Many of us also understand there is a crisis in North Dakota and the area we are most concerned with is our communities.

If you or your family is experiencing mental health needs, speak with your primary care provider and consider the RMHC by contacting Donna Corneliusen.

St. Aloisius Medical Center, "Community Minded, Just like you."

Dream BIG!!! Consider a nursing career at St. Aloisius Medical Center, Harvey.

Licensed Practical Nursing & Registered Nurse Education Program through BSC will begin in August in Harvey.

Contact Deb McAvoy (701-324-4651) to learn more about the nursing education opportunities.

Partnership for Success Grant received

Wells County District Health Unit (WCDHU) has been collaborating with St. Aloisius Medical Center on the Partnership for Success Grant. WCDHU is one of eight local public health agencies that was given the opportunity to address underage alcohol use due to high statistics of youth involvement in underage drinking. Did you know that in North Dakota 30.8% of youth reported current alcohol use within the last 30 days and 17.6% of North Dakota youth have reported current binge drinking? (www.prevention.nd.gov).

Youth who drink alcohol are at an increased risk for participating in risky behaviors such as drinking and driving, unprotected sexual activity and violence. The Surgeon's general report on addiction stated that research has shown that brain development is not complete until around the age of 25 years old (www.prevention.nd.gov). Substance use among youth has been linked to increased mental health illness and increased risk for addiction. Through our collaboration, we aim to change behaviors and social norms relating to alcohol use among youth and increase the health and well-being of the youth in our community. If you are interested in joining our coalition, Community Cares, or can help in any way please call 701-547-3756.

Thank you for thinking of us!

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!

Memorials and Contributions

Donation of an electric wheel chair by Pete Schall's Family

Donation of an electric wheel chair by Cornelius Keller's Family

Donation to Nurses Station in memory of Darlene Hankison from Helen Arnold

Donation to Hospice in memory of SanDee Baltrusch from Hanna C. Engleman

Donation to LTC Activities imo Ardell Gigstad from Richard & Yolanda Slater

Donation in memory of Bertha Degenstein from Fogel-Anderson Construction Company

Donation to LTC in memory of Gertrude Dunham from Leon & Cheryl Arnold,

Larry & Barb Lesmeister and Dave and Wilhelmette Arnold

Donation to LTC Activities for veteran Valentine gifts from Harvey American Legion Aux.

Donation in memory of Janice Triebwasser from Mark & Marilyn Demory

Donation in memory of Lena Mack from Pam and Jerome Held

Donation in memory of Eugenia Vetsch from Jerome and Pam Held

Frosting cookies with the residents by Wells County Mentoring Group

Thank you to all of the Christmas Carolers who entertained our residents and staff: Harvey

Troop 534 Cub Scouts, Kiwanis, Zane Zuleger, B.M. Hanson Kindergarten Class & 4th

Graders, Catholic Daughters & Knights of Columbus, Victory Baptist Church, United

Baptist Church of Anamoose and Cornerstone Community Church. If we missed

someone, we are sorry!

Made about 90 bags for resident walkers from Marla Countess

Made and hung Christmas Decorations in LTC by Harvey High School Student Council

Donation homemade cookies to LTC Residents & Staff from Lonetree Pioneers 4-H Club

Donation from Adolph Shirley Memorial Fund from ND Community Foundation

Donation misc. kitchen supplies for Presentation Center in memory of Bertha Link from

Bertha Link's family

Donation of a small recliner and bulletin board to LTC from Alice Fiest family

Donation of 3 ND Historical books for LTC from Ft. Mandan Foundation

Donation for Presentation Center from Colleen Fiesel

Donation of a wheelchair to LTC from Cornelius Keller Family

Donation to St. Aloisius from Trinity Lutheran Church

Donation - temperal thermometer to LTC imo Dennis from Phyllis Zimmerman

Donation to LTC Activities for Christmas activities from Fessenden Thrift Shop

Donation in memory of Peter Schall from Jerome and Pam Held

Donation of a multi-colored lap blanket to LTC from Isolde Graumann

Donation to the Serenity Garden in memory of Charles Best from Dorothy Best

If we have failed to mention your donation, please accept our apologies and contact us so we can correct our records. Thank you for caring!

St. Aloisius Community Benefit Report 2016

In order to report its benefits to the community, St. Aloisius prepares an annual Community Benefit Report which is required to be attached to our IRS 990 Tax return with the Schedule H. During our fiscal year ending 9-30-16, St. Aloisius provided \$307,986 in community benefits/non-compensated benefits.

RESPONDING TO THE NEEDS OF THE POOR

Our Charity Care Program which provides assistance to those with a financial need or catastrophic medical event provided \$2,071 gross charity care.

Other costs of unreimbursed public programs, such as Medical Assistance, totaled \$188,489 during the past year.

BENEFITS FOR THE BROADER COMMUNITY

St. Aloisius is very supportive of community organizations. The following are some examples of services St. Aloisius has provided to the community at large:

- We provide meeting room space for community members and groups.
- We provide office space (in

kind) for Public Health and Rural Mental Health Consortium staff/clients in our outpatient services building. There were 153 people served with 636 encounters for mental health services.

- We sponsor monthly radio spots where health issues are addressed.

- We have 24/7 Pastoral Care services.

- We provided our Wellness program for the community in our cardiac wellness center. This year there were 319 clients for 2,063 encounters.

- We provided lab wellness to the community with 1,013 patients this past year.

- We provided Suicide prevention education to the public schools in the county and work with the Community Cares about Suicide Prevention group

- Outdated supplies are sent to local missionaries for distribution world wide

It is our hope that our entire service area realizes how much benefit St. Aloisius truly provides to all of you. **Thank you for utilizing our services.**

Alcohol related deaths in ND

According to current statistics, there are more alcohol related deaths in the USA than deaths resulting from illegal drugs. AND . . . North Dakota is called the BEER BELLY of the NATION.

Studies have shown that if the first alcohol drink is taken before age 15 our youth have 4-times the risk of addiction. And . . . One in ten youth drink before age 13 with 60 percent of our youth drinking alcohol before their 21st birthday. These statistics came from the Harvey Risk Youth behavior scores from 2015. **This has been OUR CULTURE, OUR LIVES IN ND but WE CAN MAKE CHANGES!**

Research has shown for every \$1 invested in prevention \$10 is saved in treatment. Every person in the USA is impacted economically by medical costs and court system expenses resulting from youth drinking alcohol which is absorbed through our \$1.4 billion deficit in ND.

The Definition of substance use vs. abuse:

Use: Socially and occasional.

Abuse: too much alcohol or

prescription drugs not recommended by our Primary Care Provider.

Substance abuse controls our lives. This is often related to untreated mental illness.

Research has also demonstrated that underage drinking and adult binge drinking result in more crime, high risk sex and 1 crash every 8.9 hours. Consequences are a lifetime of damaged decision making, learning, memory issues and impulsivity.

WHAT IS Prevention? Developing an environment that promotes well-being.

First step: **Understand the problem**

2nd Bring people together: **Harvey area Community Cares led by St. Aloisius Medical Center**

3rd Plan of ACTION: **City government, schools, medical services, police and County services and sheriff working together to secure a healthy community.**

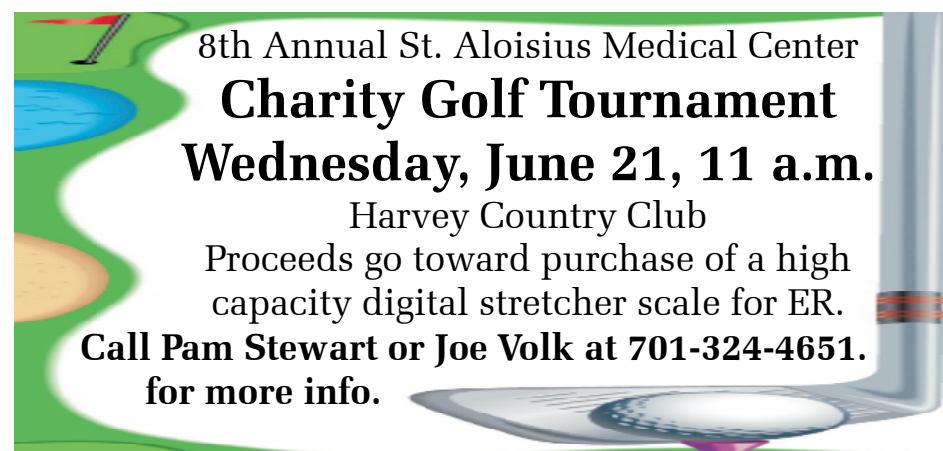
4th Monitor: **Statistics collected by PFS grant through Wells County District Health Unit and Youth Risk behavior results.**

CHANGE SAVES LIVES

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness." -- Helen Keller

"It gives me hope to know that 'fighting' the stigma doesn't have to be a fight, sometimes it's as simple as a conversation."

-- Russell Fascione



**8th Annual St. Aloisius Medical Center
Charity Golf Tournament
Wednesday, June 21, 11 a.m.**
Harvey Country Club
Proceeds go toward purchase of a high capacity digital stretcher scale for ER.
**Call Pam Stewart or Joe Volk at 701-324-4651.
for more info.**

CNA Class

is scheduled for

June 5th.

Please contact Gail Grondahl or Deb McAvoy at 701-324-4651 for details.

Senior Housing Apartments Available

Apartments are all on one level with central commons area, laundry, heat, electric, air conditioning, water utilities covered.

Call Nancy at 701-324-5102.

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, Zane Zuleger, MSN, MSA, RN, Psychiatric Clinical Nurse Specialist on Tuesday and Wednesday every other week at St. Aloisius. Call Donna Corneliusen for appointment at 324-4651.

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

Wells County Public Health Immunizations Only. Call 547-3756 for appt.

Vocational Rehabilitation Counselor, Dean Dienslake. Call 1-800-639-6292 for appointment.

General Counselor, Tim Hart, LICSW, Tim Hart Counseling Services. Call for appointment at 1-800-260-1310.

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

Surgery Services - Dr. Ronald Skipper - Outpatient Services Center the first Thursday of the month. Call (701) 324-5117 for appointment. NOTE: Surgery day is the third Monday of each month.

Cataract Care/Surgery - Dr. Monte Leidenix sees patients at Dr. Kourajian's Office in downtown Harvey. Cataract surgeries with Dr. Leidenix available at St. Aloisius. Call 701-324-2154 for appt.

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

Endoscopies 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.