



St. Aloisius
Medical
Center

SMP Health System

HEALING FIRE AND LIGHT

Laura Lieberman-Editor Staff News

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We are all God's people taking care of God's people.

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SMP Health System

St. Aloisius Medical Center

Mission Statement:

St. Aloisius Medical Center,
inspired by Jesus,
in union with the Sisters of Mary
of the Presentation,
ministers health to all we serve.

Values:

Hope – Creating an atmosphere of
trust and confidence.
Healing – Caring for body, mind
and spirit.
Hospitality – Welcoming, in a
Christ-like way.

Judith Lemarchand

In discussing the founding and early years of the Sisters of Mary of the Presentation, one cannot help but mention the names of the foundresses, Louise and Laurence Lemarchand. What many people might not know, however, is that there was a third, younger sister, Judith, who was also a Sister of Mary of the Presentation. As we enter into Lent this month, a short reflection on her life of service and sacrifice might be spiritually beneficial to us all.

Of the six Lemarchand girls, Judith was the youngest. Like all five of her older sisters, she also felt a strong desire to become a consecrated religious sister (the other three Lemarchand sisters joined the convent of Thomas of Villanova). She kept this desire to herself, however, because she was the only child left in the house to take care of her father after the death of her mother. With her father's health failing, Judith did all that she could to ease his suffering, remaining always with him until he went on to his eternal reward. It was only after he passed away that Judith, at the age of thirty-three, was able to realize her deep desire and join her sisters as a Daughter of Mary.

In 1848, after completing a two year novitiate, Judith professed her solemn vows. She was first assigned to a boarding school where she worked for three years. Then, in 1851, Judith (now Mother St. Alphonse), along with two other sisters, was assigned to open a new school in Lescouet, France. The sisters were originally given room to live in the mansion of a wealthy parishioner; however, desiring to live their own community life, the sisters moved into their own house before it was ready to be occupied. The sisters' zeal ended up being their downfall, because all three caught diseases which greatly affected the rest of their lives. While it cannot be said for certain, it can be assumed that this disease led to Judith Lemarchand's early death, only five years later. The Sisters of Mary of the Presentation, in their history write that, "On February 2, 1857, she left this earth for her eternal reward, and as we hope, the reward of her virtues. This noble soul had always loved God, and sacrificed herself for others for the love of God, and according to God's will" (*Origins of the Congregation of the Sisters of Mary of the Presentation*, Vol. 1, ch. VI).

As we reflect upon her short life, Judith's zeal and desire to put others before herself are two graces we might consider praying for this Lent. May her soul and the souls of all the faithful departed, through the mercy of God, rest in peace, Amen.

Happy
Valentine's
Day

JT Kennelly
Director of Formation
SMP Health System



LOVE

As one might read from the Bible, have you ever looked at what you read as a love note from God for you personally? The Bible isn't just a storybook about God, the people of Israel, and man named Jesus. It is a love letter from God to you. "As the Father has loved me, so I have loved you. Now remain in my love." (John 15:9) John wrote it that the crux of the gospel message is a love note. I encourage you to open your Bible today and look for evidence of God's all-consuming love for you. Only to list a few them:

There are promises of comfort for your ease: 2 Corinthians 1:3

Promises of cleansing and forgiveness for your sins: 1 John 1:9

Promises of guidance for your journey, Psalm 32:8

Promises of wisdom for you decisions, James 1:6

Promises of supply for your need, Philippians 4: 19

Promises of peace for your daily walk, John 14: 27

What is your desire? Do you long to be firmly planted by the rivers of water, solid and secure, delighting in the Lord day by day?

Is your life exciting? Or do you, like many people find most days routine and tedious? Have dreams become disappointments? If so, you might feel tempted to give up hope. But God promises fulfillment that can't be found anywhere else.

Joy is a gift from the Lord. It doesn't depend upon circumstances but rather is found in Jesus' unchanging character and promises. And that's exactly where to find true strength and power to endure. Philippians 4:4 tells us always to rejoice in Him. From this command, we know that even in the midst of hardship, we can purposefully choose to live in joy. This choice is possible for believers who are filled with the Holy Spirit and walking obediently. (Galatians 5: 22-23) Consider your response to both good and bad times. Does a consistent joy in Christ give you strength? Or do you find emotional relief only in the midst of positive circumstances? Difficulty is inevitable, but God's truth is able to sustain you. Rely on Him for emotional security.

Sunday, February 11, is World Day of Prayer for the Sick, not only those in the hospital, for the Immigrant, for Spiritual care Givers. There is someone to pray for every day of the month of February.

Your Chaplain,
Sister Mary Agnes

New Employees at St Aloisius!

Sydney Ammon – Day Care

Becca Duncan – Switchboard

Genny Slominski – LTC

C.N.A. students

Madison Davis Matt Kittelson Christine Clott Rosetta Board

Veronica Wilcox Nicole Emmett Andrea Buechler Logan Sieg



Valentines Day Fun Facts!

♥ About 3% of pet owners will give Valentine's Day gifts to their pets

♥ Worldwide, over 50 million roses are given for Valentine's Day each year.

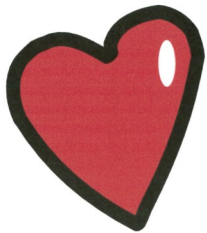
♥ Approximately 145 million valentines are sent in the U.S. each year according to estimates by the U.S. Greeting Card Association. That's second only to Christmas with 1.6 billion units, and is followed by Mother's Day with 133 million units.

♥ 220,000 is the average number of wedding proposals on Valentine's Day each year.

♥ Women purchase 85% of all valentines.

♥ 73% of people who buy flowers for Valentine's Day are men, while only 27 percent are women.

♥ Richard Cadbury invented the first Valentines Day candy box in the late 1800s.



GO RED

February is National Heart Health Month and to raise awareness of heart disease Med Surg staff will be offering free Blood Pressure screenings on

Go Red Day

Friday, February 2nd
2:30 - 4:00 pm
in the front lobby.

A heart healthy snack will be served!

We are also celebrating the accomplishment of 98% of our staff being CPR trained and Med Surg receiving a Certificate of Achievement from the ND Hospital Association for reduction in Falls and CAUTIs (catheter associated UTIs).

Congratulations!!

Ways To Improve Attitudes, Part One

1. Be yourself– Do more of the things you love. It is the only way to be happy.
2. Improve yourself– If you're improving, even a little bit, you'll be more positive.
3. Help others– Nothing makes a person feel better than helping others in need. When you help others, you can't help but be more positive.
4. Take an attitude inventory– Your attitude, and those around you.
5. Birds of a feather– You will eventually become like the people you hang around. Keep yourself in the company of positive thinking people. Distance yourself from the doom and gloomers, find more positive people to spend time with.
6. Be selective– Of information you get. Garbage in, garbage out.
7. Be a doer– Rather than a watcher. Take a walk rather than watching the Biggest loser.
8. Be an attitude warrior– If you don't defend your attitude, then who will?
9. Don't be perfect– Bad things happen to good people. Don't expect to be positive 100% of the time, just try to be positive as often as possible.
10. One of those days– Its ok to have 'one of those days', just not five years in a row.

Taken from Matt Booth, professional speaker and attitude expert. www.mattbooth.com

The Lord has done great things for us, and we are filled with joy– Psalm 126:3

Controlling Your Diabetes: Taking Medication

Sarah Gregg, RN, BSN

Diabetes Educator

The American Association of Diabetes Educators (AADE) has developed seven key areas to help you control your diabetes. These self-care behaviors are Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Reducing Risks, and Healthy Coping. This article will focus on Taking Medication.

Often people with diabetes have a number of different medications to help lower blood sugar, control blood pressure, reduce cholesterol, or manage any other health condition. These medications work together to reduce your risk of complications and to help you feel better. It is important for you to know the names, doses, and instructions for each of the medications (prescribed, vitamins, and supplements) you are taking and to carry this information with you at all times and bring to each health care appointment. Be your own advocate because the more you know about your medicines and how to take them, the healthier you will stay.

It is important to set a schedule of when you will take your medications. If you have difficulty remembering, try linking it with an everyday activity, such as place your pills next to the coffee pot or by your toothbrush. It may also be useful to use a pill box or set reminders on your phone. If you are having difficulty fitting your medicines into your everyday life, ask for help from your health care provider, pharmacist, or diabetes educator.



Safety



ICE – watch for it! We live in ND where we have ICE. Our facility has a couple of “hot” spots for ice build up. One is the front entrance to the Outpatient Services Building. Mary P does a good job of keeping it slip-free, BUT ICE HAPPENS!

Another spot is in front of Daycare – there is a sand and salt mixture to be spread on the ICE. Everyone can do this – not just maintenance or daycare staff.

Let's be proactive and watch for ICE!

HIPAA

Are you making sure documents containing patient identifiable information are discarded in a shredding container? For those of us creating documents and discarding them, only the PATIENT IDENTIFIABLE PART needs to be shredded. The balance of the paper can be put in a non-confidential recycling bin. Ask me if you have questions! Marian at mhase@staloisius.com or text 399-9486.



*Don't forget about the ATM located in the front lobby, next to the candy machine! Remind your co-workers!

*The second Wednesday of every month is an additional jeans day! Pay \$1 at the front desk and help support the R&R committee! (This is in addition to Jeans Friday. Please do not forget to pay your \$1 on Fridays as well!)

*Med Surg joy booster will be held on February 2nd



May you be filled with joy, always thanking the Father-
Colossians 1:11-12