



St. Aloisius  
Medical  
Center

SMP Health System

# HEALING FIRE AND LIGHT

Laura Lieberman-Editor Staff News

May 2018

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.

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

**"A Community Caring For You"**

**Thursday, May 10, 2018**

**10:00 AM to 4:00 PM**

**at the Harvey City Hall**

**FREE Admission!**

Free blood pressure checks, vision screens, pre-diabetes screenings, derma scan screenings, CPR training, product samples, and more! Stop by the ice cream cone booth !

Great door prizes! More than 40 exhibitors!

Information on sleep studies, therapies, Health Care Directives, Medicare, Women's Way, DEXA Scan, cancer screenings, healthy eating, hearing loss, body mass scale, assistive technology and resources, domestic violence, finger printing for employment, essential oils, recycling, skin care, and many more health and safety ideas, resources and products!

Lunch selections will be available  
from 11:00 AM to 1:00 PM. with proceeds going toward the  
Harvey Kiwanis High School Scholarships.

**SUPPORT KIWANIS & KIDS!!**

**See you at the fair!**





## Patient and Trust

“Faith is being sure of what we hope for and certain of what we do not see.” Hebrews 11:1

Today's technology lets us connect with anyone at any time. If telephone and email weren't enough, we now have texting and Twitter to add to the mix. We have to make an effort to not be connected, and we expect that when we want a response, we'll get one quickly.

My grandparents were late arriving to a recent family get-together. We worried that they were lost, driving aimlessly, try in vain to locate the restaurant. Naturally I pulled out my cell phone to call them, quickly realized my grandparents don't own a cell phone.

It's hard to remember a time before we had the ability to be in constant communication and get instant feedback. And maybe this helps explain why it can be frustrating to not hear a clear word from the Lord, especially in times of distress. We call, and seemingly there is no immediate reply. How do we respond when, amidst deep discouragement, we don't receive the instant divine feedback we've been conditioned by our culture to expect?

At times like these, it's helpful to remember a simple but powerful fact that God is with us always, Always. (Matthew 28:20). If you are attempting to serve Him faithfully and fully in faith, He is pleased with you, even if you see no immediate results and have no earthly reason for confidence. We are “sure of what we hope for, and certain of what we do not see”, because we place our trust in God., who has demonstrated His trustworthiness based on His divine character.

We must be patient and trust that God is in control. Although we cannot know definitively why things happen since we know now only in part, we will someday know fully (Corinthians 13:12) and in the meantime we have God's word, the bible, to instruct and enlighten us as much as God chooses to reveal. We may not see the dark cloud's silver lining, but if we are following God faithfully we should harbor no guilt or fear. Instead be confident in the wisdom and love of our Lord, whose loving sacrifice of His Son cleanses us of all sin and fills us with His Holy Spirit, full of mercy and grace.

Your Chaplain,  
Sr. Mary Agnes Huber

Congratulations to Bethany Egeberg for winning the 2018 Employee Chili Cook Off! Great job!



“Laughter is an instant vacation” –  
Milton Berle

Happy 16th Birthday to our Daycare! Thank you to all of our wonderful daycare workers for everything you do!





## Measuring community health

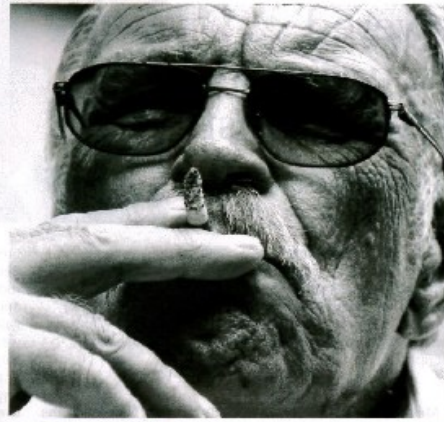
From asthma to obesity, key indicators continue to pose challenges for community health.

Among adults, rural communities have a higher prevalence of chronic obstructive pulmonary disease than urban areas

**8%** COPD diagnoses in rural areas

**5%** COPD diagnoses in urban areas

—Centers for Disease Control and Prevention



Who suffers most from asthma?

**8.8%**

Percentage of adult self-reported asthma

Of those adults:

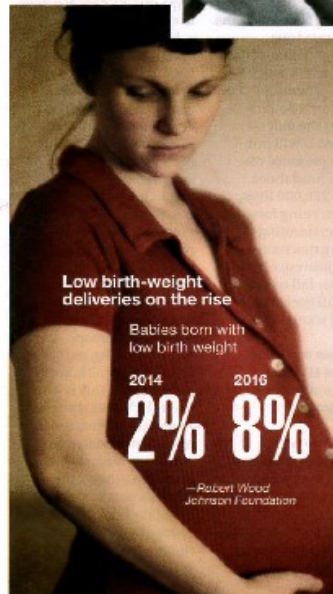
**13.8%** - Rate among American Indians/Alaska natives

**11.3%** - Rate among African-Americans

**9.1%** - Rate among whites

**6.8%** - Rate among Hispanics

—Kaiser Family Foundation



Low birth-weight deliveries on the rise

Babies born with low birth weight

2014 **2%** 2016 **8%**

—Robert Wood Johnson Foundation

Fighting diabetes and obesity

**9.4%**

Percentage of U.S. population with diabetes

**25.2%**

Prevalence of diabetes (diagnosed and undiagnosed) among people 65 years of age or older

—American Diabetes Association

**31.4%**

Percentage of adults (age 20 or older) diagnosed as obese in 2017, up from **19.4%** in 1997

—Centers for Disease Control and Prevention

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### St. Aloisius May Anniversaries:

Lorie Sieg— 36 years  
Lynette Bender— 35 years  
Linda Faul— 24 years  
Tonia Erickson— 23 years  
Lola Metcalf— 22 years  
Lanette Mertz— 20 years  
Julie Snedaker— 8 years  
Kim Goldade— 7 years  
Lucelle Barbarona— 5 years

Jamie Bush— 20 years  
Jamie Schuh— 17 years  
Bruce Synder— 16 years



Sarah Gregg— 7 years  
Devany Stutlien— 3 years  
Veronica Wilcox— 1 year

Jodi Davis— 16 years  
Lona Jelsing— 16 years  
Judy Titus— 14 years  
Laurie Pellett— 13 years  
Crystal Holzer— 10 years  
Evony Hansen— 10 years  
Ruth Meckle— 6 years  
Michelle Watkins— 5 years  
Gordon Mayer— 1 year

# What's Your Story?

Get to know: Sandy Teubner



1. What is your position at St. Aloisius?

I am the Chief Financial Officer (CFO)

2. How long have you held that position?

I started part time in September 2005 and then became full time Jan 1, 2006.

3. What are your duties?

In a nutshell, I am responsible for overseeing all financial operations of St. Aloisius and for preparing the annual budget, financial audit and Medicare and Medicaid cost reports amongst other duties. I supervise Accounting (Pam S), Accounts Payable (Karen), Data Processing (Pam H), Revenue Cycle (Jessica H), Lorie S (Purchasing Dir) and Vikki B (HIM Director) as well as working with the rest of St. Aloisius staff.

4. What is your favorite thing about your job?

Coming to work and knowing that what I do in my work can make a difference in carrying out our mission for our patients, residents and employees. I enjoy working with our staff.

5. What was your first job?

Babysitting in our neighborhood when I was in 5<sup>th</sup> grade. My first "real job" after that was working at a bakery when I was 15 or 16, decorating donuts, slicing bread and waiting on customers. I also worked at my high school as the summer secretary during the week and then the bakery on weekends.

6. What did you want to be when you grew up?

A mom

7. What are your hobbies when you are not at work?

I like to scrapbook. I haven't done regular scrapbooking like Creative Memories for a couple years now but I do my books digitally on Shutterfly. I also like to travel with family and friends. There's a big world out there and it's fun to see different landscapes, cities, cultures.

8. What would your dream vacation spot be?

Bruce and our family enjoy cruise ships and someday, Bruce & I will take a Panama Canal cruise.

9. What is your favorite season?

I enjoy fall and summer equally I would say.

- 10 Tell us about your family.

I am the 2<sup>nd</sup> oldest of 8 children. I was born in Minneapolis and grew up in Burnsville, MN. I graduated from the Academy of Holy Angels in Richfield, MN and moved to Cando ND in 1987 after graduating from college at Moorhead State University. I met Bruce Teubner in Cando in 1988. We have been married since Dec 1989 and have two adult children. Kelsey is 23 and lives in Fargo and Bryce is 20 and is farming with us in Cando after graduating from Northland Technical college this spring. .

Check out each month's issue for a different "What's Your Story?"



## FORMATION MINUTE



In the Catholic Church, the month of May is dedicated to Mary, the mother of God. Without going too deeply into this, I found, while rereading the Rule of Life of the Sisters of Mary of the Presentation, a line about Mary which could help us to understand our work in Catholic healthcare as more of a ministry. It states, "The contemplation of Mary in her attitude of offering and availability helps each sister to enter into the Mystery of Christ and to live the spirituality of the present moment" (*Constitutions*, C. 49).

It was through Mary's "offering and availability" at the moment that the angel Gabriel came that Jesus was able to come into the world. This is the "spirituality of the present moment": being able to recognize God and say yes to Him in the moment. Now, most likely we won't have an angel appear to us, but there are other, more simple ways in which we are called to bring Jesus into the world. We are Christ's hands and feet when we serve others, whether that is as a nurse at someone's bedside, or at a desk ensuring the financial stability of your department. It is simply finding God in what we are already doing.

Pope Francis last month released a letter to the whole Church in which he encouraged this type of spirituality as a means to grow in holiness. He says that holiness is found in serving others in our day-to-day activities. He writes, "To be holy does not require being a bishop, a priest or a religious...We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves" (*Gaudete et Exsultate*, 14).

Holiness isn't necessarily about changing *what* we do, but rather about changing *how* we do what we are already doing. During this month, perhaps we can try to be more like Mary, and be more aware of our ability to bring Christ to others in all that we do through adopting a "spirituality of the present moment."

JT Kennelly  
Director of Formation  
SMP Health System



Memorial Day is Monday,  
May 28th Please take a mo-  
ment to remember those who  
were lost serving our country.



## Controlling Your Diabetes: Healthy Coping

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 Healthy Coping.

Life can be stressful. Our every day lives are busy and by having a chronic disease, such as diabetes, can add to that stress. Did you know that stress can cause your blood sugars to increase? It is important to develop healthy coping skills instead of turn to harmful habits such a smoking, drinking too much alcohol, overeating, or being less active.

There are many different ways cope with stress. Below are some examples of healthy ways to manage your stress:

**Move your body:** When you are active, your brain releases chemicals that will help you feel better. As an added benefit, it will help control your blood sugar levels.

**Think positive:** Recalling the good things will help you cope with the tough times. Celebrate your successes (even the small ones).

**See support:** Having a network of people to help you is important. Talk with your loved ones or seek support from groups so that you can remind yourself that you are not alone.

**Be good to yourself:** Do the best you can and feel good about your successes. Look at what has worked and what didn't and then move one. It is important to do something that you enjoy every day.

It is normal to feel discouraged from time to time. Everyone has good and bad days. However, if the stress is overwhelming, it could be sign of something bigger. Talk with your primary care provider or diabetes educator if you have any signs of depression - including lack of interest or pleasure in activities, excessive sleeping, social isolation, or lack of ability or motivation to take care of yourself. We are here to help you get the care you need.

This will be the last article in this series. If you have an idea for an article, please call and leave a message on ext. 5416 or email [sgregg@stlaoisius.com](mailto:sgregg@stlaoisius.com).



\*Image from AADE website



St. Aloisius trustees, Susan Shearer, Jason Schneider & Gordie Schmidt along with Mike Zwicker, CEO and Sandy Teubner, CFO recently attended the Center for Rural Health's Critical Access Hospital Board Member Boot Camp in West Fargo. Fourteen Critical Access Hospitals from around the state had representation present. It was a great opportunity to increase knowledge in governance, fiduciary responsibilities, cybersecurity and hospital finance. It was also a great opportunity to network with peers.

### St. Aloisius Spring Wellness Days.

This year we had a total of 465 participants, and 140 PSA screenings! Thank you to the entire St Aloisius staff for being great team players and making this year a success!



National Nurses Day is May 6th!



Please join the Wells County Nurses on Monday, May 7th at 2:00 pm in the Unit A dining room for a "Blessing of the Hands" ceremony. Employees are welcome to attend and thank our nurses for all of their hard work.

### Definition of a **nurse**

*"To go above and beyond the call of duty. The first to work and the last to leave. The heart and soul of caring. A unique soul who will pass thru your life for a minute and impact it for an eternity. An empowered individual whom you may meet for only a 12 hour period, but who will put you and yours above theirs."*

## **North Dakota Severe Summer Weather Awareness Week is set for April 30 through May 4, 2018**

### **Are you ready for Severe Summer Weather?**

At St. Aloisius, we have two (2) alarms noted for our facility. These are announced overhead regardless of time of day. We receive these warning calls from Weathercall® when the warnings are specific to Harvey. Staff responsibilities are not optional!

**Severe Thunderstorm Warning** – this is the time to protect your patients and residents by pulling curtains, shutting blinds, moving patients/residents away from windows – or moving them to an inside room without windows. Visitors need protection, too. Have them move to an inside room without windows.

**Tornado Warning** – this is when you need to protect yourself by going to an inside room without windows. You, as an employee, need to be available to take care of patients/residents after the tornado (hopefully not actual) so don't be an additional victim should SAMC be damaged by a tornado. (Your patients/residents, visitors should have been put in their safe place earlier – severe thunderstorm warning.)

### **Statistics – from National Weather Service**

1950-2017...1,565 tornadoes in ND...average 24 per year.

2017...32 distinct tornadoes in ND affected 33 counties (one crossed a county line).

1950-2017...ND...26 tornado fatalities...360 injuries.

1990-2017...ND...3 tornado fatalities...54 injuries.

1950-2017...Largest hail stone in ND...5 inches in diameter...Mercer County (August 3, 1969) and record tied in Sioux County, Standing Rock Nation (July 14, 2010).

1950-2017...Highest wind gust (non-tornadic thunderstorm)...143 mph Slope County (September 15, 1997).

1959-2017...12 lightning fatalities in ND.

Statistics over the past 30 years for the United States show that on average each year there are 92 flood/ flash flood fatalities, 56 tornado fatalities, and 55 lightning fatalities.

Contact Marian Hase with any questions.

