



St. Aloisius
Medical
Center

SMP Health System

HEALING FIRE AND LIGHT

Marian Hase—Editor Staff News

October 2018

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

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St Aloisius Medical Center Clinic

Appointments to see Dr. Geier, Kim Thorson can be made by calling **324-5131**.



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.

Employee Assistance Program (EAP)

Remember our employees AND their families are eligible for FREE counseling sessions through our Employee Assistance Program. Whether your concern or issue is work or home related, it usually helps to talk it over with an objective person. Our EAP provider, Tom Olson, comes here the third Thursday of the month, or you can connect by phone if you'd rather not wait until his next visit. For more information or to schedule a visit, call 1-800-327-7195. This benefit is here for YOU!

With Halloween at the end of the month (October) I would like to remind everyone to keep all decorations proper, with no bugs, or other scary things.

Halloween means Hallowed Eve and is the vigil celebration of All Saint's Day which is followed by All soul's Day. All decoration of all overall goal is to emphasize the positive Christian, Natural decorations.

Keep in mind the proper uniform as well, keeping mind the patients and others that you will meet during the day.

Any questions, please contact Sr. Mary Agnes.
Thank you!





How do you Handle your Frustrations?

"You will keep in perfect peace those minds are steadfast, because they trust in You" *Isaiah 26:3*

Here are 5 simple steps for dealing with frustrations in your life:

1. Ask yourself, "Did I cause it?" the Bible says, "A man reaps what he sows" *Galatians 6: 7b* We are frustrated by many things in life because we bring them on ourselves.

2. Ask yourself, "What can I learn from it?" *Romans 8:28* "In all things God works for the good of those who love him." There are many bad things in the world, but all things work together. God can even take the negative and turn it into a positive if we let him. Use irritation as an opportunity to become more like Christ.

3. Thank God in the situation. 1Thessalonians 5:18 says "give thanks in all circumstance." You don't have to be thankful **for** a bad situation, but you can be thankful **in** bad situation. Frustration may be a blessing in disguise.

4. Turn the frustration into a funny, humorous event. The bible says, "A cheerful heart is good medicine" *Proverbs 17:22*. A sense of humorous God's antidote for anger and frustration.

5. Ask God to fill you with his love. Why? Because 1 Corinthians 13:5 says, "Love is not easily angered. Love is self-giving, not self-serving." We get irritated because we think everyone and everything has to revolve around us. Love concentrates on the other person.

Jesus faced constant frustrations, but he never got irritated. He always made time for people. We get so preoccupied with our own things that we forget that people are the priority in life.

Your Chaplain, Sister Mary Agnes
Pastoral Care Department

September 2018 NEW EMPLOYEES Welcome to the St. Aloisius Family!

Bryan Junio—Med/Surg
Marci Ketterling—ER
Stephanie Eckart—Clinic
Megan Thompson—Clinic—Co-op Student
Cassandra Thompson—Housekeeping



FIRE ALARM!

Do you know how to respond when the fire alarms sounds?

1. If you are the one pulling the alarm? Have someone call the switchboard to tell them exactly where the fire is located. The panel saying where the alarm is pulled does not mean that's where the fire is.
2. If you are comfortable using a fire extinguisher—take one to the fire. There are 60+ fire extinguishers in our facility!
3. If you are not taking an extinguisher—go to your "Safe Place". Hospital 1st floor—lobby; med/surg nurses station; Unit A nurses station; Unit B nurses station; Clinic lobby; Medical Records. You need to sign the form located at that safe place and stay there until the "All Clear" is sounded.
4. DO NOT GO PAST THE FIRE to get to your "Safe Place". Go to the next closest "Safe Place" on the other side of a fire. You should know where the exits to the "Safe Places" are located now—don't wait until a FIRE gets you!

R&R Committee (Retention & Recognition) NEWS

1. **MORE MEMBERS ARE NEEDED FOR THIS COMMITTEE!**
2. They meet the second Wednesday of each month at 2:00 pm to discuss ways to promote employee recognition and retention. This is an informal committee but the committee is in need of more input.
3. 2nd Wednesday is also a day to WEAR JEANS for \$1 with the money going to the R&R Committee to provide STUFF.

HIPAA MEMO

Patient identifiable information needs to be put in a shredding container. This means anything with a patient name, and/or date of birth, social security number, room number, medical record number, date of service needs to be put in the shredding container.

However, if a sheet of paper has the patient name on the top and nothing else can identify the patient, you can tear the name off, put that in the container and recycle the rest of the page. Make sense?

Marian Hase
Compliance Officer

St. Aloisius October Anniversaries

Mary Prouty—40 years	Corene Buxa—36 years
Marian Hase—24 years	Carrie Schuh—23 years
Ruth Schuh—23 years	Lucy Southard—18 years
Brianna Weinmann—18 years	Paulette Martin—11 years
Deborah McAvoy—8 years	Hope Hoornaert—8 years
Elizabeth Fossum—6 years	Anna Nelson—6 years
Courtney Lauth—4 years	Lori Stein—3 years
Nicole Davis—1 year	Luke Harris—1 year
Nicole Emmett—1 year	

231 years of dedicated service to St. Aloisius Medical Center



Do you need to call someone at St. Aloisius Medical Center?

We have many direct dial numbers:

St. Aloisius Clinic—324-5131

Medical Floor - 324-5112

Unit A—324-5121

Unit B—324-5118

Daycare—324-5109

Sherri Engkvist—324-5120

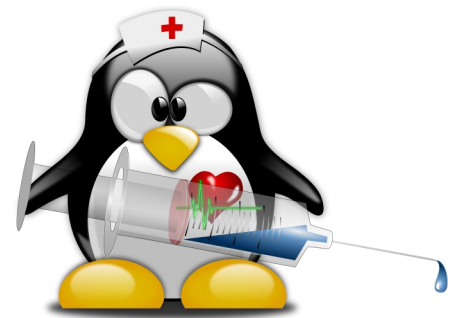
Candie Thompson—324-5113

Lab—324-5116

Radiology—324-5107

Physical Therapy—324-5119

Enter these numbers in your phone! Cut this out and put on your fridge!



Time to get your FLU SHOT!

In October

Dates to be determined.

FORMATION MINUTE

One question that seems to come up in Catholic healthcare has to do with what makes us different from other healthcare institutions. This is often answered with Catholic health care's prohibition on certain procedures, such as abortion, sterilization, euthanasia, etc. While it is true, that these procedures will not take place at Catholic institutions, it portrays Catholic identity in a rather prohibitive light.

One characteristic that highlights well the goodness of our Catholic identity is the type of care that we provide. We sometimes talk about our care being "holistic." By this, we mean that we care for the whole person. While our primary focus is on physical healing, it doesn't end there. As Catholics, we believe that healing is restoring wholeness to the person; going beyond the physical to spiritual, emotional, and relational healing. All of these things are essential parts of Catholic health care ministries.

It can be easy for all of us to fall into the mindset of thinking that my own role has nothing to do with these aspects of Catholic health care. This could not be farther from the truth. While certain people might be trained in providing specialized care (nurses, chaplains, physicians, etc.), there are many different ways we all can care for others, and this can be as simple as acknowledging their inherent dignity as human beings.

An example of this can be taken from the life of St. Francis of Assisi, whose feast day we celebrate on the 4th of this month. St. Francis, known for his simple way of living out the gospel, love for all of creation, and holding birdbaths, cared for others not by physically healing them, but through showing them God's love and mercy. Francis understood that ALL people have inherent dignity, because all people are created and loved by God. There is a famous story of St. Francis, while working through his own personal conversion, embracing a leper. He saw this person, so disfigured by illness and cast out by society, as someone with dignity; someone who deserves to be loved. While this moment was significant for St. Francis, imagine how more so it must have been for the leper, an outcast whose humanity was being recognized, if only by a hug. Through this simple act, St. Francis was able to provide healing for this poor man's spiritual, emotional, and relational needs.

Thus, we can see by St. Francis' example that there are simple ways in which all of us, regardless of our position or training can care for others, whether it's taking time to sit with someone, smile at others in the hallway, or any number of other things. Perhaps this month, we might take a moment to reflect on ways in which we can or already do provide holistic care to those around us.

JT Kennelly
Director of Formation
SMP Health System

Think About It

What's Your Story? Brianna Weinmann, RN

1. *What is your position at St. Aloisius?* Nurse in LTC, I complete the MDS (Minimum Data Set—generates resident's plan of care.)
2. *What is your favorite thing about your job?* Spending time with the residents.
3. *What was your first job?* I worked in dietary stocking the units and medical floor.
4. *What did you want to be when you grew up?* A vet.
5. *What are your hobbies when you are not at work?* Camping in the summer and spending time with my family.
6. *What would your dream vacation spot be?* Somewhere on a beach or in the mountains
7. *What is your favorite season?* Summer
8. *Tell us about your family.* I have been married to my husband Steve for 8 years and we have three children, Olivia—7years, Gavin—5years, and Grayson who is 7 months. We also have two dogs Bentley, a chocolate lab and Bella, a boxer/English Mastiff Mix.

Being a Christian is like being a Pumpkin.



God picks you from the patch and brings you in.
"You did not choose me, but I chose you." John 15:16a

Then He washes all the dirt off of you.
Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 2 Corinthians 5:17

He opens you up and scoops out all the yucky stuff.
 He removes the seeds of doubt, hate, greed, etc.
We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. Romans 6:6

Then He carves you a new smiling face.
*My lips will shout for joy, when I sing praises to you;
 my soul also, which you have redeemed. Psalms 71:23*

And He puts His light inside you to shine for all the world to see.
In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.
Matthew 5:16

St. Aloisius Angels Relay for Life is looking for members!

Relay for Life is the main fundraiser for the American Cancer Society. Every dollar we raise goes to help cancer research and to help cancer patients get the treatment they need.

Fundraising is only part of Relay for Life. There is also the event itself where we honor cancer survivors and remember those who have died. In addition to the walking, teams set up a table or booth to continue to raise funds.

Every person has been touched in some way by cancer. A family member, friend, or maybe you are a cancer survivor yourself. Let's help win the battle against cancer!

If you are interested in joining or want more information, contact Miranda Weninger, Team Captain



MISSION & MOTIVATION DAYS 2018

M&M Days were held September 25—2 sessions and September 26—1 session.

I would like to thank all the staff who helped in any way for the M&M session that took place these last two day. I am grateful for all your help. May God Bless each one of you. Sr. Mary Agnes, chairperson of the Mission integration committee .

Sister Mary Agnes

Sr. Suzanne Stahl



Sr Suzanne Stahl is the Regional Provincial for Sisters of Mary of the Presentation which controls SMP Health Systems, of which St. Aloisius Medical is a part.

Sr. Suzanne's presentation focused on Healing Hospitality. The best way we can help others is to be responsive to them by listening, focusing and caring for others. This applies to patients, residents, and co-workers. We listen; we attend through facial expression, tone of voice, posture, eye contact, space; we use following skills—"How are you today?"; we acknowledge what they tell us; and we respond appropriately.

She led us through a visual meditation exercise (that warm, sandy beach with the sparkling water lapping the shore) that would help us center ourselves. We need to be present to ourselves before we can be present to others.

THANK YOU, SR. SUZANNE!

Katie Dilse



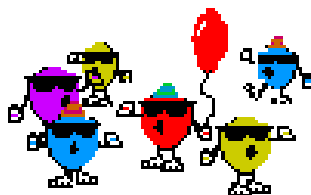
Katie is a Knox native (by Rugby) so is very familiar with our area. Of course, we had the Ruby Panthers/Harvey Hornets rivalry brought into focus! Katie now lives in Slope County by Bowman with her husband and 4 sons on a farm.

Katie's motivational message had us crying and laughing. We learned how our facility looks to visitors. She made sure to mention every job description from reception to resident care to facility maintenance and cleanliness.

Her focus was on the Gift of You and what each of us brings to St. Aloisius. Katie made us feel proud of the job we do. And we SHOULD feel proud. We do a fantastic job at what we do!

Did you know North Dakota is romantic? The swirly snow of a blizzard, the waving of a wheat field, our wide open spaces. Kind of makes you think!

Thirty seconds can change a life—thirty seconds of our Healing Hospitality. Let's make those thirty seconds count! Thank you, Katie, for your inspirational, motivating presentation.



Budget Update

Hello – I thought I would give everyone a glimpse into some stats from our August financials since August was only the 2nd month in this fiscal year where we had a positive gain from operations.

We had a net gain of \$83,619 which was on gross revenue of \$1,706,927 minus expenses and adjustments of \$1,623,308. We still have a year to date loss of (\$429,490) but are looking at September as having another gain from operations to reduce that loss at year end.

Employees used 695 circle hours in August which saved \$13,980 in salaries for 1 month and you continue to save money each time a circle hour is used. Thank you for your contributions in saving salary expense. I will give you total circle hours employees have used through Sept. in the next issue so you know how many dollars you contributed to saving from January – Sept.

For our upcoming budget year, we have \$18,275,000 budgeted in gross revenues which is patient revenue from long term care, swing bed, acute care, clinic, outpatient etc.

We have write offs (amount insurance companies do not pay when we have a contract with them, such as Medicare, Medicaid and Blue Cross) and bad debt of \$2,530,000 that we will not collect, which brings us down to our net revenue of \$15,745,000. We have revenue of \$475,000 from cafeteria, daycare, grants and other miscellaneous revenue, bringing our total revenue to \$16,220,000.

Expenses are budgeted at \$16,073,000 which includes \$7,996,000 for salaries alone. \$2,172,000 for benefits such as social security expense, health insurance and Worker's Comp. Of the employee benefits, \$1,310,000 is just the portion we pay for your Blue Cross Blue Shield Insurance. Thought you might like to see the value of the even though it is not cash in your paycheck, it is like cash because it is paid for you and it does not come in your paycheck. The rest of the expenses are supplies, utilities, depreciation and interest of \$5,905,000. Salaries and benefits are 58.8% of our total expenses we pay out of 100%.

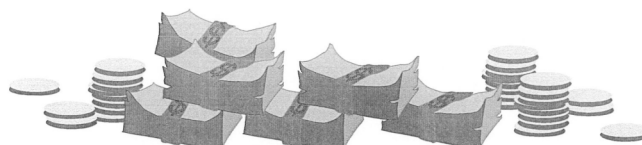
So, if you take the \$16,220,000 in net revenue and subtract the expenses of \$16,073,000, our bottom line of cash we plan to make = \$147,000. It is a positive margin, but slim. With everyone's help working together to increase revenues and decrease expenses, we plan to have a positive bottom line for 2019. I know this is a lot of #'s to read about but thought it is good information to let you know.

Please feel free to ask me any questions regarding this article or anything else you may have a question about regarding our finances.

Sandy Teubner, CFO



BAKE SALE
October 2, 2018
 To celebrate St. Vincent dePaul Day
Tuesday 9:00 a.m.
ST ALOISIUS FRONT LOBBY
 Proceeds will go to
FAITH IN ACTION & HARVEY FOOD PANTRY
ALL DONATIONS ARE WELCOME!
 Breads, Cakes, Candy, Jelly,
 Pickles, Pie, Pastries, Popcorn
 Balls, Carmel Corn, Etc.
 Ideas are Limitless!
 Please bring items to Business
 Office or front lobby before
 9 a.m. if possible



Attention All Employees

Two representatives from the Principal Financial Group will be here on Wednesday, October 3rd to provide group and individual meetings to discuss our Principal Financial retirement plan.

Group meetings are scheduled for **11:00 am, 12:30 & 2:30 pm** and 15 minute individual meetings scheduled throughout the day until approximately 4:00 pm to meet one on one. All meetings will be held in the Administrative Conference Room. Kathleen Wayland is not coming this year, but sending another consultant from her office, as well as an individual from Principal Financial.

All employees who are enrolled in the Principal Financial plan are encouraged to attend one of the group meetings to get information on our retirement plan.

Contact Nancy Meland ASAP to schedule an individual session.

St. Aloisius Fall Wellness Days

6:00 to 9:30 AM

October 22nd, 24th, & 29th

St. Aloisius Medical Center – Harvey

(enter at the main entrance to the hospital)

Tuesday, Oct. 30th at City Hall in Drake 7:00 to 9:30 AM

**Wednesday, Oct. 31st at the KTL Building 7:00 to 9:30 AM
 in Fessenden**

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.

Wells Co. District Health Unit will offer tetanus vaccines & other immunizations as needed at the Harvey and Fessenden sites.

