



St. Aloisius
Medical
Center

SMP Health System

HEALING FIRE AND LIGHT

Marian Hase—Editor Staff News

September 2018

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

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St Aloisius Medical Center Clinic Opened August 6, 2019

Since the clinic opened August 6 until Friday, August 24, there have been 269 patient visits from 38 different zip codes (patients have come from all over the State) and 15 different counties from in ND. Over 141 hospital outpatients have been seen!

This is an economic benefit for our town as well as the hospital!

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



St. Aloisius Medical Center

SMP Health System

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

MISSION & MOTIVATION DAYS

At the Presentation Center

Tuesday, September 25th

10:00 am – 12:00 noon

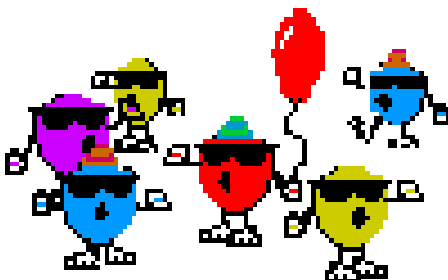
1:00 – 3:00 pm

Wednesday, September 26th

8:00 - 10:00 am

Everyone is required to attend one of these sessions!

It will be uplifting, informational!





Contentment is a Sign of Spiritual Maturity

"It is better to be satisfied with what you have than to be always wanting something else" (*Ecclesiastes 6-9b*) Instead of being regretful, we need to be grateful. Instead of complaining, we need to remember that everything is a gift from God.

The Bible says in 1 Corinthians 4:7-8 "Isn't everything you have and everything you are sheer gifts from God? So what's the point of all this comparing and competing? You already have all you need' Gratitude says, "Why me?" " Why do I get to drink clean water when so much of the world doesn't?" "Why am I not under persecution? Why am I not thrown into prison for my faith?

Envy is based on the myth that you must have more in order to be happier. It's just not true. Happiness is a choice. If you're not happy now, you're not going to be happy with more. I could give many testimonies of people who have a lot more than you, and it doesn't make them happier. You are as happy as you choose to be.

Ecclesiastes 6: 9 says "It is better to be satisfied with what you have than to be always wanting something else". This is called contentment. All of us need to learn contentment. Maturity is learning to be content when things are not going your way. It's better to be satisfied with what you have than to always want something more.

Envy is resenting other people who have something already and thinking that you can't be happy until you get it too. Learn to be grateful for you are and what you have. Everything you have is a gift from God!

Thought: What is something you can do today to practice gratitude? When you're tempted to resent someone because of what that person has or is, how can you turn it into gratitude? What should you say to that person? Why do you think God makes happiness a choice?

Your Chaplain, Sister Mary Agnes
Pastoral Care Department

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

Pam Melton – Dietary
Gene Jackoviak – Dietary
Kylee Rau – Dietary
Jody Schanhals – Switchboard



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

NorthStar Technology Group white-hat hacker featured on news story about home network security. Valuable information about ways hackers can "accidentally" find their way into your home network.

See page 7—WDAY news article.

Think of Apple's Siri and Kindle's Alexa—they can open up your network to hackers, too. Did you know your FitBit and others like it use your network? They work on WiFi. It's called the IOT or *Internet of Things*.

St. Aloisius August Anniversaries

Nancy Selzler—46 years	Shirley Leintz—46 years
Ronda Patzer—37 years	Beth Huseth—36 years
Lisa Lemer—28 years	Eleanor Sieglock—22 years
Danica Grossman—19 years	Sandra Teubner—13 years
Crystal Hornbacher—12 years	Brenda Finley—9 years
Yolanda Gray—7 years	Misty Axtmann—5 years
Christy Arends—4 years	Judy Weigelt—3 years
Tammy Shank—2 years	Danielle Vlaminc—2 years
Ann Engh—1 year	Kristoffer Tinajero—1 year

293 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!



FORMATION MINUTE

“Go to the poor: you will find God.” – St. Vincent de Paul

On September 27th, the Catholic Church will celebrate the feast of St. Vincent de Paul. This particular feast holds a special place among the Sisters of Mary of the Presentation, and SMP Health System, because the Sisters adopted St. Vincent de Paul as their second patron saint, after Mary of the Presentation.

Although St. Vincent de Paul was never connected to the Sisters of Mary of the Presentation, having died close to 70 years before their founding, his work directly affected their order and, in a way, also affects us. This becomes clear if we take a moment to look at his life.

St. Vincent de Paul was born in a small town in southwest France in 1581 to a peasant family. Being exceptionally bright, he was sent off to the seminary and ordained a priest at the young age of 20 years old. After floating around (and possibly being sold into slavery for a couple years), St. Vincent ended up as a parish priest in a suburb of Paris. He was rather ambitious in his youth, wanting a comfortable, prestigious position in the Church, but that all changed when he found himself confronted with the poverty of the people in the towns where he ministered. Not only were the people financially poor, they also lacked education, and many were ill. This touched St. Vincent and he realized that his care for these people had to go beyond just spiritual care to care for the whole person. Therefore, he sought innovative ways to help the poor. He began preaching missions, organizing an order of priests (the Vincentians), as well as organizing noblewomen of the area to assist him in this work. He can also be credited with starting an order of religious sisters, the Daughters of Charity, who were the first religious sisters who were able to do charitable work in the world (up to this point, all vowed religious women were required to live in a cloistered convent, away from the world). In other words, St. Vincent would work with anyone who would help him with his mission to care for the sick and the poor.

It makes sense, then, that the Sisters of Mary of the Presentation would look up to him as a patron saint. Not only does his work resonate with the charisms of the Sisters, but his innovation made their way of life possible within the Church. Furthermore, just as St. Vincent shared his work with those who would support his mission, so too have the Sisters of Mary of the Presentation shared their ministries with us!

As we go through this month, perhaps we might recall St. Vincent de Paul and his prompting us to serve in charity. St. Vincent de Paul, Apostle of Charity, pray for us!

JT Kennelly
Director of Formation
SMP Health System

Think About It


*“Treat people the way you want to be treated.
Talk to people the way you want to be talked to.”*

What's Your Story?**Rick Geier, MD**


We at St. Aloisius have the good fortune to have Dr. Rick Geier as a provider in our new clinic. This is what he tells us:

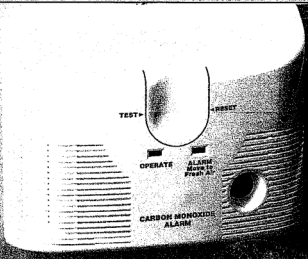
1. What is your position at St. Aloisius? **MD**
2. What is your favorite thing about your job? **People**
3. What was your first job? **Construction**
4. What did you want to be when you grew up? **Civil Engineer**
5. What are your hobbies when you are not at work? **Family, fishing, lake**
6. What would your dream vacation spot be? **Kauai, Hawaii**
7. What is your favorite season? **Fall—my grandfather took me hunting every fall.**
8. Tell us about your family. **1 wife, 4 kids, 5 grandkids**

Welcome! We are glad to have you here as part of our St. Aloisius family!



Fast Facts about Carbon Monoxide Alarms





OFTEN CALLED THE INVISIBLE KILLER, carbon monoxide is an odorless, colorless gas created when fuels—gasoline, wood, charcoal, natural gas, propane, oil, and methane—burn incompletely. Equipment and vehicles powered by internal combustion engines are a common source of carbon monoxide. Vehicles running in an attached garage or generators running inside a home or attached garage, can quickly produce dangerous levels of carbon monoxide.

The dangers of CO depend on a number of variables, including the person's health and activity level. Infants, pregnant women, and people with physical conditions that limit their body's ability to use oxygen can be more severely affected by lower concentrations of CO than healthy adults would be.

A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.

Low level CO poisoning can often be confused with **flu symptoms**, food poisoning, and other illnesses. Some symptoms include shortness of breath, nausea, vomiting, dizziness, lightheadedness or headaches. When extremely high CO levels are present, confusion, incapacitation and loss of consciousness can occur within minutes.

In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which CO was found, or an average of nine calls per hour. According to the NFPA, this represents an **increase of 96 percent** from 40,900 reported in 2003.

CO incidents are more common **during the colder months**. During the period 2006 to 2010 half of CO incidents reported to local fire departments across the U.S. occurred between the months of November and February, peaking in December.

The Centers for Disease Control and Prevention reports that from 1999–2010, an average of 430 people per year were killed by unintentional CO poisoning from a variety of consumer products and motor vehicles.

Interconnected CO alarms offer the best protection; when one sounds, they all do. A licensed electrician can install hard-wired interconnected CO alarms, or homeowners can install wireless alarms, plug-in alarms, or battery operated alarms.

— Keeping Your Community Safe **with Carbon Monoxide Alarms** —

NFPA • 1 Batterymarch Park, Quincy, MA 02169 • www.nfpa.org/education

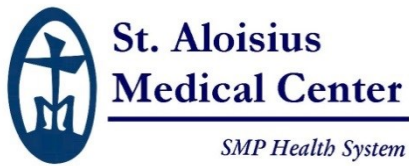


Congratulations to Krystal Wiesz

Krystal has become St. Aloisius Medical Center's first ever Certified Radiologic Technologist in Computed Tomography.

This took 2 years of study, scanning and dedication. We are proud of you!

Danica and Colleen are in the studying process.



WCEP

FOR IMMEDIATE RELEASE

Contact: Eleanor Sieglock
Phone: 701-324-4651 Ext 5410
Email: esieglock@staloisius.com

Wells County to Participate in Rural Community-Based Palliative Care Project

Harvey, North Dakota (June 11, 2018) — Harvey, Wells County is one of 7 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 of 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 Co District Health and Wells Co 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.”

St. Aloisius Medical Center, Wells County District Health and Wells County Social Services will develop and implement an action plan to improve palliative care services in their communities. The program will help patients better manage their symptoms and improve satisfaction with the family-clinician relationships. It will allow smoother transitions between health care providers—from hospitals to nursing homes or nursing homes to home where they may receive care from a home health agency.

Several organizations in North Dakota will be working together to enhance care delivery in the following communities under the leadership of these participating organizations:

- Cavalier, Pembina County Memorial Hospital
 - Harvey, St. Aloisius Medical Center
 - Hazen, Sakakawea Medical Center
 - Hettinger, West River Regional Medical Center
 - McVillage, Nelson County Health System
 - Tioga, Tioga Medical Center
- Watford City, McKenzie County Memorial Hospital

This work is part of a multi-state initiative led by Stratis Health, a nonprofit organization that leads collaboration and innovation in health care quality and safety, and serves as a trusted expert in facilitating improvement for people and communities. The overall project aims to build local capacity to cultivate palliative care programs, frame services within emerging payment models, and explore how technology can enhance the quality and efficiency of services.



Wells County Palliative Care Program Begins

Wells County and St. Aloisius was one of seven rural areas in North Dakota awarded a grant to work on a Palliative Care Program.

On June 11, 2018 St Aloisius, Wells County District Health and Wells County Social Services had a kickoff meeting and educational presentation in Harvey at the Presentation Center. St. Aloisius Hospital, Wells County District Health Department 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 was 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.

Continued from HIPAA Moment—page 3 Fargo, ND (WDAY TV) **Safety, It's something most of us feel living in our community.**

But it's possible that someone, somewhere you've never heard of, could be looking inside your home all thanks to everyday technology. Some cyber attacks have direct targets, others are random. And with our region being known as one of the worst for not securing our technology those attacks could hit us.

From the toys she plays with to any other part of her life Richard and Tracy Anderson always make sure their baby girl is safe. "You legitimately would do anything for your kids," said Richard Anderson, parent. That made the decision pretty easy when it came to getting a baby monitor with a camera. "I just wanted to know what she's actually doing, just to know if she's crying and she's actually sleeping," said Traci Anderson, parent.

Protecting your child, could actually be bringing in harm from the world wide web. According to security firm Protection 1, North Dakota was number one on the list for most unsecured cameras, which can include baby monitors, home security or even your webcam. They found more than seven cameras per 100,000 people are easy targets.

To show just how dangerous your personal cameras can be, the Andersons let us set up our own baby monitor. Using a Philips brand camera that connects to wifi we're going to hack it. That's where security expert Dan Workin, with Northstar Technology Group and Dakota Cloud Networks, comes in. He's what's called a "white hat" hacker, someone who knows knows everything the malicious hackers do, but uses his knowledge ethically to protect people and businesses.

"A lot of people think, 'I'm not special, nobody's going to be targeting me,'" said Workin. But Dan says they don't have to be after you. "A lot of the attacks that are happening are automated, and people from other countries or even this country are just scanning the internet, looking for the baby camera that's open." So when we sat down to do the hack, within a matter of moments, Dan was able to get into the camera system recording Richard and Tracy's daughter taking a nap.

"It's just so creepy! Who knows what's happening, if your little one is getting their diaper changed, they could watch or if you're nursing your baby, they could watch," said Traci Anderson.

While it's a scary virtual reality for mom and dad, the threat doesn't stop there. "Getting into the baby camera might not be the end goal," said Dan Anderson. "They might have just used that as a way to get into your network. Once they have control of the baby camera, since it's just a really small computer, they can use it to attack the other machines on your network, like your desktop and laptop and cell phone, then they might be able to get your credit card information."

So if you want to protect yourself from hackers, shutting down access is actually quite simple. "Just don't leave the hole open for the attack." Dan says set up strong passwords for your internet and anything in your home that connects to it, make sure your technology doesn't have built in backup passwords and always run your updates.

"Nothing is probably going to completely protect you, but what happens is once you shut those things off, you immediately become less interesting to a hacker from across the internet," said Dan Anderson.

Good advice that Richard and Tracy say will make them not only monitor the technology that's on their home page, but also what's in their home to make sure everything, and everyone, is safe. "It can happen to anybody, no matter how secure you think you are," said Richard Anderson.

Even if you take the necessary steps to protect yourself you may want to take a note from FBI Director James Comey. He says he still puts tape over his webcam.

DXA (DEXA) Scan

New to the Radiology Department is the DXA Scanner. We started training on the 2nd of August and started seeing patients later that day. We have been busy scanning ever since! A DXA scan is used to evaluate the bone density in your hip, spine or other bones to determine your risk of osteoporosis and your 10 year fracture risk. Bone strength weakens in women 10 years after menopause and in men over 70.

If you are wondering if you need a bone density test here are a few guidelines to go by. According to the International Society for Clinical Dosimetry (ISCD) Women aged 65 and older can be screened, along with

*menopausal/post menopausal women younger than 65 a bone density test is indicated if they have a risk factor for bone mass such as :

*low body weight

*prior fracture

*high risk medication use

*disease or condition associated with bone loss

In men less than 70, they can have a DXA test if they have a risk factor for low bone mass such as:

*low body weight

*prior fracture

*high risk medication use

*disease or condition associated with bone loss

For men aged 70 and older, they can be screened every other year.

A few things you can do to help prevent bone loss is to stay active, engage in weight bearing and muscle strengthening exercises, & get enough calcium and vitamin D daily. Ask your health care provider to schedule you for a DXA if you feel you meet the above stated criteria. St. Aloisius offers these bone density tests Monday through Friday 8am to 4pm.

LTC/Daycare Activities

This summer the residents got to hear the giggles and pitter patter of little feet echo through the LTC hallways. Activities and daycare decided to incorporate various activities between the children and residents to help bridge the gap between generations.

There are many benefits to having this kind of interaction between the two generations, such as: children become more comfortable around the older generation, it fights ageism, helps fight off loneliness in the seniors plus makes them more active, and kids don't care about the signs of dementia.

Some of the activities they did together included: making mud pies, squirt gun art, watched the movie "Trolls", made banana splits, we made boats and raced them outside and last summer the big grilling hot

The plan this during this year.



them outside activity this was playing with parachute and dogs.

is to continue school vacations



