



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.

In This Issue:  
Diabetes awareness  
Sisters Corner  
New Employee Welcome!  
New Years Fun Facts!  
Diabetes Class Calendar  
Winter Blues...Fight Back!  
Winer Safety Tips  
HIPPA and Safety News  
Did you know...?

## Controlling Your Diabetes: Monitoring Part 3 Of A Diabetes Awareness Series

Sarah Gregg, RN, BSN  
Diabetes Educator

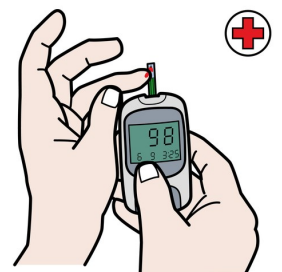
The American Association of Diabetes Educators (AADE) has developed seven key areas to help you control your diabetes. These self-care behaviors are Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Reducing Risks, and Healthy Coping. This article will focus on Monitoring.

Checking and tracking your blood sugar (glucose) levels gives you important information about your diabetes control. By self monitoring using a glucometer and blood sample, you can learn how food and activity can affect your blood sugar so that you can make adjustments as needed. When you monitor your blood sugar, you can quickly find out if your blood sugar is too high or too low. Meeting blood sugar targets is an important goal to prevent long-term complications.

The amount of self monitoring needed may vary based on your type of diabetes and your medications – you will need to work with your health care provider to determine the right amount of self monitoring. Your health care provider will help you set monitoring targets and a diabetes educator can help give you the skills needed to reach those targets.

Other health monitoring tests include:

- A1c – measures the average blood sugar levels for 2-3 months and gives an estimated average glucose (eAG)
- Cardiovascular health – blood pressure, weight, and cholesterol levels
- Kidney health – urine and blood testing
- Eye health – dilated eye exams
- Foot health – foot exams and sensory testing



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.

Happy  
New Year!



## Humility

In taking a look at our Values that are at the bottom of our Mission statement

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

I would like to add another word that starts with H. Humility an indispensable virtue to learn for practicing with excellence. Everyone in a medical field needs to achieve excellence while cultivating the virtue of humility. Humility is essential for the moral formation of health care professionals.

The word “humility” is derived from humus, a Latin word that means “ground”, “soil” or of the earth. Humble persons are well grounded or rooted, inasmuch as their lives are centered in a healthy and liberating understanding of who they are.

Humility frees people from having to pretend that they are more than, or other than, who they truly are. Thus, humility might best be described as clarity of vision about ourselves, our place in the world and about how we stand in relation to others. I must listen carefully to those who can teach me, whether they are other colleagues, or the patients entrusted to my care for their families and friends.

One of the potential hindrances to excellence in health care is to gradually lose sight of patients as unique human beings with distinctive needs, fears and concerns. Real love, whether in our personal or professional lives, is hard work because it is the promise to expend ourselves on behalf of others. Humility contributes to excellence in health care because it nurtures deep collegiality among all who are involved in caring for and ministering to the patient/residents.

Finally, humility contributes to excellence in health care because it nurtures deep collegiality among all who are involved in caring for and ministering to patients./residents. A humble person recognizes that none of us, no matter how highly educated, trained and skilled, neither knows nor can do everything. Because our knowledge and expertise is limited, we have to listen to and learn from others. We have to be open to their suggestions, willing to consult them, and ready to admit that their ideas may be better than our own.

Humility assuages pushiness because it teaches us how much we need others. That's the wisdom of humility, an unacclaimed and often neglected virtue, but one that needs to be honored, embraced and nurtured if all who are involved in health care are to achieve excellence and flourish together in their vocation of providing compassionate care to patients, residents.

Sister Mary Agnes

St. Aloisius Medical Center

Pastoral Care

## New Employees at St. Aloisius!

Pam Blomquist – Daycare  
Raven Weis – Dietary  
Gavin Kite – Dietary  
Susan Geist – Housekeeping  
Sean Olschlager – Dietary  
Morgan Harness – Dietary  
Breanna O'Kelley - Dietary



“Just remember there is someone out there that is more than happy with less than what you have.” – **Unknown**



## New Years Fun Facts!

\*The first New Year was celebrated 4,000 years by the ancient Babylonians.

\*Time Square New Year's Eve Ball was first dropped in 1907 after there was a fireworks ban. Back then, a 700-pound ball embellished with 25-watt bulbs made of iron and wood was dropped. Now, however, it weighs 11,875 pounds, is 12 feet in diameter and is adorned with 2,668 Waterford crystals.

\*45% of Americans make new years resolutions.

\*It is often thought that the first visitors you see after ringing in the New Year would bring you good or bad luck, depending on who you keep as friends and enemies. That's why most people celebrating on New Year's Eve often do so with friends and family. If the first person to visit you was a tall and dark-haired man, this was especially lucky.

\*2,000 pounds of confetti are dropped in Times Square at midnight

\*22% of Americans admit to falling asleep before midnight.



## Winter Blues...Fight Back!

Seasonal depression, also known as seasonal affective disorder (SAD) or the "winter blues," is a subtype of depression or bipolar disorder that occurs and ends around the same time every year.

Seasonal depression typically occurs when the seasons change and most symptoms begin in the fall and continue into the winter months. However, seasonal depression can occur in the summer or spring, although this is less common

\*In a given year, about 5 percent of the U.S. population experiences seasonal depression.

\*Four out of five people who have seasonal depression are women.

\*The main age of onset of seasonal depression is between 20 and 30 years of age, however symptoms can appear earlier.

\*The prevalence of seasonal depression is anywhere from 0-10 percent of the population, depending on the geographic region.

\*Typically, the further one is from the equator, the more at risk they are for seasonal depression.



### Tips to fight against the Winter Blues:

\*Sit next to artificial lights that mimic natural light, open blinds and curtains, trim tree branches away from windows.

\*Eat a healthy diet

\*Gradually increase light in your bedroom in the morning.

\*Exercise

\*Listen to upbeat music

\*Stay social

\*Help others

\*Get outside and embrace the season!



## FREE Diabetes Wellness Classes

If you have diabetes,  
**CALL TO REGISTER TODAY**  
for FREE Diabetes Wellness Classes, which will be held HERE:

### PRESENTATION CENTER

St. Aloisius Medical Center  
325 Brewster St East, Harvey, ND

Call Sarah Gregg at (701)324-4769 extension 5416

or email: [sgregg@stalouisius.com](mailto:sgregg@stalouisius.com)

Please leave a message with your name and contact information

Classes include six different sessions. Each session covers a new topic. Sign up today and remember to mark your calendars so you are able to attend all six sessions. Space is limited and registration is required. Classes are scheduled for the following dates:


Class #1	Tuesday	February 6th	1:00-3:00 p.m.
Class #2	Tuesday	February 13th	1:00-3:00 p.m.
Class #3	Tuesday	February 20th	1:00-3:00 p.m.
Class #4	Tuesday	February 27th	1:00-3:00 p.m.
Class #5	Tuesday	March 6th	1:00-3:00 p.m.
Class #6	Tuesday	March 13th	1:00-3:00 p.m.



*Information taken from [mentalheathamerica.net](http://mentalheathamerica.net)*

"Just know, when you truly want success, you'll never give up on it. No matter how bad the situation may get." – Unknown





**WINTER SAFETY TIPS**

### Frostbite

- Dress children warmly. Several thin layers will help keep children dry as well as warm.
- Set reasonable time limits on outdoor play. Call children in periodically to warm up with drinks such as hot chocolate.
- Be aware of signs of frostbite: numbness, tingling or pain in fingers, toes, nose, cheeks or ears.
- Take child indoors. Have child wiggle affected body parts to increase blood supply to that area. Warm the frozen parts against the body. Immerse in warm, not hot water. Avoid warming with high heat from radiators and fireplaces, and avoid rubbing or breaking blisters.
- Call doctor for additional advice on treating frostbite.

### Sledding

- Sled only on terrain that is free of obstacles.
- Check for snow-covered hazards such as rocks or stumps.
- Make sure the bottom of the slope is far away from streets and traffic.
- Use sleds with steering mechanisms. Avoid makeshift sleds.
- Do not lie flat on the sled while riding down. Lying flat increases the chance of head and abdominal injuries. Sit up with feet forward.
- Never ride on a sled that is being pulled by a motorized vehicle.
- Check manufacturer's recommendations for number of children or weight restrictions on a sled.
- Clothing (hats/scarves) should not block vision or become an entanglement hazard.

### Snow Skiing and Snowboarding

- Take lessons when learning to ski.
- Use caution when entering and exiting the skit lift.
- Be aware of other people on the slope.
- Ski within your experience level, do not ski too fast or out of control.
- Wear sun protection, even on cloudy days.
- Never ski alone.
- Wear an approved helmet.
- Follow posted signs & rules.

### Ice Skating

- Skate only on approved surfaces.
- Check for signs posted by local recreation departments. Never go out on ice that an adult has not approved.
- Skate in same direction as crowd.
- Never skate alone.
- Throw away candy or chewing gum before skating.

## Safety News:

YAY! We are getting at least a 20% discount (out of 25%) on our Workforce Safety Insurance Premium. Safe Driver program will be audited later and that will give us 5% more discount. Thank you for reporting injuries or possible injuries in a timely manner. St. Aloisius Medical Center has an annual safety program audit. This audit looks at our WSI claims, how we do our investigations into employee incidents, our safety education and how our employees (YOU) see our program working. We did well!

Communication is the key to team safety. Notify all co-workers of hazards, both old and new. (Report near misses to Marian.)  
mhase@staloisius.com

Keep track of co-workers at all times. Take safety and safety training seriously; your co-workers depend on you. Offer help to a team member any time it will reduce the chance of injury.



## HIPAA Security Training:

The workforce (meaning all of us employees) is the biggest security risk according to experts. Emails containing attachments and links that don't make sense or come from unknown sources should be suspect.

### Internet Safety



This is called "phishing". This is the vehicle that hackers use to deliver ransomware or malicious content. If someone opens one of those attachments or links, it can allow inappropriate content to contaminate our network. WARNING – sometime in the not so distant future, a phishing test is

coming! You are warned! ☺ mhase@staloisius.com

\*The Retention & Recognition Committee (R & R Committee) is going to have one day a month (in addition to Fridays) that will be designated as "Jeans Day". It will be the **second Wednesday** of every month, and will start in January. So starting on Wednesday, January 10<sup>th</sup>, everyone can wear jeans, if they pay the \$1.00 fee. The collection jar will remain at the front desk. The money will go towards expenses for the R & R Committee.

\*The Cafeteria has Microwavable sandwiches for sale. There is a menu located in the cafeteria, and it might change periodically. Right now, the following items are available:

Sausage, Egg & Cheese Croissant - \$2.25  
 Bean & Cheese Burrito - \$2.00  
 Steak & Cheese Chimichanga - \$2.25  
 BBQ Pork Rib Sandwich - \$2.00  
 Bacon Cheese Burger - \$2.50  
 Turkey Club Sandwich - \$2.50

**Did  
You  
Know?**