



St. Aloisius  
Medical  
Center

SMP Health System

# HEALING FIRE AND LIGHT

Laura Lieberman-Editor Staff News

NOVEMBER 2017

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

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## Controlling Your Diabetes: Healthy Eating Part 1 of a Diabetes Awareness Series

By; 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 Health Eating.

There is no food that a diabetic can't eat; however, you need to understand how it can affect your blood sugar. There are only three major food nutrients (carbohydrates, protein, and fat) and a balance is needed to stay healthy.

Some goals of Healthy Eating include counting carbohydrates, reading food labels, measuring each serving, developing an eating plan, preventing high or low blood sugars, and setting goals for healthy living. Carbohydrates are found in a variety of foods including pastas, breads, fruits, vegetables, dairy products, and sugary treats. You get more nutrition from eating whole grain bread versus a piece of cake. Reading food labels helps you to understand how healthy or unhealthy a food is by breaking down how much of each nutrient is in a serving.

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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.





## Being Content is a Learning Process

“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” 1 Corinthians 4: 7-8

Instead of focusing so much on what you don’t have and what didn’t happen, be grateful for what you do have. This doesn’t come naturally to me, probably not for you either, and not even for the apostle Paul, who said “ I have learned to be content” Being content is a learning process. 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?

Envy is based on the myth that you have to have more to be happy. Envy always looks at others and asks, “Why them? Why did they deserve it? I deserve what they have. “But gratitude says, “Why me? Why did God give this me this? I’m blessed because I don’t deserve what I have.” It totally flips our perspective.

Although we all struggle with envy, it’s hard to admit it because it’s such an ugly emotion. When you’re envious of others, you really want them to fail, because it makes you feel better that they don’t have more than you. That’s pretty crazy, isn’t it? If we could only learn to be grateful for what we have, we could begin to get rid of these feelings of envy.

It’s important to understand that envy is not to have a desire or a dream or a goal. It’s good to have those. Envy is not looking forward to something or hoping that something can happen in your life or even wondering if you should have something. Envy says you can’t be happy until you get that desire or goal. Envy is not being grateful for what you already have. Yet the Bible tells us that we already have more than we need and far more that we deserve. Every good thing in our lives is a gift from God, and it is up to him to decide when and how he blesses us. It’s up to us to choose to be grateful and make the most of what we’ve been given.

Sister Mary Agnes

## Controlling Your Diabetes: Healthy Eating,

*Continued from page 1,*

Reading food labels helps you to understand how healthy or unhealthy a food is by breaking down how much of each nutrient is in a serving. Measuring each serving helps you to understand how many nutrients you are taking in. It is easy to over estimate a serving size. A single serving of chicken (protein) is the size of a deck of cards. Development of an eating plan helps you to choose foods that you enjoy while making healthier choices. When

your blood sugar is too high or too low, it can make you feel sick and can cause real problems. Understanding how different foods affect your blood sugar will help you to make better food choices. Finally, it may seem overwhelming to change your eating habits, but by working with a diabetes educator or a dietician to make simple goals with a plan, you can help manage your diabetes with healthy eating.

(Image from AADE Website)



## Thanksgiving Fun Facts!

- 1.) The first Thanksgiving was a 3 day celebration, in 1621.
- 2.) The first Macy's Thanksgiving Day parade did not feature any balloons.
- 3.) About 46 million turkeys are cooked for Thanksgiving every year
- 4.) The Butterball turkey help line answers almost 100,000 calls each season
- 5.) The world's largest pumpkin pie, made at the 2010 Pumpkin-fest in New Bremen, Ohio weighed 3,699 pounds and was 20 feet in diameter.

## The Six Pillars of Character

**Trustworthiness**– Be honest. Don't deceive, cheat, or steal. Be reliable– do what you say you'll do. Have the courage to do the right thing. Build a good reputation. Be loyal– stand by your family, friends, and country.

**Respect**– Treat others with respect, follow the golden rule. Be tolerant and accepting of differences. Use good manners, not bad language. Be considerate of the feelings of others. Don't threaten, hit or hurt anyone. Deal peacefully with anger, insults and disagreements.

**Responsibility**– Do what you are supposed to do. Plan ahead. Persevere; keep on trying! Always do your best. Use self-control. Be self-disciplined. Think before you act– consider the consequences. Be accountable for your words, actions and attitudes. Set a good example for others.

**Fairness**– Play by the rules. Take turns and share. Be open minded, listen to others. Don't take advantage of others. Don't blame others carelessly. Treat all people fairly.

**Caring**– Be kind. Be compassionate and show you care. Express gratitude. Forgive others. Help people in need.

**Citizenship**– Do your share to make your school and community better. Cooperate. Get involved in community affairs. Stay informed and vote. Be a

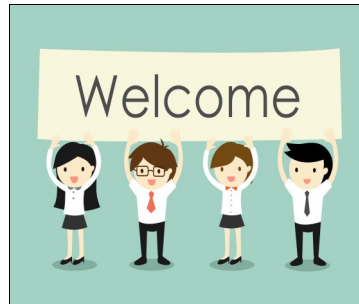
## Be thankful for what you have.





## Welcome to the new employees at St. Aloisius!

Athena Buchmiller – Housekeeping  
Ferdinand Niyongabo – Med Surg  
Brookelyn Pfau – LTC  
Donald Schmidt – Dietary  
Angelica Willis – Dietary  
Kehley Powell – LTC  
Ann Engh – LTC  
Kristoffer Tinajero – Dietary  
Debi Davison – Dietary  
Nicholas Titus – Dietary



**Did You Know?** Did you know that if you have hospital

billings at St Aloisius, you can set up payroll deductions to pay on them? To have payments come directly out of your paycheck for your St Aloisius billings, contact Jessica in the business office.

Did you know? You can dial 324-4769 and this will take you to the St Aloisius phone directory. Here you can enter the 4-digit extension number of the department/person you are trying to reach and it will transfer you to them without having to go through switch-board.



## 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)324-4651 extension 5416  
or email: [sgregg@staloisius.com](mailto:sgregg@staloisius.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	November 7th	4:00-6:00 p.m.
Class #2	Tuesday	November 14th	4:00-6:00 p.m.
Class #3	Tuesday	November 21st	4:00-6:00 p.m.
Class #4	Tuesday	November 28th	4:00-6:00 p.m.
Class #5	Tuesday	December 5th	4:00-6:00 p.m.
Class #6	Tuesday	December 12th	4:00-6:00 p.m.



This material was prepared by the Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 1150W-GPQIN-ND-02-07/0415 (Revised 0216)



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## **Recent Additions to Physical Therapy Department**

The St. Aloisius Physical Therapy Department is excited to now be able to provide you with all of your therapeutic mechanical traction needs. There are two types of mechanical traction we provide: lumbar traction and cervical traction.

The Saunders mechanical traction units that we have available in our clinic provide distraction, or separation, of the vertebral bodies, which make up the bony protection of the spinal cord. The muscles, tendons and ligaments surrounding your spine also undergo a stretch. This can help with diagnoses such as nerve root impingement caused by a herniated disc or foraminal stenosis. People with musculoskeletal back pain may also experience relief.

In the neck, or cervical spine, traction can also help relieve tension headaches, and help with soft tissue injury of the neck, such as whiplash.

The appropriate use of traction would be determined after evaluation and typically in conjunction with other treatment modalities.



\*Get your flu vaccination! 5 to 20% of the US population is hit with the flu annually. 200,000 people are hospitalized according to the CDC. In 2015-16, 5.1 million cases of the flu were prevented!

\*November 1, 2017 the new Drug and Alcohol Free Workplace policy is in place. This adds pre-employment and random drug screens to our previous policy of reasonable suspicion and post-accident testing. After you have been offered the job, you will be asked to submit to a pre-employment drug screening. Each quarter, 5% of the workforce will be asked to submit to a random drug screen. If you should test positive, you will be retested to confirm the result. You have available to you, as part of your employment with St. Aloisius, access to the St. Alexius Employee Assistance Program. Phone number is 1-800-327-7195.

\*Pet Policy – All pets that come into our facility need to have current vaccinations on file at the front desk. Front desk personnel will verify that the vaccinations are current and the pet owner will sign a form acknowledging the policy. Visitors' pets will be kept leashed.