

## *Beloved teacher, Sister Margaret Rose Pfeifer, dies age 90*



Sister Margaret Rose (Willis Marie) Pfeifer was born September 2, 1926 to William M. and Ida G. (Zimprich) Pfeifer, Cooperstown, ND. She made vows of consecrated chastity, obedience and poverty to God with the Sisters of Mary of the Presentation, August 29, 1945.

She lived a long and fruitful life as a teacher and leader. Sister Margaret Rose taught 5th and 6th grade in Wild Rice, ND from 1945 to 1948. She taught 3rd, 4th and 5th grades in Lisbon, ND from 1948 to 1949. She taught 2nd, 3rd, 7th and 8th grades and was the Principal at St. Cecilia's Catholic School in Harvey, ND from 1950 to 1960.

In 1957 she received a Bachelor's Degree from Great Falls University, Great Falls, MT with a major in mathematics and education and minors in chemistry, biology and English. She taught high school at Notre Dame Academy, Willow City, ND from 1960 to 1968. In 1968, she received her Master's Degree from Creighton University, Omaha, NE with a Major in biology and chemistry and a Minor in secondary education. In 1968, she began teaching at St. Catherine's School in Valley City where she taught high school and later all grades and levels until 1973.

Sister Margaret Rose served as the Social Director at Presentation Medical Center, Rolla, ND for a time while also teaching at Belcourt and Rolla high schools. She began teaching at Turtle Mountain College, Belcourt, ND in 1979. She was on the leadership council of the Sisters of Mary of the Presentation beginning in 1968.

In 1976, she was Provincial Councilor while continuing to teach at Turtle Mountain Community College until 1984.

In 1990, she was the Master Teacher for Instructors for early childhood and parents in the Comprehensive Child Development Program at Little Hoop Community College, Fort Totten, ND until 1992. In 1992, she became the Provincial of the Sisters of Mary of the Presentation until 1996. She attended a Theological Sabbatical September-December of 1996. In 1997, she began serving with SMP Health System and has been a lobbyist at the North Dakota Legislative sessions.

Sr. Margaret Rose was appointed to the Board of Directors at St. Aloisius Medical Center in January 1987 and served in that capacity for just over 30 years. She made a significant contribution with her life in every role she served and she will be greatly missed by everyone. May she eternally rest in the arms of God.

## Stroke ready designation

We are pleased to announce that St. Aloisius Medical Center has been granted a three year designation for Stroke Readiness.

There are three types of certifications that exist for hospitals specific to care of the acute stroke patient, each supported by guidelines developed by the American Heart Association/the American Stroke Association (AHA/ASA): Stroke Ready Certification, Primary Stroke Certification, and Comprehensive Stroke Certification.

Stroke Ready Centers are hospitals that comply with and sustain benchmarked standards of care for the acute stroke patient, including

the administration of t-PA, the only FDA-approved drug for treatment of the acute non-hemorrhagic stroke victim. The Brain Attack Coalition recommends that Acute Stroke Ready hospitals stabilize the patient and use a "drip and ship" model of care. The window of treatment time is three hours from symptom onset.

Thanks to all the Providers, Nurses, Lab personnel, Radiology Techs and our local EMS services for recognizing the importance of this certification and adding to the great quality of care we provide at St. Aloisius Medical Center.

### Senior Housing Apartments Available

Apartments are all on one level with central commons area, laundry, heat, electric, air conditioning, water utilities covered.

**Call Nancy 701-324-5102**



# From the Administrator . . .

Wow, how the summer flew by and now onto another beautiful season here in North Dakota. As with the change of seasons, there are positive changes here at St. Aloisius Medical Center.

As our board of directors and leadership team convened to perform our strategic planning session, many great ideas and projects were implemented. To begin, I would like to provide some of the ideas that were discussed and put into action. For our employees, the Recognition and Retention, or R & R, Committee was formed. This committee is comprised of **ONLY** employees. Ideas for recognizing and retaining employees are vital and these ideas are straight from our employees and not leadership.

Another opportunity for our employees to receive and provide information is our "Lunch with the CEO." This monthly meeting is comprised of random employees to meet and discuss any ideas or issues over lunch. Many great topics have been discussed with the purpose of employees being the main focus.

The strategic planning session brought forward several new services to provide to our communities. Current training is underway for one of our staff members to become a diabetic educator. Information and understanding is a vital part for patients with diabetes to manage their disease correctly and having a resource available is important to our patients and communities.

Another service moving forward is preparing the communities of Harvey and Fessenden to become a Cardiac Ready Community. Research has shown that communities increase survival and recovery rates for victims of heart attack, stroke, or sudden cardiac arrest when residents know cardiac emergency signs and symptoms, activate the 9-1-1 system, begin cardiopulmonary resuscitation (CPR), and have public access to automated external defibrillators (AEDs). A Cardiac Ready Community program engages entire communities to be able to respond, assist, and improve survival rates when an individual suffers a cardiac arrest. Stay tuned for more information to come!

Our Long Term Care unit has exciting news as well. Our annual



Mike Zwicker

survey process took place with the arrival of six state surveyors for three days to review processes and procedures on the care of our residents. I'm proud to say that our LTC unit passed with flying colors. Our outstanding survey results are a reflection of the excellent leadership and staff of all disciplines who take care of our residents. Furthermore, the positive survey results instill trust and confidence to our residents, their families, and to our communities on the excellent care provided by St. Aloisius Medical Center's Long Term Care. In addition to our successful state survey results, our LTC continues to maintain our 5-star rating comparing us to all nursing homes in North Dakota.

I'm also proud to announce that our Long Term Care will be receiving a brand new bus for our residents. Due to the generous donation of money from the George Litke estate, and the approval from our board of directors, SAMC is able to purchase a new bus for the improvement of our resident's quality of life. A celebration and dedication of the bus is tentatively scheduled for October 18th. Please come and join our staff and residents for the dedication and celebratory event.

As most everyone has either seen on the news or read in the newspapers, there have been several natural disasters in our country. Texas and Florida have been the most recent victims of natural disasters where lives have been lost. Here at SAMC, we take emergency preparedness very serious as it is our responsibility to provide a safe haven for our patients and residents. Over the past

several months, SAMC has participated in several "table top" exercises to train staff on proper procedures and instructions towards emergency preparedness. Most recently SAMC implemented an actual "emergency drill" with mock patients. The exercises involved providers, leaders, and staff members. This emergency exercise was a huge success due to the pre planning, previous table-top exercises, and dedication of our staff members. Here at SAMC, our staff will be prepared for when an emergency occurs, not if.

In conclusion, I want to personally thank our staff and communities for showing support towards our ministry and for all the positive feedback I have received over the past several months. I enjoy spending time in the community, whether I'm having coffee with the local community members, participating in Kiwanis and Eagles, or attending the various boards that I have been assigned. It is extremely important to be a part of the community that my family and I call home.

God Bless and take care!

Mike

**ForeWord is primarily published for the friends and family of St. Aloisius Medical Center.**

**Editor  
Pam Stewart**

**Contributing Writers  
Beth Huseth  
Sarah Gregg  
Sandy Teubner  
Candie Thompson  
Sara Balfour**

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Mike Zwicker, CEO, Harvey**

**St. Aloisius Medical Center  
325 Brewster St. E  
Harvey, N.D. 58341**

St. Aloisius Medical Center is an equal opportunity provider. Complaints of discrimination may be sent to: USDA, Director, Office of Civil Rights, Washington, D.C. 20250-9410

## Thank you for thinking of us!

We gratefully acknowledge the gifts and memorials we receive. Your support helps make it possible for us to continue our mission of "Healing Hospitality" and quality care to the communities we serve. Thank you again for your generous donations:

**NOTE: The Sisters of Mary of the Presentation Health System, which includes St. Aloisius Medical Center, is considered a Qualified North Dakota Endowment Fund. Are you aware of the tax incentive (income tax credit) for charitable gifts made to qualifying ND charitable organizations? If you are interested in learning more about charitable gift donations please contact us!**

### Memorials and Contributions

Donation to St. Aloisius Medical Center in memory of Adolph Shirley from Dakota Community Foundation (A. Shirley Memorial Fund)  
Donation to the Serenity Garden for the sign on Grape Arbor from Sisters of Mary of the Presentation (Harvey)  
Donation to the Serenity Garden imo Alma (Dietz) Lindquist from Pam & Jerome Held  
Donation to LTC Activities in memory of Wesley Boese from Owen & Edith Anderson  
Donation to the Serenity Garden imo Sr. Margaret Rose Pfeifer from Sandy and Bruce Teubner  
Donation to the Serenity Garden in memory of Borghild Hovland from Jonathan & Arlyss Bergrud  
Donation to the Serenity Garden in memory of Diane Hintz from Sandy Teubner  
Donation of plants for the Serenity Garden from Lowes Garden Center and Schmaltz's Green house  
Donation to the Serenity Garden in memory of Helen Meier from Pete & Catherine Schall family, Linda Knudtson, Angie Lord, Bernard & Mary Hall, Debbie Kourajian, Gerald & Barb Seiler  
Donation to the Serenity Garden in memory of Helen Meier from Gerald & Barb Seiler  
Donation to the Serenity Garden in memory of Lorraine Hovland Olson from the Lorraine Hovland Olson family  
Donation to LTC in memory of Byron Nelson from Kallenbach family by Shelly Kallenbach  
Donation to LTC Unit B in memory of John & Lena Mack from the Mack Family  
Donation to Serenity Garden in memory of Clara Knodel from Donna, Tom & Steve Sauter, Doreen & Terry Rexine, Deloris & Don Wikenheiser & Family  
Donation in memory of Lowell Nelson from Peggy & Lloyd Nelson, Bottineau, ND  
Donation for the Employee Picnic from Wanda Wepasnich Family, Williston, ND  
Donation in memory of Olive Rodne from Michelle Stahl

*If we have failed to mention your donation, please accept our apologies and contact us so we can correct our records. Thank you for caring!*





Men's Field Trip



Health Fair



Men Peeling Apples

# LTC Activities in Review - 2017



Coloring Easter Eggs

**Adopt-A-Grandparent** - Currently, we are embarking on a new adventure with FCCLA students. There are twenty-five (25) students that will be volunteering their time to spend with a grandparent. These students will be doing this until the end of February 2018.

**Pen Pal with BM Hanson Elementary 3rd Graders** - last year the residents received letters from students at BM Hanson. The residents reciprocated in various ways, such as: writing back to the students, making crafts, at the end of the school year the residents made popcorn balls for each student and a resident with LTC staff delivered them to the school.

**Men's Groups** - We have a special men's group that gets together and does various "manly events". They have completed painting projects, brought in old farm tools to discuss and watched various shows (rodeo, tractor pull, threshing shows).

**Glamour Shots** - men and women like to feel great about themselves. Residents received a makeover, hairstyle and a fun photography session with props that included: hats, scarves, boas, and handkerchiefs. Each resident received a photo of themselves all "glammed out".

**New activities** - This year we started several game shows that the residents enjoy. They include Price Is Right, Family Feud and Wheel of Fortune. The prizes that were given away included gift certificates from the Pizza Ranch, Subway, One-Stop, Tesoro and the Grain Bin. Other prizes were given from Gooseneck, High Plains Equipment and First State Bank.

**Interacting with the day care kids** - During the summer we invited the daycare kids to participate with special events. One activity was taking the residents and kids outside to play games with the big parachute then afterwards we ate grilled hot dogs. The next event was rained out ...we planned on playing volleyball. However, do to the blessed rain we stayed inside and played bingo and enjoyed watermelon.

**Weekly activities** that the residents participate in include: bingo (7 nights a week) and pretty nails. Volunteers come in on Thursday and Friday mornings to roll or curl their hair.

**New Bus...** The residents are looking forward to the arrival of our new bus and can't wait to see what adventures will be coming their way.



Resident/Family Picnic



Puppies



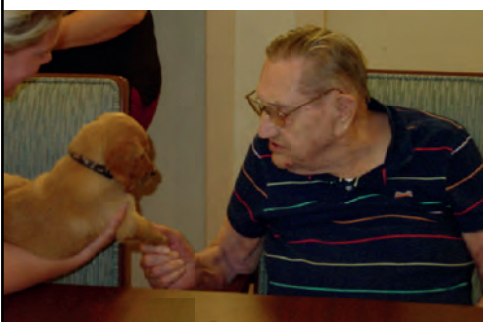
Making popcorn balls for school pen pals



Gardening



Homecoming Parade



Enjoying Puppies



Glamour Shots



Glamour Shots



Health Fair



# Diabetes Self-Management Education coming to Harvey

St. Aloisius Medical Center (SAMC) is excited to soon be offering diabetes self-management education to our service area. Diabetes is a devastating health condition and is the 7th leading cause of mortality in the US and accounts for \$245 billion dollars in healthcare costs annually. Within North Dakota, one in eleven people has diabetes and four out of ten have prediabetes. Those who have diabetes are at a higher risk for serious health complications including blindness, kidney disease, heart disease, stroke, and loss of limbs.

SAMC is collaborating with Wells County District Health Unit (WCDHU) to offer the Diabetes Empowerment Education Program (DEEP) curriculum three times per year with the first class starting in

November 2017. The DEEP class is a free program that will meet weekly for six weeks and will be 2 hours long. This diabetes self-management education program will provide participants with the tools to better manage their diabetes.

Also on the horizon for SAMC... we will be working towards becoming an accredited entity of the American Association of Diabetes Educators (AADE). Once SAMC is accredited, we will be able to offer individualized diabetic education on an outpatient basis.

If you are interested in knowing more about this program you may contact Sarah Gregg, RN, BSN at 701 324-4769 Extension 5416 or email [sgregg@staloisius.com](mailto:sgregg@staloisius.com).

## Cardiac ready community

**Is your community Cardiac Ready?** That is the goal of a small group of members in our community. St. Aloisius Medical Center has been given the lead to work with members of various communities to engage residents in becoming "cardiac ready".

But, what does this mean, you ask? It simply means that members of your community will know if they are at risk for "cardiac events".

**What does a "cardiac event" feel like and what do I do if I have a one? And... what do I do if the person standing next to me at the grocery store has a "cardiac event"?** This group will work towards educating our communities, training our communities in CPR (with this you will learn how to use an Automated External Defibrillator (AED)), and will work towards getting more AED's strategically located in our communities.

Harvey and Fessenden have already returned "Letters of Intent" to the North Dakota Department of Health and once these communities are designated as cardiac ready, we will start working on others.


Be on the lookout for upcoming events! As always, we will be checking blood pressures at our

"Wellness Days" in Harvey, Fessenden and Drake. If we find blood pressures too high, we will be making referrals and giving education. We will also have a sign-up sheet for those who are interested in becoming certified in CPR. There will be more than one level of CPR offered, a short version which is a "hands only" and Friends and Family CPR.

This is a community effort and we hope to get a lot of participation from the public.

We will be looking for funding to place AED's in all communities. We have not determined exactly how many AED's will be put into each community at this time. We need to raise funds before we can make that determination. The AED we are looking at has a price tag of \$1,500.00. We will be writing grants, accepting local donations, and we can see fundraising in our future.

We have held two meetings thus far and those present were Brittany Long, Wells County Public Health, Tom Burr, Harvey PD, Ann Adams, Mayor of Harvey, Tammy Roehrich, Well County Emergency Manager, Janelle Pepple, Fessenden Ambulance Service, Doug Heil, Harvey Fire Dept., Marla Countess, Harvey Ambulance Service, Taylor Countess-



**DIABETES**

**Empowerment  
Education  
Program**

**FREE classes offered at St. Aloisius Medical Center**

St. Aloisius Medical Center is offering free classes designed to help you manage diabetes! This series called Diabetes Empowerment Education Program (DEEP) will be offered by St. Aloisius Medical Center. Classes are funded by Medicare and available to you **at no cost** for a limited time.

**Classes Aim to Help You Gain a Better Understanding of:**

- How diabetes develops
- Meal planning and keeping your blood sugar normal
- Managing medications and preventing complications

Classes will be held Tuesdays from 4 pm – 6 pm in the Presentation Center at the hospital

**Nov. 7<sup>th</sup> to Dec. 12<sup>th</sup>**

**Registration is required; space is limited!**

We recommend you attend all six classes.

You do not have to be a Medicare recipient to attend!

Pre-register with instructor Sarah Gregg,  
Phone: 324-4651 ext 5416 or  
[sgregg@staloisius.com](mailto:sgregg@staloisius.com)

Terry, Harvey Ambulance Service, Cheryl Flick, Bowdon Ambulance Service, Mike Zwicker, Sandy Teubner and Candie Thompson, St. Aloisius Medical Center. We will plan to meet monthly until we have achieved our goals.

If you have any questions, please contact Candie Thompson at St. Aloisius 701 324-5113.

## News Flash:

Mike Zwicker, CEO, says he will paint his fingernails pink if we do 125 mamograms in October 2017.

Let's paint them PINK! Schedule your appointment today - Call 701-324-5107



# Fall Wellness Days Scheduled in October

Autumn has arrived and that means it's time for St. Aloisius Fall Wellness Days! Over the past 26 years, hundreds of individuals have attended our wellness clinics, recognizing that prevention and early detection of illness go a long way in maintaining their good health.

Our wellness panel offers 18 lab tests that include triglycerides, cholesterol and anemia screens. You should not eat or drink anything but water for 12 hours before your test. The cost is \$35, which includes your lab

work, blood pressure and a continental breakfast. Men can have a PSA test, which screens for indications of prostate cancer, for an additional fee of \$30.

Harvey dates are October 16th, 18th and 25th from 6:00 to 10:00 AM at St. Aloisius Outpatient Services (Old Clinic Building by the hospital) in Harvey. We'll be in Drake City Hall from 7:00 to 9:30 am on Tuesday, October 17th and at the KTL building in Fessenden on Tuesday, October 24th from 7:00 to 9:30 am.

## St. Aloisius 2017 Fall Wellness Days

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**6:00 to 10:00 AM**  
**October 16<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>**

St. Aloisius Outpatient Services – Harvey  
(former clinic building attached to the hospital)

**7:00 to 9:30 AM**

**Tuesday, October 17<sup>th</sup>**, at City Hall in Drake  
**Tuesday, October 24<sup>th</sup>**, at the KTL Building  
in Fessenden

\*\*\*\*\*

Blood pressure & panel of 18 lab tests  
including triglycerides, cholesterol & anemia screen.  
\$35 includes continental breakfast.

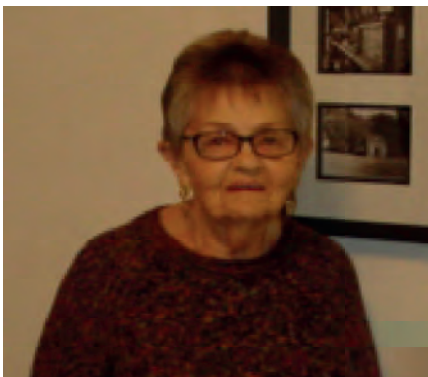
Men can get a PSA test for an additional \$30.

*Wells Co. District Health Unit will offer flu, pneumonia & tetanus vaccines at the Harvey and Fessenden sites.*

*Please note: No reimbursement by private insurance, Medicare or Medicaid for tests and no physician ordered tests will be done during Wellness Clinics.*

*Remember - only water for 12 hours before tests!!*

# Senior Housing living



## ...According to Joyce

apartment became available she moved into that one. Joyce said, "I'm so happy it allows me to host my children. I do take part in the noon meal that is offered. The portions are generous so I often have leftovers for another meal and the staff is wonderful."

Joyce Eckart moved into St. Aloisius Senior Housing in September 2016. "My kids wanted me to move off the farm after my husband's death," she shared. "Of course, I didn't want to." After she had a fall that required being admitted to St Aloisius Medical Center, her children moved her into the Senior Housing apartment. Joyce said, "They moved me as close to the Nursing home as they could without actually moving me there. I feel very safe here, and I'm very happy and content in the Senior Citizen housing apartment."

A week and a half after she moved in she called her children together and told them they don't have to remodel the home at the farm.

Joyce's previous experience with the Senior Housing complex was that she and her husband had visited some friends at an apartment 11 years ago and she realized that's the apartment she moved into at first. When a two bedroom

Joyce shared, "I did have to activate my emergency call button, my chest hurt and I told myself, 'I'm not going to push that button. Well, I did and the staff assessed me and helped me.'" Another time Joyce shared that she was making supper and a nurse knocked on the door and asked if she was ok. "They came in and I asked them why they were there," she said. The nurse said Joyce had pushed her call button. She realized she accidentally pushed the emergency button while cooking. She said the staff was wonderful and she felt so secure that someone responded.

"I do have my car here and park it in the front parking area. The handicap shower, washing machines and everything on one level has been very beneficial. We also have a long hall that is perfect for an indoor walking path and that's something I couldn't do at home. I'm very pleased with my children's decision which has become my decision."



Zane Zuleger, CNS and Erin Hagemester, PMHNP

## Hagemester with RHMC

Erin Hagemester has recently completed board certification as a Psychiatric Mental Health Nurse Practitioner (PMHNP).

Hagemester has been a board certified Family Nurse Practitioner (FNP) for the past 13 years at Central Dakota Family Practice in Harvey. She will be replacing, recently retired, Zane Zuleger,

CNS in children's, adolescent and adult psychiatric care serving the Harvey area with the Rural Mental Health Consortium (RMHC).

Hagemester will begin seeing patients in Harvey at St. Aloisius Medical Center as of October 1, 2017 and will eventually see patients at the Fessenden Clinic also.



# Bake Sale marks St. Vincent de Paul Day

Each year St. Aloisius Medical Center celebrates St. Vincent de Paul day in September with an event that will help the community in some way. St. Vincent de Paul was a French Roman Catholic priest who dedicated himself to serving the poor. He was renowned for his compassion, humility and generosity and is known as the “Great Apostle of Trumpets”.

This year the Business Office at St. Aloisius hosted a bake sale with the funds raised earmarked for Faith In Action. We invited all of the local communities to participate by baking, buying or donating. We had hoped to really make a difference this year.

The bake sale was a huge success with \$1240.76 being donated to the Faith In Action program. Faith In Action is a program administered at the First Lutheran Church in Harvey. A very simplified explanation of that program is that folks can request a volunteer to drive them to an appointment when they are unable to drive themselves. However, if you would like more information regarding Faith in Action or would like to know more about this service, please call the First Lutheran Church in Harvey at 324-2548.

Thank you to everyone who helped in any way. This was truly a community event and we are so thankful for our awesome community spirit.



Pastor Phil Lier, First Lutheran Church, with Sister Mary Agnes Huber, Pastoral Care and Mike Zwicker, CEO, St. Aloisius, with bake sale donation to First Lutheran's Faith in Action program.

## Falls Prevention Tips

### Follow these tips to prevent slips and falls in your home:

**Get some exercise:** Lack of exercise can lead to weak legs, which increases chances of falling. Exercise programs like Tai Chi and Stepping On can increase strength and improve balance making falls less likely for older adults.

**Be mindful of medications:** Some medicines, or combinations of medicines, can have side effects like dizziness or drowsiness, which can make falls more likely. Having a doctor or pharmacist review all your medications can help reduce the chance of risky side effects and drug interactions.

**Keep your vision sharp:** Poor vision can make it harder to move around safely. To ensure you're seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.

**Eliminate hazards at home.** A home safety check list available from the Department of Health can help identify fall hazards, like clutter and poor lighting.

**Sign up for a falls prevention class if offered in your area.** There are many areas in North Dakota offering Stepping On classes to build strength and balance to educate seniors on potential hazards. Visit:

<http://www.ndhealth.gov/injury/trainings/steppingon/CurrentSteppingOnLocalWorkshops.pdf>

Leaves  
are supposed  
to fall.  
People aren't.

Falls are the leading cause of injury death for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. In 2016, there were 91 fall-related deaths to North Dakotans age 60 years and older. Falls are often due to hazards that are easy to overlook, but easy to fix.



# National Breast Cancer Awareness



Registered mammography and radiology technologists Colleen LaFontaine, Krystal Wiesz and Danica Grossman.

October is National Breast Cancer Awareness month. Breast cancer is the second leading cause of cancer, with lung cancer being number one. When breast cancer is found and treated early, the five year survival rate is 98 percent. According to the American Cancer Society, about 252,710 new cases of invasive breast cancer will be diagnosed in women in 2017. About 63,410 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer). About 40,610 women will die from breast cancer.

How do you know if you are at risk? Risk factors may increase your chance of developing breast cancer, but it

doesn't necessarily mean you will get it. Women without any risk factors other than being a woman and getting older can develop breast cancer. Men can get it too, but it is less common. Some risk factors to consider are:

1. Being a woman
2. Being older than 50 (breast cancer risk increases with age)
3. Having a personal and/or family history of breast cancer
4. Genetic mutations of the genes BRCA 1 and 2
5. Taking hormone replacement therapy for more than 5 years

What are some signs and symptoms to look for?

1. Changes in skin color and/or texture such as red-

ness, rash, or orange peel appearance.

2. Changes in size or shape, including swelling, dimpling or puckering

3. Changes in the appearance of the nipple, including dimpling, or one that is scaly or cracked.

4. Spontaneous nipple discharge.

5. Lump or thickening in or near the breast or in the under-arm area.

Early detection is your BEST protection! There is so much information out there today, that it's hard to know when to begin screening exams. Typically, we have always told our ladies that we use the guidelines set forth by the American Cancer Society. The following is a list of guidelines for a woman at average risk for breast cancer. A woman at average risk does not have a personal history of breast cancer, a strong family history or breast cancer, or a genetic mutation such as BRCA 1 or 2, and has not had chest radiation therapy before the age of 30.

1. Women between 40 and 44 have the option to start screening with a mammogram every year.

2. Women 45 to 54 should get a mammogram every year.

3. Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a

woman is in good health and is expected to live 10 more years or longer.

We encourage you to schedule your mammogram at St. Aloisius Medical Center when it is convenient for you. We do them daily, from as early as 7:30am to as late as 5pm. There are 3 technologists who are registered in Mammography and Radiology. They are Danica Grossman, Krystal Wiesz, and Colleen LaFontaine. We strive to work with you and your schedule and can usually get you in the day and time of your preference. Also, if you need an Ultrasound of your breast or additional mammogram views, we can do that as well! No need to take a day off from work to travel 1-2 hours away for exams when we can do them right here in Harvey!

If you don't know if you will be able to afford a mammogram, don't worry! Since September 2010, the Affordable Care Act required all health insurance plans to cover yearly mammograms with no out-of-pocket expense. Also, North Dakota offers the Women's Way program, which is a program for women, ages 40-64, which covers mammograms, clinical breast exams, pelvic exams and pap tests on a yearly basis. It is based on income, and if you are wondering if you would qualify, please call Danica Grossman at 701-324-5107.

## Dianne Lageson (March 27, 1959 - September 28, 2017)



St. Aloisius Medical Center would like to dedicate this issue of the ForeWord in memory of Dianne Lageson who passed away unexpectedly on September 28, 2017. Dianne not only worked at our reception/admissions desk since 2004 but she also worked full-time at the

Herald Press since she was still in high school. At the Herald, Dianne did the final typing and set-up of the ForeWord, our hospital newspaper. As was mentioned at her funeral service, Dianne enjoyed working and always wanted to type. She was always very thorough

and a very fast and accurate typist, very easy to work with. St. Aloisius Medical Center would like to express our condolences to the Lageson/Keller families for their loss. Dianne will be greatly missed by everyone.

# Radiography changes

The first change in the Radiology Department at St. Aloisius is the new Konica Minolta DR system in the x-ray room! We have had a Computed Radiography (CR) system for the last 11 years, and recently made the move to Digital Radiography (DR).

So, what does that mean for our patients? Well, for starters, the biggest and best selling point is about a 50% reduction in radiation dose to the patient! Another subtle change you might notice is a decrease in exam time. Most other changes you will not notice personally, however, your images will be processed faster and will be of higher quality.

We as technologists will notice more of the changes, and we are very excited about being able to increase efficiency to our patients

and providers. This new system allows for quick image viewing in the ER which is great for trauma situations, without the need for the tech to leave to process the images.

We can also apply this upstairs to our in-patients and swing bed patients. We will still be able to send images from our facility to the larger outside facilities, making it easier for patients to stay local and still receive the highest quality of care here at St Aloisius. Radiology services are offered 24 hours a day, 7 days a week, year round! We are staffed by 3 Registered Technologists, Danica Grossman, Krystal Wiesz, and Colleen LaFontaine and all three technologists have received applications training with our new system. In addition to general Radiology services, we also continue to

offer Ultrasound on Tuesdays and Thursdays, MRI is every other Wednesday, Nuclear Medicine is every other Friday, Mammography is offered weekdays from 7:30am to 5pm, and CT services are available 24/7. To schedule exams, please call us directly at 701-324-5107.

The second change is a new 32-slice CT scanner. We will be upgrading the CT scanner in early November, moving to a Toshiba Aquilion Lightning 32 slice scanner. Two of our technologists will travel to Irvine, California to receive basic training on the new system, and then all 3 technologists will receive advanced applications training following installation. As a patient, you might not notice the physical change in the CT Room, but you will receive

less radiation and there will be an increase in image quality using the latest up-to-date software. We are excited to bring this new technology to St. Aloisius, to serve Harvey and the surrounding communities, making it convenient for our patients to receive high quality care without having to travel 1 to 2 hours for the same tests.

Our department strives to maintain the latest, up-to-date imaging for your benefit and we look forward to serving you for your future needs. Our goal is to bring Hope, Healing and Hospitality and to minister health to all we serve in accordance with our Mission Statement at St. Aloisius.

## Professional Services Available

We are pleased to have a variety of professional services offered in this region, making your medical choices more convenient and economical.

**Rural Mental Health Consortium:** Erin Hagemeister, Psychiatric Mental Health Nurse Practitioner (PMHNP). At St. Aloisius every Tuesday. Call Donna Corneliusen for appointment at 324-4651.

**Professional Hearing Services:** Dr. Andrea Larson on second Thursday of each month from 10 a.m. - 12 noon at St. Aloisius. Call 1-800-735-5866 for appointment.

**Wells County Public Health: Immunizations Only.** Call 547-3756 for appointment.

**Vocational Rehabilitation Counselor:** Dean Dienslake. Call 1-800-639-6292 for appointment.

**General Counselor:** Tim Hart, LICSW, Tim Hart Counseling Services. Call 1-800-260-1310 for appointment.

**Minor in Possession and DUI Counseling:** Eleanor Dossenko, BAAS, call her at 701-324-4362 for appointment.

**Surgery Services:** Dr. Ronald Skipper, Outpatient Services Center the third Monday of every month. Call 701-324-5117 for appointment.

**Cataract Care/Surgery:** Dr. Monte Leidenix sees patients at Dr. Kourajian's Office in downtown Harvey. Cataract surgeries with Dr. Leidenix are available at St. Aloisius on the first Thursday of every month. Call 701-235-7424 for appointment.

**Sleep Studies:** Provided by Winmar Sleep Center and available at St. Aloisius. Call 701-235-7424 for an appointment.

**Endoscopies offered with anesthesia:** Available at St. Aloisius with Dr. Nyhus, 701-324-4856 or Dr. Skipper, 701-324-5117.

**Home Health & Hospice Services:** CHI Health at Home. Call 855-860-3464 for services.

## “It’s Awesome”

My husband and I have been asked what we think of St. Aloisius Long Term Care. “It’s Awesome!”

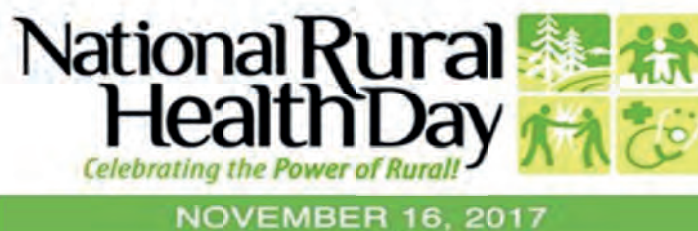
Our son has been here almost 12 years. He was injured in a car accident December 25 at 5:10 in the evening. He has a brain stem injury and he moves his right leg and arm quite vigorously at times and does not speak. When we first came here to check out the nursing home, it smelled like home, such a clean smell and the people greeted us like we were a long lost family and finally coming home again.

The people that work here are so wonderful and they treat our son wonderfully. We always say other nursing homes could learn a lot from this one and its staff.

We have recommended St. Aloisius to many others. Why, because they treat the resident as a person and get them involved. The residents are not just left in a chair and ignored.

When he was diagnosed in Minot, they said he was a vegetable and that he would never move. Well, if they could only see him now. The C.N.A.’s joke with Glenn and he laughs. The staff treats the residents with love and understanding. They really work hard; they don’t sit in break rooms and tell you to wait until they are ready to get to you. We have had that experience at two different homes in the past.

God Bless the staff here, they are so awesome, the very best.



The third Thursday in November has been set aside to highlight rural communities as wonderful places to live and work and to increase awareness of rural health-related issues. We will be highlighting our rural communities and discussing rural health issues. Please watch for more information with the time and place to meet.