

2018 St. Aloisius Community Benefit Report

In order to report its benefits to the community, St. Aloisius prepares an annual Community Benefit Report which is required to be attached to our IRS 990 tax return with the Schedule H. During our fiscal year ending Sept. 30, St. Aloisius provided \$476,062 in community benefits/non-compensated benefits.

RESPONDING TO THE NEEDS OF THE POOR

Our Charity Care Program which provides assistance to those with a financial need or catastrophic medical event provided \$1,168 net charity care.

Other costs of unreimbursed public programs, such as Medical Assistance, totaled \$2,150 during the past year.

BENEFITS FOR THE BROADER COMMUNITY

St. Aloisius is very supportive of community organizations. The following are some examples of services St. Aloisius has provided to the community at large:

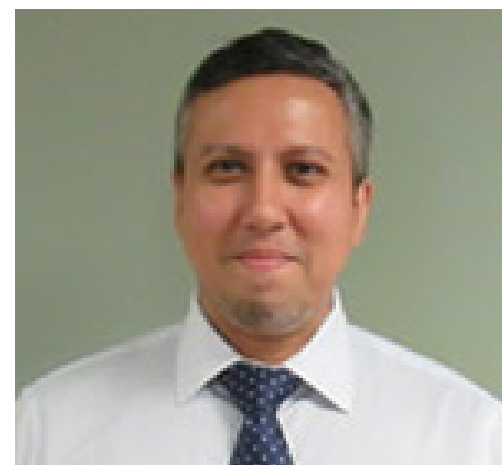
- We provide meeting room space for community members and groups.
- We provide office space (in-kind) for Public Health and Rural Mental Health consortium staff/clients. There were 156 people served with 515 encounters for mental health services.
- We sponsor monthly radio spots where health issues are addressed.
- We have 24/7 Pastoral Care services.
- We provide our Wellness program for the community in our cardiac wellness center. This year there were 284 clients for 681

encounters.

- We provided lab wellness to the community with 977 patients this past year.
- We provide suicide prevention education to the public schools in the county and work with the Community Cares About Suicide Prevention group.
- Provided donations to local school projects and other community groups, memorial services, child protection referrals.
- Provided Natural Family Planning services to the community with seven couples participating this past year.
- Our newly hired Diabetic Educator started DEEP classes on diabetic education with 33 participants as well as counseled 31 acute and swing bed patients.
- With our new Cardiac Ready Community Project, we conducted blood pressure screenings for 781 patients, where 27 were referred to their providers for further follow-up. We also trained 438 community members on hands-only CPR.
- We provided sports physicals to 90 area athletes and their payments for the physicals were donated to Wells County Booster club.
- Outdated supplies are sent to local missionaries for distribution world wide

It is our hope that our entire service area realizes how much benefit St. Aloisius truly provides to all of you. Thank you for utilizing our services.

Welcome Dr. Dean to Harvey



My name is Tuan Kishfran Imran Dean but just call me Imran or Dr. Dean for short. I have a lovely wife and two boys who are age one and six. We moved to North Dakota to be closer to my wife's family and enjoy the winters.

I spent most of my childhood on the small island of Sri Lanka. My family and I moved to a small town in Massachusetts in 1996 and I did most of my schooling in Massachusetts, New York and the Caribbean Island of Dominica.

In 2009, after completing my residency in family medicine at the University of Massachusetts, my wife and I moved to central Florida to be closer to my family. I practiced family medicine in Florida until last December when we decided to move to Harvey.

We love the cold winters, especially my two boys who have come to enjoy building snowmen. I enjoy spending time with my family. I also enjoy writing children's fiction, painting, cooking, playing tennis and traveling.

As of Jan. 2, I am seeing patients at the St. Aloisius Medical Center Clinic in Harvey along with Dr. Rick Geier, MD and Kim Thorson, FNP. Please stop by and say hello or call and make an appointment for your medical needs. I look forward to meeting you in person.

MEET and GREET with DR. DEAN

In Harvey:

Wells/Sheridan County Senior Citizens: Friday, Feb. 8 from 1:00 - 1:30 p.m.

In Esmond:

Esmond Fire Hall: Tuesday, Feb. 12 at 2:00 p.m.

In Anamoose:

Senior Citizen Center: Monday, March 4 from 11:00 a.m. - 2:00 p.m.

*If you would like him to come to any of your events,
contact Beth Huseth at 341-0756*

Thank you!

Many hands were involved in making our fall Wellness Days a success. Thank you to everyone who helped in any way! We received many comments from participants, thanking us for providing this service to our community.

Participation Totals

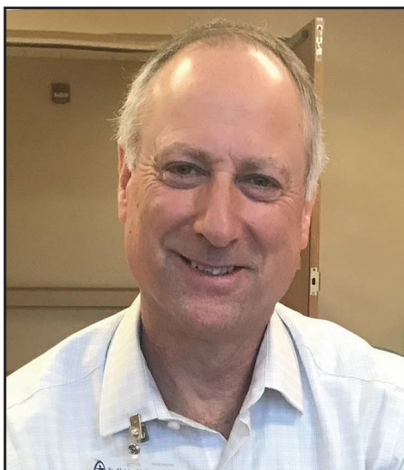
Harvey: 110, 136, 153; Drake: 51;

Fessenden: 80; Grand Total: 530

PSA Tests: 147

Your hard work and participation is much appreciated!

From the administrator . . .



Mike Zwicker, St. Aloisius CEO

Happy New Year everyone! This past year has been a very exciting and productive time for St. Aloisius Medical Center. Growth has been the common denominator here at our ministry in many areas. To begin, St. Aloisius has become an accredited hospital for our diabetic education. Sarah Gregg, RN, has diligently sought out all areas for the accreditation process to take place. Furthermore, she has held many diabetic education classes for our community members that we serve. The purpose and intent of these diabetic education classes is to provide awareness and to proceed with the necessary steps needed to take control and understand this manageable disease.

In August of 2018, St. Aloisius Medical Center, SAMC, opened up an outpatient clinic! Our outpatient clinic was needed in many ways to

assist the healthcare needs for our community members and to support rural healthcare in North Dakota. With the opening of our clinic came along new doctors and a familiar face of our nurse practitioner. Dr. Rick Geier and Kim Thorson, FNP, are our providers who have been seeing patients from the opening of our clinic to current. Most recently we have hired Dr. Imran Dean who began seeing patients starting on January 2, 2019. Both doctors and nurse practitioner specialize in family medicine with Dr. Dean also specializing in geriatrics. Moreover, a new service line was added to our ministry this past year; a DXA scanner, or bone density scanner. In addition to our DXA scanner, Dr. Kelly Krohn, who specializes in osteoporosis, is a local resident of Harvey and has graciously decided to work one day a month to see patients with osteoporosis and/or various types of bone health concerns.

When our outpatient clinic opened in August of 2018, St. Aloisius Medical Center also provided a “boost” to our local economy. We are not the only business in town to see an uptick in busi-

ness; other businesses in and around town have seen some increase in business as well. St. Aloisius Medical Center is very proud and humbled to assist with increasing the local economy by bringing more healthcare services to the town of Harvey. St. Aloisius has also increased new jobs within our ministry which, in turn, has helped improve our local economy. Furthermore, the customers coming to seek healthcare at St. Aloisius also improve our local businesses by shopping, eating, utilizing gas stations, etc. while visiting our great city.

Last year, 2018, was a very exciting time for St. Aloisius Medical Center and for the city of Harvey. However, 2019 should be filled with more exciting news on the medical front. In other words, “There is more to come”. As projects become closer to fruition we will be sure to share the news with all of you. As always, I want to thank the people of Harvey and the surrounding communities for supporting our healthcare ministry.

Mike Zwicker, CEO

Memorials and Contributions

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!

Donation of handmade necklaces From Linda McNerney

Donation to St. Aloisius in memory of Nancy Stephens From Harold & Jolene Scott

Donations to LTC and Acute Care for Christmas. We would like to thank everyone who donated snacks, cookies, candy, presents and other donations to help with decorations for Christmas. Also, thank you to all of the groups and individuals who provided entertainment within our facility during the holidays. Your contributions really do make the holidays festive here at St. Aloisius Medical Center. Note: There are always many businesses, families or individuals we could name who contributed to our holiday celebrations but we won't list them here in case we would miss listing someone. Just know that every donation is appreciated and very important.

Donation to LTC Activities from Trinity Lutheran Church WELCA

Donation of a St. Anthony Messenger Magazine Subscription to Pastoral Care From Mr. & Mrs. Jeff Misik

Donation to LTC Activities for a merrier Christmas for our Residents from the Fessenden Thrift Shop

Thank you cards, notes and letters from families:

- Thank you so much for the beautiful memory book and for the wonderful care received at your nursing home while our loved one was there.
- Thank you to all of the Unit B Staff for all your dedication, caring and hard work. We appreciate all that you do!
- Thank you for the beautiful rose given in memory of our loved one. Your thoughtfulness is greatly appreciated.
- I want to thank each of you for the care and kindness you gave to my mom and to me over the past seven years. You are very special people. God bless you!
- Many thanks for the inspiring book, Lift up Thine Eyes, that was given to us in memory of our loved one. We greatly appreciate your thoughtfulness.
- We would like to express our sincere thanks to all of you for the wonderful care you gave and for the support you provided to our family.
- Thanks to each of you for all you do for our residents.
- Not only at Christmas but throughout the year, we appreciate the care you show in all you do for our mom.

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

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Centurians

*"We are the hero of our own story."
"May you really live each day of your life"*

Centurion means "The officer in command of a century (100 men)." These centurions are definitely in command of our century (100 years).

St. Aloisius Medical Center is privileged to have four long term care residents who are 100 years old or older. Amelia Bachmeier is 103 in January, Norma Erdmann was 106 last November,

Lena Fettig was 104 last September and Viola Filler 101 also last September.

We asked each of our centurion's families to write a little about their family member and they shared a little insight into their life over the years.

Note: At this time we also have 26 residents who are in their 90's and 26 residents who are in their 80's.



Amelia Bachmeier



Norma Erdman



Lena Keller



Viola Filler

Amelia Bachmeier

Amelia (Leier) Bachmeier is 103 years old and has been a resident of St. Aloisius Medical Center Nursing Home for over nine years.

Amelia was born in January 1915 to her parents, Ignatius "Ned" and Catherine Leier, on their family farm outside of Esmond, ND. Ned and Catherine were Germans who had immigrated from Russia shortly before starting their family in 1908. Amelia was the sixth of Ned and Catherine's twelve children.

Growing up, Amelia attended country school through eighth grade. When the Great Depression hit, Amelia left school to work on her family's farm. There, she helped raise cows, chickens, horses, pigs and turkeys. Amelia recalls not having money to purchase necessities during this time, and her family had to sell eggs and cream to purchase only the essential groceries.

Amelia met Albert Bachmeier at one of the many barn dances they attended in the area during that time. On October 7, 1936, Amelia and Albert married at St. Boniface Catholic Church in Esmond. The following spring, Amelia and Albert moved to Sacramento, CA to pursue job opportunities. In 1941, they returned to North Dakota to purchase and run a farm outside of Esmond in the Rich Valley Township. Albert and Amelia had four children, all sons.

After Albert passed away in 1974, Amelia spent her time visiting friends, traveling, bowling, playing cards and going to bingo. Amelia also has always been a devout Catholic. To this day, Amelia continues to regularly attend church services. Since moving to St. Aloisius Medical Center, Amelia uses most of her time praying, watching TV (including her favorite sports team, the Minnesota Twins), playing bingo, exercising, and reading.

Amelia is deeply loved by her family. In addition to her four sons, Amelia has 13 grandchildren and bundles of great-grandchildren who live throughout the country. They adore visiting Amelia whenever they can and plan to celebrate her 104th birthday at the end of January 2019.

*"Life is a great big canvas,
and you should throw all
the paint on it you can."*

Norma Erdmann

Norma Erdmann was the first and only one in her family of eight to graduate from high school. She raised seven children on her own after being widowed at the age of 41. She could help any of her children with math and algebra and could spell any word.

Norma was a wonderful dancer. She especially loved the polka and waltz. She bowled until she was 90 and still could hit 200 at times. She loved to play cards and pinocle was her favorite. She also loved to sew and patching things was her specialty. She could and would patch anything that needed it. She attended church regularly and was a great Christian role model for all of her family.

*"Let your life lightly dance on
the edges of time like dew on
the tip of a leaf."*

Lena Keller

Lena Keller Fettig, 104, was born and raised on a farm at Selz. Daughter of immigrant parents who were Germans from Russia, she is the oldest of seven children and the last surviving. She must have had a wild streak because after school she would race with horse and buggy.

Lena married and moved only a mile from her home. She gave birth to 16 children of whom 13 survived six boys and seven girls. Her oldest child is now 81 and the youngest is 57 years old. Lena has 41 grandchildren, 68 great grandchildren and eight great-great grandchildren. What a legacy!

She made full course meals every day and Saturdays she always prepared for Sunday meal and they always had company. Lena gardened, canned, sewed and made her own patterns, crocheted and loved dancing and playing cards.

When Lena moved to Selz, ND, she was the oldest of her friends yet she was the driver when they went to bingo. She was a prankster and was known to hang ladies unmentionables on the neighbor's clotheslines.

Her family believes she has lived this long because of her kind attitude and when writing these notes about their mother, wondered how do you stop writing about someone who is 104? She has lived an amazing life.

Viola Filler

The word "survivor" suggests that, somewhere along the way, someone was a "victim." That's about the last word I would ever use to describe my mother. On her 27th birthday in 1944, she woke up feeling as if she was getting the flu and by the next day, her left leg and arm were paralyzed. At the time, she was a wife and mother to a five-year-old, a two-year-old and a six-month-old. The doctors advised her not to have any more children, but five years later I was born.

My parents lived in rural North Dakota where treatment facilities were few and far between. My mother spent several months in a hospital 100 miles from home wrapped in warm towels and doing hours of physical therapy known then as Sister Kenny treatments. When the time came for her to have a trial visit at home, she was excited to see her family and vowed to herself (she's a very strong-willed lady) that she'd show the doctors she could go home for good. She did exactly that! As long as I lived at home, I never saw her miss a day of doing her "floor exercises" which she learned from the medical staff trained in the methods of Sister Kenny. When she was 70, I bought her an exercycle which she rode three miles/day until age 88 when she moved into a nursing home.

In addition to being a hard-working farm wife and mother of four, she was president of the Ladies Aid at our church, spearheading several humanitarian initiatives for Baptist missionaries in Africa. She also volunteered as a counselor at the summer camp sponsored by the church. She was a counselor, my dad ran the candy store, and I was a camper. As a 14-year-old, it wasn't that much fun for me! But my mother was always ready to lend a helping a hand where she could. Her grandchildren wanted me to mention that she seemed to have an endless supply of Rice Krispie treats for them whenever they visited.

My mother set an incredible example of how to overcome challenges. You can imagine that anything that I was confronted with as a child was minor compared to what she overcame as a polio survivor. She is a living example of that adage, "you can do anything you set your mind to." Today, she lives as full a life as any 100-year-old can who's lived with polio for 73 years.

She's also set an amazing example of how to age with grace and dignity. She never complains (well maybe a little about the arthritis in her hands!). And, I swear she wakes up every morning wondering what blessings the day will bring her and is thankful for every one she receives.

In 1944, she happened to be in the wrong place at the wrong time, but she has never thought of herself as a victim or let polio define who she is.

What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. An average of 2,800 North Dakotans are reported as having lab-identified flu every year-the number of actual cases occurring in North Dakota each year is likely much higher.

What are the signs and symptoms of flu?

People who have the flu often feel some or all of these signs and symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Chills

* It is important to note that not everyone with flu will have a fever.

Symptoms usually appear 1-4 days after being exposed with an average of 2 days.

How does flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

How long is someone contagious if they have the flu?

You may be able to pass the flue to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune symptoms, might be able to infect others for an even longer time.

How can I prevent the flu?

The single best way to prevent the flu is to get a flu vaccine each season.

Flu vaccination is recommended for everyone 6 months and older. There are a variety of vaccines available for flu, so talk to your health care professional about which is right for you. After vaccination, it takes about two weeks for your body to develop protection against the flu. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

In addition to vaccination, you can help prevent the spread of influenza by washing your hands often, staying home when you are ill, and avoiding touching your hands to your face.

What is the treatment?

Antibiotics will not work against the flu; however, antiviral drugs are available for the treatment of flu. A health care professional will decide if antivirals are appropriate for each case. Often, treatment of symptoms is recommended, such as bed rest, drinking more than the usual amount of liquids and taking pain relievers to help reduce the discomfort of illness.

Children with the flu should not be treated with aspirin. In more severe cases antibiotics may be prescribed to prevent secondary bacterial infections that can appear in conjunction with flu when a person’s immune system is weakened.

Should children or others be excluded from child care, school, work or other activities if they have influenza?

Yes. People with flu should stay home from school, work and child care until they have been fever free for 24 hours without the aid of fever reducers, and regardless of whether or not they have received antivirals. In clinical tests, antivirals do not reduce the amount of time a person is able to spread the influenza virus. Staying home when ill not only helps in recovery, but also helps reduce the spread of flu to others in child care, school and work settings.

Palliative care Task force: ADVANCE CARE PLANNING Leads to WISHED For CARE

Health Progress magazine excerpt: In the 50’s dying often occurred at home with family present. Today death often occurs in healthcare institutions, with strangers as witness. “In many ways dying has become a lot harder” writes Ira Byock, MD CMO at St Joseph Health in CA. Our death “illiteracy” is further exacerbated by our collective denial about death and dying.... an aversion to talking openly about the limits of medicine that is shared by both patients and clinicians. We need to reach back for the oldest tool in medicine: communication, namely conversations about people’s values, goals, medical preferences. Such a discussion often is referred to as ADVANCED CARE PLANNING or “the CONVERSATION”.

How can we start “the conversation?” The St Aloisius Medical center Palliative Task Force has trained 3 additional staff to be able to walk you through “the conversation.” Initially Tonia Erickson LSW received training and identified the program is beneficial and more staff were needed to assist with this service. 3 Task force members have received training, Beth Huseth RN, Lanae Strand RN, WCDHU and Lori Henne, LSW, from WCSS. Our Task force continues to meet monthly and is working on community education.

If you or a family member would like assistance with “the conversation”, contact one of these people and they can assist you.

St. Aloisius Clinic update

St. Aloisius Medical Center Clinic continues to be busy and is providing a number of services to the Community. Here’s what happening:

- Kim Thorson, FNP, is now certified to complete Department of Transportation (DOT) physicals.
- Joint injections are common procedures available for those with chronic pain.
- Dr. Kelly Krohn, MD, treats patients monthly (the last Friday of each month) with osteopenia and osteoporosis diagnosis.
- VA patients with approval from VA are able to receive services with Dr. Rick Geier, MD.
- Dr. Imran Dean, MD, joined the clinic and began seeing patients Jan. 2. His specialty is geriatrics and family medicine.
- Diabetes Educator, Sarah Gregg, RN, is available as a referral.
- Advanced care planning referrals can be made to: Beth Huseth at (701) 341-0756
- Weekly MRI scans at St Aloisius Medical Center are each Wednesday.
- For an appointment at our clinic call (701) 324-5131

Changes: Wells County District Health has moved from the clinic area to the city owned building on North Street (the former day care center). Plans are underway for them to be in the Presentation Center at St. Aloisius with a private area in the future.

Who We Are

- Catholic, Faith-Based, Organization
- We are a Ministry, not just an organization
 - It’s about serving people more than making profits. (Money isn’t an end in itself!)
 - We are concerned with fulfilling Jesus’ Healing Mission
 - We care for People, not problems
 - This includes ALL people!

Staff honored at banquet

Recipients of the 2018 service awards at St. Aloisius Medical Center were honored at the Annual Awards Banquet on Dec. 7, at the Harvey Eagles Club.

Five year awards: Dana Fitzgerald-Activities, Kim Thorson-ER/Clinic, Lucelle Barbarona-Laboratory, Trisha Schmidt-LTC, Misty Axtmann-LTC.

Ten year awards: Miranda Weninger-Dietary, Stephanie Wilner-Health Information, Diane Reimche-Laundry, Crystal Holzer-LTC, Ashley Lemer-LTC, Evony Hansen-Med Surg, Melanie Long-Med Surg, Sr. Mary Agnes Huber-Pastoral Care, Krystal Wiesz-Radiology.

Fifteen-year awards: Wendy Held-Day Care, Sylvia Hager-LTC.

Twenty-year awards: Lanette Mertz-Dietary, Shirley Fry-Laundry.

Twenty-five year awards: Tami Alveshere-Health Information, Lora Striefel-Housekeeping, Glenna Faul-Med Surg.

Thirty-year awards: Isabella Goldade-Dietary, Toni Bromley-Pharmacy.

Thirty-five year awards: Lynette Bender-Dietary

Forty-year awards: Mary Prouty-Infection Control.



Back Row (L to R): Wendy Held, Misty Axtmann, Sr. Mary Agnes, Miranda Weninger, Diane Reimche, Melanie Long, Sylvia Hager, Lynette Bender, Stephanie Wilner, Glenna Faul, Mary Prouty.
Front Row (L to R): Toni Bromley, Isabella Goldade, Crystal Holzer, Trisha Schmidt.

St. Aloisius receives Quality Health Associates of North Dakota (QHA) Award

The award that we received from North Dakota Quality Health is the Platinum award for achievement towards quality through the Quality Assurance Performance Improvement in Action Milestones Program. The Platinum Milestone is the highest award from this organization. We have previously achieved the Copper, Bronze, Silver and Gold Milestone Awards.

To obtain the Platinum Award we had to have achieved a 6 or lower composite score in a quarterly review. In addition, we were required to complete a Performance Improvement Project (PIP) and submit it to Quality Health Associates. We also had already completed and submitted several QAPI (Quality Assurance Performance Improvement) projects during the past several years.

St. Aloisius Long Term Care was asked by the QHA to be a presenter at the North Dakota Quality meetings in Fargo and in Bismarck on our work and success in decreasing UTI and our antibiotic stewardship program.

Our PIP, recently submitted to the QHA of North Dakota, was accepted and qualified us for this Platinum Award. Our project is being posted in the North Dakota Quality Update News and Event newsletter that is shared with all the facilities in North Dakota.

The project was in regard to utilizing

the proper sling size for residents needing a mechanical lift for transferring. We identified that we did not have enough or appropriate size slings for all of our residents using these slings.

A Quality Improvement (QI) assessment was completed in October to assess all residents that utilized mechanical lifts for proper sling sizing. We found that 55 percent of our resident did not have the correct size.

The root causes were several; the need for an improved policy on sling use, lack of a consistent formal evaluation by the nurses of the appropriate sling size, education to CNAs on sling sizing, education to laundry and purchasing on the importance of availability of slings. We had not ordered new slings for a very long time.

All 14 residents were sized and their own sling ordered, marked and dedicated to them. On Nov. 1, a quality review was completed with 70 percent compliance in the proper sling size.



Quality improved, but again there were still issues. The slings would be sent to the laundry and then not enough slings were available until those were returned. Additional slings were ordered to assure each resident had another sling available until laundry was completed. On Nov. 20 additional slings had been received and a quality review was completed with 100 percent correct sling size.

We are proud to receive this award and will continue to monitor and educate staff.

New Year’s Resolutions and Your Diabetes

It’s that time of the year when we all make resolutions to change our diets and work out more. Did you know that if you have diabetes, then you have access to a diabetes educator locally who can help you reach your goals? A diabetes educator works with you and your healthcare provider to help answer your questions and make sure that you have optimal glycemic control. There are hundreds of different ways to incorporate healthy lifestyle changes and medications to work for you. The trick is having someone knowledgeable help you find something that fits into your life.

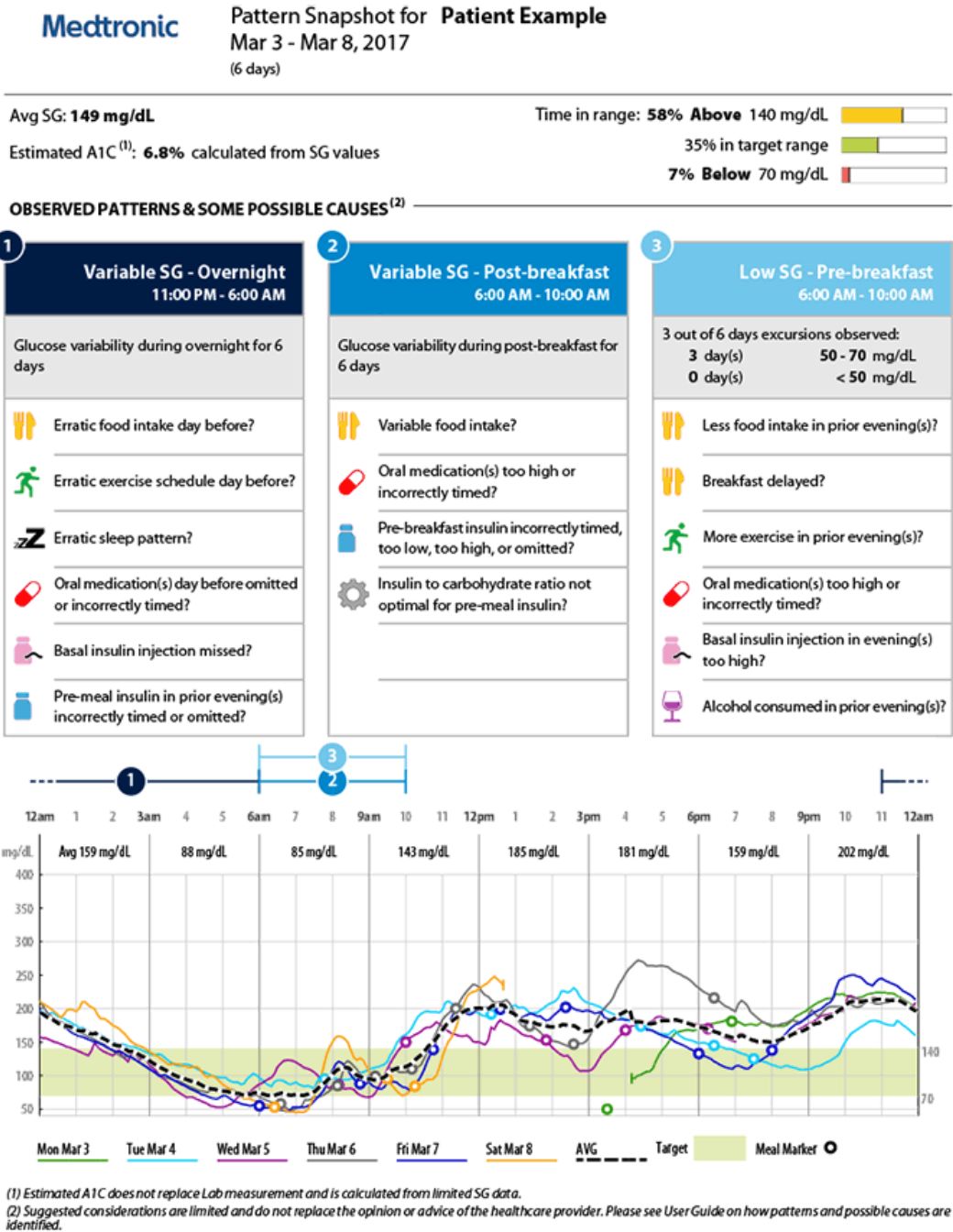
The Diabetes Education Department at St. Aloisius is excited to announce that they have a new technology to help their patients reach their diabetes goals. The Medtronic iPro2® is a small device that is worn on the abdomen for six days and takes 288 glucose readings a day! You can shower and continue to live your life with the iPro2 on.

At the end of the six days, the device is returned to the hospital and a report is generated which will help you and your provider understand what is happening throughout the day. You can log meals, exercise, and medications either on paper or on an easy to use phone app.

The report is several pages long and breaks down your days and times of day so that you can see the relationship that things like food and medication can have on your glucose. Also, the report will help you identify if you are having hypoglycemia (low blood sugar) episodes.

The graphic to the right is an example of just one page of the report that you, your provider, and the diabetes educator can review and decide where changes can be made.

Call Sarah Gregg, RN in the Diabetes Education Department today at 701-324-4769 ext. 5416 to start the process towards better diabetes control!



BCBS of ND Rural Health Grant Received

The article below was a news release from Blue Cross Blue Shield regarding a Rural Health Grant received by St. Aloisius Medical Center for our Diabetes Empowerment Education Program (DEEP). Thank you BCBS for your generous donation to help us get the Diabetes Education Program up and running in Harvey. And thank you Sarah Gregg, Diabetes Educator and Joye Stoltz, Wells County District Health Unit for all of your work with this valuable education.

Harvey community benefits from BCBSND Rural Health Grant

Funds used for diabetes education program

FARGO—The Blue Cross Blue Shield of North Dakota (BCBSND) Caring Foundation awarded St. Aloisius Medical Center and the Wells County District Health Unit a \$5,000 Rural Health Grant in 2018. The grant was used to help fund their Diabetes Empowerment Education Program (DEEP).

DEEP is a six-week program that meets for two hours, once a week and allows those with diabetes along with a caretaker to learn how to better self-manage their diabetes and maintain appropriate levels of blood glu-

cose, prevent complications and sustain their quality of life. The first class sponsored by this grant was completed in May with 12 participants. Of that class, all the participants rated the class good to excellent and all would recommend the class to a family member or friend. A new class will run from September to October.

“We appreciate the Caring Foundation doing these grants,” said Sarah Gregg, RN, BSN, a Diabetes Educator at St. Aloisius Medical Center, “The grant allows us to provide this class free of charge to individuals and their families impacted by diabetes, improving participants’ lives.”

The BCBSND Caring Foundation Rural Health Provider Partnership Grant Program is a collaborative with the Center for Rural Health (CRH) at the University of North Dakota (UND). The purpose of the grant program is to support local health care providers and their communities by offering funding for projects that champion increased physical activity and promote the health and well-being of rural North Dakotans.



Sarah Gregg, Diabetes Educator & Joye Stoltz, Wells County District Health Unit

AVOID * SPOT * TREAT

FROSTBITE & HYPOTHERMIA

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

AVOID

When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite.



When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.



Know who is at high risk:

- Older adults without proper food, clothing or heating.
- People who stay outdoors for long periods (homeless, hikers, hunters, farmers or ranchers, etc.).
- People who drink alcohol in excess or use illicit drugs.
- Babies sleeping in cold rooms.

SPOT

Frostbite

A victim is often unaware of frostbite because frozen tissue is numb.

Signs and Symptoms of Frostbite

- Redness or pain can be the first sign of frostbite.
- Other signs include:
- White or greyish/yellow skin
- Skin that feels unusually firm or waxy.
- Numbness

Hypothermia

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40° F) if a person is wet from rain, sweat or cold water and becomes chilled.

Signs and Symptoms of Hypothermia

Adult

- shivering
- exhaustion
- confusion
- fumbling hands
- memory loss
- slurred speech
- drowsiness

Children

- bright red, cold skin
- very low energy

TREAT

1. Seek medical attention as soon as possible.
2. Get them into a warm room with shelter.
3. Remove any wet clothing.
4. Warm them under dry layers of blankets and clothing.
5. Place areas affected by frostbite in warm-to-touch water.

Nursing Program Continues at Harvey

A new Practical Nursing Certificate class will be starting mid-August, 2019. This is a Dakota Nursing Program class through the Bismarck State College distance site at St. Aloisius. Interested parties should contact Deb McAvoy. Applications are being accepted now at <https://dakotanursing.org/>. This class is three semesters long and will be followed by a 2 semester RN Program. You may also ask about our contract commitment in exchange for tuition option at St. Aloisius.

Nursing staff who took our “home grown” Nursing program at St. Aloisius in Harvey offered with Bismarck State College share their testimonials.

Read their journey and dream yours!!

Dee Dee Knudtson began her CNA career at St. Aloisius in 1992. She attended the LPN program provided at St. Aloisius through NDSSS and completed this in 1997. She later received her RN-BSN from Minot State University. She is currently Unit A Manager in our long term care. Dee Dee said, “An opportunity presented itself and I took it!”

Crystal Holzer began her CNA career and while she was working, entered the LPN program. She shared, “The nurses pushed me to apply for the LPN program being offered. I completed that program and was encouraged to enter the RN program, which was difficult but well worth the effort. St Aloisius Medical Center offered me a five year contract commitment for tuition payback which was a terrific incentive! Time goes so quickly. I currently work as a staff RN on the LTC Unit and fill in for the Unit Managers when needed.”

Sarah Gregg moved to the area and applied to be a CNA in our LTC in May 2011. At the interview she mentioned to Gail Grondahl, who was the Director of Nursing at that time, that she was interested in pursuing a nursing career. She applied and started the LPN program that fall, completing the LPN program in 2012 and the RN program in 2013. Sarah did begin her nursing studies with a Biology BS degree which was helpful with the nursing classes. She then went on independently to achieve her BSN-RN from MSU in 2014. During this time she worked on the Medical Floor, with ER, charge nurse and staff nurse responsibilities. Most recently she has become a Diabetes Educator in 2018. Sarah said, “Yes it can be challenging but so worthwhile and satisfying to help our patients. The hard work pays off in the end!”

A CNA (Certified Nursing Assistant) class will be scheduled sometime in June 2019. If you have an interest or know of someone who will want to take our CNA class they should watch for the dates for that training. We should start advertising for CNA classes sometime in April or May 2019.

YES Challenge and Community Cares

The Youth Ending Stigma (YES) Challenge is a collaborative effort between the Office of the Governor, Office of the First Lady, and the Office of Recovery Reinvented, designed to enable student-led initiatives and projects focused on eliminating social stigma surrounding behavioral health issues including addiction and mental health conditions.

Students will be encouraged to submit proposals for an initiative to eliminate stigma in their school and community over an eight-week period. Projects may include awareness campaigns, community open forums, social inclusion programs, peer to peer support groups, and more. YES Challenge winners will receive state-wide recognition, an official letter of commendation from the Governor and First Lady, and a grant up to \$1,000 to implement their winning project or initiative.

Completed applications can be emailed to info@recoveryreinvented.com and will be received until 5 p.m. CST on February 15, 2019. Handwritten applications will not be accepted

Here are some things you can do to make positive change in your community to DECREASE STIGMA:

- Identify the drug/alcohol and mental health issues unique to your community.
- Familiarize yourself with strategies proven to work. Visit prevention.nd.gov for more information.
- Start at home. Be a leader and positive role model. Visit parentslead.org for useful information, tools and resources.
- Get involved! The Harvey area PFS COMMUNITY CARES Coalition meets regularly; call Beth Huseh at (701) 341-0756 or Caitlin Roemmich at (701) 547-3756 for details. Community Cares partners with law enforcement, City of Harvey, Ministerial, Harvey Public School and community members.
- Strengthen or implement policies within your community, schools, organizations, alcohol establishments and other local businesses. Policies are one of the most effective and long-lasting prevention strategies. They are cost effective and create an environment where health and safety is promoted.
- Advocate for prevention with the “NOT in my HOUSE” campaign.

What is the “NOT in my HOUSE?” Campaign?

“NOT in my HOUSE” is a community prevention effort with the primary goal of reducing youth social access to alcohol by raising awareness about social host liability and related misconceptions surrounding underage drinking.

We are a Cardiac Ready Community!

Where are we so far? Wells County District Health Unit in conjunction with St. Aloisius Medical Center have been doing free blood pressure screenings for the community. Medical Center screenings are done during Wellness Days with between 350 and 450+ individuals being screened. These screenings then lead to the individuals getting counseling and referred for further treatment as needed.

Are we meeting our goals with hands only CPR in our community? So far, in Harvey, we have approximately 370 individuals trained and Fessenden has approximately 120 trained. So the answer to that question is yes, but are you one of those individuals? If the answer is no, then we ask that you would consider learning hands only CPR if not for your own family, then for your friends or neighbors. If you or your place of business are interested in taking a class, contact the hospital or your local ambulance service.

Without the financial support of grants and local businesses, AED’s in our community would not be possible.

Generous donations from: ND Community Foundation Greatest Needs Grant; ND Flex Grant funds; Verendrye Electric Grant; Harvey Community Foundation Grant; St. Joseph’s Community Grant; St. Cecilia’s; New Life on Main; Faith Lutheran, Cornerstone Community Churches, First Lutheran Church Fessenden; Hinrichs Super Valu; Dakota Heritage Bank;

Fessenden Police Department; Wells County Sheriff’s Department; Fire Department and City of Harvey Police Department.

AED Locations

Harvey Private sector: Harvey Area Eagle’s, Warehouse Grocery, Hinrichs Super Valu, Dakota Heritage Bank, Firebird Flour Mill

Harvey Public Sector: City Hall, City Shop, Public Library, Elementary and High School, Lone Tree, First Lutheran Church, Faith Lutheran Church, New Life on Main, St. Cecelia Catholic Church, Cornerstone Community Churches, Harvey City Police Department.

Fessenden Private Sector: Fessenden Co-operative Elevator.

Fessenden Public Sector: Fessenden School, First Lutheran Church, Wells County Court House, KTL Building, Wells Co Sheriff’s Dept., Fessenden Police Dept., Fessenden Golf Course, Fessenden Fire Department.

We are still looking to place AED’s with the Harvey Police and Fire Departments.

What does this all mean for you as a member of the public? In order for us to be known as a Cardiac Ready Community we need your help. The more people that know how to perform hands only CPR and the more people that have been trained in how to use an AED machine the better. Becoming a CRC isn’t possible without community support.

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). St. Aloisius every Tuesday and third Monday. Call Donna Corneliusen for appointment at 701-324-4651.

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 701-547-3756 for appointment.

Vocational Rehabilitation Counselor: Wes Heinle. Call 1-800-639-6292 for appointment.

General Counselor: Tim Hart, LCSW, Tim Hart Counseling Services. Call 1-701-952-8277 for appointment.

Minor in Possession and DUI Counseling: Eleanore 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 701-255-4673 or 1-800-472-2620 for appointment.

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

Endoscopies (Colonoscopies/Gastroscopies) 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.

DXA Scanner: Appointments available with Radiology Department at 701-324-5107.

The Village Family Service Center: Nicole Franklin, LCSW, In-home counseling services in Wells County and surrounding area.

MRI Mobile Unit at St. Aloisius every Wednesday. Call our Radiology Department at 324-5107 for appointment.