



Twenty-seven employees accumulated 570 years of service. Gary Kennedy, Pam Held, Shirley Mock, LeAnn Krahler and Lori Wolf (not pictured) were honored for 40 years employment with SAMC.

27 honored at annual award banquet

St. Aloisius Medical Center held the annual Awards Banquet at the Harvey Eagles Club a little earlier than usual, November 18, 2019 with supper served by the Eagles and bingo. There were 27 employees honored for an accumulative total of 570 years of service. That is really impressive and shows longevity within the employee ranks.

It must have been a record with 5 people receiving 40 year awards: Pam Held in Data Processing, Shirley Mock with Housekeeping, Lori Wolf and Lee

Ann Krahler in Long Term Care, and Gary Kennedy in Maintenance. Two employees received 30 year awards, Kathy Sieg in Long Term Care and Kelly Christensen in Physical Therapy.

Others receiving awards: 25 years: Marian Hase, Corporate Compliance, Linda Faul, Laundry, Vickie Kukowski, LTC, Rosella Adam, Med Surg. 20 years: Dorothy Baltrusch, Dietary, Ethel Alexander, LTC, Marjorie Kleinsasser and Melissa Vollmer, Med Surg, Danica Grossman, Radiology. 15 years: Joan

Adams, Business Office, Joe Fisher, Housekeeping. 10 years: Jessica Hanson, Business Office, Brent Sabot, Dietary, Marcella Sommer, Medical Records, Brenda Finley, Physical Therapy. 5 years: Christy Arends, Business Office, Grace Metcalf, Dietary, Courtney Lutt, Med Surg.

We are so proud of our staff at St. Aloisius and thankful for each one and their dedication to the care of our patients and residents. Congratulations to each one who received an award this year.

The staged training scene was chilling

At St. Aloisius we endeavor to keep our "Mission" in mind in everything we do. Our 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," is our centering focus. When looking for "Mission Moments" to write about, this scenario wouldn't be the first to come to mind. However, being prepared to respond or "practicing" in the event that a terrible situation could occur can also be considered a "Mission Moment". That's exactly what happened at St. Aloisius Medical Center.

Our local law enforcement, emergency responders, St. Aloisius staff and Wells County Emergency Management joined with Nexus Planning and Consulting, Bismarck to test strengths and weaknesses in an "active shooter" exercise at St. Aloisius Medical Center.

Our local newspaper said it well... "The staged training scene was intended to be chilling. An armed gunman entered the hospital, leaving two dead and four wounded. Victims were found at the reception desk, in the lobby and in hallways. Any hospital staff who could escape took cover or fled the hospital." Several St. Aloisius staff played the role of victims in order to make the exercise seem more "real", yelling and screaming could be heard in the hallway. Definitely not a scene anyone wants to really experience.

"As a 'player', I realized first hand, just what really could happen and it would happen so fast. Even

with advanced notice, it was almost impossible to "run, hide or fight" when the active shooter ran past me, barely tucked behind my file cabinets, and out the back door of the Business Office. In a real event, we would have no advanced warning", shared Pam Stewart, Accountant.

Law enforcement then entered the building looking for the shooter while the Harvey Fire Department secured the hospital and streets immediately outside. After the building was deemed "safe", emergency medical responders were allowed to enter the facility to transport the victims to the Harvey Ambulance bay, where an impromptu emergency room was set up to treat the wounded.

"This type of training helps law enforcement, fire departments and emergency medical personnel learn how to respond to incidents like this - not only in the hospital but also other places within the community if this should ever happen," said Wells County Emergency Manager, Tammy Roehrich.

More than 80 people participated in the training including many medical center staff, every law enforcement officer in the county together with EMS



Local fire crew preparing to transfer 'victim' from active shooter training.

services from Harvey, Fessenden and Bowdon and the Harvey Ambulance Service. There were also evaluators from Minot, Washburn, Jamestown, Bismarck and New Rockford.

We are always trying to be forward thinkers and plan for the worst or best scenario in the workplace and our own lives, so exercises such as these can be earth shaking in regard to reality but also very helpful to test our response and reaction to a situation.

CEO's Corner . . .

Another year has come and gone with St. Aloisius Medical Center having one of its best years ever! Many of our great ideas have come to fruition for the communities we serve, and laying down a solid foundation is allowing our ministry to build onto it with many more great ideas to come.

To begin, our Therapies Department has grown by leaps and bounds. Brenda Finley, Physical Therapy Director has had to hire several more employees to keep up with the growing demands of their department. St. Aloisius is currently building a brand new Therapies Department which will be located in the basement of the clinic and will be state-of-the-art. There are currently plans to move some other departments around to provide extra space for our new clinic, as the clinic is running out of space as well. Completion of the new Therapies Department is tentatively set for early spring. Plans are underway to relocate our growing Laboratory Department as well. The concept is to provide a more efficient work flow for our employees and improve patient satisfaction as well.

Our Radiology Department, led by Danica Grossman, Radiology Director, had its annual Breast Cancer Awareness month challenge. The challenge was to have 170 mammograms completed in the month of October. The department not only made the mark but significantly exceeded it by completing a total of 182 mammograms for the month! Yes, as always, I kept my word by "pinking out" for the day. I dyed my hair pink, had my finger nails painted pink, and

wore a pink shirt and tie for the day. Thank you to everyone who contributed to this great annual challenge!

In December, St. Aloisius Medical Center completed our Strategic Planning Session for the next one, two, and three year plan. This meeting was well attended by invitation that included all St. Aloisius Board members, leadership staff, and a select group of community members. Objectives were selected to be achieved over the next three years and will be provided to the community when these ideas become finalized in the month of January. There are "many" new great objectives that were agreed upon and it will be exciting to release this information to the public. It is a great time to be a part of St. Aloisius and the communities that we serve.

I'm very proud to say that our long term care and hospital state surveys were performed and both areas passed with exceptional marks. These great surveys are a direct reflection of the outstanding staff who work in the hospital, long term care and clinic!

Our St. Aloisius Clinic is also performing exceptionally well. Our clinic is drawing patients from all corners of the state of North Dakota and including many patients from out of state. We are looking at increasing services and bringing in more doctors.



As plans are finalized these announcements will be shared with our communities we serve.

In conclusion, I would like to say thank you to everyone for supporting St. Aloisius Medical Center and for trusting us with your healthcare needs.

Merry Christmas to everyone and have a very blessed and Happy New Year.

God Bless!

Mike Zwicker, President/CEO
St. Aloisius Medical Center

St. Aloisius

Clinic Hours

M-F 8 - 5 p.m.

Saturday Walk-in

9 - 1 p.m.

701-324-5131

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

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What is a Nurse?

A perspective of the journey from a nursing student to nursing instructor

By: Sarah Gregg, RN, BSN - Bismarck State College Clinical Instructor at Harvey

A nurse is guided by science and by heart. The nursing profession has made great strides in technology and care since the days of Florence Nightingale. However, her teachings remain relevant in today's world.

"For the sick it is important to have the best." - Florence Nightingale

My journey to become a nurse was not clear at first, but when I was given the opportunity to be a part of Bismarck State College's first nursing class at Harvey, I jumped in with both feet. Although I had some medical background before applying, I did not fully understand the required grit and knowledge-seeking behavior that was required to become a professional nurse. Now as I reflect on my journey, I could not have imagined being anything else. This profession has allowed me to work with amazing co-workers, learn the science of health, and most importantly, care for many patients and their loved ones. This fall, I started as BSC's Harvey satellite Clinical Instructor and Site Manager. I am proud to give back to the program which started my career as a professional nurse.

The Dakota Nursing Program (DNP) consortium

serves four colleges with fifteen locations across North Dakota. Classes consist of the combination of face to face lab and clinical experiences with theory courses held over the Interactive Video Network (IVN) and online formats. Bismarck State College has five satellite locations: Ashley, Garrison, Harvey, Hazen, and Hettinger. The Harvey satellite program started in 2011 and has graduated 16 LPNs and RNs. Bismarck State College boasts a 100% RN NCLEX test pass rate for the last 3 years and is the #1 ranked RN program in the state! Furthermore, BSC has a new mobile simulator that will be traveling between the satellite sites and Harvey received a new IVN video system this fall.

Are you interested in becoming a nurse? Harvey will have the Practical Nursing Program (LPN) again starting in Fall 2020 and the Associate Degree Nursing Program (RN) starting in Fall 2021. We are blessed to have the opportunity to learn locally and help grow our own. Scholarship and sponsorships are available! If you are interested in applying for nursing school or have questions, please contact:

Sarah Gregg: (701)324-4651 or sarah.gregg@bismarckstate.edu or Annie Paulson (BSC Nursing Program Director): (701)224-2468 or andrea.l.paulson@bismarckstate.edu

We are here to help you succeed!

EARN YOUR NURSING DEGREE IN HARVEY

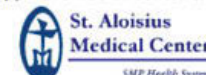
BSC is your affordable (and local!) option for a nursing degree.



BSC Practical Nursing (LPN) and Associate Degree (RN) Program at St. Aloisius Medical Center

- 11 month LPN program
- 9 month LPN to RN program
- About \$4,000 per year for tuition

- Scholarships and sponsorships available
- Small class size, on-site instructor
- Supportive health center environment



Contact Sarah Gregg with any questions: sgregg@stalouisius.com or 701-324-4651



Ramona Schmitz



Linda Knudtson



Amy Lamm



Jill Nelson



Fran Prom



Alice Faul



Debbie Schmitz

St Aloisius 2019 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 9-30-19, St. Aloisius provided \$463,938 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 \$6,108 net charity care.

Other costs of unreimbursed public programs, such as Medical Assistance, totaled \$1,754 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:

Sponsored weekly radio spots where health issues are addressed

24/7 Pastoral Care services.

Provided our exercise/fitness area for the community in our cardiac rehab center. This year there were 213 people who used the wellness center visits for 2,069 encounters.

Provided lab services to 940 patients during our spring and fall Wellness Days.

Provided Natural Family Planning services to the community with four couples participating this past year

Our Diabetic Educator hosted DEEP classes on diabetic education with 15 participants as well as counseled 39 acute and swing bed patients

With our new Cardiac Ready Community Project, we conducted blood pressure screenings for 1,378 patients, where six were referred to their providers for further follow up. We also trained 407 community members on hands only CPR

We provided sports physicals to 49 area athletes and their payments for the physicals of \$980 was donated to Wells County Booster club

Provided Suicide prevention education to the schools in the county and worked with the Community Cares on suicide prevention events

Provided donations to local school projects and other community groups, memorial services, child protection referrals

Presented bi-weekly "Did You Know" health information in the local newspaper

Provided office space (in kind) for Hearing Aid Services and Rural Mental Health consortium staff/clients in our outpatient services building. There were 152 people served with 428 encounters by the Rural Mental Health staff.

Provided cable television, internet and phone to our patients and residents which is non reimbursable on our cost report

Use of the Presentation Center for meetings/celibrations

Sent outdated supplies to local missionaries for distribution in the Philippines

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.

Hair Care Volunteers in LTC

Volunteering at St. Aloisius Long Term Care is very important and fulfilling especially to those volunteers who do our residents hair each week. We have a group of volunteers that come on Thursday and some that come on Fridays. We are so thankful for their dedication and compassion for our residents. Let us introduce you to our hair care volunteers below:

Thursday volunteers:

- **Jill Nelson:** Jill has volunteered for 30 years doing hair at SAMC. She enjoys her time with the residents and likes to hear their stories. Jill finds it very rewarding to have the one-to-one contact with the residents and to see their smile when their hair is finished. Jill was trained in by Pearl Lockrem and now she is doing Pearls hair as a resident here.

- **Fran Prom:** she started out with volunteering only during the summer then became a year round volunteer once she retired from teaching. She has been volunteering for 23 years. Fran enjoys the relationships that have developed with the residents and the other volunteers.

- **Amy Lamm:** Amy has been volunteering since 2002. Amy said that the residents appreciate the time that we spend with them. Some residents no longer have family or their family is far away. She was trained in by Mildred Heilmann and Maggie Thomas and now she is doing their hair, too.

- **Linda Knudtson:** Linda has been volunteering for seven years. Linda says that it is very important to a woman to have her hair done; it is amazing how wonderful we feel afterwards, like a new woman.

NOTE: The Thursday hair volunteers are looking for individuals that are willing to help roll hair since we will be down to two volunteers during the winter.

The others will be going to sunny AZ for the winter.

Subs: Diane Martin and Gladys Hager

Friday Volunteers:

- **Ramona Schmitz:** Ramona started in 1978, took off 6 years and started volunteering again. For 35 years she has been volunteering on Fridays to roll hair. She started back when Father Deva made a request to his congregation at St. Cecilia Catholic Church that SAMC was looking for individuals to roll residents hair. She has been volunteering ever since. She finds the work rewarding. She likes the camaraderie that has developed with the residents and the joy she brings to them.

- **Alice Faul:** Alice has been doing hair at SAMC for six years. She has always had a passion to do hair, so she tried it and enjoyed it. She has been volunteering ever since.

- **Debbie Schmitz:** Debbie has volunteered for four years. She used to work as a CNA and saw how rewarding it was to the residents and how residents looked forward to having their hair done. Once she retired it was on her bucket list of things to do.

Note: We also have several "Professionals" who do hair for their clients at St. Aloisius Long Term Care. Marcie Sommer, Curt and Linda Jeorn and Deb Schmeets, Jacey Fandrich are also very important to our residents. They are happy to come to St. Aloisius to care for our residents hair care needs. Especially during the cold winter months, it is wonderful that our residents don't have to travel to their salons downtown.

Thank you to all our hair care volunteers and professionals for sharing their valuable time at St. Aloisius. You are all truly appreciated.

Update from Cardiac Rehab - Stress Test Machine

St. Aloisius received funding from the St. Joseph's Community Health Foundation to help bring a state of the art stress test machine and treadmill to the Cardiac Rehab Department. Since August, the equipment has been used an average of 11 times per

month and three nurses have been trained. The system allows the nurse to perform minute-by-minute EKG analysis and make decisions in real-time. As always, we are working hard to allow our community members to stay local for their healthcare needs.

New Human Resource Director at SAMC

Ashley Van Dolah is the new Human Resource Director at St. Aloisius Medical Center. Ashley has her Bachelor Degree in Human Resource and Organizational leadership and is responsible for guiding and directing the overall provision of Human Resources services such as; staffing, employee relations, training and development, compensation and benefits, performance management, and organizational development.

Ashley brings with her experience in human resources along with experience working in the health-care setting.

St. Aloisius Medical Center is in need of Certified Nurse Assistants (CNA), Nurses (LPN/RN), Med Techs, and Radiology Tech. We offer a competitive benefit package which includes; health insurance, dental, vision, life insurance, HSA, Flex, and 401k.

For more information please call Ashley Van Dolah, Human Resources Director

Phone: 324-5123 or e-mail avandolah@staloisius.com



Ashley Von Dolah

Harvey Area Community Foundation provides grant for Cardiac Ready Community Project

The Harvey Area Community Foundation has provided a \$700 grant for the continuing support of the Cardiac Ready Community Project. The Cardiac Ready Community Project has placed Automatic External Defibrillators (AEDs) through the communities of Harvey and Fessenden. The grant funds received will help to alleviate the cost of replacing defibrillator pads and batteries. Heart disease is one of the two leading causes of death in Wells County, and public access to an AED is important for the survival of some cardiac arrest situations. We are thankful for the Harvey Community Foundation's support and will continue to look for ways to improve access to care in our communities.

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 to the Serenity Garden in memory of Lois Dumdai from Richard & RaeAnn Lynne
Donation to Long Term Care Activities for purchase of fishing poles for the annual Fun Run from Manfred Historical Society
Donation to the Serenity Garden in memory of Darrell Christensen from Sandy Teubner
Donation to Long Term Care in memory of Rose Nitz from Richard & Marla Erickson
Donation of a chair for Long Term Care from Maggie Svoboda
Donation to Long Term Care Activities in memory of Rose Nitz from Scott & Kim Nitz
Donation to Long Term Care Unit B staff in memory of Rose Nitz from Kelly Nitz Family
Donation to Activities for bus rides in memory of Rose Nitz from William & Shirley Nitz
Donation to Long Term Care for bus rides in memory of Rose Nitz from Fran Prom
Donation to Long Term Care Activities to help with Long Term Care Christmas needs from Fessenden Thrift Shop
Donation to Long Term Care Activities for Halloween candy and Bingo in memory of Eva Keller from Wilfred Keller
Donation to Long Term Care Activities in memory of Amelia Bachmeier from Debbie Kourajian
Donation to Long Term Care Activities in memory of Laurretta Schilling from Laurretta Schilling Family
Donation to Long Term Care in memory of Laurretta Schilling from Richard & Marla Erickson
Donation to Swingbed from Goodrich First Baptist Church Women's Missionary Fellowship
Donation in memory of Nancy Stephens from Jolene A. Scott

THANK YOU CARDS AND NOTES:

We appreciate your emotional and spiritual support when our loved one arrived at the Emergency Room.
As we celebrated the life of our loved one, your flowers brought so much beauty to the day and smiles in our hearts. Thank you!
Thank you for the wonderful care and prayers.
Thank you Mike and all St. Aloisius staff for the lovely flower/plant to cheer me in recovery and especially for your prayers. Thank you for your dedicated service to God's people at St. Aloisius. Your thoughtfulness is so appreciated. I want to thank you for the great care you provided our Dad in both the hospital and nursing home.
Thank you for your prayers and care given to our loved one. The nursing home in Harvey is a great place.
I don't have the words to express how thankful I am to have such wonderful, caring, loving people in our community.
Thank you for the good care that our loved one received at your facility.
The inspirational volume was a beautiful gift and a nice way to keep some happy memories. The hospital staff were very kind and understanding.
I really appreciate how the staff also checked on me, the spouse, as I sat and worried about my loved one. Please be sure that I appreciated their help and kindness.
I wish to express thanks to you for being one of the Lift Up Thine Eyes memory book sponsors in honor of my loved one.
Thank you for your care during my visit, your gentle caring way helped this nervous patient to be calm. Your kindness and thoughtfulness meant so much!
Thank you for your kindness in remembering our loved one with your gift of flowers. Also, thank you for the fine care provided, we are grateful she was in such caring hands.



Holiday Travel Safety Checklist Tips for Families

The holidays can be both a joyful and stressful time of year. Families are on the go, running errands, going shopping and taking road trips to visit relatives and friends. Here are tips for keeping your kids safe during holiday travel.

- **Everybody needs their own restraint.** Make it a rule: everyone buckled, every ride, every time, whether it's the long trip to visit family or around the block to the mall.
- **If you are flying, take your car seat with you and use it on the plane.** It will be a benefit to have it with you at your destination and when you travel to and from the airport. Let car rental companies know in advance if you need to rent a car seat or booster seat.
- **Watch out for small kids and distracted drivers in parking lots** that are busier than usual during the holidays.
- **Remind your inexperienced teen driver to be extra alert** during the holidays when people are more distracted and the weather can be tricky.
- **Avoid distractions while driving.** No text message or playlist is worth the risk of taking your eyes off the road. Set your BPS to voice activated so you can concentrate on driving without having to look at your phone.
- **Plan to use a driver or car service to make sure you get home safely if you drink alcohol.**
- **Keep car exhaust pipes clear of packed snow** to avoid carbon monoxide poisoning.
- **Secure loose objects.** Put hot foods, large gifts and anything that could fly around in a crash in the trunk.
- In cold states, **prepare for weather emergencies** by packing extra blankets, food and diapers. Keep your phone charged and make sure someone at your destination knows the route you are planning to take.

Reprinted with permission from November 2019 Sanford Health publication

Resources

FirstLink 2-1-1 Helpline: a free 24-hour phone number that can help you find resources in food, housing, support groups, substance use disorder services, education, health care, transportation, mental health services and more. The helpline also provides confidential listening and support. Dial 2-1-1. Their website is <https://myfirstlink.org/community-resources/>

Abuse resources

Safe Alternatives for Abused Families (SAAF) – 662-7378, 800-662-7378

Child Abuse and Neglect – 24 hour intake phone 701-649-0039

Foster County – 701-652-2221, toll free 1-888-895-8445

Eddy County – 701-947-5314, toll free 1-877-947-5314

Wells County – 701-547-3694, toll free 1-888-707-5908

Adaptive Equipment Resources

HEAR Now – reduced cost hearing aids – 800-648-4327

ND Hearo program (hearing aids) – 800-472-2911

Wheels for the World (recycling wheelchairs) – Judy Siegle – 234-6022

Assistive Technology information line – 888-214-2780

ND Assistive – 701-258-4728

NDAD (ND Association for the Disabled) – 1-888-999-6323

Alcohol/Addiction Treatment

Treatment Centers Directory – 1-800-838-1752

Crisis Residential units through Human Service Centers (see numbers under mental health)

Heartview Bismarck – 800-337-3160 or 222-0386

Sharehouse – Fargo – 877-294-6561

Prairie St. Johns – Fargo – 701-476-7216

Aspiring Hope Therapy – Devils Lake - Allison Hofstad, LAC – 662-1046

Trinity Health Addiction Services – 701-857-2480 or 1-800-862-0005

Licensed Addiction Counselor – Megan Marie Busch, LAC,LPC,LADC – Carrington, 701-645-1032

New Hope – Minot – 701-852-3200

Hope's House – residential facility – Minot- 701-837-4989

Goodman Addiction Services – Minot – 701-852-3869

Alzheimer's Association

Beth Olson – 701-350-0131

Central Prairie Social Services – 547-3694

Clinics

St. Aloisius Clinic, Harvey – 324-5131

Central Dakota Family Practitioners, Harvey – 324-4856

Durable Medical Equipment

Great Plains Rehab Services – Bismarck – 800-222-4989

Lincare – Devils Lake office – 800-543-0185

Heart of America – Rugby – 776-5455, ext 2253

Sanford Healthcare Accessories – 800-876-2179

Yorhom – Devils Lake – 701-544-2100

KeyCare Medical – Minot – 701-839-4444

Service Drug – Harvey – 324-2227

Resource loan closet – Wells County District Health Unit – 547-3756

Wells Sheridan Aging Services – 324-4032

Financial

Medicaid Expansion – 855-794-7308, or call your county or online at nd.gov.onlineservices.app

Food Pantry

Central Dakota Food Pantry – Harvey 324-4645

Maddock Community Food Pantry – 438-2738

Guardianship

DKK – Jamestown – 763-6103, 763-6113

Progress – Jeff Paiment – 252-6994

GAPS – 222-6600

Catholic Charities North Dakota – 255-1793

Guardian Angels – 701-952-6750

Hearing Services

Professional Hearing Services – 800-735-5866, come to Harvey every other month

Home Care

CHI Health at Home – 866-753-7327 – serves

Harvey, Fessenden and surrounding Communities

Central Prairie Social Services – 547-3694

Visiting Angels – Minot, ND 701-852-2636

First Light – 701-881-0101

Home emergency alert systems

NoDak Medical Alert – toll free 1-855-779-7798, 701-881-0108 (Rugby)

Great Plains Security Systems – 701-222-8817 (Bismarck), 701-838-8817 (Minot)

Great Plains Rehab Life Line – 1-800-222-4989 (Bismarck, area limited)

Philips Lifeline – 1-855-615-7510

Life Alarm – 1-800-780-5433

800-MED-ALERT – 1-800-633-2537

Hospice

CHI Health at Home Hospice – 866-753-7327

Heart of America Hospice – Rugby – 776-5261

Indian Health Services

Fort Totten – 766-1600

Legal Aid

For people over age 60 – 800-621-9886

Meals

Food Pantry – 324-4645, 324-4880

Wells/Sheridan Aging Meals – 324-4032

Anamoose Café – 465-3236

D & M Family Market – Drake – 465-3770

Mental Health Services/Counseling

Suicide Hotline – 800-472-2911

Blooming Prairie in Devils Lake – 866-304-0414

Hart Counseling Services – Tim Hart – 701-952-8277

Lifewise Associates – Devils Lake – 662-1046

Greg Volk – psychologist – 877-846-4554

South Central Human Service Center – Jamestown – 800-260-1310, crisis line 253-6304

Lake Region Human Service Center – Devils Lake – 888-607-8610

North Central Human Service Center – Minot – 888-470-6968

Rural Mental Health Consortium – St. Aloisius in Harvey– Call Donna Corneliusen to schedule – 324-4651

Village Family Service Center – 662-6776

CHI St. Alexius Health – Carrington – Brittany Long, APRN-PMHNP-C, 1-800-532-8623 for appointments

Trinity Health Center Riverside – Minot – 701-857-5998

Counselor – Megan Marie Busch, LAC, LPC, LADC – Carrington – 701-645-1032

Other

Central Dakota Ministerial Association – Phil Leer, President 341-7784

Quorum - Home Infusion – 800-948-6337

Options Resource Center for Independent Living in Harvey –

Marcia Schneider – 324-4138; Minot office 800-377-5114

NDAD – medical equipment, prescription meds, medical travel expenses, home/vehicle accessibility. toll free 1-888-999-6323

Dakota Hope Clinic – Pregnancy, Parenting and Family services – 701-852-4675

Positive Progressions Therapy- Susan Nannenga- 701-324-4192

Palliative Care

CHI Health at Home – 866-753-7327

Website: GetPalliativeCare.org

Prescription Assistance

Prescription Connect for ND – 888-575-6611

Psychiatric Admissions

Prairie St. Johns – Fargo – 701-476-7216

St. Alexius – Bismarck – 701-530-7699, ask for on-call psychiatrist

Trinity in Minot – 800-247-1316, ask for on-call psychiatrist

North Dakota State Hospital – access through South Central Human Service Center – 800-260-1310

Sanford Bismarck – one call – 855-550-1225

Sanford Fargo – one call – 701-234-6304

Red River Behavioral Center – Grand Forks – 866-772-2500

Respite

Becky at Easter Seals – 701-839-4121

Suicide

Helpline – 800-472-2911

Support

AA – 7:30 pm on Thursdays at Presentation Center, Harvey

AlAnon – 8:00 pm on Tuesdays at First Lutheran Church in Fessenden

Family to Family Network – kids for chronic conditions – 888-522-9654

Easter Seals – for disabled/special needs – 800-247-0698

Children of Divorce Classes, Grief support classes, through NDSU Extension – 667-3340

Senior Companion Program – call Wells/Sheridan Aging services – 324-4032

Family Caregiver Support Program – 253-6396

Celebrate Recovery – 324-5211 – Karen Slaamot

Transportation

Faith in Action – 324-2548

Wells/Sheridan Aging Senior bus – 324-4032

West River Transit – 888-682-5826

Jamestown area – 701-252-2882

Benson County transit – 438-2192

Kidder County Public transit – Paul Geringer – C#701-320-6040, H#701-273-6040

Souris Basin transit – Minot area – 852-8008

Veterans transportation – Sheridan county 341-4018, Well County 341-4010

Veteran's Services

VA in Fargo – 232-3241

Wells County Veteran's Service Office – Terry Jesse – 341-0547

Sheridan County Veteran's Service Office – 341-4018

Free transportation – Sheridan County 341-4018, Wells County 341-4010

Home oxygen-call Fargo VA, oxygen clinic at 701-232-3241, press 9-3482. Fax # 701-237-2653.

Vocational Rehab

Connie Gange 701-253-6350

Vulnerable Adult Protective Services

1-855-462-5465

Eddy County – 701-665-2269

Wells/Foster Counties – 701-952-8277

Wells County District Health Unit – 547-3756

Wells County Housing Authority

Marcia Schneider – 324-5244, 693-6065

Wells County Women's Way program – Danica Grossman – 324-5107

This resource list is updated monthly and linked to our website at www.stalosisius.com

How does Pink relate to October?

October is National Breast Cancer Awareness month and St. Aloisius was prepared for another Mammogram Challenge: Radiology Department vs. Mike Zwicker. Mike Zwicker, our CEO, has challenged our Radiology Department to do a specified number of mammograms each year and if they meet the challenge then Mike would either paint his nails pink for a month or “pink out” for a day. This year the challenge was to do 170 mammograms during the month of October then Mike would “pink out” for a day again!

Last year (2018) we counted over 150 and in 2017, 137 mammograms were taken in October. Do you see a pattern here; the challenge just gets bigger each year? With the help of the television station in Minot and our local radio, Facebook and word-of-mouth, we got the word out about the challenge. “Whew! What a month...but we are glad we were able to get all those ladies in to be screened for breast cancer,” shared Danica Grossman, Director of Radiology.

Congratulations to our Radiology Department for reaching 182 mammograms this year!!

More about breast cancer and mammograms:

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 2018. 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:

Being a woman

Being older than 50 (breast cancer risk increases with age)

Having a personal and/or family history of breast cancer

Genetic mutations of the genes BRCA 1 and 2

Taking hormone replacement therapy for more than 5 years

What are some signs and symptoms to look for?

Changes in skin color and/or texture such as redness, rash, or orange peel appearance.

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

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

Spontaneous nipple discharge.

Lump or thickening in or near the breast or in the underarm 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 *aver-*



Krystal Wiesz, Danica Grossman and Mike Zwicker

age 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.

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

Women 45 to 54 should get a mammogram every year.

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 7:30 am to as late as 5 pm. 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.

Community Cares Coalition remains strong after 6 years

St Aloisius Medical Center and Wells County District Health Unit (WCDHU) are currently co-chair of the Community Cares Coalition. Six years ago the Community Cares Coalition began as a group of people wanting to make suicide prevention a priority. We've accomplished that and also began to focus on the 'whole' person in our community.

What does a healthy community look like? Most of us consider this and we often focus on the challenges. Life will always have challenges but together we are stronger.

WCDHU received a 3 year grant from Partnership for Success (PFS) and this will be complete in 2020. This grant focused on working with our area youth to identify issues with data and their direct involvement with the “Not in my house” campaign. With the grant, they focused on e-cigarette and vaping use last year. They went to the Capitol, educated our community and even met with Jon Nelson, one of our State Representatives.

The Coalition has transitioned to focus on Mental Health and the opioid issue in our communities. The Coalition advocated for Nicole Franklin, MLSW with Village Services, to provide services to school age children in the Harvey Public school with parental approval. This is the second school year this has occurred.

WCDHU received a Statewide Opioid response (SOR) grant and they were able to train over 30 people in Harvey recently with the Mental Health First Aide class. This class provided the participants with the ability to respond to friends and neighbors by directing them to resources. That's a HUGE accomplishment because this class was 8 hours long and was held on a week day. This kind of response to the training shows that there are people in our communities committed to developing a VIBRANT Healthy Community environment in our area.

Each person in the Mental Health First Aide class also learned how to administer Narcan in the event of an Opioid overdose. Overdose can occur with anyone taking a pain medication and the Narcan has been proven to save lives already in ND.

If you are interested in becoming involved, contact Beth Huseeth at 701 341-0756 or Joye Stolz and Caitlynn Roemmich at 701 547-3756.

To ask about dry needling call 701-324-5119.

R-COOL-Health Scrubs Camp Grant Received

St. Aloisius Medical Center was one of 10 rural locations chosen to offer the Rural Collaborative Opportunities for Occupational Learning in Health (R-COOL-Health) Scrubs Camp. This program is sponsored by the Center for Rural Health at the University of North Dakota School of Medicine & Health Sciences and the North Dakota Health Education



Centers to provide students the opportunity to learn about local career options available in rural health care. The camp will be offered April 3rd, 2020 to the 6th grade students of both Harvey and Fessenden-Bowdon schools.

“We are excited to show the sixth-grade students the variety of health careers we have locally. We will have interactive activities including the new simulation truck from Bismarck State College - Nursing, EMS, clinic, public health, mental health, and different departments within the hospital. We hope to inspire the students to start planning now if they

are interested in pursuing a health career.” - Sarah Gregg, RN, Scrubs Camp Coordinator

This is the eleventh year the Scrubs Camp has been offered in North Dakota. Other grant recipients include Linton, Velva, Washburn, Beulah/Hazen, Kenmare, Stanley, Turtle Lake, Hillsboro, and Cando. The CRH and NDAHEC did not provide grant money to Carrington, Mayville, Bottineau, Devils Lake, Hettinger, Williston, and Rugby, but these communities will receive shirts for their students and volunteers.



Physical therapy department staff: Amanda Sansaver, Brenda Finley, Karissa Lutt and Kelly Christensen. Not pictured: Darla MacDonald

Physical therapy department will remodel to accommodate growth

With the addition of the St. Aloisius Clinic to the local healthcare landscape, the Physical Therapy Department is also experiencing some exciting growth. Their staff has doubled in number this past year from two PT staff to five. Kelly Christensen, PT with 45 years of experience in the field and our Director of Physical Therapy, Brenda Finley, DPT/LATC who holds a Doctorate of Physical Therapy are joined by Amanda Sansaver, DPT who is a recent graduate of the University of Jamestown Physical therapy Program and holds a Doctorate of Physical Therapy will work full time. Karissa Lutt, PTA has joined PT on a part-time basis as a PT Assistant. Both Amanda and Karissa hail from Montana.

We have recently added Darla MacDonald, PTA who returned to the Esmond area after many years in Arizona. We are excited they have settled here to join our team and share their talents and skill with us.

The Physical Therapy Department itself will soon experience a revamp, moving to the area in the basement of the clinic where the dental office used to be located. This remodeled area will meet the expand-

ing needs and growth that this department is experiencing. The remodel will include increasing the number of treatment rooms and will have a larger and more functional gym area.

Plans are in place to further expand physical therapy services to meet the healthcare demands of our communities and surrounding areas. St. Aloisius Medical Center serves

Occupational Therapy currently shares office space with Physical Therapy and will also be moving to the new office space in the basement of our Clinic Building as soon as the renovation work is completed.

The Outpatient Physical Therapy Department is now offering Dry Needling treatment as an option to treat musculoskeletal pain. Brenda Finley has completed her official certification requirements for Dry Needling.

FREE injury screens are provided, by appointment, to advise regarding possible treatment options.

Call 324-5119 for these and all of your physical and occupational therapy needs. .

Annual Long Term Care survey 5 Stars

Long Term Care had their annual survey by the Department of Health on September 23rd to 25th. These surveys are required at least annually.

During the annual survey the surveyors visit with residents, observe cares, review charts, review policies and interview staff to ensure they are competent in numerous areas. The surveyors not only observe cares provided by the certified nurse aids but also observe nurses while they administer medications and complete treatments. There are many tasks they are required to observe and review. The survey team also speaks with or observes social service, billing, laundry, housekeeping, and dietary. MDSs and care plans are reviewed to ensure accuracy. The MDS is the standard form used in all nursing homes throughout the United States to set the resident's daily rate.

Did you know that LTC is one of the most regulated industries?

St Aloisius had a very successful survey with only one deficiency. Sherri Engkvist, Director of Nursing-LTC, stated how proud she is of the team at St Aloisius...the care and compassion is very evident.

St Aloisius is also noted to be a 5 STAR FACILITY by CMS (Centers for Medicare & Medicaid Services). This is a quality rating system that gives each nursing home a rating between 1 and 5 stars. Nursing homes with 5 stars are considered to have above average quality. Some factors that impact this number rating are staffing levels, quality measures and the past 3 surveys.

Life safety inspection is also completed annually by the state to ensure the building is under compliance as well.

Holiday Tips: Long Term Care Facility

Holidays are supposed to be a time of good cheer, joy and creating happy memories. Having someone in your family in a nursing home has not traditionally been part of the "holiday scene." It is hard to know how to include residents in the celebration, what kind of things they might enjoy as gifts, and what types of activities are most pleasurable. The answers are as varied as the residents themselves.

Persons with memory loss often respond negatively to the unusually high activity level of holidays. Normal routines that provide a sense of security are disrupted. Holidays can be a sad reminder to everyone of his or her loss. Consider how taking your loved one to a different environment with much noise and lots of people may affect them. If you wish to try including them in the usual festivities, be sure you have a plan for someone to leave early with them or have a quiet place to escape for downtime if needed. Often they fatigue rapidly and request to return to the nursing home. They often ask to go "home," as the nursing or residential home becomes home to them.

Planning a smaller gathering or celebration earlier



Beth Olson, Regional Care Consultant

in the day may make the day more successful. Don't expect the person with memory loss to actively participate in his/her old role. Allowing him or her just to be an observer is often less stressful.

If you plan to celebrate with a visit to the nursing home, it is better to come in several small groups than one large one. If the resident is unable to converse, reading their holiday cards and reminding them about special times you've shared can provide comfort and a feeling of being connected.

Special prayers and scripture are often welcomed

by residents - especially when they come from a family member or a friend.

Most residents enjoy a "stroll" around the nursing home with their families whether it's walking or in a wheel chair. It gives them a chance to show off their visitors. Ask if you could sit in the dining room and share a cup of coffee or tea (perhaps with some of your holiday goodies!) A quiet room or conference room may be available for family gatherings.

Beth Olson is the Regional Care Consultant for the Alzheimer's Association of Minnesota / North Dakota through the ND Dementia Care Services Contract. Beth provides community and caregiver memory loss education classes throughout the area at no cost to attendees. She also provides care consultation services. This service provides families with an assessment of needs, development of a memory loss specific care plan, education, support and referral to resources. There is no fee for care consultation services. They can be provided in-home or at St. Aloisius. Beth serves the counties of Eddy, Ramsey, Benson, Cavalier, Towner, Rolette, Wells, Foster, Griggs, Stutsman, Barnes, Logan, LaMoure, McIntosh and Dickey. For more information about memory loss and services available call the Alzheimer's Association 24/7 helpline at 1-800-272-3900 or Beth Olson at 701-952-0800 or by going to www.alz.org/mnnd.

Mariah found her "Calling" helping children



Mariah Nitz enjoys the opportunity to introduce new toys and learning activities during her practicum at St. Aloisius Pot of Gold Daycare.

It was in the seventh grade when Mariah Nitz found her calling. She knew she wanted to help children but just didn't know how. It wasn't until she started babysitting when she fell in love caring for children. Fast forward, Mariah is now majoring in Early Childhood Education and Special Education at Mayville State University. She graduated with her associate degree from Bismarck State College this past May.

When Mariah first saw her practicum requirement for one of her classes, she had it easy. The class requirement was for Mariah to spend a whole semester in a day care setting, creating toys in developmental areas. This worked out quite well as she was already employed at the St. Aloisius Pot of Gold day care. Fun fact, Mariah earned high school credit as a co-op student here when she was a senior in Harvey High School.

The first week included the day care children playing with a perceptual toy, a calming sensory glitter jar. The next week consisted of a learn and explore playhouse. Week three, had the children up and using their small motor in playing with two toys; feed the frog & go fish. The next week had the kids excited when Mariah introduced a cognitive toy, which was called "The color maze." The children loved this toy. The children had to test their memory skills and match the color balls to the appropriate holes. While the next week, had the children switching gears in having to sit down to look at a language toy.

Mariah also made a touch and feel education book, having the children explore the different senses of touch. The last two weeks, the kids got to play with a sock puppet and three art sensory bags filled with either water beads, confetti, or water animals. So much fun was had by all the day care children!



2019 Resident Activity Highlights

The activities department enjoys finding unique activities throughout the year to keep our residents involved. It's more than just BINGO even though some of our residents really enjoy bingo.

Some of the highlights from 2019 include: B.M. Hanson Elementary 3rd grade buddies, Harvey Wells County one act play, making grape jelly, musical concerts, wedding dresses through the decades, honoring our veterans, taking our residents out for supper at local restaurants, homemade ice cream, making popcorn balls with the daycare, planting a garden and enjoying fresh produce.

