



**St. Aloisius
Medical
Center**

SMP Health System

HEALING FIRE AND LIGHT

Marian Hase—Editor Staff News

November 2019

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

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St Aloisius Medical Center Clinic

Appointments can be made by calling **324-5131**.

Providers: Dr. Rick Geier, Dr. T.I. Dean; Kim Thorson, FNP, Deb Buxa, FNP, Lisa Neumiller, FNP. Also serving our patients: Dr. Michael Page; Dr. Ronald Skipper and Dr. Kelly Krohn.



SMP Health System

St. Aloisius Medical Center

Mission Statement:

St. Aloisius Medical Center,
inspired by Jesus,
in union with the Sisters of Mary
of the Presentation,
ministers health to all we serve.

Values:

Hope – Creating an atmosphere of
trust and confidence.

Healing – Caring for body, mind
and spirit.

Hospitality – Welcoming, in a
Christ-like way.

December 2019 NEW EMPLOYEES Welcome to the St. Aloisius Family!

Laurie Towell—Business Office
Nicole Davis—Switchboard
Raven Weis—Activities
Lanae Strand—Clinic
Hannah Ziegler - Dietary



God doesn't call the qualified—He qualifies the called.

Many folks want to serve God, but only as advisors.

On November 29, we enacted our St. Aloisius Medical Center emergency call back. If you DID NOT receive a call or text from a HAN (Health Alert Network) alert message, please let Marian know. It may be we don't have your cell phone number.

This will be tested multiple times for things like this—it's a means of testing our capabilities. mhase@staloisius.com

PARKING

Remember—Monday through Friday from 7 am to 5 pm the clinic and the hospital lots are not available for employee parking unless you have permission from your supervisor .

North parking lot is always available as well as the parking lot behind the hospital.



Attitude

Philippians 2: 3-4

Pointing to the Savior as our great example, he quickly added “ you should have the same attitude toward one another that Jesus had.”

Have you ever asked yourself what the secret people might have who love their job. It could be that they really like their job, for the joy it brings to them, which may not mean money, that is important. Or could it be that they like their job as other workers like theirs and they get along and work well as a team. All one can remember is your own attitude about your job. No one can change your attitude. It could be how you feel about the work you do—the joy you give to the residents or patients you take care of.

Maybe you get taken up with people who have a bad attitude, not taking time for yourself to look or ask yourself what is your attitude at this time in life whether at work or elsewhere. Just remember you are in control of your own attitude and no one else can do anything about it; it is yours. Your attitude is shows up in your actions and what you say about your job to others, what you may not like about what you are doing every day.

Your life can be filled with joy if you decide that each day is going to be a day to celebrate or you can decide to complain about everything that comes our way. It's all in a way you think.

If we as Christians are going to grow and mature into Christ-like-character, we must experience progress in giving in ministry to and for others. Pleasing God is more important than self-fulfillment.

We have the opportunity to serve people all around us in our daily life: our homes, churches our place of work or school, the sports practice or dance classes we attend, the stores, parks rec center we visit. These are the settings in which we can share God's love with others through our servant-like attitude and actions.

Your life can be filled with joy if we decide that each day is going to be a day to celebrate or we can decide to complain about everything that comes our way. It's all in a way you think.

Following are ways to make it all perfect: Be nice to everyone you meet. Spend sometime in prayer: you can't be mad at people while at the same time you are sincerely praying for them. You'll find the more you pray for others the happier you will be. The power of a smile can be the most powerful joy given in the universe. You meet people everyday who are lonely and need someone to speak a kind word or toss a smile their way. There are a number of ways a smile can say: I love you, I care, I believe in you and it can say, "I'm here for you."

Will you decide every day that you are going to smile at everyone you meet? The power of a smile can be tremendous.

Your Chaplain, Sister Mary Agnes
Pastoral Care Department

St. Aloisius January Anniversaries

Lora Striefel—26 years

Sonya Usselman—19 years

Wendy Held—17 years

Sara Balfour—10 years

Nancy Hagen—5 years

Colleen LaFontaine—5 years

Yvonne Green—4 years

Genevieve Slominski—2 years

T.K. Imran Dean, MD—1 year

Michele Frank—19 years

Sherri Engkvist—19 years

Candis Hatch—16 years

Reed Trosen - 10 years

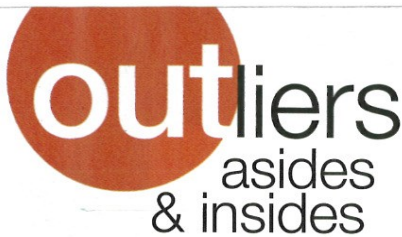
Lori Schroeder—5 years

Rebecca Patzer—4 years

Jill Wenzel—3 years

Wanda Melchert—2 years

167 years of dedicated service to St. Aloisius Medical Center!



Will Bowser or Fluff help you live longer? Studies find arguments for both types of furry friends

A new study says owning a dog, long praised as man's best friend, could help you live longer.

Pro-dog propaganda or simply science? Based on a study recently published in *Circulation: Cardiovascular Quality and Outcomes*, having a canine companion was linked to a 21% reduction in the risk of death from any cause for those with heart disease.

Researchers pulled data from the Swedish Nationwide Register, showing "single-person households with dogs were associated with a markedly greater reduction in all-cause mortality than multiperson households. Interestingly, the effect appeared to be somewhat larger for owners of more active breeds like pointers and hunting dogs," according to an editorial accompanying the research by Dr. Dhruv Kazi, a cardiologist and health economist at the Beth Israel Deaconess Medical Center

and Harvard Medical School.

Though as Kazi noted to NPR, "They're not randomized trials, the gold standard for what we would do to evaluate a new drug."

But don't feel so smug, dog people. Having a feline pal has been linked to healthier results, too. In 2008, researchers told the American Stroke Association's International Stroke Conference that those who had never had a pet cat were 30% more likely to die of any cardiovascular disease, and 40% more likely to die of a heart attack when compared with cat people.

In comments to WebMD, American Stroke Association spokesman Dr. Daniel Lackland, seemed to take a "can't we all just along" stance. Both cats and dogs "are good, they make you feel better. And studies have shown that a general feeling of well-being is linked to better overall health." ●



GETTY IMAGES

FORMATION MINUTE

Happy New Year! As we find ourselves at the beginning of this new calendar year, I thought I'd use this opportunity to look back to how the Sisters ended up in Spring Valley, IL where they began St. Margaret's Hospital—the first in what would later become SMP Health System.

Their path was not the most direct from France; in fact, it involved three different waves of migration, you might say, from France to the US. But before that, we should remember what was going on in France which caused the Sisters to look beyond the borders of their home country.

France in the late 1800s was becoming increasingly secular, to the point that in 1901 they passed a law kicking out all religious sisters from teaching in schools. As a result, Sisters of Mary of the Presentation came flocking back to Broons. With this mass swarming of the motherhouse, and inability to minister in schools in France, the Sisters began to look outside France for the first time. The first Sisters to leave France went to Belgium and the Netherlands in October 1901. Less than one year later, at the request of the archbishop of St. Boniface, Manitoba, Canada, six Sisters set sail for North America in September 1902; the first wave to come over.

These six Sisters ended up in Rat Portage, Ontario. Their time there was hard and as cold as the reception they received on their arrival. Less than a year later they were approached by the pastor in Wild Rice, a French speaking community in ND, who needed sisters to run a boarding school he was hoping to open, and the Sisters in Rat Portage just happened to have precisely the skills he was looking for.

While these six Sisters were offering up their suffering in the winter in Rat Portage, back in Broons, France, the Mother Superior was approached by the Holy Cross Fathers who were looking for sisters to work at their seminaries and colleges in the United States. Once again, asking only for volunteers, in early 1903, a second wave of Sisters, fifty in number, were sent across the Atlantic to various cities all across the country, including Notre Dame, IN.

Shortly after these Sisters arrived, the Holy Cross Fathers at Notre Dame were approached by Fr. Power in Spring Valley, IL who was looking for nursing sisters to help with a hospital that he and Dr. John Franklin were starting. Due, once again, to the persecutions in France, the Sisters assured them that they would be able to send more Sisters from France to help, and thus a third wave of Sisters made the trip from France to the US. Finally, "On November 17, 1903, two Sisters from Notre Dame, four from France, and one from Wild Rice were met by Father Power in Chicago and escorted to Spring Valley" (*New Horizons*, 27). And the rest, as they say, is history.

As we begin this new year, perhaps we might take a moment to reflect on how, just as the first Sisters were called by God down different paths to the same ministry, so are each of us called in unique ways to the common mission of carrying out His healing ministry.

JT Kennelly
Director of Formation
SMP Health System



Employee Assistance Program

Call: **(701) 530-7195**

or **(800) 327-7195**

CHStAlexiusHealth.org

R&R Committee

(Retention & Recognition) NEWS

1. **MORE MEMBERS ARE NEEDED FOR THIS COMMITTEE!**
2. They meet the second Wednesday of each month at 2:00 pm to discuss ways to promote employee recognition and retention. **YOU ARE NEEDED!** Meet in the Administrative Conference Room on 1st floor.
3. 2nd Wednesday is a day to **WEAR JEANS** for \$1 with the money going to the R&R Committee to provide **STUFF**.
4. Are you one of the privileged ones to get a designated parking spot?

St. Aloisius Medical Center Direct Dial Numbers

St. Aloisius Clinic—324-5131

Medical Floor - 324-5112

Unit A—324-5121

Unit B—324-5118

Daycare—324-5109

Sherri Engkvist—324-5120

Candie Thompson—324-5113

Lab—324-5116

Radiology—324-5107

Physical Therapy—324-5119

Enter these numbers in your phone!

Cut this out and put on your fridge!



Human Resource Info



Designated Medical Provider

By now everyone knows about the Return-to-Work Policy. This means if you have a illness or injury that stops you from doing the job you were hired to do, alternative work that you can do with your limitations will be available for you, if possible.

Part of this policy also includes Designated Medical Provider through Workforce Safety & Insurance. This means that when you are injured at work, you must use one of these providers or WSI may choose not to pay for the services. This does not apply to Emergency Room services.

Providers on St. Aloisius list are:

- 1) St. Aloisius Medical Center Clinic—324-5131
- 2) Central Dakota Clinic—324-4856
- 3) Amy Felchle, D.C.—324-4722
- 4) Robb Gottenborg, D.C.—324-2262
- 5) Michael Nicolai, D.C.—947-2121
- 6) Genevieve Weber, D.C.—324-2335

If you choose a different provider, we can have that provider approved, but it must be before the work related accident or illness occurs.

If you have any questions, please email Marian at mhase@staloisius.com or call 324-4651 ext. 5120.

Storm Policy—who is essential personnel?

1. **Essential personnel includes CNAs, Daycare, Dietary, Lab, Laundry, Maintenance, Nursing, Providers, Radiology, and Switchboard - people who work weekends and holidays.**
2. Your supervisor is ultimately responsible for ensuring shifts are covered and that staff that will be staying in town have a place to stay, whether it is in the facility, other homes in town, or, thanks to St. Cecilia's Catholic Church, some where in the church. (We just need to talk to Father Boucher.)

PHISHING (fishing?)

The **phishing campaigns** detected in 2019 impersonated more than 400 different companies. The types of company most commonly impersonated in the attacks are webmail and software-as-a-service providers. The main aim of the attacks on these firms is to obtain credentials that can be used to gain access to corporate email and SaaS accounts.

Many attacks are focused on obtaining Office 365 credentials. Stolen Office 365 credentials are extremely valuable to Business Email Compromise (BEC) scammers. Once access is gained to a corporate email account, it is used to send further phishing emails to other individuals in the breached organization. The aim of many attacks is to gain access to the CEO's email account or the account of another executive. Those accounts are then used to send emails to individuals with access to corporate bank accounts to request wire transfers and payroll changes.

While CEO fraud is still common, there has been a shift in tactics and vendors and suppliers are now being targeted much more often. The potential returns from a CEO fraud scam are higher, but attacks on vendors and suppliers can be more lucrative. One vendor or supplier account compromise allows the attacker to target all of their customers.

Another growing trend is a shift from wire transfer requests to gift card scams. The returns from gift card scams may be lower, but it is much easier for the scammers to cash out and they offer greater anonymity. *(Sound familiar)*

An increasing number of companies have switched from HTTP to HTTPS and consumers are now much more likely to check that a website starts with HTTPS before disclosing any sensitive information such as login credentials. Cybercriminals have had to follow suit. 68% of phishing sites were hosted on HTTPS, in 2019.

From HIPAA Journal

Moral of the story—if it looks too good to be true, it is! CEO will never ask you to do something by email or text. mh

REMINDER—DO NOT PLUG YOUR PHONE BY USING A USB PORT ON A COMPUTER—this creates a security risk for the network. Use an adapter and plug your phone into a wall outlet. mh

Workforce Safety & Insurance Audit 2019 - GOOD JOB!!

Remember hand washing!

Because our safety program is strong and our staff is awesome, we will be getting a 25% discount on our 2020 NDWSI premium! You are reporting hazards, filling out incident reports, following St. Aloisius Medical Center safety rules. We have a Risk Management & Safety committee that meets monthly to discuss safety concerns and finds (tries to find) ways to address these concerns.



I've Taken the Pickle* Pledge

"I will turn every complaint into either a blessing or a constructive suggestion."

By taking The Pickle Pledge, I am promising myself that I will no longer waste my time and energy on blaming, complaining, and gossiping nor will I commiserate with those who steal my energy with their blaming, complaining, and gossiping.

**So-called because chronic complainers look like they were born with a dill pickle stuck in their mouths.*

