



St. Aloisius
Medical
Center

SMP Health System

HEALING FIRE AND LIGHT

Marian Hase—Editor Staff News

November 2020

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. If you need to be seen, be sure you call first. If you have respiratory symptoms or you want to speak with Dr. Dean about COVID-19, please call 324-5125.



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.

October 2020 NEW EMPLOYEES Welcome to the St. Aloisius Family!

Courtney
Daycare

Lauinger—



**Congratulations to
Melanie Long!**
She took the position of
Operating Room Manager!!!





Count Your Blessings

Enter into His gates with Thanksgiving and His courts with praise. (Psalm 100: 4

What a wonderful reminder to take the time to thank God what he is doing for us. Too often we focus on the horrid things that happen in our life, but take time every day to verbalize or write all for which you are thankful.

Thank Him for the privilege of coming in presence. Thank Him for what he has done in and through you life in the last year. Maybe another question you could ask yourself is: How do I live a life of true grateful for family, friends, how God has worked in my life.

So how do I live a life of true gratitude when I'm not perfect? For me it has begun with allowing me depths of my depravity. God has also shown me that I cannot do this on my own strength. I have to live in dependence upon Him, seeking his way. His desire for His Kingdom, as I've come to see myself for who I really am, has brought a deeper meaning to His incredible sacrifice that He paid for each one of us.

Growing in gratitude is a life long process of learning to live in a God-centered way. We begin to recognize and acknowledge that God is close to us and is at work in our lives. We are also able to see how he is blessing us even in those trials that are part of human life.

We want to offer six strategies that may help you to become that may help you to become more grateful both to God and to the people around you.

1. Begin your prayer each day with praise and thanks giving
2. Pray the psalms regularly.
3. Spend a few minutes each evening thanking God for your blessings that day.
4. Look for God's blessing, especially amid the difficulties of life.
5. Express your gratitude to other people.



Thank God ahead of time. May I suggest that you take some time to look up the following passages: Psalm 48:10, Psalm 103, and 145, Proverbs 15: 8, Psalm 146 to 150, and sing to the Lord!

Gratitude in Heaven . think about what it will be like in heaven as we look back on our lives. We want to thank all the people who help us to get there, who taught us about the Lord's love and who led us on the path of discipleship. We will be thankful for all the joys we experienced and even the difficulties, all of which God used to help us to grow in holiness. We will overflow in holiness.

We will overflow with gratitude to the Father, who created us to live with him forever; to Jesus, who died for us and rose from the dead to save us and rose from the dead to save us; and to the Holy spirit, who lived in us and help us in countless ways to follow Jesus.

One last question you can ask your self—have you every notice how pleasant it is to be around people who are grateful?

Free Employee Wellness Screens!!

St. Aloisius will cover one free Wellness screen a year for all employees. Due to COVID-19, we did not hold a Spring 2020 wellness clinic and our Fall 2020 clinics were at the armory earlier this month.

Opportunities for Employee Only screens have been scheduled!

WHEN: Monday, Nov 9th
Friday, Nov 13th
Monday, Nov 16th

TIME: 6:00 AM to 8:00 AM
by appointment

WHERE: St. Aloisius Lab

HOW DO I SCHEDULE MY SCREEN?

During business hours, call Christy Arends
at extension 5124

Evenings and weekends, call the switchboard

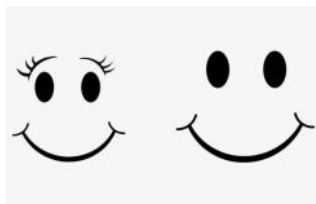


Employee Assistance Program

Call: (701) 530-7195

or (800) 327-7195

CHISTAlexiusHealth.org



St. Aloisius November Anniversaries

Carol Reimche—39 years
Donna Corneliusen—38 years
Jackie Martin—30 years
Diane Knudtson—28 years
Betty Hakanson—26 years
Sarah Helland—26 years
Eileen Bjorland—23 years
Lanae Strand—16 years
Melissa Schimke—9 years
Sandra Wachtel—9 years
Amberlee Schroeder—7 years
Jessica Coombs—6 years
Cathy Rieder—5 years
Gaylene Roerick—4 years
Lauren Lemer—4 years
Rita Weninger—2 years
Kari Kanwischer—1 year
Mary Kittelson—1 year
Laurie Towell—1 year

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



Try Smiling

When the weather suits you not,
Try smiling.

When your coffee isn't hot,
Try smiling.

When your neighbors don't do right
or the relatives all fight—
Sure, it's hard, but then you might—
Try smiling.

Doesn't change the things, of course,
Just smiling.

But it cannot make them worse, just smiling.

FORMATION MINUTE

When Jesus healed others, he did more than simply fix their physical problems—sins were forgiven, lepers were restored to society, loved ones were calmed, demons were cast out, etc. Health, as Jesus understood it, encompassed more than just physical health. Spiritual, psychological, social, and emotional healing were also central aspects of his ministry.

As a Catholic ministry, we pride ourselves on “fulfilling Jesus’ healing mission”, which means we aim to provide this same holistic care to our patients and residents. When people come to us, we want them leaving as whole as possible—not just physically, but emotionally, psychologically, socially, and spiritually as well. The health of one part should never come at the expense of the health of another part. It does us and the patient no good if their physical healing comes at the expense of their spiritual and psychological health.

As I said, we pride ourselves on providing this type of care to our patients and residents, but recently, with Covid, this has become much more difficult, especially at our long term care ministries. As lockdowns progressed from weeks to months, the required measures to keep residents healthy have had other side effects. The isolation brings about social difficulties, being separated from family and friends. This in turn can lead to psychological and emotional problems such as fear, anger, depression, frustration, which, in turn, can have spiritual side effects, and all of this can spill back over into other physical issues. In other words, never has holistic care been more difficult to provide, and never has it been more necessary.

The extra resident care, staffing shortages, burnout, and compassion fatigue are just a few of the issues that make providing holistic care difficult. While we can do different things to try to keep ourselves motivated, ultimately, we need to make sure that we holistically care for ourselves. Meditation and wellness exercises can be helpful to manage stress and having someone to talk to about difficulties can be very beneficial. Beyond that, however, I think it is important for all of us to spiritually care for ourselves. Praying together at meetings is good and important, but how often do you take quiet time, perhaps in the chapel, to speak to God on a personal level? It is important to stay connected to God, especially when we claim to be doing His work!

If you’re in doubt about how to do this, here’s an easy method I learned when I was in the seminary. They called this “pray like a pirate” (Silly? Absolutely...but it stuck). It’s called this because of the acronym, “ARRR,” which stands for **Acknowledge, Relate, Receive, Respond**. First, honestly **Acknowledge** the thoughts, feelings, and desires you’re experiencing. Then, simply **Relate** them to God; tell him as you would to a close friend. Third, sit quietly and give God space to speak and **Receive** what He has to offer. Finally, **Respond** in gratitude as you exit your time of prayer. That’s it!

Hopefully by holistically caring for ourselves, we’ll be better equipped to holistically care for others.

JT Kennelly
VP of Mission and Formation
SMP Health System

*For the earth shall be filled with
the knowledge of the glory of the
Lord, as the waters cover the sea.*

Thanksgiving Day

November 26, 2020

An annual national **holiday** in the United States and Canada celebrating the harvest and other blessings of the past year. Americans generally believe that their **Thanksgiving** is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people.



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THANKSGIVING PRAYER

We pray Thy love will bless, O Lord, each hearth, each home, each festive board; and that Thy peace will come to stay where candles glow, Thanksgiving Day. Thank the almighty, for all that He



Human Resource Info

St. Aloisius Medical Center wants you to join our team!

Employee Week November 2nd-6th

November 2nd – 6th

Monday- Wear your favorite sport teams shirt/jersey

Tuesday- Alfred, CEO, will drop off assortment of candy to each department

Wednesday- Wear St. Aloisius Gear

Thursday- Donuts (outside of cafeteria)

Friday- Free

**THANK
YOU!**

meal ticket in your paystub



Congratulations, Christy Arends!
Certified Critical Access Hospital
Coding and Billing Specialist

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

Human Resources—324-5123

Lab—324-5116 Radiology—324-5107

Physical Therapy—324-5119

Enter these numbers in your phone!

Cut this out and put on your fridge!

Calling Tree—when you call the hospital you can choose the clinic or the hospital—this helps telephone traffic through the switchboard.

Coronavirus Etiquette

- Social distance—6 feet or more apart from people not of your household or “pod”.
- Consider wearing a mask when out in public—will protect others and will provide some protection for you.
- WASH HANDS OFTEN or use alcohol based hand sanitizer.
- Be courteous to others following “the rules”.

CORONAVIRUS DISEASE 2019
(COVID-19)

CDC.gov/COVID-19



What to Remember

When Hosting Gatherings This Holiday Season

If you're planning on hosting a gathering over the holidays, **remind guests to stay home if they're sick** or have been exposed to COVID-19 in the last 14 days. Host the gathering outdoors, when possible, and make sure indoor spaces are well-ventilated (for example, open a window). Arrange tables and chairs to allow for social distancing among people not in the same household. Wear masks when less than 6 feet apart from people or indoors, and encourage guests to bring their own

