



Under the watchful eye of Jacobson Memorial Hospital Care Center RN Patty Roth, Robert Larson walks up and down steps in the cardiac rehabilitation program. The program is newly reinstated at the hospital to help patients recover from heart surgery without having to drive a longer distance.

Cardiac rehab program helps recovery

It wasn't anything Robert Larson could pinpoint.

"I wasn't really feeling very well, but it was such a gradual thing that it wasn't that noticeable. In hindsight, it was a very slow process. I was exhausted a lot in doing things," Robert explains.

Then the retired Elgin resident

returned home from a meeting last fall with a sickly pallor that alarmed his wife, Leona.

"She looked at me and said, 'Your color is just terrible,' " Robert says.

He was admitted to Jacobson Memorial Hospital Care Center (JMHCC), where Dr. Deepak Goyal initially treated Robert, then scheduled

further tests.

"Dr. Goyal was the one who really took an interest in what was going on. I really feel as though he takes an interest in the people who come to him," Robert says. "He wasn't passive about what he was going to do."

While Robert had not suffered

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JMHCC Lifelines • Winter 2014

JMHCC
601 East St. North
PO Box 367
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701-584-2792
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a heart attack, testing at JMHCC indicated abnormal results, so an angiogram was scheduled. That test revealed two of Robert's arteries were completely blocked, with another 95 percent blocked and the fourth 85 percent blocked.

"It's no wonder I was tired. I was a walking time bomb," Robert says.

He underwent quadruple bypass surgery at a Bismarck hospital Oct. 14, 2013, on an urgent basis.

Robert believes the initial diagnosis and care at JMHCC saved his life.

"They essentially saved my life. I have told them that," he says. "They made it possible for me to be talking to you today. The care I received here, I couldn't ask for anything more."

Offering a lifeline

Robert worked for the North Dakota University System for 44 years, and retired as the director of online learning. His wife, Leona, is the director of the Southwest Special Education Unit.

"When we moved to Elgin, my

daughters were saying, 'What are the medical facilities like?' " Robert says. "I knew there was a hospital here, but I didn't know a lot about it."

But he quickly became familiar with the quality of care.

"We are so fortunate in this community to have this facility. Unless you have had to use it, you have one level of interest. If you've had to use it, it has a whole new meaning for you, and that's where I'm at right now," he says.

Help with healing

After his heart surgery, Robert was one of the first patients to enter JMHCC's newly reinstated cardiac rehabilitation program, determined to regain his strength.

Twice a week, Robert exercises at JMHCC under the watchful eye of Patty Roth, a registered nurse with specialized cardiac training who is certified in advanced cardiac life support. She helps each patient set and meet goals following heart surgery.

Under the cardiac rehabilita-

tion program, patients are closely monitored while they exercise. The program and exercises are undertaken only on days when Dr. Goyal is physically inside the facility. The program also incorporates education on diet and lifestyle choices following heart surgery. Roth also screens her patients for signs of depression.

"When you do have anything cardiac or a heart attack, everyone has to have huge dramatic lifestyle changes and that can cause depression," she shares.

After Robert saunters into the main-floor fitness area at JMHCC, Patty notes his weight, then connects him to a monitor. Over the next hour, he'll spend 28 minutes exercising - walking on a treadmill, walking up and down three steps and using a NuStep - while Patty carefully monitors his pulse and heart rhythm.

The goal is to strengthen the heart muscle, she explains.

"When you have a heart attack, areas of your heart are damaged and the main goal is to strengthen it back

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Welcome!

Welcome to Lifelines, a newsletter which is published quarterly by the Jacobson Memorial Hospital Care Center and the Jacobson Memorial Hospital Foundation, serving Grant County and the surrounding area.

The mission of Jacobson Memorial Hospital Care Center:

To advance the health of patients and the communities we serve through a culture of leadership, continuous improvement, and accountability.

Jacobson Memorial Hospital Care Center understands the relationship that exists between body, mind, and the human spirit.

We believe that respect, integrity, quality, commitment, and accountability are the foundation by which a health care provider should practice in accordance with respect of this relationship.

The mission of the Jacobson Memorial Hospital Foundation:

Jacobson Memorial Hospital Foundation, in support of Jacobson Memorial Hospital Care Center, is to engage and foster health care philanthropy, and provide funds, support and programs to enhance continuous health care excellence for our region.

to the most potential,” she says.

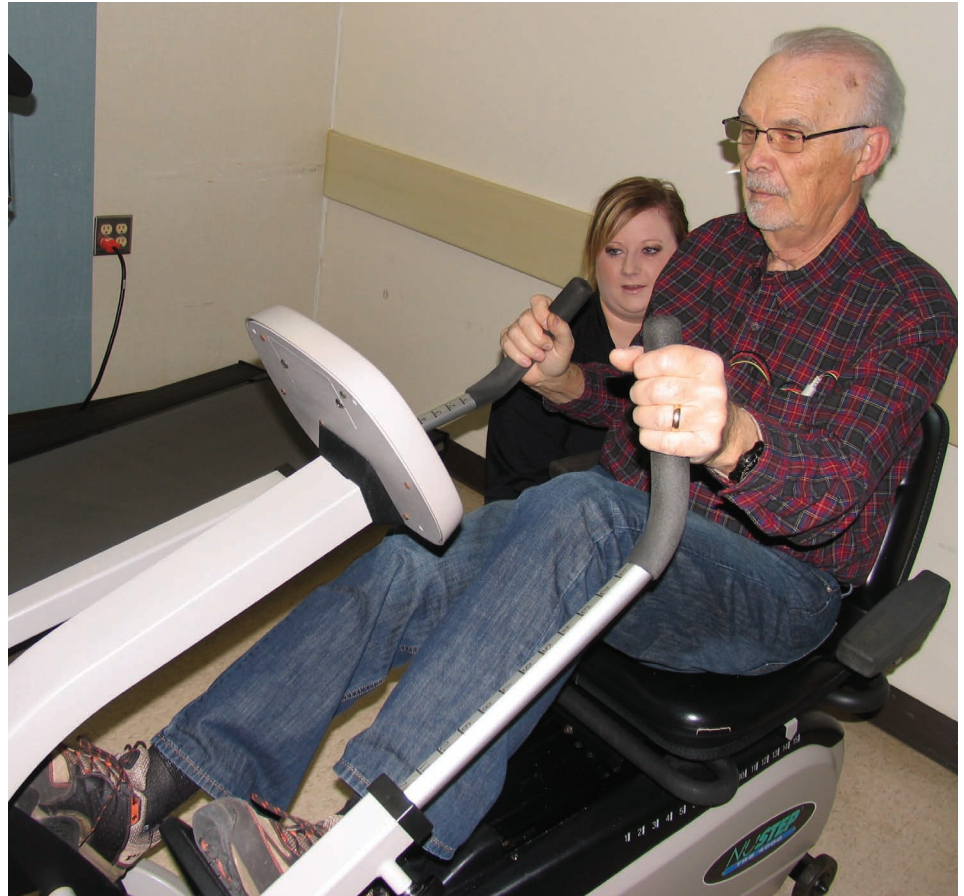
Robert appreciates not only the convenience of the local rehab, but the security.

“You feel secure and less fearful,” the 69-year-old says. “I’m very grateful that she’s here to do it. It makes life simpler for any number of people.”

To join the program, patients need a doctor’s referral. After a six- to eight-week recovery following surgery, patients then begin the rehab program, taking small steps toward full recovery over 36 visits. Medicare and other insurance cover a certain number of sessions, Patty explains.

Dakota Community Bank in New Leipzig has donated funds to JMHCC to purchase a new treadmill for the cardiac rehabilitation program. The new treadmill will include a walking surface that can be set at an incline and side handrails.

“This is the most consistent exercise I’ve ever done in my life,” Robert says. “Recovery has been very gradual. If I look at yesterday and try to compare it to today, it’s not dra-



Robert Larson exercises on a NuStep at Jacobson Memorial Hospital Care Center's cardiac rehabilitation program with RN Patty Roth.

matic. It’s just a little better.”

But those small daily improvements are leading him back to health.

“It’s great for me, but it’s great for anyone else in the community or the

area who needs this kind of consistent reinforcement and reminders to do this,” Robert says. “The community is fortunate to have this program here at this facility.” ■

Linda Duppong

Carey Rivinius

Dr. Deepak Goyal

Tyesha Dent

We're here 24/7

JMHCC: 584-2792
Elgin Community Clinic: 584-3338
Glen Ullin Family Medical Clinic: 348-9175

MOVE MORE!

Get 30 minutes or more of exercise a day.

EAT MORE

fruits and vegetables.

CUT BACK

on foods with saturated and trans fat.

MONITOR

your blood pressure.

EAT WHOLE GRAINS

ROCKIN' IT RED.
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February is
American
Heart
Month.

As we observe American Heart Month in February, Jacobson Memorial Hospital Care Center reminds you to take care of your health. Routine wellness visits, a healthy diet and regular exercise should all be part of your lifestyle choices. If you smoke, visit with your provider about getting the help you need to quit.

Your heart beats about 100,000 times a day, but we often take this hard-working muscle for granted. Changes in your lifestyle could mean a stronger heart. Remember, you only have one heart! So, during this month of love, start adjusting your lifestyle to help that heart.

What does a healthier lifestyle include?

- If you are at risk for heart disease, work with your health care provider to manage those risks. Doctors save lives through prevention, screening and treatment. Don't

see your doctor just when you're sick. Be sure to schedule those annual checkups, too!

- You can fight heart disease with a fork. Read food labels and try to reduce salt in your diet. Eat at least five servings of vegetables and fruits every day. That's about 2.5 cups of vegetables and 2 cups of fruit. Fiber and whole grains are important in a diet, too.

- Start exercising! Most adults should exercise at least 30 minutes on five or more days each week. But it doesn't have to be all at once! Being active 10 to 15 minutes at a time will help. Take a 10-minute walk after every meal and you'll have 30 minutes!

- Manage your stress. Remember to breathe and relax! Take care, because Jacobson Memorial Hospital Care Center cares about your health. ■

**JACOBSON MEMORIAL
HOSPITAL
CARE CENTER**

Jacobson Memorial Hospital Care Center: 584-2792

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SALT -

9 out of 10 people consume too much sodium.

READ LABELS

Look for "heart healthy" foods.

MANAGE YOUR WEIGHT.**QUIT SMOKING**

Get the help you need.

STRESS -

Don't let it get out of control.

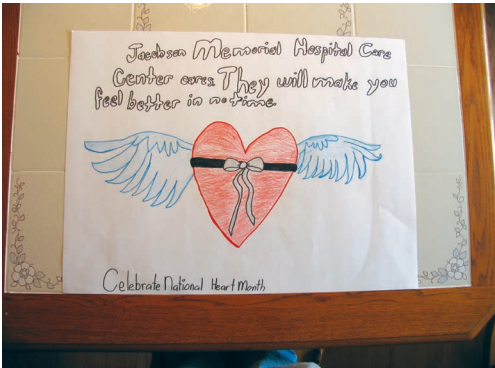
American Heart Month 2014 POSTER CONTEST WINNERS

Jacobson Memorial Hospital Care Center sponsored a poster contest at area schools this month, with students in grades 3-8 encouraged to create a poster observing

American Heart Month. Winners were selected in each category, and we share the winning posters of our talented students here! ■

GRADES 3-4

First place
Halle Rivinius
Fourth grade



Second place
Samantha Ellison
Fourth grade

Third place
Danielle Gathright
Fourth grade

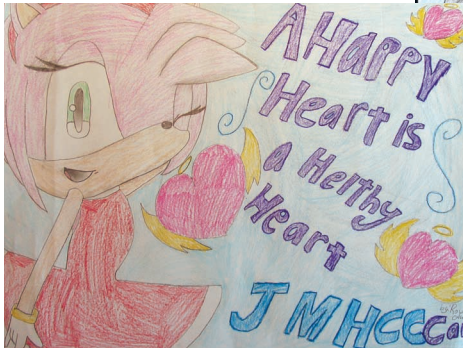
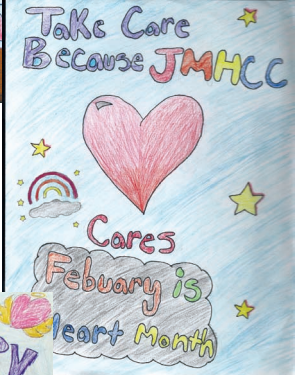


GRADES 5-6



First place
Laura Muggli
Fifth grade

Second place
Kiana Ducheneaux
Sixth grade



Third place
Rowan Gluyas
Fifth grade

GRADES 7-8



First place
Alyssa Wollman
Eighth grade

Gifts of Grain and Gifts of Livestock for JMHCC

The Jacobson Memorial Hospital Foundation is launching its “Gifts of Grain” and “Gifts of Livestock” programs to help provide support of this vital, local health care facility. By donating livestock or a commodity, such as small grains, corn or sunflowers, you can make a significant impact on Jacobson Memorial Hospital Care Center’s (JMHCC) ability to update

equipment and continue to provide quality services.

As an active farmer or rancher, you have a unique opportunity to help your local health care facility.

Farmers and ranchers can make “above-the-line” charitable contributions of commodities or livestock that can be readily marketable by the Jacobson Memorial Hospital Founda-

tion. By contributing unsold grain or livestock to the Jacobson Memorial Hospital Foundation, rather than selling the grain or livestock and donating cash, you may be able to attain certain tax advantages.

Please consult a tax advisor to learn how this type of contribution fits your tax situation. Thank you for your consideration of this gift. ■

Gifts of Grain

- 1) Contact Jacobson Memorial Hospital Foundation (JMHF) to inform us that the gift is to be made. Contact the Foundation Director at 701-584-2792 or foundation@jacobsonhospital.org.
- 2) Complete the form regarding a gift of grain on the website at www.jacobsonhospital.org or request a form at the telephone number above. Indicate the type and quantity of grain being contributed. Send the form to the Jacobson Memorial Hospital Foundation, P.O. Box 367, Elgin, ND 58533. The form should be received at least five business days prior to delivery at the elevator.
- 3) When you deliver the gifted grain to the local elevator, tell the elevator to issue a storage receipt in the name of the Jacobson Memorial Hospital Foundation. The receipt is evidence that ownership of the grain was transferred from the farmer to the JMHF. E-mail the storage receipt to foundation@jacobsonhospital.org.
- 4) Because the JMHF owns the grain following your gift, you may not instruct the elevator to sell the grain.
- 5) Remind the elevator to issue the check for the sale of the grain to the JMHF. JMHF will issue a receipt that indicates the amount of grain sold for your crop insurance records.

Gifts of Livestock

- 1) Contact Jacobson Memorial Hospital Foundation (JMHF) to inform us that the gift is to be made. Contact the Foundation Director at 701-584-2792 or foundation@jacobsonhospital.org.
- 2) Complete the “Letter from the Producer” regarding the Gifts of Livestock at www.jacobsonhospital.org or request a form at the telephone number above. Indicate the type and quantity of livestock being contributed. Send the form to the Jacobson Memorial Hospital Foundation, P.O. Box 367, Elgin, ND 58533.
- 3) We request that you deliver the livestock to market on behalf of the JMHF and will provide you with a completed form, “Instructions to Sale Barn for Gifts of Livestock.”
- 4) Deliver the livestock to market on behalf of the JMHF and provide a copy of your “Letter from the Producer” and completed “Instructions to Sale Barn for Gifts of Livestock.”
- 5) Remind the sales barn to issue the check for the sale of the livestock to the Jacobson Memorial Hospital Foundation and send it to: P.O. Box 367, Elgin, ND 58533.

Positive changes at JMHCC

Jacobson Memorial Hospital Care Center (JMHCC) announces that Theo Stoller has been selected to fill the CEO position.

Stoller obtained his bachelor of science degree in business administration and human resource management from Dickinson State University in 2008 and has served as the human resources director at JMHCC for the past five years.

Stoller is a resident of New Leipzig and serves on the New Leipzig City Council and is active on the New Leipzig Ambulance, the Elgin Lions Club and the Elgin Community Betterment Inc.

Because of his roots in Grant County, his commitment to the local economy and to the future of JMHCC, Stoller was an exemplary candidate for the position.

His immediate goals are to show full support for the local community by sponsoring local events, to improve staff morale by opening lines of communication, and addressing staff concerns immediately.

He also plans to develop a posi-



Theo Stoller

tive culture focused on quality care at JMHCC.

"I am very excited to serve the staff, patients and community in this role. I would like to extend an invitation to the community to call or e-mail me with your input, ideas or concerns. I am here and I am ready to listen and respond," Stoller says.

He can be reached at tstoller@westriv.com or by calling 548-2792.

Another new appointment at JMHCC is Rynae Golke as the director of human resources, filling the role previously held by Stoller.

Golke obtained her bachelor of



Rynae Golke

science degree in business administration - human resources management in 2010 and has been employed by JMHCC for the past year in the nursing department.

In that time, Golke has developed a relationship with and is committed to the staff, residents and families she serves.

Golke believes JMHCC plays a vital role in the community by providing critical access health care, and much-needed jobs for local residents.

She is excited to be a part of the JMHCC family and looks forward to working with everyone. ■

Yes!

I want to donate to the Jacobson Memorial Hospital Foundation to help continue the important work of the Jacobson Memorial Hospital Care Center.

I wish to make a cash contribution of \$ _____

Name: _____ Phone: _____

Address: _____ City: _____ State: _____ ZIP: _____

_____ **Please contact me to visit about other ways I can donate.**

_____ **Please send me information about the Gifts of Grain _____ or Gifts of Livestock _____**

Please send completed form with check to: JMHF, PO Box 367, Elgin, ND 58533. Thank you!

ROCKIN' IT RED.
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