



Dennis Rivinius, a medical lab technician at JMHC, has had basal cell cancer removed from behind his ear, leaving a scar. Now, he advises others to be vigilant about skin health.

## Take steps to avoid skin cancer year-round

When Dennis Rivinius discovered a sore behind his ear that was not healing, he made an appointment with Carey Rivinius, an advanced practice clinician, at the Elgin Community Clinic.

She immediately referred him to a dermatologist. After a five-hour Mohs procedure in which layers of skin are removed until cancer-free tissue

remains, 29 stitches and a skin graft, the basal cell cancer was removed. With a family history of skin cancer, Dennis had been advised to get screenings after having pre-cancerous spots removed. But he had delayed his screening for more than a year.

Now, Dennis, a medical lab technician at Jacobson Memorial Hospital Care Center who farmed until 2001, is

vigilant about having a yearly screening for skin cancer, and takes precautions in the sun.

“If the doctor says to get a yearly checkup, get on it. Sunscreen, use it,” he says.

Donning a baseball cap may not completely protect you from one outdoor danger – the sun. Skin cancer

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JMHCC Lifelines • Summer 2016

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is the most common type of cancer in the United States, and its statistics are staggering.

The two most common types of skin cancer – basal cell cancer and squamous cell cancer – are highly curable, according to the N.D. Cancer Coalition. But melanoma, the third type of skin cancer, is more dangerous – 9,000 people die from it each year. Melanoma rates have increased more than 200 percent since 1973, according to the U.S. Department of Health and Human Services. The National Cancer Institute reports that melanoma is the most common form of cancer in adults ages 25 to 29.

North Dakota averages 178 cases of melanoma a year. While statistics for non-melanoma cases of skin cancer are not available, one study estimated that in 2006, 3.5 million cases

were diagnosed among 2.2 million people, according to the American Cancer Society.

But following prevention tips can decrease the risk of skin cancer.

Those at greater risk of skin cancer:

- Spend a lot of time in the sun or have been sunburned
- Have light-colored skin, hair and eyes
- Have a family member with skin cancer
- Are over age 50
- Have multiple or atypical moles

“They definitely want to be doing self-assessments of their own skin on a monthly basis, looking at moles, freckles or any kind of pigmentation change,” notes Janna Pastir, Comprehensive Cancer Control Program coordinator with the Division of Cancer Prevention and Control of the N.D.

Department of Health.

“We want people to be aware of any skin and mole changes and be screened by professionals at least annually, especially if their lifestyle and behaviors make them more at risk, such as people working outdoors but not using sunscreen daily,” she says. “When caught early in the basal and squamous stages of cancer, it is highly treatable, but if left untreated and it turns into melanoma, treatment becomes more difficult and often leaves the person disfigured. Melanoma can be fatal. All people must be aware of that.”

The N.D. Cancer Coalition, which has established skin cancer as one of its priorities, offers these tips:

- Keep covered. Seek shade between 10 a.m. and 2 p.m. when the sun is at its strongest. If you are out-

**Sister's track meet at age 5**

**Day at Lake Tschida at age 16**

**Raking hay at age 18**

**Family reunion at age 25**

**Beach vacation at age 30**

**It only takes five sunburns to DOUBLE the risk of skin cancer.**

**You can reduce your risk by:**

1. Limit sun exposure. Avoid the sun's intense rays between 10 a.m. and 2 p.m.
2. Apply sunscreen frequently. Use a sunscreen with sun protection factor (SPF) of at least 15. Select products that block both UVA and UVB light.
3. If you are likely to sunburn, wear long sleeves and a wide-brimmed hat.
4. Avoid tanning booths.
5. Conduct skin self-examinations.

side, wear clothing that covers your skin, including a wide-brimmed hat.

“A baseball cap is not going to do anything to protect a person’s ears,” Pastir says.

“Wear sunglasses that block UVA and UVB rays, because eyes are also susceptible to melanoma,” she advises.

- Use a broad-spectrum sunscreen that protects against UVA and UVB rays with an SPF of at least 30 and reapply to all exposed skin every two hours. Use at least one ounce during every application.

“If you’re using an SPF 70, it’s not statistically significantly different than the protection you would get from an SPF 50,” she adds.

If you are using sunscreen from last year, look at the label.

“One of the more important things we like people to know is that sunscreen does expire,” Pastir says. The chemicals that offer protection start to break down over time, so buy a new bottle if your sunscreen from last year has expired or changed consistency.

- Apply UVA/UVB lip balm with SPF

30 or greater. Lips are more sensitive than other parts of the skin.

- Don’t burn! Even one sunburn greatly increases your risk for skin cancer.

- Avoid tanning beds. The International Agency for Research on Cancer states that people younger than 30 who use tanning machines increase their risk of skin cancer by 75 percent.

- Do not apply sunscreen to babies 6 months old or younger. Instead, keep them in the shade or covered.

The United States surgeon general has issued a call to action to prevent the disease, calling it a major public health problem that requires immediate action.

“We have to change the social norms about tanning,” Surgeon General Vivek Murthy said in a statement. “Tanned skin is damaged skin, and we need to shatter the myth that tanned skin is a sign of health.”

During regular self-assessments, watch for these symptoms:

- Any change in the skin, especially in the size or color of a mole.
- Scaliness, oozing or change in the

appearance of a bump or nodule.

- Spread of pigmentation such as past the edges of a mole or mark.
- Itchiness, tenderness or pain.

To recognize symptoms of melanoma skin cancer, follow the ABCDE:

**A. Asymmetry.** If you draw a line through this mole, the two halves will not match.

**B. Border.** The borders of an early melanoma tend to be uneven. The edges may be scalloped or notched.

**C. Color.** Having a variety of colors is another warning signal. A number of different shades of brown, tan or black could appear. A melanoma may also become red, blue or some other color.

**D. Diameter.** Melanomas usually are larger in diameter than the size of the eraser on your pencil, but they may sometimes be smaller when first detected.

**E. Evolving.** Any change – in size, shape, color, elevation or another trait, or any new symptom such as bleeding, itching or crusting – points to danger. ■

To learn more, visit the “News and Events” page at [www.jacobsonhospital.org](http://www.jacobsonhospital.org).

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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 the region.

### *The mission of Jacobson Memorial Hospital Care Center:*

To advance the health of patients and communities with respect, integrity, quality, commitment and accountability to accomplish peace of mind close to home.

### *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.

# JMHCC RENOVATION UPDATE



## **Phase 1A:** **CT scanner suite: completed**

This phase renovated an area of JMHCC to house the new 32-slice CT scanner inside the facility in the lower level. The scanner is operational and has already helped to save lives.



## **Phase 1B: Laboratory: completed**

This phase moved the lab into another area to make room for additional exam rooms in the clinic. A waiting area has been added to the lab for patient privacy. The new lab is located in the lower level of JMHCC, just down the hall from the Elgin Community Clinic.



## **Phase 2: Radiology, offices and portion of clinic exam rooms: Under construction**

This phase involves remodeling the radiology department and provider offices, and adding additional exam rooms in the clinic. Clinic exam rooms will be expanded from three to seven. More privacy will be offered in the radiology department, and a waiting area will be added to the radiology department, which is located in the lower level of JMHCC.

## **Phase 3: Elgin Community Clinic**

This phase will finalize the clinic renovation, by updating the clinic registration area and waiting room, the existing exam rooms, a provider's office and the nurses' station. The clinic will then have seven exam rooms, rather than three, and will be able to accommodate visiting specialists. Two of the exam rooms will also be linked to telemedicine services, offering increased opportunities for patient care close to home.

**Expected completion: October 2016**

To donate to any phase of the renovation, send a check to JMHCC at:  
PO Box 367, Elgin, ND 58533  
Questions about donating? Contact CEO Theo Stoller at 584-2792.



# We did it!

Due to the generosity of its supporters, JMHCC has a newly renovated CT scanner room and new technology that is helping to save lives.

JMHCC received a \$380,387 grant from The Leona M. and Harry B. Helmsley Charitable Trust's Rural Healthcare Program to access the latest CT diagnostic technology and purchase the 32-slice CT scanner.

Then, local donors helped support the renovation to make space for the new technology inside the facility.

"We are so appreciative of those who have supported this project with a donation," said JMHCC CEO Theo Stoller. "The local support has been incredible."

## Those who donated \$1,000 or more to make the CT scanner room possible:

City of Elgin Sales Tax Committee  
Elgin Lions Club  
Mor-Gran-Sou Electric Cooperative  
Basin Electric Power Cooperative  
CoBank  
WRT  
Economy Drug, Chuck & Kim Oien  
Elgin American Legion Post 246  
Wilbur-Ellis, Elgin  
Robert Boeshans  
Elroy Herbel & Family  
Harlan and Sharon Klein  
Joel Klein and Brittany Harris  
Robert Larson & Leona Zemliska  
Clarence & Sandra Laub

Aaron & Julie Levorsen  
Glenn & Kay Rivinius  
Duane & Gail Schatz & Family  
Rodger & Kim Schock  
Clayton & Cyndy Zacher  
Reuben Zacher  
In Honor of Betsy and Eugene Kuntz  
In Memory of Jerry Roehrich  
In Memory of Dennis W. Schmidt  
In Memory of Jim Sellner from Ruth Sellner  
In Memory of Harlan J. Veitz  
In Memory of Ervin and Gladys Wutzke  
All 2016 Giving Hearts Day donations were also applied to the project.

### Koeplin receives honor

Whether she's holding the hand of a care resident or helping family members navigate the paper trail, Linda Koeplin is a guiding force at Jacobson Memorial Hospital Care Center.

She was honored for her work by being named the North Dakota Activity Professional of the Year by the Activity Professionals of North Dakota.

"Linda is a dedicated professional, and we certainly appreciate her years of service and we celebrate with her in receiving this award. She is well-deserving," says JMHCC CEO Theo Stoller. "Congratulations to her on this accomplishment."

Linda has been with JMHCC for 25 years. She became JMHCC's activity director in 2002 and was also later named the social services designee.

She works with advanced directives, living wills, Medicaid applica-



**Linda Koeplin**

tions, insurance enrollments, transports residents to see specialists and develops activities for residents.

But through that maze of paperwork, she focuses on the resident.

"I just like sitting and visiting with them and getting to know their history and their families," she says.

She's also grown attached to the volunteers who have visited the resi-

dents over the years.

"They'll say, 'Well I didn't do much, I just come for social.' That is so much. It's just a Godsend," she explains.

Students visiting the residents are also a highlight, she says.

"They bring life into the building again. The grandpas and grandmas think about when their kids were little or when they were little. They talk about it for days," Linda says. "The happiness of that time is priceless."

Linda has been involved on the state level with APND since 2006, serving as an area representative and as the president of the group the last four years.

Linda thanks her husband, Butch, and son, Dillon, for their support, and credits the JMHCC staff and their caring attitudes toward the residents.

"Paying attention to detail and what they like. That's why our staff is good. We do that," she says. ■

### JMHCC develops coloring book for kids

Jacobson Memorial Hospital Care Center and its clinics have developed a coloring book for young patients. The book, along with crayons, is available at the clinic reception desks and at the JMHCC nursing station for young patients or youngsters who are with family members.

"We wanted to help our young patients feel relaxed and welcome at the clinics and the hospital, and we think this is a great item to give them," said JMHCC CEO Theo Stoller.

Those who complete the coloring book and return it to the reception desks will be entered in a periodic prize drawing. ■



### Patients encouraged to use online portal

JMHCC hospital and clinic patients may access their medical records through a secure online patient portal.

Medical records and lab results can be accessed by logging onto [www.jacobsonhospital.org](http://www.jacobsonhospital.org) and clicking

on the "Patient Portal" button on the homepage. There, patients can view their medical charts, list of medications or digital images online.

To initially access the portal, patients are asked to contact Social Services Designee/Activities Director Linda Koeplin at JMHCC. Contact Linda at 701-584-7273 to receive your personal pin number and a review of the portal. You must have Internet access and be at computer when you make the call so Linda can guide you through the process.

"We encourage everyone to obtain your pin number, instructions and begin using the portal," says JMHCC CEO Theo Stoller. "This will allow you to view your information and stay updated regarding your health." ■

# JMHCC selected for pilot program

Jacobson Memorial Hospital Care Center (JMHCC) will be expanding its number of in-patient hospital beds from 25 to 30 through a Frontier Community Health Integration Project (FCHIP). The national pilot project is overseen by the Center for Medicare and Medicaid Innovation.

After applying to be involved in the project, JMHCC was the only critical access hospital in North Dakota selected for the project. By applying for the bed expansion waiver, JMHCC can now offer an additional five beds that can be used at a skilled or intermediate level of care.

As of Aug. 1, JMHCC will expand the number of in-patient beds. These beds do not include observation, emergency room or treatment rooms. The actual number of physical beds in the hospital will expand from 31 to 37.

Underutilized rooms will be used to expand the number of beds and two rooms will be expanded from single-bed rooms to double-bed rooms. Staffing for the expanded number of beds will be accomplished through management of hours, explains JMHCC CEO Theo Stoller.

“We are excited to be a part of this demonstration project,” Stoller says. “The expanded number of beds will help us to treat more patients right here at home.” JMHCC has experienced times when all beds were occupied, which means patients needed to be hospitalized elsewhere.

This demonstration is administered by the Innovation Center to test interventions aimed to improve access to care for beneficiaries residing in very sparsely populated areas.

The FCHIP will allow for enhanced “cost-based” reimbursement for



eligible critical access hospitals by offering waivers. The FCHIP is slated for a three-year period and will include hospitals in Montana, North Dakota and Nevada. With the proposed increase in payment, rural hospitals can enhance the services they provide to their community members. Providing the additional beds will potentially prevent avoidable and costly transfer of patients to larger facilities, while allowing patients to remain in their hometown hospital, reducing both the patient and health system costs.

The Frontier Community Health Integration Project aims to develop and test new models of integrated, coordinated health care in the most sparsely populated rural counties with the goal of improving health outcomes and reducing Medicare expenditures.

The purpose of the demonstration is to develop and test new models for the delivery of health care services in frontier areas through improving access to, and better integration of, the delivery of health care to Medicare beneficiaries. The primary focus areas of the demonstration are to:

- explore ways to increase access

to, and improve the adequacy of, payments for acute care, extended care, and other essential health care services provided under the Medicare and Medicaid programs in frontier areas; and

- evaluate regulatory challenges facing frontier providers and the communities they serve.

“This project allows JMHCC to improve health outcomes for our patients, who are also neighbors and friends, by allowing more to receive their care at home,” Stoller says.

Jerry Jurena, president of the North Dakota Association, reports: “This federal project will strengthen the health care delivery model in North Dakota by increasing access to care. The project will create increased funding opportunities for hospitals so services and health care professionals remain in rural areas. Without federal projects like FCHIP, rural hospitals may need to limit the services they provide to a community. The North Dakota Hospital Association supports this project because it helps enhance the health care infrastructure in rural North Dakota.” ■

# We're here for you...

# 24/7

The providers at Jacobson Memorial Hospital Care Center, Elgin Community Clinic and Glen Ullin Family Medical Clinic care for you and your family with professional, high standards and a genuine concern for your health.

They're supported by a top-quality nursing and ancillary staff with years of experience.

**JMHCC**  
**584-2792**

**Elgin Community  
Clinic**  
**584-3338**

**Glen Ullin Family  
Medical Clinic**  
**348-9175**

**Carey Rivinius**  
*Certified family nurse  
practitioner*

**Art Renner**  
*Certified physician  
assistant*

**Dr. Alan Lindemann, MD**

**Linda Duppong**  
*Certified physician assistant  
and family nurse practitioner*

