



Diane Hoffman, New Leipzig, shows some of the items used to promote “Pink Night” during a girls’ volleyball game at Grant County High School. “Pink Night” is a yearly event to raise awareness about breast cancer and the benefits of early detection.

Mammograms save lives, Hoffman attests

A 19-year breast cancer survivor, Diane Hoffman wears pink or other apparel symbolizing National Breast Cancer Awareness Month every day in October. Increasing awareness of the benefits of scheduling regular mammograms for early detection of breast cancer is an issue close to her heart.

“Have you had your mammogram?”

It’s a question the New Leipzig resident asks of others whenever the opportunity arises.

“I advocate for it anytime I can,” she says. “I’ll ask anybody who means something to me. I ask them if it comes up with health issues, ‘Have you had a mammogram?’ ”

If the answer is “no,” then she

replies, “Please do.” Or she will even offer to call to remind them to schedule an appointment.

It was a routine mammogram which led to her own diagnosis of breast cancer in August 1995.

She clearly remembers the day she was told she had an early form

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JMHCC Lifelines • Fall 2014

JMHCC
601 East St. North
PO Box 367
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of breast cancer. After the phone call, she put her granddaughter, who was 6 weeks old, into a stroller and walked downtown to share the news with her husband, Jerry.

“That was the only time I cried. That was the only time it has ever gotten to me,” she says.

A small lump in her left breast led to a lumpectomy, which removed the small, nonaggressive cancer.

“Jerry was with me every step of the way,” she says. “The family support has been there throughout my whole entire journey. I call it a journey because it isn’t finished yet.”

To continue to be proactive, she had a mammogram every three months the first year following her lumpectomy, then a mammogram every six months, and now annually.

While Diane did not have a family history of breast cancer when she was diagnosed, her mother was diagnosed nine years later.

“I had it before she did,” Diane says. Now, Diane’s daughter and four granddaughters are being proactive

Schedule your mammogram today.

EARLY BREAST CANCER DETECTION SAVES LIVES.

CALL FOR AN APPOINTMENT TODAY!
Elgin Community Clinic – 584-3338
Glen Ullin Family Medical Clinic – 348-9175

“Because We Care”



Peace of Mind. Close to Home.

with their own health, as the women have ongoing conversations.

“Women need to be proactive. Don’t forget who you are. Take care of yourself first so you can take care of the important people in your life,” Diane says.

She encourages women to have a baseline mammogram, as recommended by their provider, so a “normal” comparison can be established for later tests.

Digital mammography has also

helped advance technology in detecting breast cancer, and Diane encourages all women to be vigilant by conducting self-exams every month.

One in eight women will be diagnosed with breast cancer in their lifetime, but when breast cancer is detected early, in the localized stage, the five-year survival rate is 98 percent, according to the National Cancer Institute.

Also as an advocate for raising awareness of early detection of breast

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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 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.

cancer, Diane's granddaughter, Ashley Bentz, helped initiate "Pink Night" during one girls' volleyball game and one girls' basketball game at Grant County High School every year.

Diane is always there, wearing pink. "It emphasizes the fact that I was fortunate to have medical technology on my side," she says.

She doesn't dwell on her diagnosis, but instead focuses on the positive aspects of her life.

"This is not going to take over, it's not going to get the best of me, it's not going to get me down," she says.

"The other thing I've really tried to do is keep my life as stress-free as possible," she says.

"Reduce the stress. Take pleasure in the things you love to do," she advises others. "Trying to reduce the stress in your life is good for you all the way around."

Maintaining a healthy weight, staying physically active, eating healthy foods and not smoking also reduce cancer risks.

And, schedule that mammogram. ■

Click on JMHCC's new website!

Jacobson Memorial Hospital Care Center in Elgin announces the launch of its revamped website at <http://www.jacobsonhospital.org>.

The website offers information for patients, features the providers and staff, and shares details about ways to contribute to the JMH Foundation. Users will also find past issues of "Lifelines," JMHCC's quarterly newsletter, on the site, as well as employment information.

The website will also be used to post upcoming events and news



from JMHCC and its affiliated clinics in Elgin and Glen Ullin.

"We encourage everyone to visit the website to learn more about the hospital and its clinics," says CEO Theo Stoller. "We are always looking for ways to reach out to the local communities, and our new website is one more way to do that." ■

Reminder:
**Get
flu shot!**

Schedule an appointment today!

**Elgin Community Clinic
584-3338**

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

UPCOMING EVENTS

CLOTHING DRIVE

JMHCC is sponsoring a clothing drive. Bring your donated clothing to JMHCC's nursing station or the Elgin Community Clinic through Oct. 24. On Monday, Oct. 27, JMHCC will open its conference room to the public to "shop" for clothes. Anyone may take any items for free.

This is a great opportunity to donate clothes which no longer fit and to get items at no cost.

ANNUAL MEETING

JMHCC will hold its annual meet-

ing Tuesday, Nov. 18, with a meal at 5 p.m. and a meeting at 6 p.m. at the fair building in Carson.

PHOTO CONTEST

To celebrate National Rural Health Day, JMHCC is hosting a photography contest for the public. Enter your photos of rural life by Wednesday, Nov. 12.

Details and entry forms can be found on the website at www.jacobsonhospital.org or at the Elgin Community Clinic. ■

New provider joins JMHCC staff

"I'm here to stay," Joseph Dragon says with a smile, as he drapes a stethoscope over his neck and steps into the Elgin Community Clinic to begin seeing patients for the day.

Dragon is the newest mid-level provider at Jacobson Memorial Hospital Care Center (JMHCC) and its affiliated clinics in Elgin and Glen Ullin. He began seeing patients Sept. 15.

A native of Haiti, Dragon has been living in Utah for the past 19 years, and has been working as a nurse since 1988. He became a nurse practitioner in 2013, completing his internship in Bakersfield, Calif., working with pulmonary patients such as those with asthma, COPD or heart conditions.

In 2009, Dragon received his master's degree as a clinical nurse specialist in forensic nursing, a position which links crimes to trauma cases, such as elder abuse.

His most recent position was as a clinical manager for a medical center, working as a supervisor of a clinic in an underserved, depressed community, ensuring that residents received proper care.

"I made sure they had access and they understood how to use the health care system properly," he explains.

He was also a critical care nurse working in an intensive care unit, before deciding to return to school to become a nurse practitioner.

"I like to care for people," he says. "I started looking for a place to practice where my skills would be needed, where I could have the most impact."



Joseph Dragon

He contacted a rural health coordinator in North Dakota who introduced him to the system of critical access hospitals in the state.

"I wanted to go to a place where I would have support, I would have a community that I can have an impact, that I can actually see the care that I've given," he says.

He first met with JMHCC CEO Theo Stoller and Human Resources Director Rynae Golke.

"After I spoke with them, I liked the way they sound. They were frank, they told me what was expected of me, what I would be facing," he says.

A call from them and Dr. Deepak Goyal welcoming him "sealed the deal," he says, smiling.

He says he has received a warm welcome since relocating.

"For the two weeks I've been here, it's been incredible, from the post office clerk to the supermarket and walking around, it's just been as-

tonishing. My colleagues from every department have been amazing. The patients that I've met, children and parents and grandparents, have been very welcoming," he shares

As a provider, he hopes to be as welcoming to his patients.

"I'm willing to make my contributions in the future," he says. "I said to myself if I'm going to be a nurse, I need to be the top nurse. My dad always said that whatever you do, make sure you're the best. ... Patients are the driving force for me. You can see the result of the care that you give."

Dragon plans to relocate his family to the area soon, including his wife of 29 years, Marie-Bernard. He has three adult daughters, Fedorah, Misha and Delilah, and a 16-year-old adopted daughter, Kourtney, who is a junior in high school. He also has a 10-month-old granddaughter named Ava-Marie.

"My wife fell in love with the place. She's eager to come," he says.

Outside of his career, he enjoys nature, traveling, swimming and reading.

"I'm always eager to learn new things, too," he says. ■

Director, assistant named for nursing staff

Jacobson Memorial Hospital Care Center (JMHCC) in Elgin has named Joleen Roth as director of nursing.

Joleen is a registered nurse with an extensive background at JMHCC, where she started working as an RN after graduating from Trinity School of Nursing in Minot in 1980.

“I love people. I love to work with people,” she says about her career choice.

She started working at JMHCC as a charge nurse, taking 10-hour shifts, then shifting more to the social services aspect.

Leaving JMHCC to work as a home health nurse in the local area for 10 years, she visited local residents in their homes, caring for every aspect from bathing to medical needs.

“It was a good experience,” she says.

Joleen returned to JMHCC in 2001, where she initially worked with the long-term care residents, then tackled reporting requirement paperwork.

“These were my grandmas and grandpas,” she says. “I wanted them to be treated like they were my grandmas and grandpas.”

Most recently, she has served as JMHCC’s quality assurance director, along with her nursing duties. After serving as interim director of nursing, Joleen was named director of nursing June 17.

“We’re excited to have Joleen in this position,” says JMHCC CEO Theo Stoller. “She has a great attitude about patient services and quality care that is our top priority here.”



Joleen Roth

As director of nursing, Joleen will oversee the nursing staff and budget, serve as the liaison between the nurses and providers, oversee quality assurance, and make sure safety and quality standards are met.

“That’s my biggest goal. I want things to be at the best level,” she says. “We are good already, but I want to be better.”

“The patient comes first,” she continues. “I’m thankful for the families who give us a chance to take care of their loved ones.”

She compliments the staff at JMHCC, pointing out the teamwork and family atmosphere that will help in keeping and retaining staff.

Joleen and her husband, Blaine, farm and ranch near New Leipzig. They have three children: Courtney (Dusty) Sadowsky, Dickinson; Brianne (Jarrett) Hillius, Billings, Mont.; and Tyler Roth and his friend, Mandy, who live in Bismarck. They also have two

grandchildren, Abrielle, 9, and Dawson, 17 months. Ask Joleen about her pug calendar and coffee mug and you might hear about her dog, Mya, too.

Joleen also enjoys crocheting, walking, reading and playing organ for her church, along with hunting with her kids in the fall.

Assistant named

Patty Roth has been named as the assistant director of nursing at JMHCC. Patty has been a registered nurse at JMHCC since graduating with a bachelor of science degree from the University of Mary in Bismarck in 2013.

Patty also oversees the cardiac rehabilitation program at JMHCC, where she helps patients set and meet goals following heart surgery. She has specialized cardiac training and is certified in advanced cardiac life support.

Patty is married to Ryan and she enjoys hunting, fishing, home renovation, gardening and camping. ■



Patty Roth

Gifts of Livestock

TODAY, YOUR HOSPITAL SAVED A LIFE...

As an active rancher, you have a unique opportunity to help your local health care facility with a “community donation of livestock.”

Ranchers can make “above-the-line” charitable contributions of livestock that can be readily marketable by the Jacobson Memorial Hospital Foundation. By contributing unsold livestock to the Jacobson Memorial Hospital Foundation, rather than selling the livestock and donating cash, you may be able to attain certain tax advantages.

When a producer transfers ownership of livestock to a foundation before it is sold, the producer will not have taxable income from the sale. Instead of selling the livestock, the producer transfers ownership of the livestock directly to the foundation. Producers may then claim their production costs as deductible expenses for income tax purposes. Please consult a tax advisor to learn how this type of contribution fits your tax situation.

How to Donate

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 on the website 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, PO 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: PO Box 367, Elgin, ND 58533.

It is important to follow these steps to receive the intended tax benefits. ■

Contact:
JMHF
PO Box 367
Elgin, ND 58533

701-584-2792

Forms available at
www.jacobsonhospital.org
under “JMHF Foundation.”

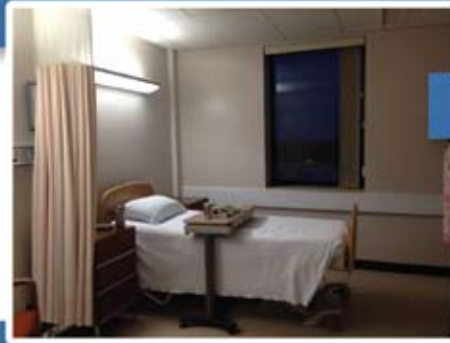
Or email: tastoller@primecare.org

ADOPT A ROOM AT JMHCC

Before



After



**Jacobson Memorial Hospital Care Center
is giving the facility a fresh look – room by room!**

JMHCC staff is tackling the project by donating their time and talents to paint and refurbish patient rooms throughout the facility.

With your tax-deductible \$1,000 donation, you will “Adopt a Room.” The adopted room will receive fresh paint and any other necessary refurbishing, and your contribution will be acknowledged in that room. If there is a certain room you would like to adopt, please indicate that with your donation.

Send donations to:
Adopt a Room Project
Jacobson Memorial Hospital Foundation
PO Box 367
Elgin, ND 58533



Questions? Contact Theo Stoller, CEO, at tastoller.org or 701-584-2792.

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!



Immunizations

- Have a tetanus-diphtheria booster vaccination every 10 years.
- Get a flu shot each year.
- Get a shingles vaccination once after age 60.



Colon cancer screening

- If you are age 50 or older, schedule a screening for colorectal cancer.



Skin cancer screening

- Every three months, men should do a self-examination for new or changing skin lesions. Ask your doctor to check your skin during your yearly physical exam.



Prostate cancer screening

- Most men age 50 or older should discuss screening for prostate cancer with their health care provider.



You can't fix everything with duct tape and baling twine.

Even if you feel fine, it is still important to see your health care provider regularly. Because prevention saves lives.

CALL FOR AN APPOINTMENT TODAY!

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"Because We Care"