



Renovation work continues in the area of JMHC where the new CT scanner will be located. This portion of the renovation project is expected to be completed by early May.

Renovation of JMHC beginning

With the swing of a sledgehammer, Jacobson Memorial Hospital Care Center (JMHC) has started the first phase of a three-phase renovation project to improve patient services at the facility.

The approximately \$772,000 project includes renovating an area to incorporate a new CT scanner, relocating the lab, and renovating the radiology

department. These renovations will then allow for an expansion of the Elgin Community Clinic from three to six patient exam rooms, with plans to link two rooms to telemedicine services.

“This renovation project will bring more services closer to home for our patients, advancing the mission of JMHC,” says CEO Theo Stoller. “With three additional exam rooms

in the clinic, we will be able to bring more specialists to the area, as well as offer telemedicine services.”

The laboratory and radiology departments will also include waiting areas with more patient privacy.

Each phase of the project is explained on page 3.

Phase 1A, estimated to cost
continued on next page

JMHC Lifelines • Spring 2016

JMHC
601 East St. North
PO Box 367
Elgin, ND 58533
701-584-2792
www.jacobsonhospital.org

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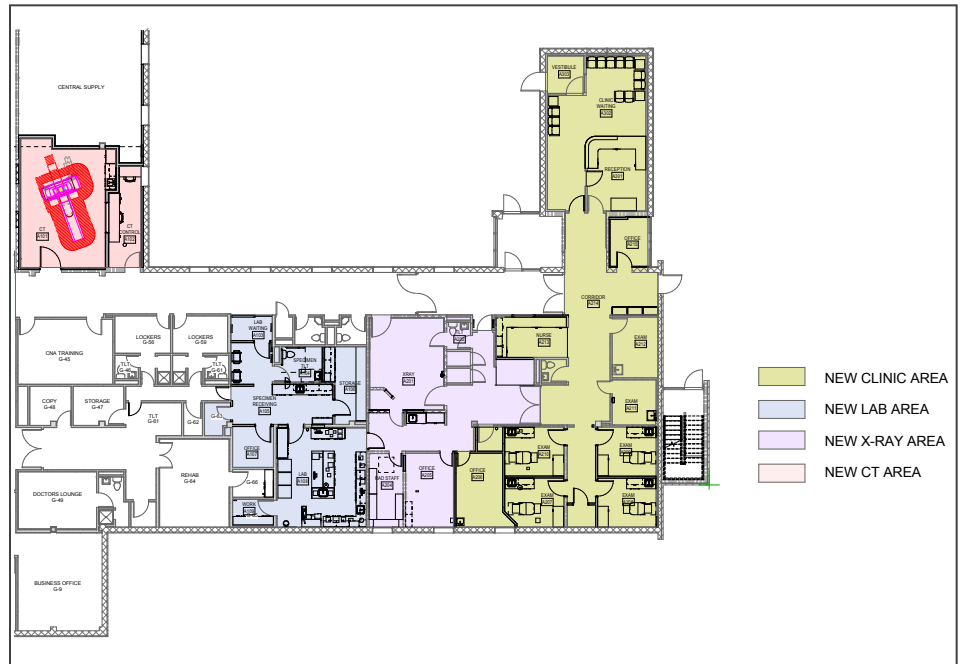
\$196,000, is currently under way. This phase will incorporate a new CT scanner inside the facility. The hospital currently leases an eight-slice CT scanner that is housed in a mobile unit. Patients must go outside to enter the mobile unit.

Recently, 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 a 32-slice CT scanner.

CT scanners provide essential diagnostic images of the body. A new CT scanner will allow for faster scans that produce high-quality images, allowing medical staff to quickly determine the health status and course of treatment right here at home.

The new scanner will be owned by the hospital, which will also reduce its lease expenses.

The current renovation project will house the new CT scanner inside the facility. The renovation is being completed in rooms in the lower level of the hospital that were once used for



sterilization procedures.

JMHCC will carry the full expense of the CT phase of the renovation project. Donations are being accepted to help offset the cost of this phase. Those who wish to donate to this vital project are welcome to send a check, with a note that the donation is for the CT scanner project. All donations of \$1,000 or more to the CT scanner project will be recognized on a plaque in the new CT room. Families may wish to pool a

donation in memory of or in honor of a loved one.

Beyond Phase 1A, JMHCC has been approved for a USDA Rural Development Community Facilities Loan.

Phase 1B is also under way, creating a new lab space in the lower level of JMHCC. Moving the lab to a different area will allow for expansion of the Elgin Community Clinic. The new lab will also include a waiting area and will allow for better patient privacy. ■

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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 PLAN

Phase 1A: CT scanner suite

Recently, 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 technology and purchase a new 32-slice CT scanner.

JMHCC currently leases an eight-slice CT scanner that is housed in a mobile unit. Patients must go outside to enter the mobile unit. A new CT scanner will allow for faster scans that produce high-quality images, allowing medical staff to quickly determine the health status and course of treatment right here at home. The new scanner will be owned by the hospital, which will also reduce its lease expenses.

This phase will renovate JMHCC to house the new CT scanner inside the facility in the lower level.

Phase 1B: Laboratory

This phase involves moving the lab into another area to make room for additional exam rooms in the clinic. A waiting area will be added to the lab for patient privacy. The new lab will be located in space in the lower level of JMHCC where the surgical department was once located. The surgical department is no longer being utilized.

Expected completion: June 2016

Phase 2: Radiology, offices and portion of clinic exam rooms

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 six. 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.

Expected completion: August 2016

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 six 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.

Dr. Lindemann welcomed to JMHCC

Dr. Alan Lindemann likes to linger with his patients, learning their stories and applying a dose of laughter with his prescriptions. As the facility's newest provider, Dr. Lindemann started seeing patients March 21 at Jacobson Memorial Hospital Care Center (JMHCC) and its clinics – the Glen Ullin Family Medical Clinic and the Elgin Community Clinic.

"We're pleased to have Dr. Lindemann on our staff to help continue our long tradition of providing quality care to the area's residents," says JMHCC CEO Theo Stoller.

"I'm a good detective. I do like to take some time with people and listen," Dr. Lindemann describes. "Each patient is kind of like a present and you get to find out what is in the present and see what's going on."

His detective work includes unraveling family histories, listening carefully and finding clues in medical charts.

And he does it all with a dash of humor. "I like to keep it as light as possible. Anytime you have the opportunity to laugh a little bit, I think you should take it. I like to keep things as painless as possible. I tell people not to worry unless they know they have to. Don't worry just to worry," he says.

Dr. Lindemann joins Dr. Deepak Goyal and three mid-level practitioners on the staff

"We are very happy to have Dr. Lindemann join our team and help us take care of our patients and communities," Dr. Goyal says.

Dr. Lindemann grew up on a farm in the Valley City area. He originally pursued a degree in Russian and German language studies, with a minor in French, at the University of North Dakota (UND), then returned to UND to pursue a career in medicine.

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Dr. Alan Lindemann

Dr. Lindemann received his medical degree from UND and completed his residency at Regions Hospital in St. Paul, Minn. As a board certified obstetrician, he conducted a private practice in Fargo for many years, delivering an estimated 6,000 babies.

He was also a clinical instructor and associate clinical professor for UND, teaching dozens of UND medical students in Fargo.

"That was probably one of the most fun things I did," he says.

During the last 10 years, he has been in family practice, most recently at Pembina County Memorial Hospital in Cavalier. Since 2009, he has owned an independent clinic practice in Harvey, where he continues to see patients one weekend a month.

In 2012, he was named as a Rural Health Care Provider of the Year.

Dr. Lindemann enjoys all aspects of family practice, but has a special interest in geriatric and women's health.

Interested in expanding local services, Dr. Lindemann is excited about

his opportunities at JMHCC.

"Instantly, before you even see inside the place, the building is very impressive. You have very good people working here," he says.

Dr. Lindemann plans to move to the Elgin area with his wife, Diane Haugen, who has master's degrees in English and rhetoric.

Dr. Lindemann has three children. His oldest son is an obstetrician in Anchorage, Alaska; his daughter is completing her residency in family practice and plans to practice at Sanford in Fargo; and his youngest son owns a construction company in Fargo as a finish contractor.

Outside of work, Dr. Lindemann likes to read, watch old movies, and wants to start restoring cars.

"When I became part of this wonderful community, people made me feel like I always lived here, a feeling which I always cherish," Dr. Goyal says. "I am very sure that Dr. Lindemann will feel the same way soon. I ask our communities to accept Dr. Lindemann with open arms and I know everyone will."

JMHCC's mid-level providers are:

- Linda Duppong, certified as a physician assistant and family nurse practitioner, works primarily at the Glen Ullin clinic.

- Family Nurse Practitioner Carey Rivinius began working at JMHCC as an RN in 2002 and has served as an FNP since 2008.

- Arthur Renner is a certified physician assistant who joined JMHCC in February.

To schedule a clinic appointment with any practitioner, contact the Elgin Community Clinic at 584-3338, or the Glen Ullin Family Medical Clinic at 348-9175. ■

We're here

24/7



Carey Rivinius
Certified family nurse practitioner

Art Renner
Certified physician assistant

Dr. Alan Lindemann

Dr. Deepak Goyal

Linda Duppong
*Certified physician assistant
and family nurse practitioner*

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.

We're here for you...24/7.

JMHCC: 584-2792

Elgin Community Clinic: 584-3338

Glen Ullin Family Medical Clinic: 348-9175

JMHCC offers discount medication program

Jacobson Memorial Hospital Care Center now participates in a government program that helps patients save money on their medications and provides resources to strengthen health care in local communities.

Participating in the program, called the 340B Drug Pricing Program, is easy and is available to all patients.

“We are continually working to provide the best patient care, and this is just one more way we can help our patients,” says CEO Theo Stoller.

What is the 340B Program?

The 340B Program, through the U.S. Department of Health and Human Resources, requires drug manufacturers to provide medications to

eligible organizations at reduced prices to patients.

How do I participate?

To obtain a discount, pick up a 340B card at the front desk of the Elgin Community Clinic and take it along with your prescription to the pharmacy partner, which is Economy Drug in Elgin. At the pharmacy, patients without insurance coverage can save up to 60 percent off the cost of your family’s medications.

What if I have insurance coverage?

Patients with insurance coverage are still encouraged to take their prescriptions and a 340B card to the participating pharmacy. If your medications are covered by your policy, you will pay your copay as usual. Although your costs will not change,

JMHCC will receive a financial benefit from your insurance company.

This additional funding will help JMHCC care for the neediest families in the community.

What medications are covered?

Most commonly prescribed drugs are included in this program. The discount program will only apply to prescriptions from JMHCC providers presented at Economy Drug.

Will it be available in Glen Ullin?

As the program expands, it will also be available through the Glen Ullin Family Medical Clinic and the additional participating pharmacy, Glen Ullin Drug in Glen Ullin.

Anyone with questions regarding the program is welcome to call JMHCC at 584-2792. ■

Do you know your blood pressure numbers?

In North Dakota, 29.7 percent of adults have been told they have high blood pressure. And, 1 in every 3 adults has high blood pressure and doesn’t know it. High blood pressure, or hypertension, causes your heart to work harder than normal; this can damage your overall health and lead to problems such as heart disease and stroke.

Jacobson Memorial Hospital Care Center cares about our patients and the communities that we serve. We want to educate the community on high blood pressure and improve the health and management of the individuals who already have the diagnosis of hypertension.

JMHCC applied for and received a grant to help with the education and

Blood pressure levels for adults				
Category	Systolic		Diastolic	Result
Normal	Less than 120	and	Less than 80	Good for you!
Pre-hypertension	120-139	or	80-90	Your blood pressure could be a problem.
Hypertension	140 or higher	or	90 or higher	You have high blood pressure. Visit your doctor.

management of high blood pressure.

Some people in the communities we serve will be receiving or have received a phone call and letter asking them to meet with their primary providers to discuss their high blood pressure. JMHCC encourages all individuals in the community to monitor their blood pressure and will do free blood pressure checks any time during regular office hours.

Some risk factors for high blood pressure cannot be controlled, such

as race, age and gender. Other factors can be controlled, such as exercise, weight management, diet, and tobacco and alcohol use.

To reduce risk factors:

- Know your blood pressure numbers.
- Quit smoking and reduce alcohol consumption.
- Be active.
- Eat healthier. Include more fruits and vegetables in your diet, read food labels and reduce sodium intake. ■

THANK YOU!

JMHCC honors our area's volunteer ambulance crews and firefighters for their dedication!

VOLUNTEER FIREFIGHTERS

Serving Carson

Wayne Chesrown
Josh Clark
Dillon Fuchs
Jack Fuchs
James Hanson
Ralph Hanson
Casper Hartman
Danny Hartman
Darrell Hartman
Mike Mortenson
Jason Raab
Ryan Rivinius
Nathan Rodgers
Travis Ruscheinsky
Eric Skretteberg
Jerry Woodbury
Jordan Wruck
George Zeller
Robert Zeller
Ty Zingg

Serving Elgin

Les Bartz
Ron Bartz
Darnell Beck
Barry Brackel
Derek Brackel
Kelsey Brackel
Melvin Bruhn
Robert Friesz
Marty Heid
Allen Hummel
Jonny Iszler
Wayne Iszler
Jayme Joyce
Joel Klein
Mark Klein
Aaron Levorsen
Shawn Lince
Brandon Rafteseth
Travis Rafteseth
Josh Rivinius
Mason Ulmer
Bobby Walters
Jeff Wruck

Serving Glen Ullin

Duane Delabarre
Shawn Dziuk
James Farrell
Doug Fitterer
Wayne Fitterer
Brent Gerving
Chuck Gerving
Jerome Gerving
Mike Gerving
Mike Gerving Jr.
Rob Gerving
Kelvin Gietzen
Gary Glasser
Kent Glasser
Steve Glasser
Doug Horst
Craig Horst
Tim Jeffries
Rodney Kinnischtzke
Jerome Koehler
Wade Kottre
Albert Lautensclager
Alvin Morman
Bruce Morman
John Morman
Matthew Morman
Matt Orcutt
Ron Schaaf
Bob Schantz
Brandon Schantz
Joey Schantz
Scott Schneider
Robert Thomas
Jerome Zimmerman

Serving New Leipzig

Dan Ackerman
James Ackerman
Matt Alt
Delton Dietz
Derrick Dietz
Larry Friedt
Brock Gaugler
Emery Gaugler
LaMont Gaugler
Matt Haase
LeRoy Harsche
Jaci Hartman
Daniel Hochhalter
Jason Hoffman
Casey Hoherz
David Hoherz
Mingo Koepplin
Jaden Moser
Rueben Pastian
Andrew Roth
Jordan Roth
Ryan Roth
Glenn Seidler
Zac Seidler
Jan Sprecher
Brad Stern
Bruce Tietz
Jeff Wruck

VOLUNTEER AMBULANCE

Serving Elgin and New Leipzig

Michell Brabazon
Kristin Heid
Tara Gaugler
Trish Rios
Carrie Roth
Theo Stoller
Gary Tietz
Nyla Tietz
Dori Weikum
Drivers:
Les Bartz
LaMont Gaugler
Rynae Golke
Brad Stern
Jeff Wruck

Serving Glen Ullin

Jessica Duppong
Annie Gartner
Kim Jeffries
Rodney Kinnischtzke
Lori Kottre
Dwight Kuntz
Shannon Kuntz
Brandon Schantz
Kayla Schumacher
Jan Silibeck
Dana Waahus
Rita Wallin

Serving Carson

Heidi Boldt
Daniel Devitt
Ann Hertz
Hannah Hertz
Rhonda Hillius
Ryan Rivinius
Jackie Stewart
Sandra Tibke
Jessica Woodbury
Stacey Woodbury
Cherie Zenker
Linzee Zenker
Tana Zimmerman



Names provided by local departments



Are you getting enough Vitamin D?

Discounted Vitamin D screening
\$50 cash basis • April 27, 28, 29

- Vitamin D, or the “sunshine vitamin,” is an important nutrient for our bodies.
- Sunlight is the most significant source of Vitamin D.
- Forty percent of the U.S. population is deficient in Vitamin D.
- Symptoms of a Vitamin D deficiency can be fatigue, general muscle pain and weakness, muscle cramps, joint pain and chronic pain. Other symptoms may be hypertension, poor concentration, depression, weight gain, headaches and restless sleep.
- If you are concerned about having a deficiency in Vitamin D, the only way to know for sure is through a blood test.

Elgin
Community Clinic
8:15 a.m.-4:45 p.m. MT
584-3338

Glen Ullin
Family Medical Clinic
8 a.m.-4:30 p.m. CT
348-9175



“Because We Care”