



A family nurse practitioner at the Glen Ullin Family Medical Clinic, Carrie Gerving encourages patients to continue with yearly health screenings.

## Keeping up with health screenings

**H**ave you had a regular health screening lately? That's a common question at Jacobson Memorial Hospital Care Center's (JMHC) clinics in Elgin, Glen Ullin and Richardton, as local providers encourage patients to get back on track with their health screenings in 2021.

"2020 has been a crazy year and I know some of you may have put off some things like your mammogram,

your PSA screenings, your lab visits, your general health visit and maybe even that dreaded colonoscopy," Family Nurse Practitioner Carrie Gerving said in a recent Doc Talk posted on JMHC's Facebook page.

One regular patient of Gerving's at the Glen Ullin Family Medical Clinic is a true believer that tracking your own personal health history and scheduling those regular visits is important.

Not only does she keep track of her own personal health history, but the patient keeps a folder of information close to the door in her home that contains medical contacts, her durable power of attorney and living will documents, a list of medical diagnoses, a list of medications she takes and family contact information.

"If I ever have to call an ambulance,

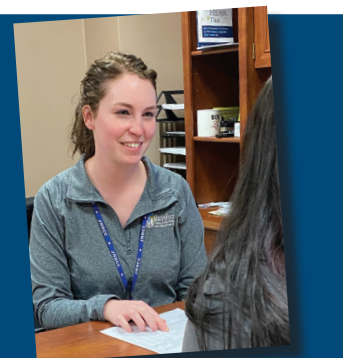
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### JMHC Lifelines • Spring 2021

Jacobson Memorial Hospital Care Center  
601 East St. North  
PO Box 367  
Elgin, ND 58533  
701-584-2792  
[www.jacobsonhospital.org](http://www.jacobsonhospital.org)  
[www.facebook.com/JMHC](http://www.facebook.com/JMHC)

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they can get that right away,” she says. That’s just one way she has taken control of her own health.

With several diagnosed illnesses, she regularly schedules screenings to follow those illnesses. And she keeps track of her own blood work results.

“It’s not extra work. It’s a habit,” she says. “I’m trying to keep up with I do have control over.”

At the local clinic, she sees her local provider once or twice a year and has her blood work completed locally.

“If I’m going in for an appointment, I write down the questions on a piece of paper that I need to ask because I’m going to forget. I think trying to be as honest as a person can be when you go in to see the doctor is important. Not just go in and say, ‘Well, thank goodness that’s over,’ and you get home and wonder what did you find out.”

During National Hospital Week May 10-14, Jacobson Memorial Hospital Care Center and its clinics in Elgin, Glen Ullin and Richardton will offer discounted lab screenings for all



# Where Health Comes First

patients who want to be diligent about their health.

If you do not know your cholesterol levels or have never been tested for diabetes, now might be the time to take advantage of discounted lab screenings, particularly if you’ve delayed those screenings during 2020.

Regular cancer screenings are also important, including mammograms, prostate specific antigen (PSA) tests and colorectal screenings that may diagnose cancer early enough to make a difference in a life.

The Glen Ullin patient also appreciates her local clinic’s personable approach with patients.

“I’m familiar with all the people there. They are very friendly, very helpful,” she says. “The clinic’s been

always so cooperative in helping setting up the appointment to coincide with my ride.”

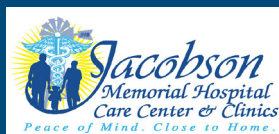
During National Hospital Week in May, JMHCC’s local clinics will also host 5K walk/runs. Register at your local clinic in Elgin, Glen Ullin or Richardton, complete the walk in your local community and get a T-shirt.

Also during the week, DON Jill Feser will be available in the business community in Elgin to offer free blood pressure screenings to those who would like to know their blood pressure numbers, another important measure of overall health.

National Nurses Week is also celebrated in May, and JMHCC is recognizing its nurses during the month as well. ■

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[www.facebook.com/JMHCC](https://www.facebook.com/JMHCC)



## 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:***

Advance the health of the communities with respect and accountability, providing peace of mind close to home.

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

Strive to be the community choice by providing excellent health care through continuous improvement.

### ***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.

# NATIONAL HOSPITAL WEEK • MAY 10-14

## Jacobson Memorial Hospital Care Center, Elgin

**May 10-14 • Must be prepaid**

*Discounted prices on nine different lab tests*

**Chem 14: \$27**

(Must fast beforehand)

Used to check organ function and monitor certain health conditions.

**Complete blood count: \$20**

(Must fast beforehand)

A complete blood count checks hemoglobin, and white and red blood cells. Used to detect anemia or infections.

**FIT test: \$36**

This take-home kit, recommended for those ages 50-75, assists in screening for colorectal cancer.

**Glycated hemoglobin (A1C): \$24**

Used to detect diabetes.

**Lipid panel: \$34**

(Must fast beforehand)

Measures the amount of cholesterol and triglycerides in your blood to monitor heart health.

**PSA: \$39**

Tests for prostate cancer.

**TSH (\$42) and Free T4 (\$17)**

Evaluates thyroid function.

**Urine microalbumin and creatinine: \$23**

Monitors kidney health and detects early signs of kidney damage.

**Vitamin D: \$50**

Tests for Vitamin D deficiency.

**May 10-14  
5-K walk/run**

Register at Elgin, Glen Ullin or Richardton clinics,  
complete the walk/run and receive a T-shirt!



April Berger, FNP-C

Dr. Elizabeth Sundberg, MD

Jolene Engelhart, FNP-C

Carrie Gerving, FNP-C

Rhonda Schmidt, FNP-C

Dr. Alan Lindemann, MD

Carey Rivinius, DNP, FNP-C

*Serving with commitment, compassion, excellence and accountability*



Celebrating #MyHospital

**Elgin Community Clinic • 584-3338**  
**Glen Ullin Family Medical Clinic • 348-9175**  
**Richardton Clinic • 974-3372**





# COVID-19 vaccines encouraged by JMHCC

Jacobson Memorial Hospital Care Center (JMHCC) continues to remind residents to schedule a COVID-19 vaccination with a local clinic. Either the Moderna or the Pfizer vaccine will be available to anyone 18 years and older.

Those wishing to receive the COVID-19 vaccine are reminded to call one of JMHCC's local clinics to be vaccinated. The vaccine is followed with a booster shot 21 to 28 days later.

Clinics include the Elgin Community Clinic at 584-3338, the Glen Ullin Family Medical Clinic at 348-9175 or the Richardton Clinic at 974-3372.

Dr. Elizabeth Sundberg is just one JMHCC provider recommending the vaccine to her patients.

"One of the most amazing things is most vaccines are considered to be great successes if they are 50 to 70 percent effective. Both the Moderna and the Pfizer are running 90-plus. That's unheard of," Sundberg said when the vaccines became available in January.

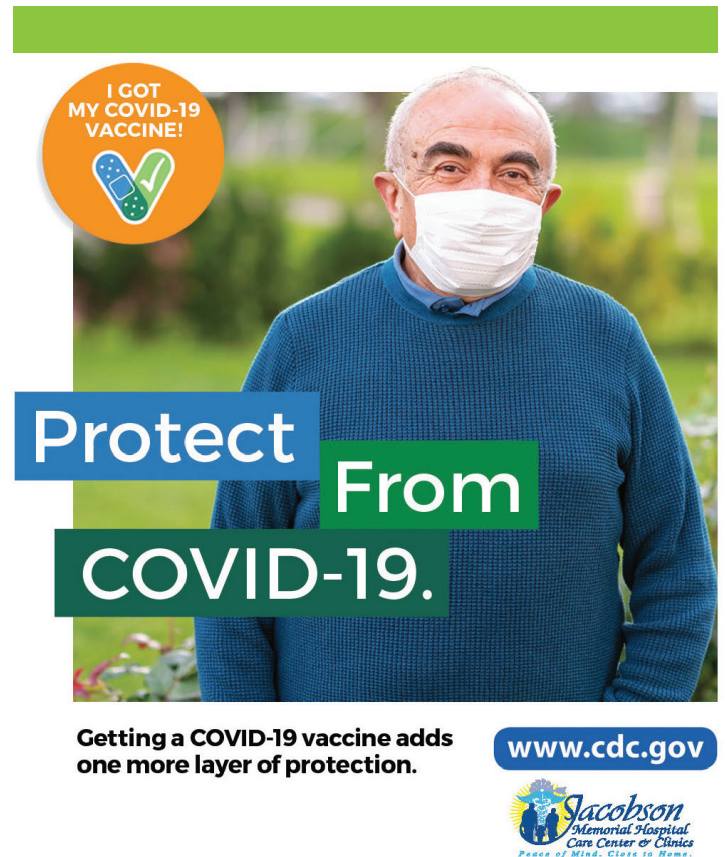
The country is not past the COVID-19 pandemic, and vaccination is one of the best methods of protecting yourself and your family.

"Increased compliance with public health mitigation strategies, such as vaccination, physical distancing, masks, hand hygiene and isolation, is essential to limit the spread of the virus and protect public health. Vaccines, free and available to the public, remain the best intervention for ending the pandemic," said JMHCC Director of Nursing Jill Feser.

"Multiple variants of the virus that causes COVID-19 are circulating globally and within the United States. These variants seem to spread more easily and rapidly than other variants, particularly in children and young adults. An increase in the number of cases will put more strain on health care resources, lead to more hospitalizations, and potentially more deaths. While research suggests that COVID-19 vaccines have lower efficacy against these variants, the vaccines still appear to provide protection against severe COVID-19," Feser said.

The N.D. Department of Health has immunization guidance on its website, <https://www.health.nd.gov/covid-19-vaccine-information>, answering common questions about the COVID-19 vaccinations, with fact sheets on the three common vaccines.

Several misconceptions regarding the vaccine may be keeping the public from getting immunized. Many of those misconceptions are addressed within the N.D. Department



**Protect From COVID-19.**

Getting a COVID-19 vaccine adds one more layer of protection. [www.cdc.gov](https://www.cdc.gov)

**Jacobson**  
Memorial Hospital  
Care Center & Clinics  
*Peace of Mind. Close to Home.*

To receive the COVID-19 vaccine, call one of JMHCC's local clinics.

The vaccine is followed with a booster shot 21 to 28 days later.

**Elgin Community Clinic • 584-3338**

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

**Richardton Clinic • 974-3372**

of Health question-and-answer format, so the public is encouraged to read that information.

If you have other questions or would like to speak to a provider or nurse prior to vaccination, contact your local health care provider at the clinic numbers. ■



# JMHCC adds health coordinator

Jacobson Memorial Hospital Care Center (JMHCC) has added a population health coordinator to help patients with scheduling reminders for preventative yearly visits such as cancer screenings and wellness visits, following up with lab visits and scheduling health maintenance such as vaccines.

The population health coordinator, TyAwna Ackerman, a registered nurse at JMHCC in Elgin, will be contacting patients through mailed reminders and phone calls.

"It's important to focus on the health maintenance items to be in your best health, to focus more on the things to prevent illness instead of just focusing on the illnesses. A lot of people get busy with their lives and forget about those things, so if you have someone to remind you it's time for a screening, they are more apt to get those screenings in a timely manner. This is a service to help with that reminder," Ackerman said.

Ackerman started her new duties April 1. She shifts into the new position from serving as JMHCC's director of nursing (DON) since 2018. Jill Feser is now the DON at JMHCC.

The population health coordinator idea came out of a strategic planning session held by JMHCC's board of directors and staff this year, as they developed key strategies and focus areas for 2021 through 2024. A population health coordinator was one of the short-term goals of the strategic plan.

"I'm excited to do a different kind of nursing that's focused on health," Ackerman said.

This is one of several newer services launched at JMHCC. Others include:

✓ JMHCC's Elgin Community Clinic now hosts three visiting specialists, including orthopedic care, cardiology care and general surgery consultation with visiting Sanford Health specialists.

✓ Last year, JMHCC acquired a vehicle to offer free transportation for Elgin Community Clinic Medicare patients who are unable to drive themselves to clinic appointments.

✓ In 2018, JMHCC launched a visiting nurse program to assist those who are homebound and need nursing assistance at home.

A longtime registered nurse, Peggy Imhoff sees patients in their homes to assist with needs such as medication management; respiratory management, such as assistance with breathing treatments or education about symptoms; wound dressing; assistance with mobility after hip or knee



**A registered nurse, TyAwna Ackerman is JMHCC's new population health coordinator.**

surgery; and other services.

Patients are referred to the visiting nurse program by a provider, so those needing the services should contact the Elgin Community Clinic at 584-3338 for an appointment with a provider to obtain a referral. Patients need to have had an appointment with one of the providers in the past 60 days and must be residents of Grant County.

✓ Last year, JMHCC clinics in Elgin, Glen Ullin and Richardton launched telehealth services so patients can see providers from their home for certain visits.

✓ JMHCC also established a unique visiting nurse program which will follow up with patients discharged from the hospital by visiting them at home. On certain days following a patient's discharge, a clinic nurse will contact the patient to schedule a visit with the patient in his or her home to assist with medications, answer questions and to assess the patient's progress. An assessment of other needed services will also be completed during the visit. ■

**Doc Talk**  
With JMHCC  
FNP  
Carrie Gerving

Visit our Facebook page to view Carrie Gerving's Doc Talk.

Schedule those screenings!

# Be brave. Be brave.

Take steps to lower your risk of  
**colorectal cancer**  
**prostate cancer** and  
**breast cancer** with screenings.

Why are you waiting? Be brave and make that call!

**Early detection saves lives!**

Schedule an appointment with your provider today!

**Elgin Community Clinic**  
**701-584-3338**

**Glen Ullin Family Medical Clinic**  
**701-348-9175**

**Richardton Clinic**  
**701-974-3372**



# Be brave. Be brave.

## **Colorectal Screening • Why do I need to be brave?**

Colon cancer is the second leading cause of cancer deaths in the United States. Colorectal cancer is curable when detected early and can actually be prevented with regular screening tests. However, four out of 10 adults are not current with colorectal cancer screening. Routine testing for colorectal cancer can prevent development of this cancer or find it early when it is more treatable.

**If you haven't had a colorectal screening, why are you waiting? Be brave and make that call!**

Screening is recommended for all individuals between the ages of 50 and 75 years or sooner with certain risk factors. Higher risk factors are: a personal history of colorectal cancer or adenomatous polyps, personal history of inflammatory bowel disease, strong family history of colorectal cancer or polyps, and/or known family history of a hereditary colorectal cancer syndrome.

## **Mammogram • Why do I need to be brave?**

Breast cancer is one of the most common cancers among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. Be sure to conduct routine self-examinations of your breast to catch any changes right away.

**If you haven't had a mammogram or are due, why are you waiting? Be brave and make that call!**

Those with genetic risks will need to be screened more often. Talk to your provider.


Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10 percent of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

## **Prostate cancer screening • Why do I need to be brave?**

The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated, and to find them early before they spread.

**If you haven't had a prostate screening, why are you waiting? Be brave and make that call!**

Screening for prostate cancer begins with a blood test called a prostate specific antigen (PSA) test. This test measures the level of PSA in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer. The PSA level may also be elevated in other conditions that affect the prostate. Out of every 100 American men, about 13 will get prostate cancer during their lifetime, and about two to three men will die from prostate cancer. The most common risk factor is age. The older a man is, the greater the chance of getting prostate cancer.



# Help is here. Hope is near.

***Anyone*** can become addicted to opioids.  
**We can help. There is hope.**

## Glen Ullin Family Medical Clinic

- Medication-assisted treatment for those with opioid dependence or who are addicted to narcotic pain relievers for chronic pain.

*"If they are having pain, someone should be there to listen to them and help them. There are other ways that you can help them manage their pain and maybe even decrease the use of narcotics."*

– Rhonda Schmidt, FNP, Glen Ullin Family Medical Clinic

## Richardton Clinic

- Medication-assisted treatment for those with opioid dependence or who are addicted to narcotic pain relievers for chronic pain.

*"They're struggling and it's awesome when they can change things around and you help play a small part in that by prescribing medication to help them."*

– Jolene Engelhart, FNP, Richardton Clinic

**Glen Ullin Family Medical Clinic • 348-9175**  
**Richardton Clinic • 974-3372**



# Need to talk?

**J**acobson Memorial Hospital Care Center (JMHCC) offers psychotherapy and psychiatric care at the Elgin Community Clinic and Glen Ullin Family Medical Clinic. The psychotherapists and psychiatrists providing care at JMHCC's clinics are associated with the Center for Psychiatric Care headquartered in Grand Forks, and are providing care through telemedicine services.

They are available for both adults and children of all ages.

Appointments in Elgin or Glen Ullin must be made directly through the Center for Psychiatric Care by calling 701-732-2509.

Patients will come to the clinic for their appointments and register with the clinic receptionist, just as they do for other provider appointments. During their appointment, patients will be assisted by a clinic nurse to link with a psychiatrist via a monitor in the exam room. The nurse will then leave the room so the patient and psychiatrist have privacy.

For those who need immediate support, the National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones. Emotional support through the Lifeline is available 24 hours a day, 7 days a week. The Lifeline number is 1-800-273-TALK (8255).

"We encourage area residents to pursue help and treatment for their mental health," says JMHCC CEO Theo Stoller. "Help begins by talking to others." ■



## Psychiatric and psychotherapy care available

**Elgin Community Clinic  
Glen Ullin Family Medical Clinic**

Through telemedicine with Center for Psychiatric Care  
headquartered in Grand Forks

**Appointments must be made directly through  
the Center for Psychiatric Care by calling 701-732-2509.**

### How does a telemedicine appointment work?

Patients will come to the clinics for their appointments and register with the clinic receptionist, just as they do for other provider appointments. During their appointment, patients will be assisted by a clinic nurse to link with a psychiatrist or psychotherapist via a monitor in the exam room. The nurse will then leave the room so the patient has privacy.

### Who can make an appointment?

Psychiatrists or psychotherapists are available for both adults and children of all ages.



# Together**ER**

Jacobson Memorial Hospital Foundation is raising funds to construct  
a covered outside emergency entrance at  
Jacobson Memorial Hospital Care Center in Elgin.



**Goal: \$190,000**

**Working Together**ER**  
to reach a dream.**

To contribute to this campaign  
Donate online: [www.jacobsonhospital.org](http://www.jacobsonhospital.org)  
Send payment to: JMHF, PO Box 367, Elgin, ND 58533





# Giving Hearts Day raises more than \$54,000

The Jacobson Memorial Hospital Foundation raised more than \$54,000 during the Foundation's participation in Giving Hearts Day Feb. 11. The 24-hour online event raised funds to support Jacobson Memorial Hospital Care Center (JMHCC) in completing the \$190,000 construction of a covered outside emergency entrance to the hospital in Elgin.

The entrance would then lead patients directly into the emergency room, rather than through the lobby and hallways of the facility. It would also offer protection from the weather as patients are being taken in and out of the emergency room to an ambulance or other transportation.

"Providing a more secure, private entrance out of the elements has been a goal of JMHCC for many years," said JMHCC CEO Theo Stoller.

Those who wish to still donate to this campaign may do so by sending a check to the Foundation at: JMHF, PO Box 367, Elgin, ND 58533, with a note that you wish to help fund the emergency entrance project.

As part of the event, the Elgin Lions Club donated \$4,000. First Interna-

tional Bank and Trust of Elgin gave \$20,000 during Giving Hearts Day and Dakota Community Bank in New Leipzig donated \$10,000. Other businesses who donated to help support the project include: West River Telecommunications (WRT), Gooseneck Implement, Southwest Grain, Family Vision Clinic, Reliable Welding and H.A. Thompson & Sons.

These community-minded donors are instrumental in the campaign.

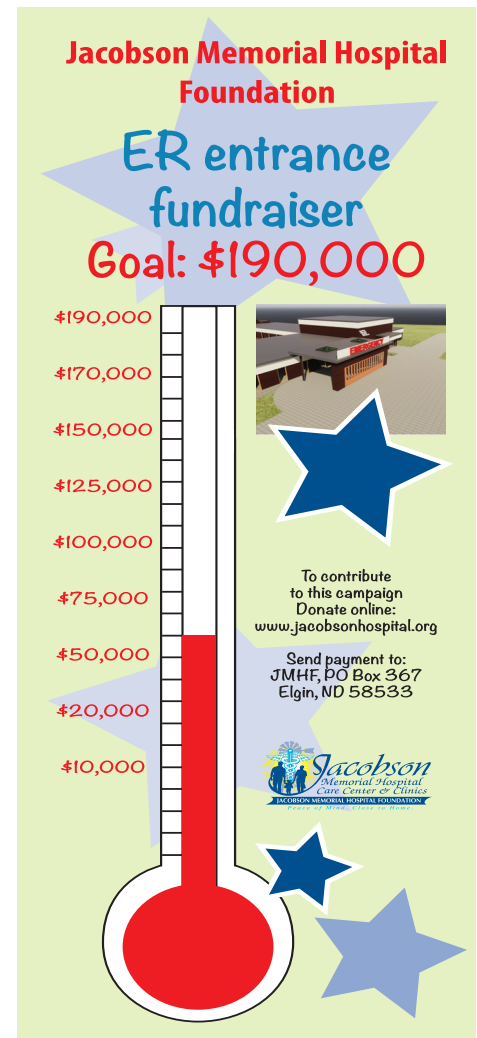
"We want to thank everyone who donated during this event," Stoller said. "The support displayed during Giving Hearts Day was truly heart-warming."

This was the largest fundraising total the Foundation has experienced during Giving Hearts Day, with a total of \$54,015. The Foundation began participating in Giving Hearts Day in 2015, when just over \$10,000 was raised in a single day. Last year, \$43,191 was raised to upgrade hallways in the hospital.

Giving Hearts Day is hosted by the Dakota Medical Foundation, the High Impact Institute and the Alex Stern Family Foundation.

If you have questions about donat-

ing, please contact Theo Stoller at JMHCC at 584-2792. ■



*Thank you!*

*for your donations and support of JMHCC!*

The Jacobson Memorial Hospital Foundation thanks the following, who have donated to the Foundation recently. We appreciate all the support you have shown the Foundation and Jacobson Memorial Hospital Care Center with your donations of time and money. The following includes those who donated during Giving Hearts Day, along with other contributors.

Ackerman, Dan and Marie  
Ackerman, TyAwna  
Alt, Raymond and Sharon  
Alt, Waldemar and Jane  
Anonymous - *In memory of Harlan and Jeanette Veitz*  
Assumption Abbey  
Beck, Mitchell and Lori - *In memory of Victor & Clara Beck*  
Beck, Mitchell and Lori - *In memory of Cleo & Marie Berdahl*  
Berg, Patricia and Carl - *In memory of Julius & Ellen Bartels*  
Bogert, Mark & Rhamie Jo and family  
Braun, Anna - *In memory of Robert D. Miller*  
Dakota Community Bank  
Daniels, Grant & Sheryl  
Dart, Luann  
De Cespedes, Carmin  
Elgin Lions

*continued on next page*

# Thank you!

## for your donations and support of JMHCC!

### **DONORS:** *from previous page*

Emil Vetter family - *In memory of Emil Vetter*  
Engelhart, Jolene  
Eslinger, Catherine - *In memory of Eloise Horst*  
Eslinger, Catherine - *In memory of Vicki Bleick*  
Eslinger, Catherine - *In memory of Clarence Schock*  
Eslinger, Catherine - *In memory of Tim Ulrich*  
Estate of Eloise Horst - *In memory of Eloise Horst*  
First International Bank and Trust  
Fischer, Ron and Jackie - *In memory of Norma Hillius*  
Gathright, Christine  
Gaugler, Debbie and Richard  
Gaugler, Holly  
Gerving, Mike and Carrie  
Gooseneck Implement  
Gumal, Christia  
H.A. Thompson & Sons  
Haas, Larry and Mary  
Haase, Marcy  
Hauck, Danielle  
Hauge, Jim and Jody - *In memory of Vicki Bleick*  
Heid, Marty and Kristin  
Hetle, Pete - *In memory of Alv and Aarona Hetle*  
Hillius, Dana - *In memory of Norma Hillius*  
Hochhalter, Ricky - *In memory of Ralph Meidinger  
and Elaine Hochhalter*  
Hoff, Miracle - *In honor of Marcy Haase*  
Hueske, Ken and Kathy  
Hutchens, Katie and Tom  
Jamad Hotshot and Rental  
JMHCC Auxiliary  
Kidz Clubhouse  
Kisse, James  
Klein, Joel and Brittany  
Koenig, Barbara  
Krause, Maynard and Ardella - *In memory of Albert & Lara  
Krause, and Christian & Attilie Zacher*  
Kuntz, Mary Beth  
Lanners, Colleen - *In memory of Harlan and Jeanette Veitz*  
LeBeau, Michael  
Levorsen, Aaron and Julie - *In memory of Duane Schatz*  
Levorsen, Harriet - *In memory of Selma Schock*  
Levorsen, Harriet  
Levorsen, Julie and Aaron  
Lyons, Cori - *In memory of James Sellner*  
Martin, Rena - *In memory of Bonnie Hauck*  
Meidinger, Agnes  
Mostad, Linda - *In memory of Ernest, Doris, Kenny Ivarie*

Mueller, Dave - *In memory of Reinhold & Alma Mueller*  
Muggli, Andrea - *In memory of Judith Mitchell*  
New Salem Civic Club  
Ostenson, Lowell and Sue  
Ostenson, Scott  
Ozbun, Collette - *In honor of DeAnn Mosbrucker  
and Shannon Skretteberg*  
Pahl, Reggie - *In memory of Elmer Pahl and James Sellner*  
Peterson, Wanda  
Reich, Randy and Tommie  
Reich, Ronnie and Beverly  
Reliable Welding  
Resner, Mark  
Roehrich, Carol - *In memory of Ernest Schafer*  
Roehrich, Carol - *In memory of Emil Vetter*  
Roehrich, Carol - *In memory of Jerry Roehrich  
and Albert & Betty Weller*  
Roll, Tom and Judith  
Roth, Dale and Arla  
Sabin, Dennis and Karen  
Schaible, Donald  
Schmid, Phil  
Schock, Rodger and Kim  
Sellner, Jo Marie - *In memory of James Sellner*  
Southwest Grain  
Sprenger, Harvey and Viola  
Stoller, Myles and Wanda  
Stoller, Theo and Crystal  
Tipton, Mandi - *In memory of Aarona Hetle*  
Uecker, Ted  
Weishaar, Benjamin and Yvonne  
Wolf, Eldon - *In memory of Marlene Wolf*  
WRT  
Zacher, Clayton and Cynthia  
Zeller, Bonita  
Zion Evangelical Lutheran Church ■



# Glen Ullin applies for cardiac ready designation

**T**he community of Glen Ullin has applied to be designated as a Cardiac Ready Community after meeting certain criteria to apply for the designation. Jacobson Memorial Hospital Care Center (JMHCC) spearheaded the effort to work with community representatives to apply for the designation of Glen Ullin as a Cardiac Ready Community through the N.D. Department of Health.

To become certified, a community must satisfy specific criteria. These standards prepare residents with the skills to respond to a cardiac event. Standards must be reached in CPR instruction, public access to AEDs, blood pressure screenings, resuscitation protocols and transport plans for EMS and the hospital.

Once a community meets the established criteria, it can apply to be designated as a North Dakota Cardiac Ready Community. A Cardiac Ready Community designation promotes survival of a cardiac event which occurs outside of the hospital setting. Cardiac Ready Communities are empowered to actively lower cardiac mortality rates.

“During a cardiac arrest, the first five minutes are critical. With the placement of AEDs, people trained in CPR and emergency responders in place, we have a community which is prepared to increase survival rates,” said JMHCC CEO Theo Stoller.

The goal is to have a community prepared to respond and assist if an individual has a cardiac arrest. To do this, it is important for individuals to be able to recognize a cardiac emergency, know how to dial 911 to access first responders immediately, begin CPR and have public access to AEDs. An AED is an automated external defibrillator, a portable electronic device which uses audio and visual commands to direct a layperson to treat a cardiac arrest through the application of the device.

JMHCC obtained grant funding to have additional AEDs placed within Glen Ullin.

To receive the designation, JMHCC organized community stakeholders and served as the lead coordinator for the designation. Stakeholders included ambulance, fire department, city, sheriff's department and Custer Health representatives, as well as hospital staff. .

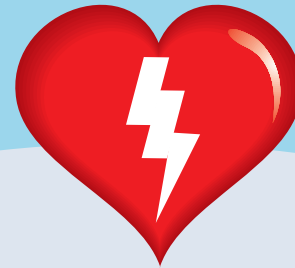
JMHCC has already assisted Elgin and New Leipzig in obtaining a Cardiac Ready Community designation.

The Cardiac Ready Communities project is a partnership of the N.D. Department of Health's Division of Emergency Medical Systems and the American Heart Association through the North Dakota Cardiac System of Care. ■

## Where are AEDs?

# AED

Automated External Defibrillator



### Elgin

- Elgin Community Center, 305 Main St. N.
- Fire Hall, next to community center
- Our Place Cafe, 208 Main St. N.
- Dakota Hill Housing, 606 Dakota St. N.
- Jacobson Memorial Hospital Care Center, 601 East St. N.
- Elgin/New Leipzig Public School, 110 West St. N., at high school, elementary school and pool area
- Grant County Sheriff's Department vehicle

### New Leipzig

- New Leipzig Fire District Hall, 34 1st St. S.E.
- New Leipzig Gottlieb Weller Community Center, Main Ave.
- Stelter Repair, 224 Main Ave. S.
- Immanuel Lutheran Church, 313 4th Ave. S.E.
- Ambulance Hall, 18 1st St. S.E.

### Glen Ullin

- Glen Ullin Family Medical Clinic, 602 Ash Ave. East
- Marian Manor HealthCare Center, 604 Ash Ave. East
- Sacred Heart Catholic Church, 203 Ash Ave. East
- Sacred Heart Parish Center, 205 Ash Ave. East
- Dakotaland Feeds, 303 E. South Ave.
- Super Valu, 112 Main St. S.
- Glen Ullin Pharmacy, 113 Main St. S.
- Bank of Glen Ullin, 106 W. South Ave.
- Glen Ullin Auto Parts, 104 East S. South
- Cenex, 6490 Hwy. 49
- Glen Ullin Public School, 6508 Hwy. 49

Elgin Community Clinic • 584-3338

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Richardton Clinic • 974-3372

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# JMHCC's new DON has rural roots

Jill Feser has been named as the director of nursing (DON) at Jacobson Memorial Hospital Care Center (JMHCC) in Elgin, effective April 1.

Jill was most recently employed by the state in Medicaid quality, working from home on the family ranch near Glen Ullin due to the pandemic.

She recently completed her master's degree in nursing, with a nurse executive specialty, from Walden University, and obtained her bachelor's degree in nursing from Montana State University-Northern.

Her career has included working as a charge nurse at CHI St. Alexius Health in Bismarck, nursing in the memory care unit at a long-term care facility in Mandan, then caring for patients in cardiology and critical care at Sanford Health in Bismarck.

"I always aspired to provide nursing care for patients and their family members. I can't think of any other profession I really ever considered," she says.

That aspiration started early in life as she helped care for her father, who had been burned in an accident when he was 8 years old. As an adult, he required both a kidney and pancreas transplant, both of which took place at North Dakota hospitals, Jill says, pointing to the importance of this type of speciality care in the state.

"I remember taking care of him through that and I thought this is something that I'm really passionate about. I love taking care of patients when they need it the most," Jill says. "I realized again what kind of impact providers in general and nurses have in patient care and how they can really aid the family through something like that."

Jill grew up on a farm/ranch in



**Jill Feser, a registered nurse who lives with her family on a ranch in the Glen Ullin area, has been named as the director of nursing at Jacobson Memorial Hospital Care Center.**

eastern Montana, graduating from Dickinson High School after her family moved to Dickinson in the 1990s.

"Growing up in rural North Dakota and rural Montana, I definitely realized we have a crucial need for health care services in rural areas," she says. Her background also gave her an appreciation for smaller communities.

"Everybody knows everybody and I really appreciate that about these communities. I like walking to the school and recognizing all the teachers and walking down to the post office and seeing familiar faces. I really appreciate the small-town atmosphere," she says.

She looks forward to her work at JMHCC.

"I thought it would be such a nice opportunity for me to utilize my degree and my experience," she says.

She also welcomes the culture at JMHCC, particularly the family and work balance and the leadership values.

When she interviewed with JMHCC CEO Theo Stoller, he had just completed an ambulance call and stepped back into his administrative role to meet with her, she points out.

"I am a big advocate for servant leadership and Theo is as well. If you aren't willing to do it yourself, you can't ask others to do it," she says.

Jill looks forward to the variety of her role at JMHCC, and hopes to support the nursing staff and providers.

"Retention is something that a lot of rural access areas struggle with, especially for their nursing staff," she says. "Nurses improve the quality of health care and safety for the patients, so it's important that you have a strong nursing program in place and retain these nurses. My big focus is just keeping the nurses that are already in place there. I want to continue to make sure those nurses are practicing to their full scope of practice and they have everything they need to remain satisfied, because it's so important that we keep them here."

She also hopes to foster further collaboration with specialists and outside organizations, and continue to improve outcomes for patients.

Jill and her husband, Dan, returned to the Glen Ullin area three years ago, where Dan's family homesteaded, and started their own ranch. Two daughters attend North Dakota State University and two are in elementary school at Glen Ullin.

TyAwna Ackerman, a registered nurse at JMHCC, had served as the DON at JMHCC since 2018 and has now accepted the role of population health coordinator. ■

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