



Giving Hearts Day

February 11, 2016

impactgiveback.org



Give from the heart on Feb. 11

Give from the heart on Giving Hearts Day Feb. 11 and help Jacobson Memorial Hospital Care Center fund a project that will save lives.

On Thursday, Feb. 11, 2016, the Jacobson Memorial Hospital Foundation (JMHF) will participate in Giving Hearts Day, a 24-hour online fundraising event.

With your generosity, the JMHF

hopes to raise funds during Giving Hearts Day to support the vital, life-saving mission of Jacobson Memorial Hospital Care Center (JMHC) and fund a renovation project to house a new CT scanner.

To make a secure online contribution to the Jacobson Memorial Hospital Foundation, simply go to www.impactgiveback.org on Feb. 11.

You may also donate by sending a check dated Feb. 11 to: JMHF, PO Box 367, Elgin, ND 58533. Those who do not wish to participate in Giving Hearts Day, but who want to donate to this vital project, are welcome to send a check at any time to the Foundation, with a note that the donation is for the CT project. All donations

continued on next page

JMHCC Lifelines • Winter 2016

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

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of \$1,000 or more to the CT scanner project will be recognized on a plaque in the new CT room.

This year, all funds donated through Giving Hearts Day will be dedicated to the renovation project to incorporate a new CT scanner inside the facility. The hospital currently leases an eight-slice CT scanner that is housed in a mobile unit located outside. Patients must go outside to enter the CT scanner mobile unit.

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

Now, the hospital is planning a renovation project to house the new CT scanner inside the facility. The renovation will be completed in rooms in the lower level of the hospital that were once used for sterilization procedures and which are no longer being utilized.

JMHCC will carry the full expense of this renovation project, and needs your help to offset as much of the cost as possible.

The JMHF is a nonprofit organization formed in 2006 to raise funds to

help financially support JMHCC.

Funds raised by the JMHF are designated by a board for specific projects or expenditures to support JMHCC. The JMHF board makes those decisions based upon current needs of the hospital. Donations are a vital component of overall funding support of the hospital.

The JMHF board includes Jeff Hillius, secretary/treasurer, Elgin, district manager for Montana-Dakota Utilities; Rep. James Schmidt, Mandan, who represents District 31 in the N.D. House of Representatives; Robert Larson, a retiree from Elgin; Marcy Haase, an RN at JMHCC who represents JMHCC on the foundation board; and Linda Koeplin, the social services designee and activities director at JMHCC.

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

If you have questions about donating to this vital project, please contact Theo Stoller at JMHCC at 584-2792. ■

Be a Giving Heart Support JMHCC

Go online Feb. 11
www.impactgiveback.org

Giving Hearts Day is a 24-hour online fundraising event for Jacobson Memorial Hospital Foundation.
Funds will be dedicated to our CT scanner project.


Giving Hearts Day
impactgiveback.org



Hosted by: Dakota Medical Foundation, Impact Foundation, Alex Stern Family Foundation.
Questions? Contact JMHCC at 584-2792

Physician assistant joins medical staff

Arthur Renner is the newest mid-level provider at Jacobson Memorial Hospital Care Center (JMHC) and its affiliated clinics in Elgin and Glen Ullin. A certified physician assistant, he will begin seeing patients in February after shadowing Dr. Deepak Goyal at the clinics and hospital for a time.

A lifetime resident of Bismarck, Renner received a bachelor of science degree in radiology from the University of Mary. His background includes working in radiology at the Regional MRI Center and also at CHI St. Alexius Health in Bismarck.

Renner completed X-rays, CT scans, MRI tests and worked in a heart catheterization lab, completing interventional radiology and also working as a scrub technician in the lab. His most recent position was completing tests on a traveling MRI mobile unit.

"I decided I've done everything there is in X-ray there is to do. I see patients come in and I help find the diagnosis, but I don't know what hap-



Arthur Renner, PA-C

pens to them afterwards," he said.

His interest in continuing to care for his patients led him to physician assistant training through the University of North Dakota, where he completed a master's degree.

His wife, Sabrina, also has a bachelor of science degree in radiology and is also a Bismarck native. Renner has a stepson, Gabriel, 11, and three grown children. His fifth grandchild is due soon.

"To me, family is very important," he said.

The family has visited the community, and they are still making decisions about living in Elgin or commuting.

Renner grew up visiting a relative's farm in the Elgin area in the summers, so he is familiar with the area.

"Every summer when I was growing up, I stayed at a farm all summer," he said.

"My wife was very impressed with the school system," he added.

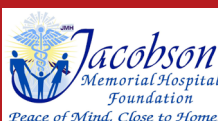
Renner started his medical career when a friend who was a nurse advised him to study radiology.

"I've loved it ever since. I've always wanted to help people. I like to help people and take care of people," he said. Renner particularly enjoys pediatric care and hopes to include children among his patients.

Outside of his career, Renner enjoys fishing and hunting, along with traveling. He also describes himself as "a big Harry Potter fan." ■

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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.

Patient room tablets share health information

The patient exam rooms at the Elgin Community Clinic are now even more informative, with the installation of touch-screen tablets in each room.

During their wait, patients can watch health-related videos of their choice. Program segments include personal stories and lifestyle segments, along with nutrition, diet and exercise tips.

"These touch-screen tablets, which are mounted on pedestals, are a great way to keep patients entertained while they wait, along with sharing additional health information," says Jacobson Memorial Hospital Care Center CEO Theo Stoller.

Patients can use the touch screen to choose topics related to heart

health, diabetes health, men's health or women's health. Patients can learn about the issues most important to them, including how to implement a healthier lifestyle with a chronic condition, by watching in-depth features on specific conditions.

Patients can forward recipes, tips or videos to their home email address or sign up for the patient portal.

Programming is updated once a month, so new information is always available. The tablets automatically turn on and off based on the clinic's hours. The clinic will also be able to use the tablets to share local information with patients.

The clinic's waiting room also has a new TV and programming directed toward health issues, along with the latest news and weather.

The system is being provided



Elgin Community Clinic Supervisor Sandy Miller uses one of the patient waiting room tablets.

free of charge through ContextMedia: Health, a mission-driven patient education company - founded in 2006 and based in Chicago - that partners with health care professionals to educate patients on how to manage their condition through lifestyle changes. ■

Arm yourself with a flu shot.

Protect yourself and your family from influenza.

Schedule an appointment today!

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

Glen Ullin Family Medical Clinic
348-9177 • Open 8 a.m. - 4:30 p.m. CT

(Immunizations are covered by most insurance companies.)

"Because We Care"

Gaugler pursues physician assistant training

Holly Gaugler has been accepted into the North Dakota Physician Assistant Program Class of 2018.

Gaugler, a medical technologist at Jacobson Memorial Hospital Care Center for four years, will start the program through the University of North Dakota this spring.

The two-year program will allow her to receive a master's degree to become a certified physician assistant.

"I've always wanted to be more involved with the patients," Holly said. "There is such a need for health care providers here. I've always wanted to return to this facility as a physician assistant." ■



Holly Gaugler






We did it!

Jacobson Memorial Hospital Care Center (JMHCC) has reached its \$26,000 goal for the Adopt a Room project!


Now, JMHCC has given the facility a fresh look – room by room – thanks to those who donated to the “Adopt a Room” project. Donors gave \$1,000 or more to “Adopt a Room” to help refurbish patient rooms throughout the facility. These community supporters are also being recognized with a plaque by their “adopted room.”

“We give our heartfelt thanks to these Adopt a Room supporters,” says JMHCC CEO Theo Stoller. “We have completed improvements to the rooms, including improving the TV reception. We continue to focus on keeping our patients as comfortable as possible during their stay at JMHCC.”

Those who adopted a room include:



First International Bank & Trust
Economy Drug - Chuck & Kim Oien
Jerry & Carol Roehrich
Evelyn Stelter & Family
Wutzke Electric - Paul & Belinda Wutzke
Myles & Wanda Stoller
Theo & Crystal Stoller
Ron & Willetta Bartz & Family
Elgin Lions Club
Stelter Repair Inc.
Duane & Gail Schatz
Wes & Leslie Niederman
Montana-Dakota Utilities



Jeff & Darla Hillius
Reggie, Amy and Katelyn Pahl
WRT
Sandy Schmitz & Marvin Kubousek
Ione Scholes
Terry & Wayne Nagel
Bethesda Lutheran Church
Dakota Community Bank & Trust
Dakota Grain Co.
Mark & Ramie Jo Bogert & Family
Robert Larson & Leona Zemliska
North Dakota Farmers Union

40 years and counting...

Two nurses dedicated to JMHCC recognized

Debra Gaugler and Viola Sprenger were both given treasured gifts from their mothers that led them to nursing.

"I've always wanted to be a nurse. I had no other wishes," Viola says.

"My mother made me a nurse outfit with a hat," Viola describes. Then, Viola would get up at night with a flashlight in hand, pretending to check on patients.

Debbie's path to nursing also started with her mother.

"My mother was going to be a nurse. She did start out and it didn't work out for her and I thought, 'Well I can do this.' She gave me her bandage scissors and her name was engraved on it. I still have it," she says.

JMHCC's longtime employees were recognized for their service during JMHCC's 2015 annual meeting. Debra Gaugler and Viola Sprenger were recognized for 40 years of service to JMHCC. Linette Raab was recognized for 20 years of service.

Both Viola and Debbie started working at JMHCC in 1975, along with the late Bonnie Hauck. Marcy Haase has been at JMHCC the longest, with 44 years.

The two LPNs remember working at the former Lorenzen Memorial Hospital in Elgin, before JMHCC was constructed in 1977.

During tours of the new facility, Debbie remembers being awestruck by its size.

"It was a big wow when we opened, because it was so big at that time," she says. "Now, we've been here so long, we know every nook and cranny."



Both LPNs, Debra Gaugler, left, and Viola Sprenger were recognized recently for 40 years of service to JMHCC.

Viola started her career as a CNA in Garrison, then spent time at hospitals in Dickinson, Jamestown and Bismarck before getting married and moving to Elgin.

"I've always been here," Debbie describes. She graduated from high school in Elgin, attended college in Dickinson, then married and returned to Elgin.

But both have similar passions for their careers.

"I like to help the patients," Viola says. "To help people. It's a little different now than when we started. Now, it's more paperwork."

"I like caring for people," Debbie echoes "It's good to know the people who live here."

The advent of the computer was

probably the biggest change in their careers, they both agree.

"When the computer kicked in, not that you can't learn new things, but we weren't brought up on that, so it was a challenge," Debbie says. "But I would never go back to paper. That was a lot of laborious hours."

As the two cross paths during the change in shifts in the evening, Debbie starts the nightly pot of coffee and the two reminisce for a moment.

Debbie has been working the night shift at JMHCC for 35 years.

"We have spent more time up here than we have with our own families," she says. She points out that now they recognize a new generation of patients.

"We took care of their parents," Debbie says. "It's almost coming full circle already."

While neither was on duty, they both vividly remember the 1978 tornado that struck Elgin, damaging a portion of JMHCC, leaving glass and fluttering curtains in its wake. They share a story of one nurse getting cuts as she covered a patient who couldn't be moved.

"That's dedication," Viola says.

But that's the type of dedication shared by the entire staff even today. Even as longtime nurses, both continually update their training to provide the best care possible for their patients. And they share their dedication with others.

"We have always had some very, very good providers," Viola says. "They are genuine and they care." ■

20-year employee also recognized

Linette Raab, who has been recognized for 20 years of service, started working at JMHCC as a certified nursing assistant in 1995. Always interested in learning new things, she assisted in the physical therapy department and then worked as the unit secretary at the nurse's station before moving into the business office to work with accounts payable and central supply.

In 2014, she decided to pursue an online degree in medical coding, moving into the medical records department. Now, she works with medical coding, also helping with release of information, appeals and ordering office supplies for the facility "and whatever

else comes my way," she says.

"I've always liked health care. I've found it to be interesting, because it's always changing and I like change," she says. "I like having a variety of things to do."

"With all the different departments I've worked in, I've seen how one job affects another job," she says. "I've gotten to see the whole picture of how everything comes together."

Linette relishes the challenges and diversity of medical coding.

"It's always challenging," she says.

And she enjoys the hospital setting.

"Working here, you get to know everybody and it has that hometown feel. You're actually a person, you're



Linette Raab

not just a department. You feel like you're part of something good." ■

Director of nursing joins JMHCC staff

Jacobson Memorial Hospital Care Center (JMHCC) in Elgin has named Connie Mitchell-Gustafson as director of nursing.

Connie is a registered nurse with an extensive background. She and her family relocated to the Elgin area from south central North Dakota.

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

Connie began her medical career in high school, becoming a certified nursing assistant through a vocational education program in Hoople in north-eastern North Dakota.

"That gave me solid verification that I wanted to be a nurse," she said.

She became a certified medical assistant through college, then pursued LPN and RN degrees while working full time and raising a family.



Connie Mitchell-Gustafson

Most recently, she worked at Sanford Health in Jamestown and at the Linton Hospital while living with her family in Kulm.

"I like the caring and the giving back, the helping. It's a very rewarding career," she said. "That's what I like about nursing, it's so personal."

She enjoys all aspects of nursing, from emergency medicine to geriatric care, and has a varied background in nursing experience.

Connie has a sister in Bentley and her husband, Andy, works at Amber Waves in Richardton after previously working in the oil fields. The couple has two children, Lexee, 15, and Briar, 12. Outside of work, Connie enjoys outdoor activities with her family, including camping, hunting and fishing. She also enjoys crafting.

Since becoming director of nursing in September 2015, she has found a friendly atmosphere at JMHCC.

"It's a joyful place. Everyone is very friendly," she said.

"I just want to help make this place the best place to work there is and provide the best possible care we can," she said. "That's my ultimate goal is to make this the best possible facility it can be." ■

February is
National Heart Month
Do you know your numbers?

Discounted lipid profile
(LDL and HDL cholesterol, triglycerides)

\$34
(cash basis)

Feb. 10-11 ONLY !

**JACOBSON MEMORIAL
HOSPITAL
CARE CENTER**

Jacobson Memorial Hospital Care Center: 584-2792

Elgin Community Clinic: 584-3338

Glen Ullin Family Medical Clinic: 348-9175

Call today!

Thyroid
SYMPTOMS

muscle stiffness

DRY SKIN

poor immunity

UNRESTORED SLEEP

Depression fatigue

osteoporosis

WEIGHT GAIN

sluggish

GOITER

swelling

NECK DISCOMFORT OR ENLARGEMENT

Brain Fog

edema

poor reflexes

anxiety

JOINT STIFFNESS

Cold Intolerance

HIGH CHOLESTEROL

BLOATING

Cold hands and feet

If you are experiencing these symptoms, make an appointment today:

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

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

"Because We Care"

