



Gloria Payne shares her story about being diagnosed with depression, with hopes that others will seek help, too.

‘Don’t go through depression alone’

Gloria Payne recalls her moment of clarity. But first, she had to surface from a fog that had enveloped her life.

Driving a tractor. A fence approaching. Her mind momentarily blank, unable to process a reaction. Then, just feet from catastrophe, finding the clutch and turning off the anhydrous.

“I realized I was really in trouble. I had no idea what was going on. I

finally was able to turn off the tractor and I got in the pickup and I went to where Keith (Gloria’s husband) was working, and I said, ‘I don’t know what’s happening, but I can’t do this anymore,’” she describes.

Gloria was in the midst of depression that was affecting her ability to focus or concentrate on tasks. She didn’t recognize the symptoms until she went to a doctor and pointed

to nine of the 10 symptoms on a list he gave her. Diagnosis in hand, she began getting better. But it was a journey that started well before the tractor.

“It was an accumulation of different stressors that finally caused me to start having problems with depression,” Gloria says.

It started in 1995.

continued on next page

JMHCC Lifelines • Winter 2022

Jacobson Memorial Hospital Care Center
601 East St. North
PO Box 367
Elgin, ND 58533
701-584-2792
www.jacobsonhospital.org
www.facebook.com/JMHCC

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DEPRESSION: from page 1

That fall, Keith was diagnosed with a pituitary gland tumor. Surgery at Mayo Clinic was followed by months of recovery.

"So, those kinds of stressors that take especially months long before you see some final resolution, it takes a lot out of you," Gloria says.

Then tragedy struck.

"Before Keith was even able to get out of the house after surgery, I got a call at four o'clock in the morning that my dad had died of a massive heart attack. A few months down the road, my mom was diagnosed with breast cancer," Gloria says.

As Gloria reeled from those setbacks, the winter of 1996-97 settled across the state, bringing record snowfalls.

"We were trying to feed cattle every day, trying to get roads open to get kids to school. ... We were spending all day long outside, just trying to get our chores done," Gloria says.

During the spring of 1997, she was in the field with Keith, placing anhydrous as he planted.

"I had been having some episodes

where my mind was just not very clear. I couldn't think things through. I couldn't process things. I could look at a recipe and not be able to follow the steps," she says.

"So, here I was out in the field putting down anhydrous and I looked at the end of the field and I could see a fence, but my mind wasn't figuring out what I needed to do at the end of the field," she describes. "I was within feet of the fence before my mind finally said, 'Push in on the clutch.'"

She got out of the tractor and decided to get medical help.

At the local clinic, she was given a list of the top 10 symptoms of depression.

"I went through that list and checked off nine out of the 10. The 10th one was having suicidal thoughts and I never had suicidal thoughts, but I emphasize with people who do, because I really understand where they're coming from, where they're getting that feeling from," she says.

So, she began the journey to recovery, starting with medication.

"As with all medications, sometimes it's a juggling act with trying to figure

out which one works for you best and what dosage works for you best," she describes. "It is a chemical imbalance. Your body can no longer produce the chemicals that it takes to combat the stressors that are being shoved at you every day. Just as it takes months or years for that chemical imbalance to occur, it also takes months or years for you to get back on top of things, for that chemical imbalance to correct itself."

She soon began feeling better, and stopped taking her medication without telling her doctor.

"Little did I know, that's not the way you do things. It's a long process, so before I knew it, I was back in the same problem again. Having problems with that depression," she says.

So, she began following the doctor's directives, continuing medication for the next three years. She also talked to a counselor through free counseling offered through a church. There, she learned how to prioritize, and how to deal with stress.

"I was letting every little thing be a stressor to me. One of the things

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JMHCC

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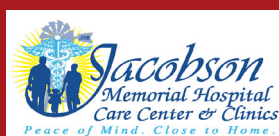
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Welcome!

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:

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.



Psychiatric and psychotherapy care available

**At Elgin Community Clinic,
Glen Ullin Family Medical Clinic and Richardton Clinic**

Through telemedicine with Rural Psychiatry Associates headquartered in Grand Forks

Appointments must be made directly through
Rural Psychiatry Associates by calling 701-205-3000.

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?

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

The psychiatrists will be available to help with behavioral issues, ADHD, depression, autism spectrum disorders and other emotional or behavioral problems in children under 18; and any type of psychiatric care for adults, ranging from depression, grief, marital strife, parent-child concerns or distress.

They also help patients with addictions or substance abuse disorders, anxiety, bipolar disorder, obsessive compulsive disorder, post-traumatic stress disorder, emotional stress or those with suicidal thoughts.

The psychotherapists will be available to help with any type of therapy, ranging from anxiety, depression, grief, marital strife, parent-child concerns or distress. They treat all ages.

What's the difference between a psychiatrist or psychotherapist?

Psychiatrists and psychotherapists differ in that psychiatrists are trained medical doctors and can prescribe and manage medications.

Need to talk?

For those who need immediate support:

- National Suicide Prevention Lifeline at **1-800-273-TALK** (8255). Available 24 hours a day.

- FirstLink is a free, confidential service available to anyone 24/7/365 for listening and support, referrals to resources/help and crisis intervention. FirstLink answers the **211** helpline, the National Suicide Prevention Lifeline and communicates via text line 898-211.



What you will be asked

During a visit with your medical provider, the provider will ask about these symptoms of depression:

- Little interest or pleasure in doing things.
- Feeling down, depressed or hopeless.
- Trouble falling or staying asleep or sleeping too much.
- Feeling tired or having little energy.
- Poor appetite or overeating.
- Feeling bad about yourself or that you are a failure or have let yourself or your family down.
- Trouble concentrating on things, such as reading the newspaper or watching television.
- Moving or speaking so slowly that other people notice. Or the opposite, being so fidgety or restless that you move around a lot more than usual.
- Thoughts that you would be better off dead or of hurting yourself.
- If you have checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home or get along with other people? ■

DEPRESSION: from page 2

the counselor told me was, ‘You have enough problems on your own to deal with, you don’t need to look for other problems to take on your plate. Handle what’s on your own plate,’” she says.

Gloria has recovered from depression through the doctor’s care and counseling. She also credits her family for their support. Now, she wants to share her story to help others.

“As with anything mentally, it takes awhile for people to feel comfortable sharing that information, because there’s kind of a stigma attached to that,” she says. “It finally becomes more comfortable to talk about, especially when you feel if there’s anything that will help someone else get through it, then you feel like maybe you should be sharing that message.”

“At the time I was going through it, I really didn’t know what was happening,” she says. “Since then, I’ve not had any problems. I know some people continue to have problems.”

She understands those with depression often do not wish to talk about how they feel, but she encourages them to break their silence.

“People need to know they’re not abnormal if they’re having problems. It’s more widespread than people realize. It’s just that not everybody feels comfortable talking about it,” she says.

“My biggest concern is especially to those who feel suicidal,” she says. “I do understand what they’re going through and my heart goes out to them, because I know it’s a constant struggle.”

She encourages others with symptoms of depression to talk to others about their experiences, and for family members and friends to listen.

“We all need to be there for those people who are going through those hard times,” she says.

And, she encourages those with depression to seek medical attention.

“It isn’t something that you’re going to just get over. It needs medical help,” she says. “Make sure you have people around you that you can call and make sure you have talked to your doctor about it, so whatever can be done to help is being done. Don’t try to go through this by yourself.”

Symptoms of depression vary from person to person, says JMHCC Fam-

ily Nurse Practitioner Carrie Gerving.

Difficulty concentrating, not finding joy in things that used to bring you pleasure, or even the lack of motivation to do day-to-day tasks are all symptoms of depression, she says.

“You might not notice it yourself, but people might notice it about you,” Gerving says.

“If you have high blood pressure or high cholesterol and you’re at risk of stroke or heart attack, wouldn’t that be something you would treat? This is the same thing,” she says.

Providers use a questionnaire to help identify depression. If a provider asks those questions, answer honestly, she advises.

A provider can start with diagnosis and treatment, and the local clinics offer telehealth psychiatry and psychology services.

“If you’re feeling down or stressed, the best thing to do is reach out to somebody and get help,” Gerving says. She encourages people to be active, rest, eat properly and talk to family, friends and providers. ■

Help is here. Hope is near.

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

***Richardton Clinic* and *Glen Ullin Family Medical Clinic* offer medication-assisted treatment for those with opioid dependence or who are addicted to narcotic pain relievers for chronic pain**

It can happen to anyone

Addiction occurs when uncontrollable cravings cause someone to become unable to stop using a drug, even though it leads to harmful results. Dependence happens when the body physically adapts to a drug and becomes tolerant to it. This leads you to need more of the drug to create the same effect.

And it can happen to anyone.

For those who have become addicted to narcotic pain relievers, our providers are experienced with administering buprenorphine, or Suboxone. Coupled with a complete treatment plan, Suboxone is used in the treatment of opioid dependence.

Pain management

Another aspect of the treatment of those with opioid addiction is also managing your original pain symptoms. Jacobson Memorial Hospital Care Center, which manages the clinics in Richardton and Glen Ullin, also has a physical therapist available.

Glen Ullin Family Medical Clinic

602 Ash Avenue

Glen Ullin, ND

701-348-9175

Hours:

8 a.m. to 4:30 p.m. CT Monday, Thursday, Friday

7 a.m.-7:30 p.m. CT Tuesday-Wednesday

Richardton Clinic

215 Third Ave. West

Richardton, ND

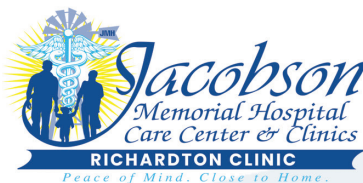
701-974-3372

Hours:

8 a.m. to 5 p.m. MT Monday

8 a.m. to 4:30 p.m. MT Tuesday, Thursday, Friday

8 a.m. to 6:30 p.m. MT Wednesday

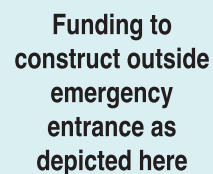


"If they are having pain, someone should be there to listen to them and help them. There are other ways that you can help them manage their pain and maybe even decrease the use of narcotics."
– ***Rhonda Schmidt, FNP, Glen Ullin Family Medical Clinic***

"They're struggling, so 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***



www.givingheartsdays.org



**\$4,000 in
matching funds
donated by Elgin
Lions Club**



Giving Hearts Day

Hosted by: Dakota Medical Foundation

Questions? Contact Theo Stoller at JMHCC at 584-2792.



Jacobson
Memorial Hospital
Care Center & Clinics
f Mind. Close to Home.

Jacobson Memorial Hospital Care Center
is an equal opportunity provider and employer.

Giving Hearts Day

Thursday, Feb. 10

Give from the heart on Giving Hearts Day Feb. 10 and help the Jacobson Memorial Hospital Foundation (JMHF) with a fundraising campaign, “Working Together to Reach a Dream,” to renovate the entrance to Jacobson Memorial Hospital Care Center’s (JMHCC) emergency room.

On Thursday, Feb. 10, the 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 JMHCC in Elgin to complete a \$190,000 renovation to construct a covered outside emergency entrance to the hospital.

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 the 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.

Completion of the entrance is Phase 1A and 1B of a proposed project. Phase 2 then includes renovating the emergency room area inside the building. (See page 9 for information on the entire project and its phases.)

Grants and other funding are also being sought to complete other phases of the project, which is estimated to cost more than \$1 million in total.

To make a secure online contribution to JMHF during Giving Hearts Day, simply go to the online site on **Feb. 10 at www.givingheartsday.org**. Or visit the JMHCC website at www.jacobsonhospital.org and click on the “donate” button, which will take you to the Giving Hearts Day website also. Then search for “Jacobson Memorial Hospital Foundation.”

You may also donate by sending a check dated Feb. 10 to: JMHF, PO Box 367, Elgin, ND 58533.

Do you wish to donate before Feb. 10? Donors may also schedule their online gifts for Giving Hearts Day by going online before Feb. 10! Visit www.givingheartsday.org, and add a donation to JMHF. From there, simply search for the Jacobson Memorial Hospital Foundation, then follow the instructions to complete the check-out process to have your donation processed on the morning of Giving Hearts Day, so it counts toward the Giving Hearts Day total.

All donations are tax-deductible. You will receive a receipt via email immediately following your online donation.

Donors are also encouraged to honor a loved one with a donation in their memory or to honor a parent or grandparent. Families are encouraged to join together to donate to honor a loved one.

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 JMHF, with a note that the donation is for the campaign.

The Elgin Lions Club has donated a \$4,000 match to the Giving Hearts Day event.

“We thank the Elgin Lions Club for their generous donation in support of this project,” Stoller said.

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

This is the second year that Giving Hearts Day donations are being directed toward the emergency entrance fundraising campaign.

Last year, JMHF raised more than \$53,000 during its participation in Giving Hearts Day.

“We want to thank everyone who donated during this event last year,” Stoller said. “The support displayed during Giving Hearts Day was truly heartwarming.”

With last year’s Giving Hearts Day, JMHF has raised approximately \$97,000 toward its \$190,000 goal thus far.

The Foundation began participating in Giving Hearts Day in 2015, when just over \$10,000 was raised in a single day.

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



Togeth**ER**

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



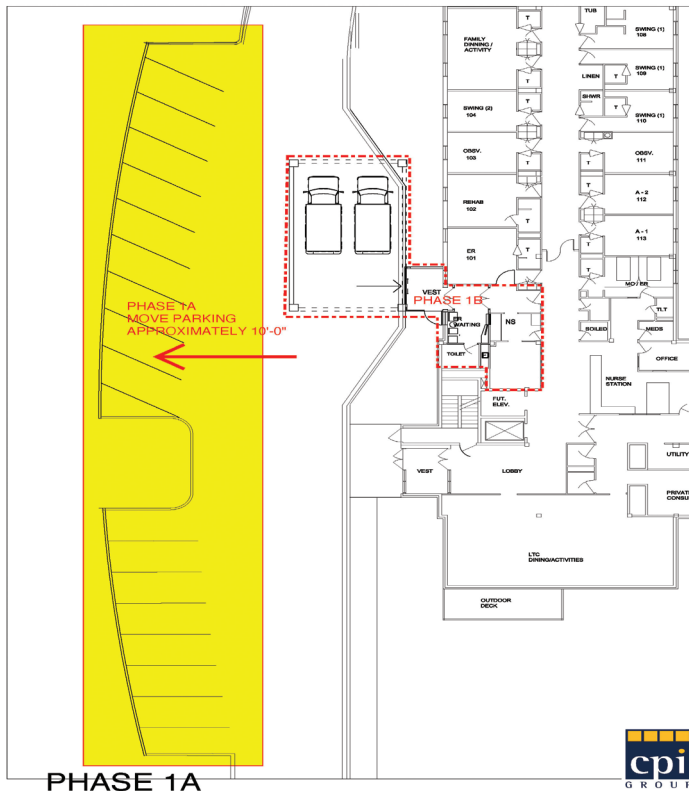
Goal: \$190,000

Working TogethER**
to reach a dream.**

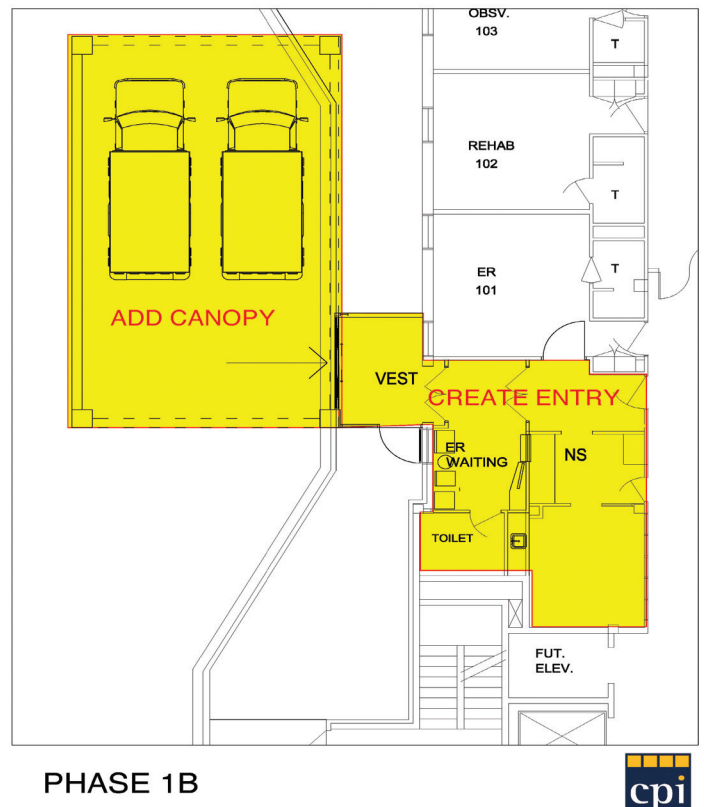
**Support this campaign
during Giving Hearts Day!**



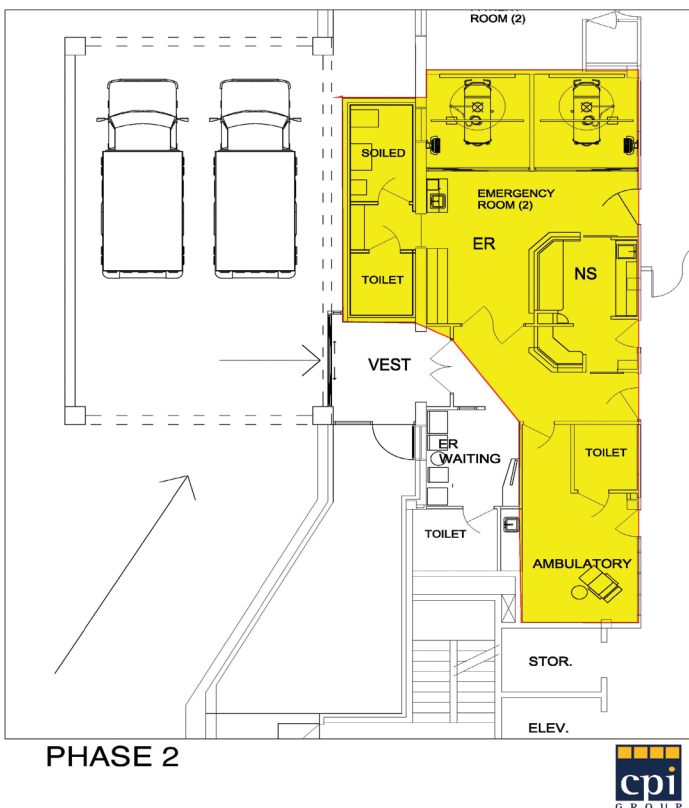
Phases of ER project



▲ Phase 1A: Moving parking lot 10 feet to the west to allow for a canopy and emergency room entrance to be created.



▲ Phase 1B: During this phase, a canopy will be constructed to fit two ambulances and shield patients and staff from weather and scrutiny. This is the portion of Phase 1B the Jacobson Memorial Hospital Foundation hopes to fund through Giving Hearts Day donations. Also in this phase, an ER entrance through a vestibule will be created, with ER waiting available, a nurses' station within the ER area and controlled access into the ER. The blank area in yellow will be used for COVID-19 outpatient infusions.



◀ Phase 2: This phase entails moving the nurses' station to its final destination, adding a bathroom to the COVID-19 ambulatory space, adding two ER bays, adding a bathroom within the ER and adding a soiled utility room. The nurses' station will be expanded to have direct oversight over patients and to register incoming emergency patients.

Training empowers communities to save lives

As communities continually need more emergency medical technicians (EMTs) and drivers to keep local ambulances staffed, Jacobson Memorial Hospital Care Center's (JMHCC) paramedic, Ben Boyll, is offering training for EMTs, along with basic training for any member of the community, to help save lives.

Generally, those who survive a cardiac event, such as a heart attack or cardiac arrest, are those who received cardiopulmonary resuscitation (CPR) or application of an automated external defibrillator (AED) by a family member or bystander who initiated care immediately, Boyll says.

"The second that people witness that event and have the training to initiate CPR, call 911 and then get the AED on the patient, those are the cases where the chances of the patient living another day are much higher," Boyll says.

"First responders can get there as quickly as they can, but if a person is laying on the ground with their heart not beating for five or seven minutes, without CPR or other medical care being initiated, the chance of that person surviving to eventually walk out of the hospital is very slim," he says.

That's why JMHCC has initiated an extensive catalog of courses to help save lives in the community – and the region. Courses range from basic lifesaving care to advanced training for professional health care workers. Volunteers for ambulance services and firefighters will also benefit from the courses.

"We're also willing to do what we need to do for the community to get trained. We want the community to know we're available for them," Boyll says. "It's all about accessibility and convenience."

Those who wish to enroll in a course may email Boyll at bboyll@jmhcc.org or call him at JMHCC at 584-2792.

Boyll joined JMHCC's staff as a paramedic last June, expanding the advanced life support care both in and out of the hospital.

He served in the U.S. Army with the 75th Ranger Regiment and was deployed to Iraq prior to starting his career in emergency services. He has previous experience working as a paramedic in both rural and metropolitan areas in Colorado, Montana, and most recently North Dakota. He has a degree in emergency medical services from Pikes Peak College in Colorado Springs, Colo., and is a certified instructor and nationally registered paramedic.

As a paramedic at JMHCC, Boyll specializes in emergency care.

"The tough part for rural areas is to get paramedics and advanced life support, because a lot of times, their emer-



Ben Boyll is a paramedic at Jacobson Memorial Hospital Care Center offering training for both community members and professionals.

gency services are volunteer," Ben said. "We're trying to allow the community and the hospital to have increased trauma care, emergency medical care and advanced life support. I think it will benefit the emergency department as well as the ambulance and the pre-hospital side of things."

"I have nothing but great things to say about Ben. I had the opportunity to serve as an EMT in the back of the ambulance with him and we're very excited regarding his expertise and experience and the service he will be able to provide our area," said JMHCC CEO Theo Stoller. "We're excited to have that level of care within our facility."

Ben can assist with calls to the New Leipzig/Elgin ambulance, and a paramedic will also be available quickly to assist with transfers that require advanced life support.

"I truly do believe that he will elevate our care that we can provide," Stoller said.

While Ben grew up in Ohio, his grandparents, Ben and Rosalie Schaible, and his mother, Cynthia (Schaible) Boyll, were from Mott.

"As a little kid, we would come up here all the time and it was our favorite place to be, on the farm," he says. "We always had fond memories."

In emergency medical services, there are four levels of care. EMRs are typically a driver with CPR training; an EMT can do more advanced care such as bleeding control and basic airways; advanced EMTs can start IVs and give basic medications; and a paramedic, which requires a college degree, can read and interpret EKGs during a heart attack, complete intubation and surgical airways, administer medications and provide advanced trauma care. ■

TRAINING COURSE DESCRIPTIONS

Training is now available at Jacobson Memorial Hospital Care Center, Elgin

JMHCC is offering certification for professional health care providers,

ambulance crews, firefighters and the general public.



Emergency Medical Responders

(EMRs) provide immediate lifesaving care to critical patients who access the emergency medical services system. EMRs have the knowledge and skills necessary to provide immediate lifesaving

interventions while awaiting additional EMS resources to arrive. Under medical oversight, Emergency Medical Responders perform basic interventions with minimal equipment. The course offered here utilizes a mix of distance learning, classroom instruction and hands-on skills to meet NREMT standards for certification at this level.



**National Registry of
Emergency Medical Technicians®**
THE NATION'S EMS CERTIFICATION

Emergency Medical Technicians (EMTs)

function as part of a comprehensive EMS response system, under medical oversight. Emergency Medical Technicians perform interventions with the basic equipment typically found on an ambulance. Emergency Medical Technicians are a critical link between the scene of an emergency and the health care system. Jacobson Memorial Hospital Care Center's EMT course will combine web-based video instruction, in-person classroom trainings, ambulance ride-along and emergency department rotation training to prepare the students to sit for and pass the NREMT Emergency Medical Technician examination.



SAVE A LIFE

Through our **STOP THE BLEED®** course, you'll gain the ability to recognize life-threatening

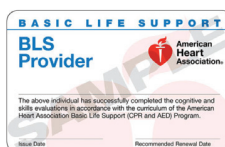
bleeding and intervene effectively. The person next to a bleeding victim may be the one who is most likely to save him or her. Take the course and become empowered to make a life-or-death difference when a bleeding emergency occurs. STOP THE BLEED®. Save a life!



AHA Heartsaver First Aid CPR.

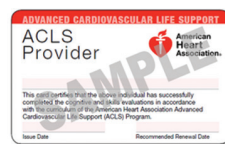
The American Heart Association's (AHA) Heartsaver First Aid CPR AED course is designed for anyone with little or no medical training who

needs a course completion card for their job, regulatory (such as OSHA) or other requirements, or anyone who wants to be prepared for an emergency in any setting. This is an excellent course for businesses, schools, families and organizations of any kind.



AHA Basic Life Support.

The BLS instructor-led course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. BLS is geared toward prehospital providers, like EMTs, paramedics and firefighters, as well as in-facility hospital providers such as nurses, physicians and CNAs. Upon successful completion of the course, students receive a course completion card, valid for two years.



AHA Advanced Cardiovascular Life Support

for health care professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies and for personnel in emergency response. This instructor-led course is designed

for paramedics, physicians, nurses and any other discipline involved in advanced resuscitation efforts in the prehospital or hospital environments.



First introduced in the early 1990s, the **Coaching the Emergency Vehicle Operator™ (CEVO)** courses for ambulance, fire and police

personnel quickly became accepted as standards in driver training for these fields. Since then, over 500,000 emergency professionals have been trained with the CEVO programs. Jacobson Memorial Hospital Care Center's EMS Division offers this course to agencies or emergency personnel that are operating ambulances as part of either a volunteer or professional agency.



The goal of **Pediatric Advanced Life Support (PALS)** is to save a life.

For a child or infant experiencing serious injury or illness, your action can be the difference between life and death. This AHA-certified, provider level class is for new students or students looking for recertification and is good for two years.

**To enroll, contact: Benjamin Boyll, AAS, NRP
EMS Coordinator/Paramedic**

Jacobson Memorial Hospital Care Center

bboyll@jmhcc.org

701-584-2792

SCREENING saves lives!

A colorectal cancer screening can prevent cancer or detect it early when it is treatable.

2nd in ND

What is colorectal cancer?

Colorectal cancer is the second most diagnosed cancer in both men and women in North Dakota and is the second leading cause of cancer-related deaths, yet it is one of the most preventable types of cancer.



What is a colonoscopy?

Your doctor can see and remove pre-cancers called polyps, prevent or detect colorectal cancer.



Removing polyps

reduces the risk of colorectal cancer.



33% of North Dakotans are not up-to-date with this screening. Delayed screening leads to late-stage diagnosis.

45 years old is the recommended age to begin screenings

Colonoscopies are recommended **every 10 years**



Five-year cancer survival rate

Stage 1 **91%**

Stage 2 **72%**

Stage 3 (late stage) **14%**

42% of North Dakota cases are diagnosed at the late stage



WARNING SIGNS:

- Change in bowel habits
- Blood in the stool
- Abdominal pain
- Weakness and tiredness
- Unintended weight loss

Colorectal cancer screening options

FIT

Fecal Immunochemical Test: Stool is checked for blood (not seen by the naked eye) by taking a sample and mailing it in.

You collect a sample at home and return test kit to lab or mail it back (often pre-paid postage is included).

1 Completed every one year if normal. If test is not normal, you will need a colonoscopy.

No preparation or diet restrictions required.

Low cost – check with insurance (often covered).

FIT-DNA: COLOGUARD

Stool is checked for cancer markers and blood (not seen by the naked eye) by taking a sample and mailing it in.

A test kit will be mailed to your home. You will collect a sample and mail the test kit back (address label and postage stamp included).

3 Completed every three years if normal. If test is not normal, you will need a colonoscopy.

No preparation or diet restrictions required

Variable cost – check with insurance (sometimes covered).

COLONOSCOPY

A lighted scope with a camera is used to look at the colon and rectum. This finds tissues and cells that are not normal

Your provider will administer this test at the hospital in a procedure room. Medicines will be given to you to provide comfort.

10 Completed every ten years if normal. May include a biopsy or polyp removal if needed.

Requires fasting and a cleansing of the colon with a laxative.

Higher cost - check with insurance (often covered if qualified).

Elgin Community Clinic
584-3338

Hours: 8 a.m. to 4:30 p.m. MT
Monday-Friday

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

Hours: 8 a.m. to 4:30 p.m. CT
Monday, Thursday, Friday
7 a.m.-7:30 p.m. CT
Tuesday and Wednesday

Richardton Clinic
974-3372

Hours: 8 a.m. to 5 p.m. MT
Monday
8 a.m. to 4:30 p.m. MT
Tuesday, Thursday, Friday
8 a.m. to 6:30 p.m. MT
Wednesday

Love your heart!

Discounted lipid profile

(LDL and HDL cholesterol and triglycerides)
Fasting for eight hours is recommended for accurate results.
Water or coffee can be consumed.

\$34 cash basis **Feb. 14-18 only!**

Appointments required

Elgin Community Clinic • 584-3338

Glen Ullin Family Medical Clinic • 348-9175

Richardton Clinic • 974-3372

Call today!



JMHCC is an equal opportunity provider and employer.



JMHCC transitions to Epic for electronic health record

Jacobson Memorial Hospital Care Center (JMHCC) has launched a new electronic health record (EHR) site effective Feb. 1, switching from another EHR to Epic, which is a more standardized portal.

The EHR assists providers in documenting patient visits and to communicate with patients more easily, said JMHCC CEO Theo Stoller.

“Epic is the most utilized by our larger facilities, so it standardizes everything when we have patients from another facility. Since we’re on the same system, the software can communicate a lot better,” he said.

Epic also allows facilities to share records more easily. A provider at a local clinic will be able to view records from a Bismarck hospital and vice versa. For example, an emergency room patient at one facility would have background medical records from another facility available in that ER, so a patient’s medical history is known during emergency treatment.

Now, hospital and clinic patients may request prescription renewals, check lab results and schedule appointments through the secure online patient portal.

MyChart is your connection to your personal medical information when you want it, where you want it, when it’s convenient for you. Enjoy safe and secure access to your health information, prescription information and test results during the time of day – or night – that works for you.

During your first patient visit at one of JMHCC’s clinics,

you will be given information to sign up for MyChart by creating a username and password. There is a MyChart app available for both Apple and Android devices as well.

Once you have established MyChart, the patient portal can be accessed by logging onto JMHCC’s website at www.jacobsonhospital.org and clicking on the “Patient Portal” button on the homepage. There, patients can view their medical information and list of medications, schedule an appointment or request a prescription renewal.

As the Epic software is implemented, processing patients may take more time, so a 15-minute office visit may take half an hour for now, Stoller said.

“We ask for patience, because it will take our providers a little bit longer to get proficient with Epic,” he said.

Staff has been working on implementing the software for the past nine months. Sanford Health staff will be visiting JMHCC during implementation to help with the new software, so those personnel will be seen around the facility.

Patients may use the portal to schedule an appointment at the Elgin Community Clinic, Glen Ullin Family Medical Clinic or Richardton Clinic.

The scheduling feature will offer more convenience for those who are not able to contact the clinics during regular business hours. ■

What MyChart includes

MyChart offers patients personalized and secure on-line access to portions of their medical records. It helps you securely use the internet to help manage and receive information about your health. With an account, you may be able to:

- Access your health information
 - Schedule/request medical appointments
 - Access test results
 - Request prescription renewals
 - Communicate electronically and securely with your medical care team
-

My homepage



On the homepage, review alerts for new information that might be of interest in the health feed. By clicking on the item, you are taken directly to that feature or information.

Across the top of the page are shortcuts to your most commonly used features. Each patient can customize those to reflect his or her preference.

A dropdown menu includes a searchable list of all MyChart features and options.

My care team



Along the side, you will see any providers who are currently listed as your care team.

Messaging is one of the most popular features in MyChart. It provides an opportunity for patients and providers to communicate at convenient times.

In the Message Center, view messages you have received and any past messages you have sent to your care team.

By selecting “Ask a Question,” you can send your provider a message. It is much like sending an email.

When you have a nonemergency question or health concern, you can email your provider directly and securely with MyChart. Your care team can email you as well. It's a great way to exchange information without having to coordinate schedules.

My appointments



Making an appointment to see your provider is as easy as logging on to MyChart. During times that work with your busy schedule, view your provider's availability and select the appointment that works best for you. When something unexpected happens, MyChart allows you to cancel appointments, too.

On the “Appointments and Visits” page, you can view information regarding upcoming and past appointments. By clicking on a visit, you can see more details about the appointment, and any questionnaires available to complete for this appointment. You can also confirm, cancel or reschedule the appointment.

My billing



You can see basic information about your account at a glance, including the date and amount of your last payment, current balance due and statements.

You can also pay your bill online.

My medical information



Your medical information is easily accessible with MyChart. Review your immunizations, allergies, summaries of recent visits to the doctor and current health concerns, whether it's on your desktop, your laptop or your phone.

With MyChart, your doctor will send normal test results as soon as they're available. You can also see any provider notes and comments so you can better understand those results.

My prescriptions



If you need a prescription refilled by your provider, MyChart lets you conveniently request prescription renewals for you and your family. ■

HIRING

**Are you loyal, driven
and compassionate?**

Jacobson Memorial Hospital Care Center, Elgin **THE RIGHT PLACE FOR YOU!**

Welcoming • Professional • Family-oriented • Supportive • Teamwork • Friendly • Fulfillment • Compassionate
Wouldn't you like to work at a place where you can be enriched, supported and make a difference?

Join our team of like-minded people!

EMT - Elgin

Full-time, part-time or PRN, rotating night, weekend and holiday call.
Starting wage \$19.31 an hour. \$2,000 sign-on bonus.

Ambulance driver - Elgin

Full-time, part-time or PRN, rotating night, weekend and holiday call.
Starting wage \$19.31 an hour. \$2,000 sign-on bonus.

Radiology tech - Elgin

Full-time, rotating nights, weekends and holidays call. Must have a radiology degree, willing to train in CT.
Starting wage \$21.12 an hour.
\$10,000 sign-on bonus, \$25,000 student loan repayment.

RN clinic nurse

Part-time RN floating between three clinics.
Starting wage \$21.15 an hour.
\$7,500 sign-on bonus, \$25,000 student loan repayment.

LPN clinic nurse

Part-time LPN floating between three clinics.
Starting wage \$19.57 an hour.
\$7,500 sign-on bonus, \$25,000 student loan repayment.

Temporary float receptionist/unit secretary

Full-time temporary.
Starting wage \$13.25 an hour. \$2,000 sign-on bonus.

Licensed Practical Nurse (LPN) - Elgin

Enrich the lives of patients while choosing your own schedule in full-time or part-time LPN position.
Starting wage \$22.66 an hour.
\$7,500 sign-on bonus, \$25,000 student loan repayment.

Registered Nurse (RN) - Elgin

Make a difference and gain valuable experience as a full-time or part-time charge nurse at Jacobson Memorial Hospital Care Center!
Starting wage \$29.36 an hour.
\$7,500 sign-on bonus, \$25,000 student loan repayment.

Certified Nurse Assistant (CNA) - Elgin

Support and empower patients through hands-on care in a meaningful CNA role at Jacobson Memorial Hospital Care Center. CNA certification required, but we can assist you in obtaining certification if necessary. Full-time or part-time positions are available.
Starting wage \$17 an hour. \$4,000 sign-on bonus.

All starting salaries may increase based on experience. Sign-on bonuses and student loan repayment programs based on eligibility.

Serving with commitment, compassion, excellence and accountability

All full-time and part-time positions are eligible
for our competitive benefits package.
Contact Kristin at 701-584-7247 or
kheid@jmhcc.org to apply.

Jacobson Memorial Hospital Care Center is an equal opportunity provider and employer.

