

Nelson County Health Services Foundation

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Executive Director

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Nelson
County
Health
System

Clinic - Hospital - Care Center
Assisted Living



Kari Haugen,
Executive Director

Executive Director Report

Although the snow, cold and winter has arrived, I've seen what happens when you put flowers, chairs and a table outside an apartment building where there is none...people gather... they sit; they visit; they connect. I've witnessed what happens in the city park, each Monday during the summer...people gather...they sit; they visit, they connect. I've observed this at other events hosted by the Nelson County Health Services Foundation...I've also noticed this within our Health System when I see visitors connecting with their friends and family in our care. I've caught glimpses of this all around me...people connecting and caring in community!

Consider some of the many ways that our community has connected with the NCHS Foundation this year alone...we reached our biggest goal yet on Giving Hearts Day; summer picnics in the park were the most well attended since the start; volunteers continue to step up to serve on the board, on event committees and also help get these newsletters out in the mail! Many others consistently choose NCHSF when remembering loved ones with memorials or giving for specials projects. Thanks to each one that has connected with us this year, the Foundation has funded over \$107,000 in projects for the Health System. These projects include the following:

- » Hospital Window Project Phase II
- » Hospital Architecture Fees for Remodeling Projects
- » Hospital PowerEdge R330 Server
- » Hospital Vein Finder
- » Childcare Facility Equipment
- » Care Center Mobility Van
- » Care Center Bladder Scanner
- » Care Center Volaro PA 880 Lift with Sling
- » Care Center Activities Popcorn Popper

Thanks to each one of you that have connected with us, the Nelson County Health System can continue to care for our community. Our goal is to continue to enhance services and strengthen the future of our Health System and in turn our community. We invite you to come, sit, visit and connect with us. If you would like more information on ways to do this, stop by the Foundation Office at the Hospital or call me at 701-322-2225 about the latest projects or ways you can connect.

Wishing each one of you a blessed Christmas and holiday season with your family... connecting.



NCHS Foundation News

Creativity Abounds...

and it seems that each year the table hostesses outdo themselves! On Saturday, October 6th, NCHS Foundation hosted the annual Table Fantasia event at the McVile Lutheran Church. There were about 80 guests that shopped our 'Pumpkin Patch', perused the baskets to be had and experienced the hospitality of the day. Ten tables were beautifully decorated by the hostesses and the guests were taken on a tour. There was a short program, including a devotional by Mary Gleason and provider highlights by Christina Brooks, PA-C, as well as games, a door prize and basket auctions. Thank you to the table hostesses, those who donated prizes, the committee members, volunteers and board members for their time and dedication to this event helping us raise over \$1,500. Special thanks go to Marcella Olson for coordinating and Dee Lillehaugen for overseeing the kitchen and all those that pitched in wherever needed!



Our Best One Yet!

After four summers of picnics in the McVile City Park, community members continue to come out and support the Foundation! The Nelson County Health Services Foundation board and volunteers served over 1,140 people throughout this past summer. Over the 11 weeks of picnics, there was an average of 104 people served each week. It's hard to beat the five dollar lunch of brats and burgers or tacos in a bag. In addition, the McVile Community Library volunteers served coffee and wonderful desserts.

Thanks to all who supported the foundation by attending, volunteering or donating, there was over \$3,000.00 raised. Special thanks are extended to Sharon Maertens and her staff in the Dietary department. We are grateful for the grillers, Brad Huso and Steve Forde! O'Neil Johnson rarely misses a picnic and we appreciate his dedication volunteering as our cashier. We could not have done this without each of you!



NCHS Foundation Welcomes New Board Members



Lori Nichols

Lori Nichols joined the Nelson County Health Services Board of Directors this fall when she accepted the call to fill the two years remaining on the term previously served by David Paukert. Lori recently moved back to the community with her husband, Keith and they currently live in Pekin. Lori also serves on the board of the Nelson County Arts Council (NCAC). Lori says serving in this way enhances her faith journey and is an outlet for her creativity. She encourages others to use their gifts and get involved.



Olen Ophaug

Another opening on the board came this fall, when former Board Chair, Carol Sand, completed serving her second three-year term. Olen Ophaug was nominated at the NCHS Annual Meeting in November, and agreed to serve on the Board. Olen, and his wife Laurie, reside north of McVile. Olen is a claims adjuster for a crop insurance company, and he also serves as a supervisor on the Melvin Township board. Helping others see the importance of and strengthening the future of the Health System in our community are primary reasons Olen decided to take on this new role.

We thank Lori and Olen for their willingness to join the board, as well as extend our appreciation to Carol and David for their dedicated years of service.

Employee of the Month

April



“Courteous, helpful, polite” are just some of the words used by the Resident Council members to describe April’s Employee of the Month, Brad Olson.

McVille is where Brad calls home since birth. At one point in time, he was a carpenter and also ran the town’s American Legion. But, for the past eight years, Brad has used his skills in the Maintenance Department of the Care Center and as the lead Driver. He says that the best part of his job is spending time with the Residents...driving them to and from appointments and other trips are great opportunities to talk and get to know them! The Residents agreed stating “he is everything you’d want in a driver.”

Brad’s manager had this to say: “He is very well liked by the Residents; he is very good with them. He will take them out for treats as well.” Brad is a man of few words but he was very appreciative over being chosen as Employee of the Month and gave a heartfelt “Thank you!”

Congratulations Brad on a job well done! The residents of the care center and staff at the Nelson County Health System appreciate what you do.

May



For the month of May, 2018, the Resident Council voted on Tami Stein, LPN, as the Employee of the Month. Some residents expressed their appreciation for her willingness to help and her flexibility.

Others describe Tami as being “extremely knowledgeable,” “well-versed,” helpful and kind to the residents,” and “a valuable asset to the nursing department!”

Tami was born in Devils Lake, ND and grew up on a farm

one mile from Tolna where her father farmed, had cattle, and raised turkeys. She graduated from Tolna Public School where she played in the band, was in the choir, and was on the softball team. She later attended college in Devils Lake and, after working at NCHS for a few years, she returned to school and became an LPN in 2000. She has worked at the Care Center since 1986 as an Activity Assistant for about five years; the Activity Director for about eight years; a transport/driver; as a CNA when help was needed on the floor; and as an LPN for the past 18 years.

Tami currently lives in McVille with her husband, Mike, who works for the ND Highway Department. They have been married for 26 years and have four children: Clay, 24; Carleigh, 21; Courtney, 17; and Cade, 14. When Tami has spare time, she attends most of her kids’ activities, which include basketball, baseball, softball, volleyball and football games. She also loves to read and reads every chance she gets. What she likes about her job is the residents and other staff, stating “I get a history lesson every day!” She is grateful to have been chosen as the residents’ Employee of the Month.

June



Kelly Ehlers, the Care Center’s Ward Clerk, was chosen as Employee of the Month for June, 2018. Some of the attendees of the Resident Council stated “she’s so good,” “she is patient,” “if she doesn’t know how to fix a problem, she finds a solution for it,” “she helps me with my ordering,” “she

is a very good worker, we are glad to have her,” and “she is good at getting what you need.”

Devils Lake is Kelly’s birthplace but she currently lives on the home farm in Tolna where she has two dogs and two kitties. There, she enjoys relaxing while watching TV, and when not, she is spending time outside in her flower and vegetable gardens. Kelly grows radishes, carrots, table lettuce, potatoes, peas, corn, cucumbers, tomatoes, onion sets, green onions, pumpkins, different melons and raspberries. Kelly says: “I like to be outside. I also like watching and feeding my birds and squirrels; I’m an animal lover all the way around.” She also spends time with her two nephews and her niece.

Before working at NCCC, Kelly received certificates as a Veterinary Technician and later as a Massage Therapist. She is currently working towards receiving a certificate in Bookkeeping/Accounting. Kelly also worked at the Tolna

grocery store for six and a half years before bringing her talents to the NCHS. About her job, she likes to interact with people because she likes talking with others and it is very apparent that she is a people person. Kelly wants to let the Residents know that she is grateful for being chosen as Employee of the Month. Thank you, Kelly, for all the work you do! It has been recognized by the Residents!

July



“Everybody here is outstanding and has so much to contribute! It feels kind of weird to be singled out but I do my best, I am a conscientious worker...I guess it’s my turn!” said Kathleen Ingals when she was informed that the Resident Council had chosen her for July’s Employee of the Month.

Kathleen was born in Mankato, MN and has lived all over the country, including California, Washington State, the Ozarks and Minnesota. She and her husband of 32 years have been living in Pekin for the past six years where they own an art business, called “Blue Moon.” Kathleen is a sculptor, “an all-around doll maker” of all variety of forms. They have two grown daughters and one grandson, are avid gardeners and operate the Pekin Neuter Project. Through this endeavor, they adopt the English Spay/Neuter Release where they take the feral cat population, socialize them, and take them to the PAWS project in Fargo.

Between 1990 and 2003, Kathleen was a full-time artist in the doll-making industry. Afterwards, she was a Library Assistant at the McVillage Library, helped run the McVillage restaurant, and worked as a CNA in Lakota before coming to NCCC where she has worked as a Dietary Aide for a year prior to working the floor as a CNA, the position she currently holds. In regards to her job, Kathleen states “I like the one-on-one with the people; I like getting to know them because they are interesting. Also, I can identify with them in many ways because they are near the same age as I am!”

Thank you, Kathleen, for all the work you do! It has been recognized by the Residents who state “she is kind and always willing to help,” “she comes in and asks if you need anything,” “she is always willing to oblige” and “she gives good rub downs”!

August



NCHS employee, Bobbie Ressler, was chosen by the Resident Council for August’s Employee of the Month. Bobbie has worked in the laundry department since March of 2000 stating “I like my job because it’s quiet. I am thankful for being chosen, to be recognized, especially since

I’m not ‘out there’ (working the floor) like everyone else is.

Although the residents don’t see much of us (the laundry department), I do enjoy talking with them while I put their belongings away or just chit-chatting in the hallway.”

Devils Lake is where Bobbie was born and raised. She lived in Grand Forks while she attended a hair design academy but moved back to McVillage when her husband was hired as a mechanic at Wallace Repair. Bobbie went to work in Lakota as a Housekeeper for a couple of years before becoming pregnant with their son who now attends Northland Technical College in East Grand Forks.

During her spare time, she likes to spend weekends at their cabin at Red Willow Resort, detailing her car, helping her husband with odds and ends around the house and playing interactive games on her iPad.

Thank you, Bobbie, on a job well done! The residents acknowledge and appreciate you, stating you are “very polite,” “very careful to make sure laundry is put back appropriately,” “very friendly, a hard worker” and you “take the time to talk” to them!

September



“Deanne works magic with our female residents. She does an excellent job with the beauty shop; the reading group is exceptional; she is quite the historian and researcher with long term care experience that has come to be very valuable.” This comment describes Deanne Dunnigan,

September’s Employee of the Month, very well.

Born in Sedalia, MO, Deanne moved to North Dakota at the age of 12 when her father, an engineer at the missile base in Nekoma, accepted the job and relocated the family to the area. She attended high school in Langdon and, at 18, took the CNA certificate course in Grand Rapids, MN. She started working at the Langdon hospital at the age of 19 and at 20, at the nursing home. Since then, she has also done private care, home care, and has worked at three different nursing homes before coming to NCHS Care Center.

Here, she works as an Activity Aide running the beauty shop, leading a story group that is well attended and enjoyed by the residents, and wearing many hats as she helps staff with whatever needs to be done because of her CNA license. In her spare time, she likes to read history and fantasy novels, knit and crochet, and spend time with family at home and at their cabin. Deanne has been a resident of McVillage for the past eight years and lives with her husband, son and two cats.

Deanne states “I thought it was very nice for the residents to choose me! It lets you know that they see how much they care!” The skills that you possess, Deanne, have been noticed by the residents and you are an asset to this facility! Congratulations on being chosen as employee of the month!

October



Donovan Dunnigan was born in Devils Lake and currently lives with his parents in McVille and his cat, "Butters the Bob." When asked about his cat's peculiar name, he stated that he was named after a Matt Damon movie. He has been working at the NCHS Care Center for the past four months as both a Dietary and an Activity Aide and his goal is to pay off his student debt in order to purchase his own home. Donovan studied Computer Science, Culinary Health and Editing when he attended Northland Tech in Grand Forks and Minnesota Tech in Fargo.

Aside from working hard at the Care Center, Donovan enjoys listening to music, playing video games and writing. He stated that he is currently writing a fantasy novel that is thirty-two chapters long, of which eighteen are already finished, a work that he wants to publish on Amazon someday.

The Resident Council chose Donovan as October's Employee of the Month because "he goes out of his way to be helpful, does a great job and answers our questions." Not only is Donovan "friendly" and a "nice young man" but he also "enjoys teasing" the Residents in a way that they can respond with a good comeback.

Donovan has always liked the elderly because "they have a lot of good stories to tell." He also enjoys working at NCHS because it gives him a sense of stability saying, "When you walk in, everything is pretty much the same, which isn't the case in other jobs." One of his managers stated that he is good at communicating with the residents, especially the male ones, to ensure that they are being reached out to. Donovan is good to seek out those who need one-on-one visits.

You're very much appreciated by the Residents and your efforts have been recognized by the Council! Thank you for a job well done, Donovan!

Art for Life for All Ages

Residents, their families and student from Dakota Prairie Elementary School have all been a part of recent Art for Life events at the NCHS Care Center. The annual family and resident picnic at the Care Center was held on Thursday, August 2nd. This event included special entertainment provided by Art for Life Artists, "Terry, Paul and Rick", as well as Kathleen

Ingalls, who demonstrated and displayed her sculpture and doll making skills. This fall the 4th grade students joined residents to share stories and fun facts about how going to school has changed over the years. David Paukert, Art for Life Instructor, led the group of young and old in a discussion of some of the early dress codes, rules of the one room school house and daily routines of school life back the day.



Giving Hearts Day

This will be the ninth consecutive year that Nelson County Health Services Foundation will participate in Giving Hearts Day sponsored by Dakota Medical Foundation, Impact Institute and the Alex Stern Family Foundation. The 24 hour online campaign will take place on Thursday, February 14th.

A Giving Heart is anyone helping to support a charity. Giving hearts are donors, volunteers and more. This Giving Hearts Day, thank and recognize every giving heart you know, who in big ways and small, is making a difference. This means you, too!

The projects for Giving Hearts Day 2019 will provide needed equipment in all facilities within NCHS. Proceeds will be used to purchase a new bath and portable bed scale at the Hospital, a diagnostic set – otoscopes at the Clinic and a 60" gas range for the Care Center. Watch for additional information as the big day draws closer.

**TOGETHER, WE CAN
BECOME THE MOST
GENEROUS REGION
ON THE PLANET!**

Generous Grant Provides Heating and Cooling at Hospital

Thanks to a grant received through an anonymous donor that has a concern for rural places and people, the NCHS Hospital is in the process of replacing the heating, cooling, and air handling system. This project includes updating the building's 1957 fuel oil boilers to electric/propane Bryant rooftop units and replacing the air exchange system which has exceeded the original design life. NCHS conducted energy audits and facility surveys to determine the most cost-efficient solution to this problem. There are some additional expenses expected, but this grant of \$100,000 made this historic event for our building and organization a reality, and it is truly an inspiration to all of us.



Child Care Now Available for NCHS Employees

With the opening of the new licensed child care facility in McVile, employees can go to work, knowing their children will be well cared for. The facility is currently accepting applications for children of Nelson County Health System employees ranging in ages from infancy to after school care for school age children. The facility is a home away from home where the children will be able to sing songs, read books, build with blocks, dress up, and create works of art!

The director of the facility is Michelle Stein. She holds a license in elementary education with several years of experience in early childhood. Michelle is very excited about this opportunity for the health system employees and she looks forward to meeting and caring for their children.

For more information or to set up a tour please call 701-322-5570 or email Michelle at mstein@gondtc.com.



Nelson County Health System

Steve Forde, NCHS CEO/CFO

NCHS Board Members

Judy Twete, President
Ivan Berg, Vice President
Mary Gleason Secretary/Treasurer
Brandon Jensen
Dee Lillehaugen
Brandon Lundebj
Ranae Oxtom
Heather Stein

NCHS Care Center

(701) 322-4314

NCHS Clinic

Main Street,
McVile, ND 58254
(701) 322-4347

Office Hours:

Monday-Friday, 8 a.m. – 5 p.m.

NCHS Hospital

(701) 322-4328

Medical Providers

Tam Czarnik, MD
Erling Martinson, MD
Darlene Kelly, ARNP
Christina Brooks, PA_C

Altru Health System's Home Care

(701) 322-4328

Enhancing Services and Strengthening Our Health System

NCHS was recently awarded a Community Development Block Grant (CDBG) through the ND State program. The grant will remove architectural barriers and address handicap accessibility at the Clinic, Hospital and Care Center. All facility entrance doors (three Hospital, two Clinic, and four Care Center) will be replaced and equipped with automatic door openers. Hospital public access restrooms and doors will be renovated. The grant also helps with the X-ray room relocation. The X-ray room is planned to be a much larger space on the Hospital's main floor. Thank you to the Red River Regional Council, the Nelson County Commissioners, and Sheila Fisk for help making this grant possible. The positive changes to the buildings will make a long lasting impact for all of our patients, residents, families, and our employees. We are excited for the project to begin, hopefully spring of 2019. Of this over \$341,000 project, the CDBG grant will cover \$294,000 and the cost shared by NCHS is \$47,340. Anyone interested in supporting this project can contact the Foundation Office.

NCHS also has plans to move the Lab to the main floor of the hospital. This will increase the space of the lab and the increase the efficiency for patients that use our lab services. Our lab staff works hard to improve and increase its services. Last year our lab performed over 29,000 procedures. NCHS is proud of our lab and their capabilities. Please contact us at 701-322-4238 for an appointment or more information and services available.

All that we do leads us back to our patients and residents. All the changes are only as valuable as the impact they have on individual people's lives. Lives we are honored to be a part. We are grateful for the generosity of each of you, our donors and gifts given through the NCHS Foundation.

Palliative Care Services Brought to Rural Communities

NCHS is one of eight communities selected by the State Office of Rural Health to participate in a Rural Palliative Care Project in North Dakota to plan and establish palliative care services in their communities.

Palliative care improves quality of life and quality of care for those with advanced illness and complex care needs and their families. It customizes treatment to meet the needs of each person. This whole person care seeks to relieve pain, anxiety, and other symptoms, as well as provide emotional and spiritual support, so people can live more comfortably with their illnesses. Additional information on palliative care is available online at www.getpalliativecare.org

Watch for future announcements on additional community educational seminars on Palliative Care and other topics to come!

Following an action plan developed for the grant, NCHS held an Advanced Care Planning (ACP) seminar on October 18th at the McVile Café. Cindy Oien gave an excellent presentation on ACP and answered questions, which was followed by a presentation on Estate Planning by a law firm from Grand Forks. Thank you to Cindy and all those who attended. For more information on advanced care planning, contact Cindy at 701-322-4328 or Honoring Choices North Dakota.



(701) 989-6228

www.honoringchoicesnd.org

The name Honoring Choices North Dakota is used under license from East Metro Medical Society Foundation.

NCHS Staff Showing Support for Co-Worker



Nelson County Health Services Foundation

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NCHSF 27th Annual Tree of Remembrance



Nelson County Health Services Foundation wishes you a wonderful Holiday Season. It is time for honoring and remembering our loved ones by joining in the Tree of Remembrance. You can give an Honorarium or Memorial by purchasing one of the following symbols. They will be displayed on the walls of the Hospital and the Care Center.

To remember someone in this special way, complete the coupon below and mail it to NCHS Foundation P.O. Box 506, McVile, ND 58254 or you can drop it off at the Foundation office or the Business office in the hospital.

Check your selection

- \$150 and above – Star
- \$100 – Dove
- \$50 – Bell
- \$25 – Snowflake
- \$10 – Candle

In Honor of _____

In Memory of _____

From _____