

# County Connection

FALL 2016

## Nelson County Health Services Foundation

P.O. Box 506  
McVille, ND 58254  
(701) 322-4328

**Kari Haugen,**  
*Executive Director*

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Clinic - Hospital - Care Center  
Assisted Living



*Kari Haugen,  
Executive Director*

## It Makes a Difference!

336...that's the difference between the number of miles we drove to the Twin Cities and the miles we drive to McVille. After eight trips to Minneapolis in just as many weeks, we knew the route well. But that's what you do when a loved one gets the call none of us want to receive. It was cancer. It started out as a trip to see the surgeon, then an extra day for tests, and then returning just a week later for surgery. We were preparing for a long surgery followed by a two to three week stay in the hospital. It ended up being 10 days in the hospital and 13 weeks in transitional care before returning to McVille, to swing bed and the Care Center for almost three more months. That was a big difference! We grew weary of explaining the special needs to each new staff person in each new place. It made a difference when we could bring our loved one close to home, to be near friends and family. To know that she was being cared for by those in our community, those that knew how to meet her needs and cared for her like family... it makes a difference!

Looking back...it's amazing what a difference a year makes, as well! Last year at this time, we were just beginning those many trips to Minneapolis. Now, our loved one is back at home, and I am six months into my new job as Executive Director of the NCHS Foundation. Although we wouldn't want to go through it all again, I am better able to relate to those that come through the doors of the Nelson County Health System. I appreciate the staff I see and work with on a daily basis, and I know personally, for our family, how much it means to have quality health care in our community. These are all reasons that motivated me to come on board and make a difference through our Foundation.

In these last six months, I have seen firsthand how we are making a difference in other ways. I've seen both new and familiar faces in the community at our weekly picnics in the park each Monday during the summer. What a wonderful opportunity for folks to enjoy a meal together, visit and support our Foundation! We've raised money together at other community events like the Tour of Homes during McVille Days, and serving food at the Eliason auction. Table Fantasia and Winterfest were additional opportunities to join us in our fundraising efforts. These may not seem like big events at the time, but they, too, make a difference.

During this year, because of the money raised by these and various past events, the Foundation has been able to fund purchases at the Care Center which include boiler modifications, vital signs monitor, floor sweeper vacuum, washer and dishwasher. We have also helped purchase the Glidescope Intubation Scope and monitor, X-ray equipment, ice maker and mattresses for the Hospital. For our loved ones that spend any length of time in our Health System, it does make a difference. Thank you for the vital part you play in making these things possible and keeping quality health care closer to home!

*With great appreciation  
and warm Holiday greetings,  
Kari*

## Mavis Naas Scholarship Recipients Announced



*Madysen Kouba*

Madysen Kouba and Kaylee Flaagan, both 2016 graduates of Dakota Prairie High School have each been awarded a Mavis Naas Healthcare Memorial Scholarship.

Madysen is the daughter of Cory and Patti Kouba of Lankin. She is attending the University of North Dakota to obtain her Bachelor's degree in exercise science and pre-physical therapy with the ultimate goal of proceeding to graduate school and becoming a physical therapist.



*Kaylee Flaagan*

Kaylee is the daughter of Shane and Shelly Flaagan of Tolna. She is attending the University of Mary with a major in athletic training. She too has the end goal of becoming a physical therapist.

The Mavis Naas Memoria Scholarship was established by Mavis' family in her honor to support and encourage graduates of Nelson County Schools to pursue careers in healthcare fields. The Nelson County Health Services Foundation is honored to be a part of the process of administering this scholarship. Congratulations Madysen and Kaylee.

## Foundation Reports Successful Fundraiser

The Nelson County Health Services Foundation board and volunteers served over 750 people throughout the summer Picnics in the Park. For nine Mondays, from June 6th thru August 15th, about 86 people on average each week came out to the McVille City Park for a five dollar lunch of brats and burgers or tacos in a bag. In addition, the McVille Community Library volunteers served coffee and wonderful desserts.

In spite of the summer storms, the event was canceled only once due to inclement weather. These regular summer picnics allowed participants the opportunity to visit neighbors and friends over lunch each Monday.

Thanks to all who supported the foundation by attending, volunteering or donating. There was over \$2,200.00 raised for the hospital improvement fund. Special thanks are extended to Sharon Maertens and her staff in the dietary department of the care center as well as Brad Huso for setting up and grilling and O'Neil Johnson for cashiering each week. We could not have done this without each of you!

## Nancy Sigette Scholarship Awarded



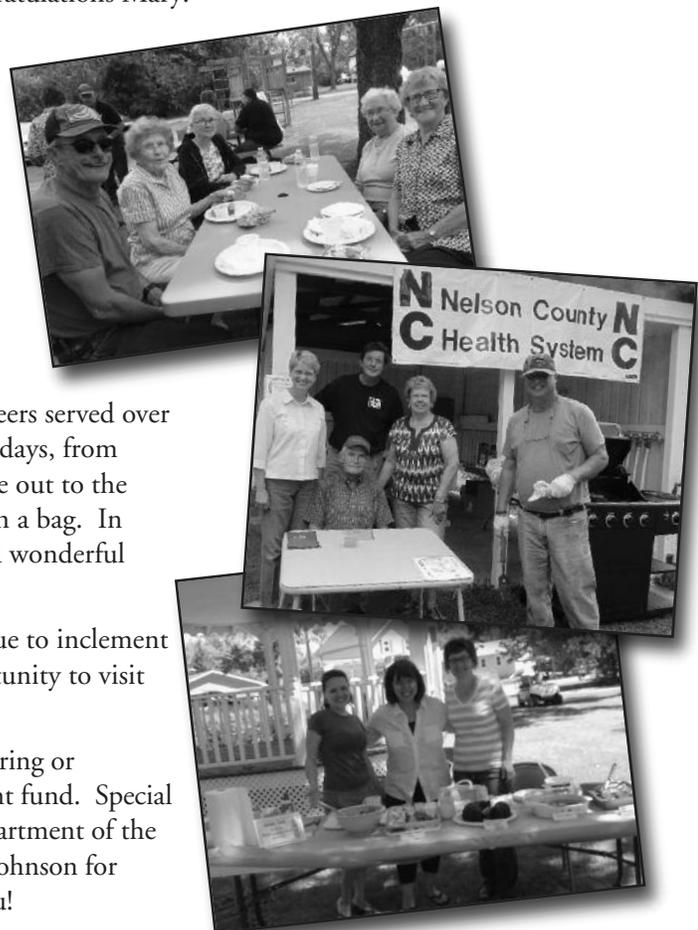
*Mary Haman*

Mary Haman has been named the 2016 recipient of the Nancy Sigette Memorial Healthcare Scholarship.

Mary is the daughter of Terry and Paulette Haman of Crary and is a 2014 graduate of Lakota Public School. She has completed her sophomore year at NDSU in the Exercise Science program and will continue with coursework towards a degree in physical therapy.

Upon completion of her education, Mary said she hopes to return to rural North Dakota to live and work. "I desire to support people in a North Dakota community the way Nelson County has supported me" she said.

The Nelson County Health Services Foundation is honored to assist the Sigette Family in the administration of this scholarship which was established in memory of Nancy to assist students pursuing careers in healthcare. Congratulations Mary!



## Successful Syttende Mai

Over 200 people attended the second annual Syttende Mai Smorgasbord at Stump Lake Park Main Street Building on Sunday, May 15th. The event, sponsored by Berg Insurance, raised over \$3,200 for the Nelson County Health Services Foundation Hospital Improvement Fund. The NCHSF Board of Directors wishes to thank everyone who attended, worked, made food, donated or helped in any other way to make this year's event so successful. Mange Takk!



## NCHSF Table Fantasia Fund Raiser for Hospital Window Project

The annual Table Fantasia event was held at the McVile Lutheran Church on October 1, 2016. Almost \$2,000 was raised, with proceeds benefiting the Nelson County Health System Hospital Window Project.

Over 80 guests enjoyed lunch at 11 beautifully decorated tables. The guests participated in games, door prizes 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. Special thanks go to Marcella Olson for coordinating and Dee Lillehaugen for catering the event.

## Tour of Homes and Auction Events

The Nelson County Health Services Foundation hosted a Tour of Homes which coincided with McVile Days on Friday, July 15th from 1-4 p.m. The tour included the homes of David and Bonnie Aaser, Ron and Gayle Anderson in McVile and the homes of Glen and Jo Ann Sherwood and Stanley and Carole Eliason in rural Pekin. Also in July, the NCHSF Board of Directors provided food during the Eliason's Auction event. The Foundation brought in over \$1,500 for hospital improvements from these two events. Special thanks to the host families, auctioneers and board members!





## Care Center Residents and Staff Participate in Pekin Art Show

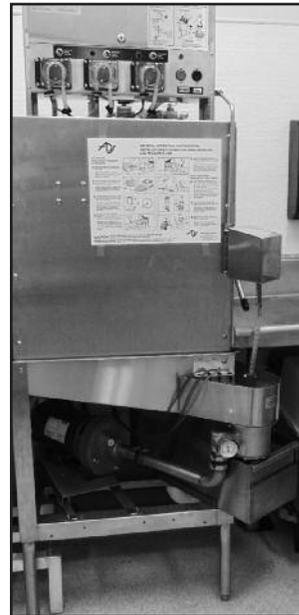


Congratulations to Jim Young on an "Honorable Mention" in the Mixed Medium category and also for selling "Come Fly with Me"!!!

Circle of Seasons by Luann Brooks received an "Honorable Mention" in the Photo category and she also sold five pieces at the Art Show!!!

Jewelry by Curtis Ross includes Draco, Sidways Gold Cross, Pink & Purple Rose, Surprise, Butterfly, Tiger, The White & Grey Rose, Horseshoe, Light Blue Rectangle, Medium Blue Rectangle, Zebra, Silver Cross & Rainbow of the Sea. Many of these pieces sold during the show as well.

In addition to submitting pieces for the art show, residents were transported to the event and enjoyed the annual outing.



## Care Center Updates and Improvements Made

This fall the Dietary Staff and residents were temporarily displaced for several weeks while the kitchen received a face lift. The old flooring was removed, new flooring installed, walls painted, new lighting added, and the dishwasher was replaced. Thanks to all for their patience during the process!



Other equipment recently replaced at the Care Center included the washer, which had been around since 1995 and the floor sweeper vacuum, which is used on a daily basis throughout the facility. The nursing staff also added a new vital signs monitor to use in caring for our residents.



## Annual Halloween Maze Volunteers Recognized!



For many years Deloris, Deb, Darlene and John have greatly influenced and encouraged the NCHS residents with their talents of performing, prop construction, theater knowledge and art. They have transported residents to

other worlds such as “Indiana Jones and the Mayan Maze”, “There and Back Again” based on the “Lord of the Rings”, and “Skull Island Gold” Halloween mazes. Earlier this year, they were nominated for “Volunteer of the Year” and although they were not selected by the North Dakota Long Term Care Association for the award, they have certainly earned our highest praise and appreciation for all they do to serve our residents! This year, Deb, Darlene and John treated the residents to a “Superhero Training Camp” maze. Activity Director, Luann Brooks, says “their talents have made the Annual Halloween Maze A “MAZING” and one of a kind for almost twenty years. This community event has become a fun and safe environment for children of all ages including our NCHS residents and the Activity Department cannot accomplish this event without them!”



## New Faces at the Care Center

Kelly Ehlers was brought on board in June to train and work in the Business Office with Pat Lemm prior her retirement. Michelle Ping, Social Services Designee, is also a new face you see working with Cindy Oien and caring for our residents. Some familiar faces you will still see, but working in new roles are Connie Horneck and Garrett Moxness. Connie and Garrett will be serving as Co-Directors of Nursing while maintaining some nursing shifts as well.



*Kelly Ehlers*



*Michelle Ping*



*Connie Horneck*



*Garrett Moxness*

### NCHS Care Center Employee of the Month

January:	Vicki Landeis-CNA, RA
February:	Shirley Schroeder- Activities & Laundry
March:	John Kelly, CNA
April:	Kathleen Ingalls, Dietary
May:	Patricia Lemm, Business Office
June:	Brad Olson-Transport & Maintenance
July:	Alyssa Turner-Strong-Activities
August:	Juana Locken-Activities
Sept & Oct:	Tami Stein-LPN



**Giving Hearts Day**  
[impactgiveback.org](http://impactgiveback.org)  
*February 9, 2017*

## Mark Your Calendars for Giving Hearts Day 2017!

For the sixth consecutive year, The Nelson County Health Services Foundation has been selected to participate in Giving Hearts Day. This year, the 24 hour online campaign will take place on Thursday, February 9th. The proceeds from this event will be used to purchase new carpeting for the Care Center.

## NCHS Offers Diabetic Education

On October 4, 2016, NCHS hosted a Diabetes Screening in our Critical Access Hospital for community members. Screenings were open to the public and did not require fasting. Janel Getz, the Licensed Registered Dietician for NCHS as well as a Certified Diabetic Educator, along with Kristi Berdahl, NDSU Extension Agent for Nelson County and the Family Science Agent/Human Development for Steele County along with NCHS nursing staff were on hand to assist in the screening process, provide individual discussion of the test results along with nutritional information, samples and recipes of two great healthy and tasty salads and two snacks. NCHS is a member of the NE Diabetes Coalition and provides in-services, diabetes education and information to our patients and their families. Diabetes was identified in the Community Health Needs Assessment completed by residents of Nelson County as a health care priority for this area. If you would like additional information on Diabetes, or to schedule an appointment with Janel Getz, please call NCHS at 701-322-4328 during regular business hours.



## Breast Cancer Awareness Clinic

Nelson County Health System held its annual October Breast Cancer Awareness Clinic on October 7th, 2016 from 9:00am- 4:00 pm.

This event is central in promoting breast cancer awareness, the importance of screening, and empowering today's women. The clinic provided a digital mammogram along with a clinical breast exam, breast self-examination training, educational information, refreshments, and door prizes.

Thirty women participated in the breast screening clinic making it a successful event and at the same, took a positive step towards women's health, as early detection is the best protection of breast cancer.

The current American Cancer Society recommendations suggest a baseline exam by age 40. Women at higher risk should talk with their health care provider about their history, risk factors, and which options are right for you. The key to mammography screening is that it be done routinely – once is not enough.

Nelson County Health System Radiology Department offers mammography services routinely. We encourage and welcome you to take advantage of our services. To schedule a mammogram please call 701.322.4328.

## YouTube Video Promotes Nelson County Health System

The Center for Rural Health produced a video that focused on McVille, ND to provide assistance to our community to develop recruitment plan of action, identify federal and state resources, and source leads for open healthcare opportunities. The main goal is to support and improve recruitment and retention efforts. Check out the short video that UND's Center for Rural Health put together on the internet at <https://www.youtube.com>.

## Save the Dates

The NCHS Hospital is celebrating its 100th anniversary July 14, 15, and 16, 2017! We hope you will join us for the festivities scheduled to coincide with McVille Days. We are planning many fun events to commemorate this milestone.

One project we need your help with before then, is compiling recipes for a NCHS 100th Anniversary Cookbook. Please send us your favorite recipes to include in this project. Recipes should be typed and emailed to [nchsf@gondtc.com](mailto:nchsf@gondtc.com) by March 31, 2017.

Watch for more details to come about all the anniversary activities.



# Array of Services Provided at NCHS

NCHS Clinic offers a full range of Primary Health Care including full evaluation and treatment for chronic illnesses, new conditions, and routine care for all illnesses. The Clinic also offers physical exams, DOT, and sports physicals.

Our electronic health record – Epic – has been used for over three years with our partnership and connection to Altru. You may access your electronic health record free through MyHealth. Sign up for free at: <https://myhealth.altru.org/myhealth>.

The caring, experienced providers and staff at the NCHS Clinic appreciate the opportunity to be of service. Please contact the NCHS Clinic at 701-322-4347 if you have questions about these services or to schedule an appointment.

Laboratory, radiology, and EKG services are provided at the NCHS Hospital. A Certified Diabetic Educator is also available onsite. Special procedures are available via mobile services: CT Scans, Ultrasound, Digital Mammography, and DEXA Scans (bone density).

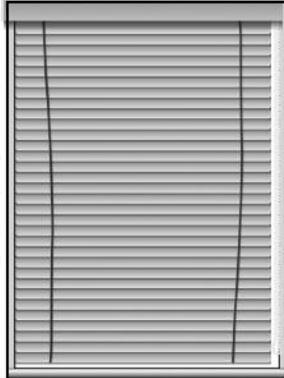
Telemedicine is an audio and video connection to Altru providers so that you can stay close to home and still complete your medical visit. This service is located in the Hospital. Many providers are able to make appointments through Telemedicine. Please ask them if this is available for you.

If you are planning on having surgery or need rehabilitation, please keep our swing bed and therapy services at the Hospital in mind. Call the Hospital at 701-322-4328 for further information.



## Hospital Window Project

There are 12 patient room windows and the main lobby window in the hospital that are going to be replaced. The windows have been ordered and are being manufactured with plans to install in the spring. The lobby window will cost about \$7,500 and the patient rooms windows are about \$3,400 each. The total project will be approximately \$48,300. Donors can “Adopt-a-Window” by contributing the full or half amount to replace a window. The “adopted” windows will have an engraved donor name plate displayed nearby. More information is available by contacting Kari at the NCHSF office at 701-322-2225.

	<p><b>Hospital Window Project Highlights:</b></p> <ul style="list-style-type: none"> <li>• Replace Hospital Lobby Window at cost of \$7,500</li> <li>• Replace 12 Patient Room Windows at cost of \$3,400 each</li> <li>• Current Window Project Total Cost of \$48,300</li> </ul> <p><b>“ADOPT-A-WINDOW”:</b></p> <p>Donate the cost of replacing the Lobby Window or the cost of replacing a Patient Room Window to have an engraved donor name plate displayed on or by “adopted window”.</p> <p style="text-align: center;"><b>NCHS Hospital Window Project “ADOPT-A-WINDOW”</b></p> <p style="text-align: center;">** \$3,400 Full Window ** ** \$1,700 Half Window **</p> <p style="text-align: center;">(For amounts less than \$1,700, donor recognition list only)</p>
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CALL KARI AT 322-2225 FOR MORE INFORMATION.

### Nelson County Health System

Cathy Swenson, NCHS CEO  
Steve Forde, NCHS CFO

### NCHS Board Members

Judy Twete, President  
Ivan Berg, Vice President  
Heather Stein, Secretary/Treasurer  
Victoria Haabak  
Brandon Jensen  
Brandon Lundeby  
Ranae Oxtan  
Angie Twete

### 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

### Altru Health System’s Home Care

(701) 322-4328

# Nelson County Health Services Foundation

Nelson County Health System  
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[www.nelsoncountyhealthsystem.org](http://www.nelsoncountyhealthsystem.org)

## NCHSF 25th 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.

Tree of Remembrance  
Campaign Donations will be directed  
to the Hospital Window Project

### Check your selection

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

*In Honor of* \_\_\_\_\_

*In Memory of* \_\_\_\_\_

From \_\_\_\_\_