

Nelson County Health Services Foundation

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

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Executive Director

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Clinic - Hospital - Care Center
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Kari Haugen,
Executive Director

Executive Director Report

There are many blessings to share as I write this last letter to you as Executive Director. Thanks to your amazing support, the Foundation continues to move forward as we invest in the future of our Health System and Community. Since our last newsletter, we kicked off the holiday season with Winterfest at the McVille City Auditorium, we received honorariums and memorials to display over 450 ornaments on our Trees of Remembrance and we had 168 donors help us reach our Giving Hearts Day goal! Thanks to you, these events alone brought in over \$50,000 for future projects!

Because of your generosity, we continue to improve and enhance services at our Health System. With the leadership of the Foundation and Health System Boards, your gifts make the following projects and purchases possible...

- Hospital Lift Chair
- Hospital Beds
- Hospital Heating and Cooling System
- Hospital Whirlpool Tub
- Care Center Beds
- Care Center LED Lighting Project
- Care Center 60" Gas Range

We continue to invest in the future of our Health System by obtaining grants and donations to complete construction and projects at both our Hospital and Care Center. The completed LED Lighting project at the Care Center is an example of this. The City of McVille on behalf of the Care Center received an energy conservation grant for 50% of the cost, and the Foundation was able to provide the matchings funds through the gift of a generous donor. By replacing all existing lighting with more efficient LED lighting, the Care Center will see significant cost savings in the future. Additionally, the hospital has started construction on remodeling and plans that will improve our lab and x-ray services; see inside article for an update on this.

Seeing your gifts transformed into completed projects brings great joy! By giving to Nelson County Health Services Foundation you are truly investing in the future and turning ordinary opportunities into blessings!

I have been blessed to be a part of this serving as the Executive Director for the NCHS Foundation the past three years, however, I will be taking on a different role in the Health System effective in June. I am excited to announce that we have a new Executive Director that will keep things moving forward. Please join us for our first picnic in the park on Monday, June 3rd to greet and welcome Anna (Bjornstad) Walter back to the Nelson County Health System!

Save the Date for Table Fantasia!

Saturday, October 5 at 11 a.m.

Santa's Workshop a Hit at Winterfest!

The Nelson County Health Services Foundation once again participated in the Winterfest Activities at the McVille City Auditorium on Sunday, November 25. Tickets were sold for a chance at a variety of great gift baskets in the Santa's Workshop themed display. Chances to win an NDSU or UND colored afghan were also available. There was over \$600 raised towards the Care Center Patio/Pergola Project.



Gratitude

can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.

- William Arthur Ward



NCHS Foundation Announces New Director

Anna (Bjornstad) Walter has been named the new Executive Director of the Nelson County Health Services Foundation effective May 28, 2019. She currently serves as Foundation Director and Marketing/Communications Manager at CHI St. Alexius Health Devils Lake Hospital.

Anna has worked in Devils Lake for nearly eight years, but her roots are in Nelson County. She grew up in McVille and is the daughter of Jerry and Cindy Bjornstad. She worked at the Nelson County Health System Care Center as a CNA during high school and graduated from Dakota Prairie High School in 2004. From there she attended the University of North Dakota, graduating in 2008 with a Bachelor's degree in Business Administration with a minor in Marketing. After college, she worked as a Sales Associate at the Alerus Center in Grand Forks where she was involved in booking and planning events.

After marrying her high school sweetheart, Lucas Walter, in 2011 she started working at CHI St. Alexius Health Devils Lake Hospital as the Executive Assistant for three years before being promoted to Marketing/Communications Manager and serving as the Foundation Director. She involved herself in her work community by serving the past five years on the Devils Lake Chamber of Commerce Board and recently becoming a member of the Executive Team. She is also involved in the Devils Lake Optimist Club and is a member of the Kiwanis Club.

Anna and Lucas have three daughters, Olivia (5), Lily (3) and Willow (6 months), and they currently live outside of Warwick. When asked about the upcoming transition, Anna states "I am looking forward to beginning this new journey with the Nelson County Health Services Foundation as the Executive Director. I am excited to become more involved in the Nelson County communities, meeting the many individuals that make up these communities and to once again be a NCHS employee!"

Successful Giving Hearts Day for NCHS Foundation



The Nelson County Health Services Foundation is pleased to announce a successful Giving Hearts Day held on February 14, 2019. There were 168 donors that contributed to Nelson County Health Services Foundation for Giving Hearts Day 2019, which was the largest number of donors for this one day event in the past nine years! Over \$31,000 was raised towards the purchase of equipment including a Whirlpool tub for the Hospital, 60" gas range for the Care Center, diagnostic otoscope set for the Clinic and portable bed scale.

This was the ninth consecutive year the Nelson County Health Services Foundation was chosen by Dakota Medical Foundation, Impact Foundation and the Alex Stern Family Foundation to participate in Giving Hearts Day, the region's largest on-line giving event. Special acknowledgment to Farmers and Merchants Bank of North Dakota, Dakota Medical Foundation, Tolna American Legion Post #162, McVillage American Legion Post #135 and Stein Seed Company for providing \$13,100 of matching funds for this event!



NCHS Hospital News

NCHS Construction Update

NCHS is in the process of replacing the facility doors and remodeling portions of the hospital main floor for lab and radiology. Part of the cost is funding from a state grant and the other portion is funded through donations to the Foundation. This project will have long lasting changes to each facility and will address handicap accessibility. 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 remodeled X-ray room will be relocated to a much larger space on the Hospital's main floor. 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 get started this summer and completion by the fall.

Thanks to a grant received from the Helmsley Charitable Trust, we will also have two new pieces of X-ray equipment, one mobile and one fixed machine when the X-ray room relocates. With the addition of these pieces of equipment, NCHS will have the latest in digital X-ray technology!

NCHS also has plans to move the Lab to the main floor of the hospital. This will increase the space of the Lab and increased 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 for more information and services we may offer you.



Nelson County Health System

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Brandon Lundeby
Ranae Oxton
Heather Stein

NCHS Care Center

(701) 322-4314

NCHS Clinic

Main Street,
McVillage, 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

27th Annual Tree of Remembrance

Thanks to your generous gifts during the season of giving, we received \$20,830 in donations! Thank you for honoring and remembering your loved ones by making a donation to the Nelson County Health Services Foundation for the 27th Annual Tree of Remembrance during the 2018 holiday season. Wall displays were created at the Care Center and Hospital to acknowledge the various levels of giving, which included star, dove, bell, snowflake and candle ornaments. We would also like to acknowledge each gift given in honor or in memory of friends and family as follows...

Star Donations

In Honor of:

Present Military Troops and in Memory of Past
Military Troops by American Legion Auxiliary
McVille

O'Neal Johnson by Mary Bagne
Frances Bjornstad & Our Children & Grandchildren
by Jerry & Cindy Bjornstad
Don & Ellen Croy, Linda Haabak, Harold & Diane
Haabak by Victoria Haabak
Alma Johnson & In Memory of Ernest Johnson,
Lloyd Powers & Margaret Powers by Bob &
Bette Johnson
Elmer Dale Sateren by Stan & Linda Sateren
Dennis & Debbie Sateren by Stan & Linda Sateren
Ryan & Linda Sateren by Stan & Linda Sateren

In Memory of:

Morris & Alpha Aaser by The Don Aaser Family
Charles, Clara & Ilomae Drew by Carole Drew
Brown
Anna Lundeby by Peter & Kathy Bjorlie
My Years in North Dakota by Dr. Raymond Coultrip
Ron Dahlen by Joyce A. Dahlen
Melvin J. & Maryadele Knudson by Their Children,
Glenn Knudson, Lovera Dosch, Vernes
Bjornstad
Our Parents, Walter & Signe Fowler, Fran & Carrie
Melvin by Myron & Karen Fowler
Oscar & June Franson by Alvin & Judy Franson
Harris Forde by Forde Family
Ernest Haabak by Victoria Haabak
Alfred Haugen by Virginia Haugen
Diane Lane by Darrell & Kari Haugen
Arthur & Dorothy Johnson by Art & Judy Johnson
Mother, Deloris Enstad by Darlene & John Kelly and
Deb Hensrud

Noel Lofthus by Darlene J. Lofthus & Family
Iver & Shirley Lundeby, Grandson-Jackson Lundeby,
Brother-Brian Rinas by Fred & Leah Lundeby
Floyd K. Larson, Ingvald & Laura Larson, Ludvik &
Selma Gronaas by Loraine Larson
Patrick McDougall by Shawn McDougall
Nephew Jon Martinson by Erling Martinson
Niece Janice Martinson by Erling Martinson
Mother Lorraine Martinson by Erling Martinson
Father Edwin Robert Martinson by Erling Martinson
My Parents, Gene & Vi Edlund, My Brother, Donny
Edlund, My Son, Jameson Eugene Richter by
Becky Richter
Clifford Sateren by Lorene & Family
Loved Ones by Jerry & Carol Sand
Elmer & Irene Sateren by Stan & Linda Sateren
Darlene Quanbeck by Stan & Linda Sateren
Parents-LeRoy & Minnie Richards, Ed & Liz Trost by
Dean & Norma Trost
Welly Ward by Peggy Wardius
Gen Ward by Peggy Wardius

Dove Donations

In Honor of:

Karissa & Chad Benoit & grandchildren, Melissa &
Jim Misialek & grandchildren by David & Bonnie
Aaser
Victoria Haabak by Donald & Ellen Croy
Wayne & Stacy Haugen by Virginia Haugen
VickiAnne & David Larson by Virginia Haugen
Arllys & Tom Balstad by Virginia Haugen
Steve & Connie Corcoran by Virginia Haugen
Roxan & Tom Mikkelsen by Virginia Haugen
Karen & Rodger Larson by Virginia Haugen
Hilda & Oliver Knutson by Robert & Helen Knutson
Tess, Gentry & AJ Martinson by Erling Martinson

Bob & Judy Martinson by Erling Martinson
Joyce E. Kavanaugh by Stephen Nicholson
Family & Friends by Wayne & Kathy Ressler
Lexi Hanson, Bride to Be of Matthew Rudnik by Curt
& Judy Twete

In Memory of:

Joan Berdal by Ron & Gayle Anderson
Orvin & Laura Aaser & Arnold Sundquist by Ove
Aaser & Karen Olson
Duane Bina, Arnot & Mercedes Klefstad, Ed &
Solveig Bina, Stuart & Ace Klefstad, Tim
Halvorson, Justin Klefstad, Tom Engen by Betty
Ann Bina
Osborne Brekken by Betty Brekken, Curt & Janet
Herman, Jeryl & Patti Thompson, Rodney & Jan
Brekken
Farrell Bowman by Marilyn Bowman
Vivian V. Dahl by Steven Dahl Family
& In Honor of Lori Ham by the Ham & Smith
Families
Joseph Corcoran by Virginia Haugen
David Rogness by Susan Hultgren
Marlo Rogness by Susan Hultgren
Charles & Clara Drew by Peggy Jones
Sally & Oscar Johnson by Elliot & Pauline Johnson,
Sue & Denny Plecity, Bob & Celia Johnson
Keith Johnson by Elliot & Pauline Johnson, Sue &
Denny Plecity, Bob & Celia Johnson
Lynn Johnson by Elliot & Pauline Johnson, Sue &
Denny Plecity, Bob & Celia Johnson
Fathers, Iver Hensrud & Irwin Enstad by Darlene &
John Kelly and Deb Hensrud
John Krogh by Mary Lou Krogh
Anna Krogh by Mary Lou Krogh
Vernon Krogh by Mary Lou Krogh
Jerome Krogh by Mary Lou Krogh
Maureen Holtan by Mary Lou Krogh
Bill Semler by Mary Lou Krogh

Helena Semler by Mary Lou Krogh
 LeRoy Semler by Mary Lou Krogh
 Louinda Semler by Mary Lou Krogh
 Zelda Gates by Mary Lou Krogh
 Edgar & Josie Mickels and Bob Mickels by Nels & Carol Loiland
 Richard Morken by Arlene Morken, David & Jill & family, Les & Carol & family
 Norman & Florence Nelson by Gary & Norma Nelson
 Luther Nelson by Marlene Nelson
 Landis Haugen by Bonnie & Orin Olsgaard
 Lee & Hannah Quanbeck by Roger & Ruth Quanbeck
 Family & Friends by Wayne & Kathy Ressler
 Dennis Stenberg and Nancy Stenberg by the Stenberg Family
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 Diane Lane by Greg & Mary Seeba & Family
 Sidney & Stella Stenson & Ron Gravelle by Dennis Stenson & Donna Gravelle
 Olger & Alma Trostad by Gunder Trostad
 Leslie Trostad by Gunder Trostad
 Veterans of Nelson County by Tolna American Legion Auxiliary
 Martin & Doris Halvorson by Paulette Halvorson Trego & Cleo Halvorson Smithwick
 Lana Becker by Gary Ward
 Helen & Spike Wonder, AnnaMae & John Edward Erickson by Larry & Debrah Wonder

Bell Donations

Deb & Bruce Ellertson

In Honor of:

Astrid Burthold by Ron & Margo Burthold
 Linda Haabak by Donald & Ellen Croy
 Harold & Diane Haabak by Donald & Ellen Croy
 Theodore Sonderby by Farmers & Merchants Bank of North Dakota
 Brenda Bjorlie by Farmers & Merchants Bank of ND
 Helen Barta by Farmers & Merchants Bank of ND
 Gordon Matejcek by Farmers & Merchants Bank of North Dakota
 Alma Johnson by Farmers & Merchants Bank of North Dakota
 Alvina Germundson by Farmers & Merchants Bank of North Dakota
 Vera Odegaard by Farmers & Merchants Bank of North Dakota
 Joan Ophaug by Farmers & Merchants Bank of North Dakota
 Corrine Molmen by Farmers & Merchants Bank of North Dakota
 Betty Dakken by Farmers & Merchants Bank of North Dakota
 Marjorie Kouba by Farmers & Merchants Bank of NNorth DakotaD
 Ila Halverson by Farmers & Merchants Bank of North Dakota
 Gary Ruud by Farmers & Merchants Bank of North Dakota
 Dale Flaagan by Farmers & Merchants Bank of North Dakota
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 Donald Schroeder by Farmers & Merchants Bank of North Dakota
 Kenneth Walde by Farmers & Merchants Bank of North Dakota
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 Myrtle Eberhardt by Farmers & Merchants Bank of North Dakota
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 Cecil Loe by Farmers & Merchants Bank of North Dakota
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 Janet Winkler by Farmers & Merchants Bank of North Dakota
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 Clarine Ruud by Farmers & Merchants Bank of North Dakota
 Margaret Maertens by Farmers & Merchants Bank of North Dakota
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 Bonnie Gilomen by Farmers & Merchants Bank of North Dakota
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 Jimmy Henderson by Farmers & Merchants Bank of North Dakota
 Marvel Heen by Farmers & Merchants Bank of North Dakota
 Joyce Barclay by Farmers & Merchants Bank of North Dakota
 Genevieve Vrem by Farmers & Merchants Bank of North Dakota
 June Ensrud by Farmers & Merchants Bank of North Dakota
 Rob & Laurie Johnson by Victoria Haabak
 Tracy & Ryan Kasten by Victoria Haabak
 Grandchildren by Virginia Haugen
 Great-Grandchildren by Virginia Haugen
 Faithful Friends by Virginia Haugen
 Victoria Haabak by Harold & Diane Haabak
 Siblings & Their Spouses by Erling Martinson
 Bette Messner by Erling Martinson
 NCHS Hospital & Clinic Staff by Erling Martinson
 NCHS Care Center Staff by Erling Martinson
 Altru Home Health & Hospice Staff-McVilleville Branch by Karla Messner
 Victoria Haabak by Bob & Linda Retzlaff
 MaryAnn Sundquist by Bob & Linda Retzlaff
 Jo Trostad, Patsy Bjoralt & In Memory of Leslie Trostad, Grady Bjoralt by Doug, Thomas, Jonathon Trostad, Jill & Kaleb Trostad, Laken & Asher Pollert

In Memory of:

Jeffrey Anderson by Lonnie & Renee Anderson
 Lori Aaser Kaml, Albert & Donna Sigette, Orvin & Laura Aaser by Paul & Coleen Aaser, Randy Aaser, Caitlyn, Caleigh & Austin Kaml
 Ruthie C. Brua by Robert Brua
 Barney and Bonde Families by Milton & Charlotte Barney
 Miles Burthold by Ron & Margo Burthold
 Shane Burthold by Ron & Margo Burthold
 Scott Burthold by Ron & Margo Burthold
 Ernest Haabak by Donald & Ellen Croy
 Nancy Sigette by Diane Dufner
 Helen Lovejoy by Steven Dahl Family
 Daughter Rebecca Emerson, Granddaughter Brenna Bechold, Classmate Richard Morken by Robert Ensrud
 James & Crystal Enstad by Jerry & Pat Enstad
 Pat & Irva Hand by Jerry & Pat Enstad
 Glenn Gilbertson by Verdell Gilbertson
 Marian Klink by Brad & Marci
 Earny & Clara Ronningen by Virginia Haugen
 Ole & Marie Haugen by Virginia Haugen
 Ernest Haabak by Harold & Diane Haabak
 Selmer & Beulah Halvorson, Jeff & Wesley Halvorson, Russell Otto by Marc & Kathy Halvorson
 Justin Klefstad by Alan & Gayle Klefstad
 Agnes Nelson by Gloria Kueber
 Albin Nelson by Gloria Kueber
 Deloris Enstad by Ilana (Hensrud) Kelly & families
 Ross Loibl by Maynard & Rita Loibl
 Kim Baurichter by Maynard & Dee Lillehaugen
 Bert Kosobud Jr. by Maynard & Dee Lillehaugen
 Emmett & Evelyn Mahan by Doug & Mary Mahan
 Nancy Sigette by Charlene & Tracie Mardock
 Irving & Elaine Naas by Brian, Lule & Calla Naas
 Harriet & Lester Naas by Linda Kay Naas
 Marvin T. Naas by Linda Kay Naas
 Bell Donations (continued):
 Vardon Quanbeck by Marilyn Quanbeck
 Marvin Quanbeck by Charlotte Quanbeck
 Dad & Galen by Diane, Ted & Family
 Emma Aleta Snortland & Edward Snortland by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Elmer & Inez Pederson by LaVonne Sigdahl
 Mother & Dad-Ruth & Sterling Talbot, Brother-Curtis Talbot, Sister-Toni (Talbot) Monsebroten by Sheila Stenson
 Joan Berdal by Gerald & Loy Stutrud
 Berneice Trostad Samuelson by Gunder Trostad
 Gunder A. & Bertha Trostad by Gunder Trostad
 Amund & Thora Amundson by Gunder Trostad
 Departed members of the Class of 1951 by Gunder Trostad
 Leland & Thelma Haabak by Brad & Megan Tveit & family
 Marie Enstad by Paulette Halvorson Trego & Cleo Halvorson Smithwick
 Jean Skaro, Mother by Janet & Dennis Winkler

Snowflake Donations

Young Hearts Sr. Club

In Honor of:

Darlene Belanus by Gary & Marilyn Beier
Maynard & Rita Loibl for their long-time service & dedication to education & community by the Berthold Family
Gerry Harder by Donald & Ellen Croy
Our Children, Grandchildren & Great-Grandchildren by Mary Ann Daws
George Kasten by Victoria Haabak
Marie Kasten by Victoria Haabak
Kyra Kosteci & Rodney Whight by Victoria Haabak
Linda & Bob Retzlaff by Victoria Haabak
Darol & Gerry Harder by Victoria Haabak
Ellen & Don Croy by Harold & Diane Haabak
Linda Haabak by Harold & Diane Haabak
Rob & Laurie Johnson by Harold & Diane Haabak
Tracy & Ryan Kasten & Family by Harold & Diane Haabak
Gladys Haugen by Darrell & Kari Haugen
Gary & Lola Lane by Darrell & Kari Haugen
Timothy Lane by Darrell & Kari Haugen
Billie Jo Lane by Darrell & Kari Haugen
Victoria Haabak by Linda Haabak
Don & Ellen Croy by Linda Haabak
Harold & Diane Haabak by Linda Haabak
Joanne Johnson by Doug & Mary Mahan
Steven Bateman by Vicky McPherson
Our Children-Trever, J.R., Chris, Carter, Kami, Karla by Marv & Deb Narum
Tracy & Rosalie Naas by Linda Kay Naas
O'Neal Johnson by Dave & Marcy Reher
My Children, Grand Children & Great Grand Children & In Memory of Loved Ones by Ione Ringdahl
My Children, Robert, Karla & Chris & Angie by Peggy Ruud

In Memory of:

Bjorne Lund by DuWayne & Elna Anderson
Olga Lund by DuWayne & Elna Anderson
Ordis Sonderby by DuWayne & Elna Anderson
Harlan Lund by DuWayne & Elna Anderson
Lawrence Belanus by Gary & Marilyn Beier
Joseph & Violet Beier by Gary & Marilyn Beier
Kermit Dakken by Betty Dakken & Becky Braathen
Kelly Dakken by Betty Dakken & Becky Braathen
Oren Resendahl & Iris Resendahl by Linda Brent
James R. Daws by Mary Ann Daws
Grandson, Alexander Fagot by Mary Ann Daws
Vivian & Algernon Dahl
Nancy Sigette by Trisha Dufner & Bob
Leonard Fisk by Carol Fisk
Leo & Rose Weisbeck by Carol Fisk
Roland, Selma & Albert Flohaug, Janis & Lon Stenson by Etta Jane & Family
LeAnna Fitcher by Dana & Devin Fitcher
Bernice Heck by Jerry & Cheryl Forde
Marian Klink by Sharon & Randy Gunderson
Edwin Klink by Sharon & Randy Gunderson
Margie Gleason by David & Mary Gleason
Vyonne Ham by David & Mary Gleason
Bob Ham by David & Mary Gleason

Warren Jolin by David & Mary Gleason
Gus Enockson by David & Mary Gleason
Arnold Haugen by Gladys Haugen
Bradley Haugen by Gladys Haugen
Arnot & Mercedes Klefstad, Stuart and Justin by Linda Halvorson
Vene Halvorson by Liv Halvorson
Arnold Haugen by Darrell & Kari Haugen
Bradley Haugen by Darrell & Kari Haugen
Agnes Blankenship, Mom by Myrna & Dave Horner
Ernest Haabak by Linda Haabak
Norman Johnson by Tim & Nancy Charles & Family & Margaret Johnson
Heather Rose Knoll by William & Rosemary Knoll, Tony Knoll, Heidi Flanagan
Irwin Enstad by Ilana (Hensrud) Kelly & families
Iver Hensrud by Ilana (Hensrud) Kelly & families
Albert & Marion Mueller, Pat Holm, Judy Mueller & Bob DuBord by Peter & Anna Lea Locken
Hilman Moen, Olaf & Alma Moen, Halvar & Thorine Lolland by Helen Moen
Freeman Johnson by Doug & Mary Mahan
Michael McPherson by Vicky McPherson
Roger Messner by Rhoda Messner
Our Parents-Ole, Almeda, Donna, Howard by Marv & Deb Narum
Craig Mueller by Brian, Lule & Calla Naas
Arlene Whiting by Brian, Lule & Calla Naas
Irving & Elaine Naas by Linda Kay Naas
Nancy Sigette by Kathy Nelson & Family
Billy C. Olson & Anita Ann by Marcella M. Olson
Diane Lane by Mark & Jane Quanbeck
Phyllis Vanek by Dave & Marcy Reher
Owen Raaen by Dorothy Raaen & Family
Pearl Omie by Wes Sigette
Ed Sigette by Wes Sigette
Parents, Hans & Inga Severson, Gunder & Borghild Skjersteth by Harold & Ruth Severson
Norma & Sandy Pederson by LaVonne Sigdahl
Estelle & Al Brennan by LaVonne Sigdahl
Jeanne Buss by Dan & Kelli Schmitt
Mike Buss by Dan & Kelli Schmitt
David Vedra by Dan & Kelli Schmitt
Paul D. Vedra by Dan & Kelli Schmitt
Allan Schmitt by Dan & Kelli Schmitt
Grace Ringdahl by Esther Sateren
Eileen Kiefat, Dear Sister by Janice L. Schmidt
Robert Boehmer by Shelly
Wayne Short & Dawn Short Edwards by Marilyn Short & Reyes
Joan Berdal by A.J. & Sharon Stutrud
Arvid Swenson by Arlis Thielke
Frances Swenson by Arlis Thielke
Robert & Clara Young & Gilbert & Stella Gunderson by Richard & Sharon Young



Candle Donations

In Honor of:

Marcus, Danielle Beier, Hunter, Maureen & Noah Beier by Gary & Marilyn Beier
Aaron, Meredith Maley & Preston Maley by Gary & Marilyn Beier
Clinton, Miranda Neville, Addison, Kennedy &

Grayson Neville by Gary & Marilyn Beier
Mason, Nicole Beier, Owen Beier by Gary & Marilyn Beier
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Vivian Ringdahl by Liv Halvorson
Gudrid Gordon by Liv Halvorson
Tubby Lundeby by Liv Halvorson
Iver Lundeby by Liv Halvorson
Solveig Nelson by Liv Halvorson
Anna & Fred Lundeby by Liv Halvorson
Art Howe by Daughter, Iris
Mary Bagne by O'Neal Johnson
Tim Vanek by O'Neal Johnson
Mark Vanek by O'Neal Johnson
Dave & Marcy Reher by O'Neal Johnson
Karla Kopp Messner, RN-Home Care by C. Gary & Maureen Kopp
Kris Bina by Marlene & Greg Nelson
Eugene Locken by Marlene & Greg Nelson
Jeremy Lilleoien by Marcella M. Olson
Kahlan & Liam Oien by Grandma Pat & Grandpa Dan Oien
Oliver & Grace Johnson by Marilyn Quanbeck
Lynn & Debbie Kinneberg by Marilyn Quanbeck
Dan & Teresa Rorvig by Marilyn Quanbeck
Art & Judy Johnson by Marilyn Quanbeck
Marcella Olson by Marilyn Quanbeck
Cindy & Mark Smeets by Marilyn Quanbeck
Elmer Dale Sateren by Dennis & Debbie Sateren
Harvey Schmigninske by Dennis & Debbie Sateren
Ryan & Linda Sateren by Dennis & Debbie Sateren
Ruth Warren by Dennis & Debbie Sateren
John & Deana DiLeo by Dennis & Debbie Sateren
Frank & Christine Atkinson by Dennis & Debbie Sateren
Scott & Clara Dunbar by Dennis & Debbie Sateren
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Jay & Rita Seidnitzer by Dennis & Debbie Sateren
Lee & Selene Sateren by Dennis & Debbie Sateren
Al & Sharon Venezia by Dennis & Debbie Sateren

In Memory of:

Tyler Avdem, Great Grandson by Vivian Avdem
Tilford Avdem, Husband by Vivian Avdem
Terry Avdem, Son by Vivian Avdem
Joe Berthold by Berthold Family
Elizabeth Berthold by Berthold Family
F.H. & Clara Burthold by Ron & Margo Burthold
Louis & Pearl Johnson by Ron & Margo Burthold
Fyllis Burthold by Ron & Margo Burthold
Parents, Roy & Clara Frost, Lynne & Anne Daws by Mary Ann Daws
Sister, Dorothy Voiss, & Brother, Dean Frost by Mary Ann Daws
Nancy Sigette by Emily Dufner
Hans Elgin by Lee & Adeline DuVall

Andrena Elgin by Lee & Adeline DuVall
 Ray Schmigginske by Lee & Adeline DuVall
 Gladys Schmigginske by Lee & Adeline DuVall
 Joyce Hallin by Lyla L. Evenson
 My Parents, Brothers & Sisters in the Valley Grove Cemetery by Rodney Franson
 Doris Dakken by Dana & Devin Fitcher
 Ingvall Quam by Odell & Ilyce Flaagan
 Odien Flaagan by Odell & Ilyce Flaagan
 Doris Flaagan by Odell & Ilyce Flaagan
 Claire Flaagan by Odell & Ilyce Flaagan
 Jerome Flaagan by Odell & Ilyce Flaagan
 Patricia Flaagan by Odell & Ilyce Flaagan
 Kathryn Loe by Odell & Ilyce Flaagan
 Mavis Enstad by Odell & Ilyce Flaagan
 Candle Donations (continued):
 In Memory of:
 Harold Ruud by Gladys Haugen
 My husband, Vernon Hendrickson by Marian Hendrickson & family
 My parents, Sever & Clara by Marian Hendrickson & family
 My in-laws, Charles & Rhoda Hendrickson by Marian Hendrickson & family
 Mamie Howe by Daughter, Iris
 Lauren Haugen by Arlene Haugen
 Landis Haugen by Arlene Haugen
 Claus & Gladys Brennan by Arlene Haugen
 Carol Narum by Arlene Haugen
 Dan Halvorson by Art & Marie Halvorson
 George Harper by Art & Marie Halvorson
 Terrence Halvorson by Art & Marie Halvorson
 Lila Hermanson, Aunt by Myrna & Dave Horner
 Viola Flaagan, Aunt by Myrna & Dave Horner
 Steven Hensey by Sharon Hensey
 Robert & Ruth Johnson by Roger & Phoebe Johnson
 Mark & Martha Johnson by O'Neal Johnson
 Robert Johnson by O'Neal Johnson
 Frederick Johnson by O'Neal Johnson
 Phyllis Vanek by O'Neal Johnson
 Malcolm Bagne by O'Neal Johnson
 Ted Roisland by O'Neal Johnson
 Steven Johnson, Husband by Peggy K. Johnson
 Harold & Delorice Johnson, In Laws by Peggy K. Johnson
 Arvid & Rosadell Flaagan, Parents by Peggy K. Johnson
 Diana Mulvey, Sister by Peggy K. Johnson
 Peggy Jean Flaagan, Sister by Peggy K. Johnson
 Arvidell Flaagan, Sister by Peggy K. Johnson
 Kurt Flaagan, Brother by Peggy K. Johnson
 Mark Johnson, Brother in Law by Peggy K. Johnson
 Bette Messner, Friend by Peggy K. Johnson
 Chester & Wanda Flath by Alan & Gayle Klefstad
 Arnot & Mercedes Klefstad by Alan & Gayle Klefstad
 Stuart & Cece Klefstad by Alan & Gayle Klefstad
 Duane Bina by Alan & Gayle Klefstad
 Timothy Halvorson by Alan & Gayle Klefstad
 Ardell & Mavis Naas by Paul, Jodi & Sophie Myrvik
 Oscar & Selma Naas by Paul, Jodi & Sophie Myrvik
 Alvin & Judy Orvik by Paul, Jodi & Sophie Myrvik
 Lloyd Naas by Paul, Jodi & Sophie Myrvik
 Chloe Edward by Ross & Gay Messner
 Roger Messner by Ross & Gay Messner
 Karen Deehr by Ross & Gay Messner
 Bernice Heck by Marlene & Greg Nelson

Keven Lilleoien by Marcella M. Olson
 Rev. & Mrs. J.O. Gisselquist by Marilyn Quanbeck
 Rev. C.A. Gisselquist by Marilyn Quanbeck
 Dr. O.N. Gisselquist by Marilyn Quanbeck
 Henry & Irene Quanbeck by Marilyn Quanbeck
 Kevin Beaver by Becky Richter
 Pat Sigette by Wes Sigette
 Tim Halvorson by Wes Sigette
 Vernice Haines by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Lila Hermanson by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Glenn Hermanson by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Viola Flaagen by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Benhard Flaagen by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Agnes Blankenship by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Molfried Anderson by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Raleigh Anderson by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Mae Snortland by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland.

Engolf Snortland by Emmy Hall, Heather Hall, Louise Snortland Hall, Philip Hall, Lee Snortland, Joan Larson, Keith Snortland
 Harvey & Alice Mootz by Norris & Sharyn (Mootz) Sundeen
 Harlan (Bud) Mootz by Norris & Sharyn (Mootz) Sundeen
 Jerome (Mike) Mootz by Norris & Sharyn (Mootz) Sundeen
 Leonard Paintner by Norris & Sharyn (Mootz) Sundeen
 Nils Sundeen by Norris & Sharyn (Mootz) Sundeen
 Mary Sundeen by Norris & Sharyn (Mootz) Sundeen
 Gemia Monge by Norris & Sharyn (Mootz) Sundeen
 Darrell Sundeen by Norris & Sharyn (Mootz) Sundeen
 Donnie Aamodt by Dennis & Debbie Sateren
 Dennis Bonde by Dennis & Debbie Sateren
 Joyce Aaser by Dennis & Debbie Sateren
 Keith Loe by Dennis & Debbie Sateren
 Jerome Stahl by Dennis & Debbie Sateren
 Peggy Lange by Dennis & Debbie Sateren
 Elmer & Irene Sateren by Dennis & Debbie Sateren
 Arnold & Eleanor Sateren by Dennis & Debbie Sateren
 George & Ara B. Donald by Dennis & Debbie Sateren
 Darlene Quanbeck by Dennis & Debbie Sateren
 Eugene Thorvelson by Dennis & Debbie Sateren
 Dale Quanbeck by Dennis & Debbie Sateren
 Husband, Truman Trostad by Kay Trostad
 Parents, Sivert & Rachel Anderson by Kay Trostad
 Lawrence & Shirley Tweed by Grant & Jane Tweed
 Denis Tweed by Grant & Jane Tweed
 Myrt Keller by Grant & Jane Tweed



NCHS Care Center News

Employee of the Month

November



For the month of November, 2018, the Resident Council voted on Cathy Haugland as the Employee of the Month. Her manager states: “she is a great employee, responsible and always willing to pick up shifts. She is young and full of life!”

Cathy was born at Altru Hospital in Grand Forks, ND and currently lives outside of McVille with her parents and two Chihuahuas, Trixie and Caramel. Cathy is a senior at Dakota Prairie in Petersburg and will be graduating in 2019. She won an MVP award two years ago and “Most Dedicated” last year. Cathy continues to be heavily involved in extracurricular activities like volleyball, softball, the yearbook club, and the homecoming committee.

This young woman is also involved in a leadership group called “Sources of Strength,” which is an evidence-based prevention model for suicide, violence, bullying and substance abuse. Local schools receive training for peer leaders and staff to build trusted relationships, increase awareness of risk behaviors and support/referrals for struggling students.

During her spare time, she rides her motorcycle “all over...until I run out of gas,” is a member of the cantata at McVille Lutheran Church, and participates in 4H where she enjoys wood burning and scroll sawing, winning first place at State for one of her pieces.

It is no wonder that the Residents chose Cathy as Employee of the Month! Thank you for all you do both in and out of the Care Center, it has been recognized by the Residents who state: “she is very good at her job and is very pleasant,” “she does her job right,” and “she is very nice.” Congratulations!

December



Tears of joy were shed when Harlee Melland was informed she was chosen as Employee of the Month for December, 2018! Harlee said that it had been one of her goals since becoming a CNA five years ago. She stated “It’s an honor and I am truly blessed to be

nominated! This could not have been a better Christmas present and a way to start the New Year!”

Harlee has been working at the Care Center since October, 2018 and likes the close contact she has with everyone stating “everyone here is very kind and were very welcoming to me when I started.” She also likes the one-on-one relationships she has with the Residents and being a voice for them. The Council chose her because “she is really good; really kind, happy and upbeat; she’s friendly and always asks us if we need anything.” Her manager agrees and has noticed that Harlee is “very caring and sensitive to our Residents’ wishes” and “she goes out of her way to be good to the Residents.”

Aside from spending time with her mom and four cats (Sugar, Taser, Laser and Rider) in their home in Finley, Harlee enjoys singing, drawing with pencil, and coming to work. Not only is work her occupation, it is her “occupassion.” Eventually, she would like to get into special effects/make-up artistry using alternative methods so that the materials used are not so harsh on the skin. Harlee also takes an online course to become a Health and Life Coach which will involve one-on-one care for the soul, body and mind, and alternative methods of healing, like hands-on healing.

Congratulations, Harlee, on being chosen December’s Employee of the Month, your desire to prove to yourself that you are able to care for others has been recognized by the Residents!

January



The Resident Council started the New Year by nominating Rebecca Metcalf as the Employee of the Month for the Care Center. The Residents chose this staff member from the Housekeeping Department because, as they said, “she is always laughing and is very friendly.” They like the fact that “she does the work and is always considerate when she comes into” their room.

After working at the Grand Forks Airforce Base for eleven years as the Supervisor for the Minot Vocational Adjustment Workshop, Rebecca, or “Becky” as she likes to be called, came to the NCHS Care Center in October of 2018. Not only does she enjoy working for us, she also likes to “flip houses” in her spare time! Becky likes to purchase, renovate and sell older homes stating that it is very satisfying to do and gives her a sense of accomplishment. She also likes to read autobiographies, with “Tin Man” by Sarah Winman having had the most impact on her life.

As a Pittsburgh, Pennsylvania native, she does like the open space found on the ND prairie. Due to being married into the Military, she had lived in Montana for a few years and subsequently moved to ND 28 years ago. She called Arvilla home for 24 of those years before selling her farm and moving to McVille where she recently purchased and “flipped” the home in which she and her son live. Becky said that the best part of her job is “the interaction with the Residents; working with them, talking to them, and giving them the attention that they appreciate.”

Congratulations, Becky, on being chosen January’s Employee of the Month! Your friendliness and hard work have been recognized by the Residents!

February



Forty-two and a half years is the amount of time February’s Employee of the Month, LuAnn Franzen, has dedicated to the Care Center! After receiving her certificate in high school, her first job here was as a CNA and, after nine and a half years, LuAnn went to work in the facility’s laundry department where she meticulously cares for our Resident’s belongings.

The Resident Council chose LuAnn because “she keeps us clean,” “she is very friendly, helpful, encouraging and forthright” and “she works hard and gets along with everyone.” One Resident went on to say that LuAnn is also their “ride-along on appointments.”

LuAnn lives in rural Lakota with her husband, John, of forty-two and a half years. They have four married children, Matthew and Ashley Franzen; Lisa and Matt Hanke; Lori and Greg Pruet; and Kimberly and John Cook. They also have three grandchildren, Kendra, Keaton and Nicholas. They have no pets but do have some barn cats. LuAnn states that there is always something to do on the farm and, when she is not helping her husband, they like to go to UND basketball games, doing things with the grandchildren, and travel. When asked about the places she has traveled, she stated that she has visited Alaska, the Dominican Republic, Arizona, California, the Bahamas and Key West, Florida; she has also been on several cruises.

Congratulations, LuAnn, on being chosen February’s Employee of the Month! Because you enjoy being around the Residents and the people you work with, it has been recognized by the Residents!

March



Peggy Johnson was chosen as March’s Employee of the Month by the Care Center’s Resident Council. She “gives excellent care” and “takes the time to perform all the details that she is supposed to perform with each Resident,” a task that she has perfected over the last 46 years as a CNA!

After graduating from Tolna High School, Peggy worked as a nanny in Fargo for a few months, moved to Bismark to babysit for another family and, while there, received a phone call from the Care Center RN for a job with training. Peggy accepted the position and worked as a Nurses’ Aide for seventeen years before becoming certified through Devils Lake in 1989.

She calls McVille home since moving to town in 1972. She has two sons, Paul and Cyle; enjoys being with her significant other; likes to work outside in her flowerbeds, mow her lawn, and go to movies and shopping. When asked about what she likes about her job, Peggy stated: “I love taking care of the residents and visiting with them because they are very interesting.”

Congratulations, Peggy, your love and care has been recognized by the residents as they stated: “she is friendly, very outgoing, very helpful, considerate, encouraging and cute!”

April



“Polite,” “kind,” “pleasant,” “all a nurse should be” is just a few of the ways that the Resident Council described April’s Employee of the Month, Brittany Harris. Her manager “can’t say enough about this willing worker that goes above and beyond her duties.” We are all impressed with this young lady’s “old school” work ethic, one which she credits her mom for instilling in her.

Brittany is the fourth oldest of a total of seven children, the oldest of her biological siblings, who was born in Fargo, ND. She lived there until the age of 13 before being adopted and moving with her new family to Oklahoma for three years. From there, they moved to Arizona for a year then returned to North Dakota. McVille has been her home for the past two years where she lives with her two dogs, Sasha and Cooper, and her cat, Chloe.

She worked part-time for NCCC as a CNA in 2013 while still in high school and, after receiving her Associates from Lake Region State College in Devils Lake, she worked as an RN at Sanford in Fargo. During her year there, she found herself reminiscing about her days with the residents at NCCC and missed the small-town living so much that she decided to return to McVille. She states “it’s a small facility where I have the time to visit with residents, have that one-on-one time so I can relate with them and get to know them, their past, their hobbies, family life etc.”

During her spare time, Brittany likes to play her guitar, work on her music, spend time with her family, and walk her dogs. She shares: “I am glad I give good enough care to be recognized as Employee of the Month! I always try to go above and beyond my duties to try to get a real connection with my residents.”

Congratulations, Brittany, for being chosen! Your eagerness to jump at the chance to help residents, staff and visitors has been recognized by all!



2019 Social Work Designee of the Year Award

Kind, caring, friendly, patient, understanding, helpful...these are just a handful of words that describe this year's Social Work Designee of the Year, Cindy Oien.

Cindy is also a Licensed Practical Nurse who graduated with honors from Pierre School of Nursing and has been a member of the Long Term Care Social Workers of North Dakota since she started working at Nelson County Health System 15 years ago. Over the years, she has shared her appreciation regarding the positive impact and valuable connections she has made with the association and its other members and how fortunate our State is to have such a supportive organization.

Cindy demonstrates leadership each day in our facility as she is both the instructor of CMS's "Hand in Hand" program and the facilitator of the "Honoring Choices Advanced Care Planning." Her leadership has made a difference in our organization as she has educated our staff, providers and the communities we serve. Our providers now use her training when speaking to patients regarding advanced care planning after giving an excellent presentation to the community on its importance. Cindy's co-workers have taken on some of her helpful approaches to situations as she has using the "What Would Cindy Do?" method, one which has helped to make a lasting impact on our residents, families and communities.

For fun, Cindy and her husband, Ivan, ranch together when she is not at work. They also enjoy spending time with their two grown children, Ivan Jr. and Leah. Camping, gardening, embroidering, spending time with her mini-horses and taking buggy and sleigh rides on their Belgian horses throughout the year are some of the other fun activities she takes pleasure in.

But what really drives Cindy is her dedication to our residents. Every thought and action comes from what is best for them. There are many examples of residents making their daily stop into Cindy's office to visit or to "find" a piece of chocolate. She is generous with her time and is polite to all. She has the special quality of thinking of others first, how actions will affect others, and she strives to make the best of every situation. Cindy may be the last person to say she should receive an award, but she is very worthy of recognition and acknowledgment of her contribution to her profession. We are so proud to know and work with Cindy; our organization would not be the same without her. She is a great example of what a Long Term Care Social Work Designee should be. We are much honored to present Cindy Oien with the Social Work Designee of the Year Award.



NCHS Care Center Music & Memory Certified!

We are excited to bring the Music & Memory Program to Nelson County Health System for the benefit of our residents, family members, employees and community.

Music & Memory's personalized music program has been field-tested in thousands of care settings throughout the US and around the world, and is grounded in neuroscience research. Personalized music brings joy, eases pain, reduces stress, and can facilitate social connection. For family members, sharing a loved one's music can enhance visits and deepen relationships that may have seemed lost, especially to dementia.

This certification has been made possible by the generosity of a collaborative effort of Quality Health Associates of North Dakota (QHA), North Dakota Long Term Care Association (NDLTCA), Alzheimer's Association-Minnesota/North Dakota, North Dakota Department of Health-Health Facilities Division and other stakeholders in long term care as members of the North Dakota Partnership to Improve Dementia Care.

Our certification process will initially provide music for a limited number of residents. Over time, the program will expand to include all residents who wish to participate. There is no fee for participation.

Family members will be invited and encouraged to get involved in helping to create their loved one's personalized playlist. This will be an ongoing opportunity for family members and loved ones to take a musical journey together.

Upcoming Care Center Events

- **Pekin Days Art Show**, June 27 - 30
 - Watch for residents' mixed media art submissions representing wisdom
 - Resident van trips to art show June 27 & 28
- **Care Center Family Picnic** to be schedule during the last week of July

Spring Art for Life Projects

In March, Nicole Gagner, Artist-in-Residence, traveled from Bismarck to share her “Pickle Painting” workshop with the residents. Residents shared what they could remember about gardening and the vegetables that were preserved through pickling. Nicole brought pickles for them to taste—dill, bread and butter and other savory choices.

Leigh Gunkel, a Ukrainian egg artist from Hope, ND spent three days at the Care Center during Holy Week. Leigh teaches Ukrainian egg classes to adults and youth, and she was assisted by Kristi Berdal, another Artist-in-Residence. Leigh explained that this art form named Pysanka, is thousands of years old and its roots are very nature based. Kristi shared “egg wisdom” and humor as the residents were working on their eggs with Leigh. Residents left with their newly decorated eggs just in time for Easter.

Special thanks to Rita Loibl for documenting and sharing the residents’ experiences during the Art for Life activities this past year.



New Affiliation with Cycling Without Age

The Nelson County Health System has recently become an affiliate of Cycling Without Age. This organization has a passion for life and the experience they are trying to share with others. Their guiding principles include: Generosity, Slowness, Storytelling, Relationships and Without Age.

Cycling Without Age is a movement started in 2012 by Ole Kassow. Ole wanted to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents.

He then got in touch with a civil society consultant from the City of Copenhagen, Dorthe Pedersen, who was intrigued by the idea and together they bought five trishaws and launched Cycling Without Age, which has now spread to all corners of Denmark, and since 2015 to another 40 countries around the world.

The dream of Cycling Without Age is creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community.

They do that by giving them the right to wind in their hair, the right to experience the city and nature close up from the bicycle and by giving them an opportunity to tell their story in the environment where they have lived their lives. That way they build bridges between generations and reinforce trust, respect and the social glue in our society.

The dream of Nelson County Health System is to raise funds for a trishaw bike that would allow the residents of the Care Center to experience the “wind in their hair.” Currently there are no other chapters in North Dakota that have purchased a bike. If you are interested in helping NCHS become the first in our state, contact the NCHS Foundation Office at 322-2225 to donate or find out more. Additional information about this organization is available at www.cyclingwithoutage.org



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PICNIC in the Park!

Beginning Monday, June 3, Nelson County Health Services Foundation will be offering a \$5 lunch in the McVile City Park from 11:30 a.m. - 12:30 p.m. Join us each Monday this summer for burgers and brats, potato salad, chips and water or lemonade, all for only \$5.00! Sweet treats and coffee will also be made available each week by friends of the McVile Community Library.

In case of inclement weather, be sure to check out the Nelson County Health Services Foundation Facebook page for the latest updates or cancellations. For more information, call Foundation Office at 322-2225.