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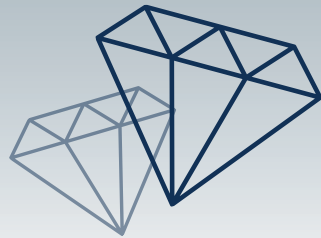
2025

county CONNECTION

NELSON COUNTY HEALTH SERVICES FOUNDATION

4H ANNUAL
NCHSF

DENIM AND Diamonds GALA



On May 3rd, 2025, the Lakota Community Center was transformed into a dazzling venue for the 4th Annual Denim & Diamonds Gala, bringing together over 300 attendees from across our local communities for an unforgettable evening of celebration and community spirit to raise funds for a new hospital lab chemistry analyzer.

Guests arrived dressed to impress, embracing the theme of “denim meets diamonds,” which brought together casual charm and elegance. The energy in the room was electric thanks to the incredible entertainment provided by The Fun Pianos!. The talented duo had everyone singing the night away.

Another highlight of the evening was the live and online auctions, which featured a variety of exclusive items and unique experiences. From vacation getaways to one-of-a-kind art pieces the auctions were filled with opportunities to make a difference. Every bid placed, whether in person or online, contributed to the goal of funding the chemistry analyzer.

We would like to extend our heartfelt thanks to all those who contributed to the event’s success. Your dedication to our mission of improving healthcare in our rural communities is truly inspiring. You showed up in a BIG WAY and helped us reach our goal of raising \$90,000. The chemistry analyzer that you graciously donated to has officially arrived on site and we look forward to it going live in late fall. Last, but not least thank you to the NCHS Foundation Board of Directors for your countless hours of prep to make the gala a success. This event would not be possible without the support of each and everyone one of you!



We look forward to celebrating with you next year at the 5th Annual Denim & Diamonds Gala on May 2nd, 2026. We will gather once again at the Lakota Community Center to celebrate our community, raise funds for a new cause, and create lasting memories.



executive director REPORT

Kenzie Engen, EXECUTIVE DIRECTOR

Nelson County Health Services Foundation

PO. Box 506 | McVile, ND 58254

(701) 322-2225

GREETINGS !

Welcome to the season of change; a time when life moves at a slower pace giving us a brief moment to pause and reflect on the summer months and the memories made. I look forward to sharing new staff introductions, resident outings, system updates and event memories in this edition of our newsletter.

In May we hosted our 4th annual Denim & Diamonds Gala at the Lakota Community Center. We were thrilled to have 75+ new attendees and loved watching our local community members gather to enjoy each other's company while supporting NCHS. Your generosity allowed us to reach a new financial record as we raised \$90,000 from the gala for our new lab chemistry analyzer. We are truly honored by the generosity and love watching this event grow!

We wrapped up our annual Picnic in the Park season on August 18th and it was definitely a season to remember. Mother nature was not our friend for the first five weeks but we still managed to gather and enjoy each other's company. Thank you to all who attended, we look forward to serving you once again next summer!

Please "Save the Date" for our Annual Meeting which will be held on Wednesday, November 12th at the McVile Lutheran Church. A meal will be served at 5:30pm and the presentation which highlights NCHS and the Foundation in 2025 will begin at 6:00pm.

Preparations have begun for our Tree of Remembrance and Giving Hearts Day campaigns. 100% of funds raised from both campaigns will be used to help pay for our new \$245,000 hospital lab chemistry analyzer. The analyzer is the heart of our lab and the new machine will allow us to provide increased testing capabilities to our patients which decreases wait time and improves service. Chemistry analyzers have a 7 to 10-year life span which are determined by the manufacturer and they will automatically turn off at predetermined date. Our current analyzer will turn off (sunset) at the end of 2025 therefore our lab staff has been working incredibly hard to complete all of their training on the new machine and will have it fully active by late fall.

The support we receive from our donors is truly inspiring and keeps me in awe. I feel like a kid on Christmas morning each day when I get the mail and see a stack of donations! Donors have a lot of causes they can support and we are honored that you have choose NCHS to support. The foundation board strives to use every dollar donated in the most responsible way possible putting the patients and residents first. We appreciate your confidence and thank you for allowing us to continue to improve and grow the Nelson County Health System.



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In memory of

Cathy Swenson

With deep sadness NCHS announces the passing of our former CEO/Administrator Kathy Swenson. NCHS honors the life and legacy of a remarkable leader whose vision transformed healthcare and whose compassion touch to many lives. Cathy was more than an administrator, visionary or professional - she was a servant leader who believed deeply that healthcare is not just about treating illness, but about lifting people, families and our communities.

With unwavering commitment, dedication and countless hours at NCHS, Cathy led the Assisted Living construction project and encouraged our first tenants to move in, going to full occupancy. Cathy was the statewide healthcare leader, using her visionary skills to develop a statewide quality healthcare network. She inspired colleagues and pushed the boundaries of what was possible in rural healthcare. Through innovation and foresight, Cathy helped shape a healthcare system that will continue to serve people for years to come.

Beyond her professional accomplishments, Cathy will be remembered for her kindness, unique humor and wit, and an unshakable belief in each of us. Cathy was an excellent communicator and could talk to anyone, sharing openly and honestly. She always made time to help educate and spend time sharing words of wisdom. Cathy's Legacy lives on in the healthier communities she built, the leader she mentored, and the many lives forever changed by her work.

We grieve this loss deeply, yet we also celebrate a life of meaning and impact. The healthcare world is stronger, more compassionate, and more Visionary because Cathy was ours. Cathy will always be remembered for her famous quote of "beautiful downtown McVile."

4H
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NCHSF

DENIM AND *Diamonds* GALA



OUR SINCEREST THANKS TO THE FOLLOWING SPONSORS AND DONORS, WE GREATLY APPRECIATE YOU!

DIAMOND TABLE SPONSORS

- Farmers & Merchants Bank of ND
- High Plains Equipment
- Huso Crop/Lakota Farm Services
- Johnston Heat
- Kolenda Heating & Cooling
- Lawrence Bay Lodge
- McVile American Legion
- Roger & Sandy VanRaden
- Sand Farms
- State Bank of Lakota

SAPPHIRE TABLE SPONSORS

- Brian & Stacy Luehring
- First United Bank
- Lakota American Legion
- Leading Edge Equipment
- Rusten Cattle Company

SILVER TABLE SPONSORS

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- Gillett Brothers
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SILVER TABLE GROUP SPONSORS

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- Dori & Legih Walter, Sandy Barber, Bonnie Holtz, Wendy Church, Brittany Brunner, Deb West
- Karleigh & Tyler Luehring, Tory & Ivan Berg, Logan Lund & Rebecca Schmidt, Kalyn & Stacy Luehring, John Gardner
- Olen & Laurie Ophaug, Lynette Smaage, Pam Ryba-Varnson, Courtney Stein, Carleigh Haugland, Kyle & Steph Slivnik
- Anna Luehring, Naomi & Crysti Bjorlie, Pepper & Carly Lippert, Diana Ciubotareanu, Shelby Gardner

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NCHS FOUNDATION ANNOUNCES NANCY SIGETTE SCHOLARSHIP RECIPIENT

The Nelson County Health Services Foundation proudly announces Cecilia Bellah as the recipient of the 2025 Nancy Sigette Memorial Healthcare Scholarship.

Cecilia is currently attending Lake Region State College for her Associate's degree in Nursing. Upon completion, she hopes to further her education by obtaining a Bachelor's degree in Nursing. She aspires to specialize as a Certified Registered Nurse Anesthetist or work in fields such as Oncology, Gastroenterology or Emergency/ICU.

The Nancy Sigette Healthcare Scholarship was established in memory of Nancy Sigette who worked in and valued healthcare. Nancy and her family understood the importance of assisting and encouraging others interested in the healthcare field. The NCHS Foundation is proud to be a part of the process of awarding this grant.

Congratulations Cecilia, we look forward to watching you succeed in your future schooling and the positive impact you will have in the Healthcare field.



NCHS FOUNDATION ANNOUNCES MELISSA GILLETT SCHOLARSHIP RECIPIENT

The Nelson County Health Services Foundation proudly announces Jayden Collins of McVile, ND as the recipient of the 2025 Melissa Gillett Women's Memorial Scholarship.

Jayden graduated from Dakota Prairie High School on May 25, 2025 and will be attending the University of North Dakota in the fall to pursue a degree in Political Science. Upon completion of her bachelor's degree she would like to further her education with law degree. Her future vision entails a career in politics from a local to a national level over time.

The Melissa Gillett Women's Memorial Scholarship was established in memory of Melissa Gillett and her lifelong passion for supporting and empowering women. The Nelson County Health Services Foundation is proud to be a part of the process of awarding this grant in honor of Melissa.

Congratulations Jayden, we look forward to watching you succeed in your future schooling and the positive impact you will have in the education field.

2025 PICNIC IN THE PARK SEASON

Picnic in the Park season has officially concluded and was full of community spirit, good food and weather that kept us on our toes.

The first five Monday's the weather prohibited us from holding our picnics outside so we gathered together in the McVile Auditorium. We celebrated O'Neal Johnson's 90th birthday and spent the remaining 6 weeks outside in the beautiful sunshine.

Our rotating menu consisted of burgers/brats, taco in a bag, cheesy ham sandwiches and chicken salad croissants. The McVile Library was the cherry on the top as they joined us each week and offered picnic guests a variety of tasty treats.

We served 830 meals over the 11 weeks and enjoyed watching our patrons slow down and enjoy the weather and conversation. Thank you to all who joined us for your support and to Berg Insurance and the NCHS Foundation Board for serving the meals.



NCHS FOUNDATION ACKNOWLEDGES DONATIONS IN 2025

Memorials are a meaningful way to honor a loved one. All memorials, regardless of the amount, are an important source of revenue for the Nelson County Health Services Foundation. Combined, their value can accomplish great things!

The Nelson County Health Services Foundation Board of Directors wishes to gratefully acknowledge the following individuals for their memorial gifts which support health care in and around Nelson County.

In Memory of Alpha Quam

Peggy Johnson

In Memory of Ann Raaen Kleven

McVille High School Class of 1982

In Memory of Ardis Twedt

David & Karen Grandstrand, Dan & Teresa Rorvig, Betty Ann Bina, Jerry & Carol Sand

In Memory of Art Haugland

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In Memory of Carole "Drew" Brown

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Olen & Laurie Ophaug

In Memory of Jonathan Knutson

Glenn & Candice Phillips, Anonymous Donors, Rodney & Crystal Quanbeck

In Memory of Judy Rusten

Darrell & Kari Haugen, NCHS Lab Staff, Mark & Patti Hanson

In Memory of Keith Snortland

Carma & Randi Hanson, Gary & Maureen Kopp

In Memory of Laurel Haagan

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In Memory of Leland Fosness

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In Memory of Rick Urvand

Harold & Cheryl Brenden

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Dan & Kelli Schmitt

In Memory of Sheli Stumpp

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In Memory of Sophie May Haugsjaa

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(701) 322-4314

NCHS MCVILLE CLINIC

(701) 322-4347

Office Hours:

Monday-Friday, 8 a.m. – 4:30 p.m.

NCHS MICHIGAN CLINIC

(701) 259-2118

Office Hours:

Tuesday & Thursday 9a.m. - 3 p.m.

NCHS HOSPITAL

(701) 322-4328

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Steph Slivnik, DNP, FNP-BC

Michelle Woinarowicz, FNP-BC





Public Health
Prevent. Promote. Protect.

**Nelson-Griggs
District Health Unit**

Updates from Nelson-Griggs District Health Unit

MCVILLE | 701-322-5624

Car Seats

Nelson-Griggs District Health Unit has car and booster seats available to those in need. If you are on WIC, Medicaid, TANF, Healthy Steps or do not have insurance you are eligible to receive a car seat. A donation of \$30 will be asked for the convertible or forward facing with harness seats and \$10 for the no back booster (donations are not required to receive a car seat).

Our office has the following seats available:



Dorel Mighty Fit 65 convertible seat. Can be used rear facing from 5-40 pounds and forward facing from 22-65 pounds. Children should ride rear-facing until they are at least 2 years of age or reach the upper weight/height limit for their seat. It is best to keep the child rear facing as long as the seat will allow. This provides more protection to the head, neck and spine in a crash



Maestro Sport 2 in 1 with harness. Forward facing with 5-point harness from 22-50 pounds and booster 40-110 pounds. Children over 2 years old that have outgrown their car seat rear-facing should be in forward-facing car seats.



Go Time no back booster. The child should be at least 40 pounds and at least 4 years of age. Keep the child in the booster until about 4'9" tall or the seat belt fits correctly over the child's body.

NGDHU RESPIRATORY IMMUNIZATION CLINICS

Community	Location	Date	Time Start	Time End	
McVille	Health Unit Office	10/1/2025	1:00 PM	2:30 PM	• Influenza: Everyone 6 months of age and older, with rare exceptions, should get a flu vaccine every season. All our influenza vaccine are single dose formulations free of thimerosal as a preservative. • RSV vaccine will be available for all adults ages 75 and older and adults ages 50-74 at increased risk of severe RSV. This is a one-time vaccine so if you've had it before you don't need it again. • COVID-19 vaccine will be available. Currently, we are waiting for recommendations on who will be eligible to receive the vaccine. • Other: We have other vaccines available including Tdap, Hepatitis B, Shingles and Pneumonia.
Lakota	Community Center	10/2/2025	9:00 AM	11:00 AM	
Michigan	Community Center	10/2/2025	11:30 AM	12:30 PM	
Petersburg	Senior Center	10/2/2025	2:00 PM	3:00 PM	
Cooperstown	Courthouse	10/8/2025	9:00 AM	10:00 AM	
Hannaford	Community Center	10/8/2025	10:30 AM	12:00 PM	
Sutton	Senior Center	10/8/2025	1:30 PM	2:30 PM	
Binford	Senior Center	10/9/2025	9:00 AM	10:00 AM	
Tolna	Lutheran Church	10/9/2025	11:00 AM	12:00 PM	
Aneta	Senior Center	10/9/2025	1:30 PM	2:30 PM	

E-CIGARETTES & VAPING:

WHAT PARENTS NEED TO KNOW

Most e-cigarettes contain nicotine, a highly addictive substance especially for young people. The brain is not fully developed until the age of 25. Nicotine exposure during this time can impact brain development, affecting learning, memory and behavior. Early nicotine use increases the risk of addiction to other substances such as alcohol and other drugs in the future. Nicotine can affect the teens behavioral health. It can cause mood swings, anxiety, irritability and increase feelings of depression. Withdrawal symptoms like cravings and restlessness can interfere with daily life and school.

What can you do as a parent?

- > **Stay informed** learn about the danger of e-cigarettes, know what the products look like.
- > **Have open conversations** talk to your child about the dangers of vaping and how it can impact their school and athletic performance.
- > **Set clear expectations** explain the consequences if they are caught using these products.
- > **Be a good role model** If you use tobacco, consider quitting.
- > **Be supportive** Encourage healthy activities, know your child's friends, talk about peer pressure.
- > **Seek help** when needed Reach out to your healthcare provider if your child is struggling to quit. My Life My Quit is a free confidential counseling for teens. Visit their website to learn more: www.mylifemyquit.com

SOURCE: WWW.PARENTSLEAD.ORG



Two local convenient stores recently received ID scanners from NGDHU to use for customers wanting to buy tobacco products. ID scanners are a tool to assist employees in determining age verification, and they can also detect fake IDs. It is illegal for a tobacco retailer to sell any tobacco products to anyone under 21. Pictured below is Farmers Union Oil in Aneta and Northern Plains Petroleum in Hannaford.



Do you know someone who may need help managing or setting up their medications at home?

Call Nelson-Griggs District Health Unit at (701)322-5624 to ask about the Home Visit program.



hospital & clinic NEWS



Samantha Harding
NCHS Administrator/CEO

MESSAGE FROM OUR CEO

Nelson County Health System remains committed to providing care to our communities. We strive to do our best and give the highest quality care. In doing so, we need all the staff we can get to help serve our patients, residents, and tenants.

We have been working hard to get our own staff, instead of having to use agency staffing. Agency staffing fulfills our needs but comes at a high cost. In the last two years, we have been working with two different staffing agencies to get CNAs and nurses into our facility. These agencies help us reach out to those that are wanting to come to the United States to work, and in doing so, we help them with their US status.

We work tirelessly to get this done and to meet deadlines. A lot of hard work goes into finding those who want to come here, interviewing, and paperwork. Our hope is that within the next year we will be fully staffed with our own NCHS employees. Working with a full staff improves health outcomes, provides stability and helps us maintain a positive work environment.

Our current staff have been working hard to fill gaps and work longer hours as they are committed to the care they do. We are lucky to have staff that are willing to step up in times of need. Thank you to all of our staff for your dedication to NCHS, we could not do it without you.



Jennifer Rusten
NCHS Hospital
Director of Nursing

RUSTEN EARNS CNO CERTIFICATION

We are pleased to announce that NCHS Hospital Director of Nursing (DON Jennifer Rusten has successfully completed the National Rural Health Association's Chief Nursing Officer (CNO) certification program. Jennifer completed the course virtually and attended classes

every other week for a total of 14 sessions, from October 23, 2024 to graduation on June 4, 2025.

The course was developed by successful rural hospital CNOs with the intent of assisting current rural hospital CNOs strengthen their leadership skills to help lead their hospital to success. Besides this program, they offer several other opportunities for rural hospitals.

"As the director of Nursing at NCHS I was looking for a program to increase my leadership skills, problem solving skills, have a better understanding of the budgets we must work with, and learning tips to retain staff for our hospital. This program did just that. As a rural health nurse, we are expected to know a little about nursing and be skilled in providing great care to our patients.

With the completion of this program, I was able to network with more CNO's working in rural medicine throughout the country while continuing to have access to all those throughout North Dakota."

SARAH OTTO NAMED NCHS HOSPITAL OFFICE MANAGER/HUMAN RESOURCES

Join us in congratulating Sarah on her new role of Hospital Office Manager/Human Resources with NCHS.

Prior to joining NCHS, Sarah was the ND Territory Sales Manager with the Auto Club Group where she managed the AAA appointed Independent Insurance agencies throughout the state of ND. She worked for AAA/Auto Club Group for 20+ years until an organizational restructuring took place throughout the company.

In September of 2021 Sarah joined Nelson County Health System as a CNA at the Care Center and was promoted to her new role in the fall of 2024.

Sarah lives in Pekin with her husband Jamie. She has one son Alex who lives in Mandan, ND with his wife Katie. Sarah looks forward to updating her title to Grandma in January as Alex and Katie are expecting twin girls.





Michelle Woinarowicz
NCHS Nurse Practitioner

WELCOMING TO NCHS NEW NURSE PRACTITIONER

Hello, I am very excited to be working as a nurse practitioner at Nelson County Health Services. I have already met so many wonderful community members and staff. My name is Michelle Woinarowicz, FNP-BC, and I am a new nurse practitioner at the McVille and Michigan Clinics. I obtained both my RN and FNP degrees at the University of North Dakota, and I am

currently attending the University of Maryville pursuing my psychiatric mental health certification, as I have a special interest in mental health, including dementia, anxiety, depression, and addiction issues, along with substance use disorders. I have been a family nurse practitioner for 22 years and an RN for 9 years prior to obtaining my FNP degree. As a registered nurse, I worked in the surgical critical care unit and the telemetry and interventional radiology departments at Altru in Grand Forks, and after meeting my husband and moving to Drayton, ND, I worked as Director of Nursing at the skilled care nursing home in Grafton, ND. After graduating with my nurse practitioner degree in 2003, I worked at the Kidney and Hypertension Center in Grand Forks, ND. In 2007, I accepted a position at North Valley Health Center in Warren, MN, as a family nurse practitioner, where I worked for over 17 years in the clinic, hospital, skilled care nursing home, and ER. I enjoy providing healthcare for all ages and have an interest in chronic disease management, such as patients with diabetes, hypertension, cardiac disease, and renal disease.

I grew up in Finley, ND, on my family farm. My parents are Dennis and Darlene Carlson. I am married to my husband Kent, who farms in Stephen, MN. We currently reside in Warren, MN. I have three sons and have enjoyed seeing them as they make their own paths in life. My husband and I have been adjusting to an empty nest since our youngest son graduated. I enjoy camping, fishing, attending and watching sporting events, especially hockey and football, painting, reading/audiobooks, true crime, and spending time with my friends and family.

I very much look forward to working as a nurse practitioner for Nelson County Health Services. It feels like home in this area, growing up in Finley, and I love being back in North Dakota. I very much enjoy my career as a nurse practitioner and caring for patients. I look forward to serving this community.

ALL ARE
WELCOME
TO ATTEND

NCHS/NCHSF
Annual Meeting
November 12, 2025
MCVille Lutheran Church

Meal Served at 5:30 p.m. | Meeting at 6 p.m.



Nelson
County
Health
System

PINKTOBER BREAST HEALTH AWARENESS CLINIC

Annual activity focused
on promoting breast
cancer awareness

24
OCTOBER

FRIDAY

9 AM - 4:30 PM

RADIOLOGY

- MAMMOGRAPHY
- FOOD & DRINKS
- DOOR PRIZES
- OUR NEW NP MICHELLE
WILL BE AVAILABLE FOR
EDUCATION

SUPPORTING THE FIGHTERS,
ADMIRING THE SURVIVORS,
CELEBRATING HOPE.

Schedule your appointment now!

Sign up: 701-322-4328 #6

Memory Garden

Honor and memorialize your loved ones.



Personalized Brick Pavers Order Form

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Check # _____ or Card Number _____

Expiration date _____ CVV code _____

_____ 4x8 Brick \$100

Includes 3 lines of text, 20 characters per line (includes spacing and punctuation)

_____ Add-On Option: 1.5x3 Mini Replica of 4x8 Brick \$20

Give as a gift or keep as a memento

_____ 8x8 Brick \$250

Includes 6 lines of text, 20 characters per line (includes spacing and punctuation)

_____ Add-On Option: 3x3 Mini Replica of 8x8 Brick \$25

Give as a gift or keep as a memento

_____ 8x8 Business Logo Brick \$400

Kenzie will contact you directly for your existing logo or to create artwork.

Brick Text | 4x8 = 3 lines | 8x8 = 6 lines

Steph's Corner

It is overwhelming and sobering to be in the same room as death. Family members watch while their loved one lays on a bed with healthcare workers starting CPR and gathering supplies. The provider then asks if they should continue CPR or if your family member would have wanted to have CPR stopped. This is a difficult decision to make in the best of times, let alone when it's time sensitive.



Stephanie Slivnik,
DNP, FNP-BC
Nurse Practitioner

Advanced directives are a type of document that lets healthcare workers and family members know what your wishes are for end of life. It identifies an individual to make decisions when you are not capable, and your wishes for CPR and intubation. It helps ensure your wishes are followed when you can't advocate for yourself.

Advanced directives make things a little easier on the family in that stressful moment when the medical professional asks if the patient would want CPR or not. It gives the decision maker peace of mind that their loved one's wishes are respected. It also helps to make sure that family are prepared if that day comes.

I am grateful I haven't had to make that decision for a family member, but I've seen many struggle to make the call. This is why I have a conversation with each of my family members about what their wishes are if their heart stops. I strongly encourage you and your loved ones to have this conversation with each other.

For more information on advanced directives for your specific state, please visit the website below which contains valuable information and an advanced directive form that you complete.

caringinfo.org/planning/advance-directives

Mail completed form to Kenzie Engen at:
NCHSF, PO Box 506, McVile, ND 58254.

Contact Kenzie at (701) 322-2225 if you have questions.

LAB MANAGER SHARES EQUIPMENT UPDATE

The BIG, new chemistry analyzer is here!! This new acquisition is exciting, and our laboratory professionals are actively training to learn all about this new integrated system.

I must first extend a huge thank you to all our faithful donors and our hard-working NCHS Foundation board members for making the purchase of this chemistry analyzer possible!

Now, let me tell you a little about the benefits this new analyzer will provide to our patients, providers, and our facility. New tests will be added to expand our in-house testing menu which means tests that were currently sent to an outside reference lab will now be able to be performed in-house. A few examples of these new immunoassay tests include Thyroid Stimulating Hormone (TSH), Iron studies, Prostate Specific Antigen (PSA), & Vitamin B-12. We will be introducing a new test for diagnoses of CHF (congestive heart failure) & also a more sensitive cardiac marker to aid our providers in making the best clinical decisions which will allow for improved patient care management.

We welcome you to visit our laboratory and look forward to serving our communities by delivering high quality results using the newest technologies!

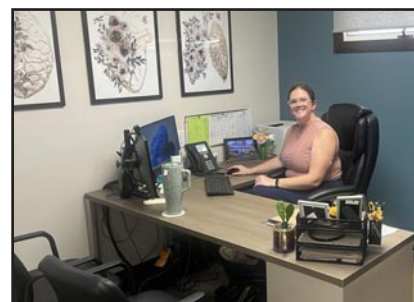
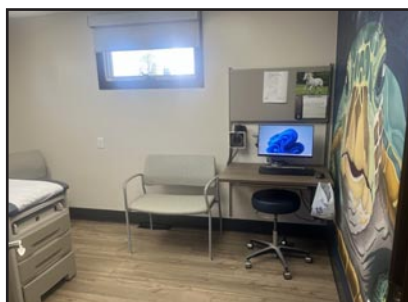
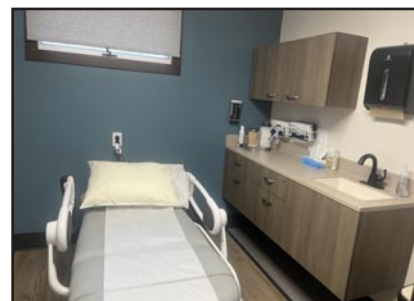
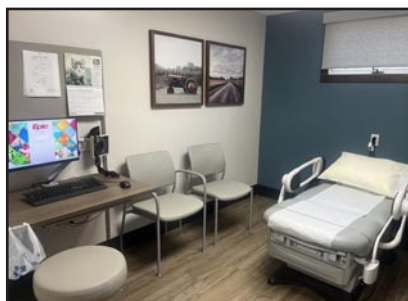


NCHS MCVILLE CLINIC REMODEL - PATIENT ROOMS/PROVIDER OFFICES

Thanks to a generous donation from Larry Hayden Estate, we were able to complete the remodel at our McVile Clinic this past spring/summer which included the patient rooms and provider offices.

The renovation included new ceiling tiles, enlarged patient rooms, furniture to maximize the space for patients/providers, blinds, lighting and a pediatric room that features a turtle we have named "Steve". In addition, all computers have been updated thanks to generous contributions from Tree of Remembrance and Giving Hearts Day which allows our providers and clinic staff the ability to quickly access your information making your visit run smoothly.

Thank you for your flexibility during our remodel, we are pleased with the outcome and hope that you enjoy the new spaces along with the great care our clinic staff provides.



NCHS BIDS FAREWELL TO NP MIKE HAMMER

Nelson County Health System would like to extend its deepest gratitude to Nurse Practitioner Mike Hammer for his dedicated years of service to our patients and community. Mike's last day at NCHS will be Friday, August 29th.

Throughout his time with NCHS, Mike has been a compassionate caregiver, trusted provider, and valued member of our healthcare team. His commitment to patient care and his warm presence will be greatly missed by staff and patients alike.

To honor Mike and give the community a chance to say goodbye, we invite the public to join us for cake and refreshments on Friday, August 29th from 1:00 PM to 3:00 PM at the NCHS McVile Clinic.

Please stop by to wish Mike well in his next chapter and help us celebrate his contributions to our community.



care center NEWS

NCHS CARE CENTER DEDICATES ACTIVITY ROOM KITCHEN

Residents, staff, community members and family gathered at the Nelson County Health System Care Center on June 21st to dedicate the activities room kitchen to resident Harvey Schmiginske. The kitchen has been renamed "Harvey's Kitchen" in honor of Harvey who spent countless hours in the activity room kitchen making his famous orange cookies and other tasty treats for any event held at the care center or the DP kids when they came to visit. He brought the kitchen to life and was able to share his love of cooking with many. You are deeply missed Harvey, rest in peace!



NEW CARE CENTER ACTIVITIES DIRECTOR

Hi! My name is Melanye Poehls and I'm so excited to become a part of the NCHS family as the new Care Center Activities Director.



Melanye Poehls
Activities Director

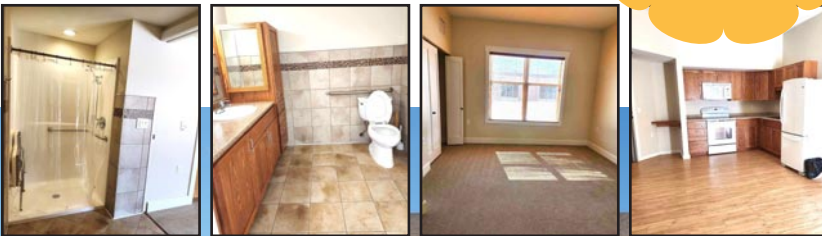
Growing up in the Tolna area, I have been familiar with all that NCHS has to offer. Two of my grandparents and dad were former residents of the Care Center. My grandfather was actually a resident at "The Friendship Manor" as it was once called. In 1986 I was diagnosed with Type 1 (Juvenile) Diabetes by Dr. Dale Iverson here at the McVile Clinic. My family and I know how great the care has been at NCHS for many years! We are all blessed to have such fine healthcare in our small communities.

During my years as a school teacher, I have been involved with NCHS by bringing my students over to sing, dance, play games, visit and develop relationships with the residents. Through the years I have noticed how well the staff keeps the residents busy with activities and entertainment and I always wondered what it would be like to work here. When I decided to make a career change and the position opened up I knew it was a sign.

As I settle into this new role, it is my hope to continue to build upon the amazing activity program that NCHS has. The staff at NCHS have been very helpful and I look forward to working with this awesome team of colleagues. I am aware that I have "big shoes to fill" but I hope to make the former Activities Director, Mrs. Cindy Oien, proud of us all here in the Activities Dept. She has been a great role model for all of us and we wish her well with her new endeavor- Dementia Friends.

ASSISTED LIVING

1 bedroom unit available.



Call Tina at 701-322-4314 for more information.



NCHS CELEBRATES

National Nursing Home Week

We're always looking for an excuse to throw a good party at the NCHS Care Center and this time it was in honor of National Nursing Home week May 11th – 17th! Our residents participated in a week full of fun activities from Hawaiian day, frog jumping, camping, hobo day, a scavenger hunt and the week concluded with the Dakota Prairie 6th graders making Norwegian waffles to celebrate Syttende Mai.



NEW ROLE HELPS DEMENTIA PATIENTS AND THEIR FAMILIES

NCHS is pleased to announce Cindy Oien's new role within our organization. She has been tasked with leading dementia education and training for NCHS patients, their families and our local communities. The programs mission is to tackle the stigma and lack of understanding that surrounds dementia. It equips individuals living with dementia and their care partners effective tools for a high quality of life. Cindy instructs and guides communities, businesses, and churches on dementia and positive interaction strategies.

Cindy is dedicated to expanding awareness and expertise on dementia. She is a Positive Approach to Care Certified Independent Trainer, Teacher, Consultant, and Engagement Leader, certified by the well-known Teepa Snow, who is a dementia expert and advocate.

She has recently become the Master Champion for Dementia Friendly USA for the state of North Dakota and will be working in the local communities and statewide to bring awareness of dementia and will assist in creating Dementia Friendly Communities. The Dementia Friends program is new to the state of ND, Cindy will be setting up informational sessions to explain more about the program and how it can help our communities to bring more awareness and knowledge about Dementia.

Contact Cindy with any questions on training/consulting by visiting her website cindy-oien-dementia-training.com, visiting her in her new office which is located at the NCHS hospital, calling her at 701-322-4328 EXT. 217 or by email at cindy.pac@outlook.com

Congratulations Cindy, we look forward to watching you grow the dementia community!

MENS DAY AT STUMP LAKE

On a not so sunny day we loaded up our fun bus for a men's day out. We drove to Stump Lake and found a pavilion to shelter us from the sprinkles. Our outing consisted of a fantastic meal as we feasted on grilled hot dogs, chips and dip and smore's for dessert. We had to fight the mosquitoes and flies but fun was had by all! After eating we loaded up the fun bus and took our time getting home by taking in all the locate sites, checking out the crops and enjoying each other's company.



Residents at the NCHS Care Center are more than patients, they are family. We truly value and appreciate every day that we get to spend with them and feel honored their families chose NCHS for their loved ones care.

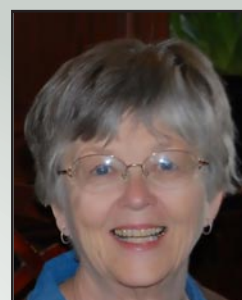
We would like to take this opportunity to honor and remember the residents that passed since our spring newsletter. They hold a special place in our hearts and we miss them all along with the joy they brought to us.



Alpha Quam
8/20/1921 - 6/24/2025



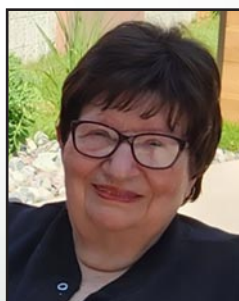
Corrine Molmen
8/5/1927 - 3/30/2025



Helen Knutson
8/31/1938 - 7/6/2025



Janet Winkler
10/3/1941 - 5/27/2025



Marlene Luehring
5/21/1936 - 7/25/2025



Rhoda Messner
1/24/1939 - 7/13/2025



Kathlyn Kolberg
12/24/1936 - 8/25/2025

NCHS CARE CENTER PROM 2025

Enchanted Garden



On April 24th over a 100 guests and residents joined together at the Nelson County Health System Care Center for Prom. This years' theme was Enchanted Garden and the activities staff did an incredible job of decorating the building to transport the residents and guests to a serene and magical garden setting.

The evening included a grand march where the residents were escorted with the guest(s) of their choice, a special meal and live entertainment from Larry Sharon who sang the residents favorite old time classic songs.

A highlight of the evening was the crowning of the prom king and queen. Our 2024 prom queen Arlene Morken had the honor of crowning this years' royalty, king Gary Collier and queen Carmen Vasichek. It was a truly memorable evening for the residents and guests and we look forward to next years event.



Thank you to our AMAZING activities staff for putting this event together for our residents as it is an event that they look forward to for quite some time. We would also like to extend our gratitude to all of the volunteers' that assisted the residents with their hair, nails and makeup, you truly made their day!



Nelson County Health Services Foundation

Nelson County Health System
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McVile, ND 58254

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34th Annual NCHSF TREE OF REMEMBRANCE

It's that special time of year that we invite you to partake in the tradition of honoring and remembering your loves through Tree of Remembrance.

Memorials and honorariums will be prominently displayed in our Hospital and Care Center.

100% of funds donated will be allocated to our hospital lab chemistry analyzer fund. The updated analyzer will be live in late fall of 2025 and will offer increased testing capabilities for our patients and residents.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Check #: _____

Check your selection

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

In Honor of: _____

In Memory of: _____

From: _____

To honor/remember family and friends, please complete this form and mail it to:
NCHSF PO Box 506, McVile, ND 58254. Call Kenzie at (701) 322-2225 with questions.