



Carol Roehrich, New Leipzig, appreciates being able to use Jacobson Memorial Hospital Care Center for monthly treatments, allowing her to stay close to home.

Finding peace of mind, close to home

Once a month, Carol Roehrich drives the short distance from her home in New Leipzig, comfortably settles into one of the treatment rooms at Jacobson Memorial Hospital Care Center (JMHCC) in Elgin, and receives an IV infusion.

The three- to four-hour process is completed locally following JMHCC's expansion of its services to include

any type of infusion other than chemotherapy treatments.

And Carol appreciates having the service available locally.

"They wanted to do them in Bismarck. ... I thought no way am I sitting in Bismarck when I could have it done here," Carol said.

"I've had lung problems pretty much all my life," Carol explained. Those issues began flaring following

the death of her husband, Jerry, in 2016, leading Carol to hospitalizations several times. Dr. Alan Lindemann, one of two doctors at JMHCC, referred Carol to specialists, including a heart and lung specialist, an ear, nose and throat specialist, and an allergy specialist, to try to pinpoint Carol's health threats.

While she saw specialists in Bismarck, *continued on next page*

JMHCC Lifelines • Winter 2020

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

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CAROL ROEHRICH: *from page 1*

marck, she still kept her care as local as possible, getting a CT locally at JMHCC prior to her Bismarck appointment with the ear, nose and throat specialist.

“I said I’m going to have it done in Elgin. We got a brand new CT scanner. Why would I have it done in Bismarck?” she said.

It was her visit with the allergy specialist that led her to an answer.

“That’s when we discovered that my immune system was so low,” she said. To boost her system, she started IV infusions two years ago at JMHCC. The infusions boost her immunoglobulin deficiencies, which were about half of normal levels when she started.

“I found out I could have it done here and they’ve been really good about it,” Carol said.

“The first year I did the infusions, I had great success. I didn’t have any flareups, no hospital stays, everything was good,” she said. Carol did experience a setback early last year, but an increase in the solution in September solved those problems, too.

“I’ve been doing OK since then,” she said.

The treatments were possible at JMHCC following staff training and education on the medication, explained JMHCC CEO Theo Stoller. The infusion services have since been expanded to include most types of infusions on an outpatient basis.

And Carol saw the staff go above and beyond when a shortage of her IV solution occurred. JMHCC staff drove to Bismarck to obtain more so she could continue the treatments locally.

“That’s just a part of how we operate,” Stoller said. “We do whatever we can possibly do to help our patients.”

“I’m so thankful for this hospital here,” Carol said. “I was so happy I didn’t have to do this in Bismarck. I don’t enjoy driving in Bismarck. I will if I have to, but I don’t like to.”

Carol tries to use JMHCC for any treatment she needs, including her mammogram appointments, the CT she needed and an MRI she required before needing back surgery earlier. Carol’s mother, Betty Weller, was also a long-term care resident at JMHCC

for nine years.

“She always considered that her home,” Carol said.

“I do everything here,” she simply said. “Anything that I have to have done, if we can do it here, I have it done here.”

Carol and her late husband, Jerry, have been strong supporters of JMHCC in other ways. Jerry served on the Jacobson Memorial Hospital Foundation board and the two are regular donors.

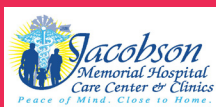
“We were always big promoters of the hospital, just to keep it local,” she said.

Carol supports the local facility because it has offered her and her family peace of mind, close to home.

“It’s always been home to me,” she said. “I’ve always thought the care was really good over there. It’s more personable. You know the people and I know a lot of the staff.” ■

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Welcome!

Welcome to Lifelines, a newsletter which is published quarterly by the Jacobson Memorial Hospital Care Center and the Jacobson Memorial Hospital Foundation, serving the region.

The mission of Jacobson Memorial Hospital Care Center:

Advance the health of the communities with respect and accountability, providing peace of mind close to home.

The vision of Jacobson Memorial Hospital Care Center:

Strive to be the community choice by providing excellent health care through continuous improvement.

The mission of the Jacobson Memorial Hospital Foundation:

Jacobson Memorial Hospital Foundation, in support of Jacobson Memorial Hospital Care Center, is to engage and foster health care philanthropy, and provide funds, support and programs to enhance continuous health care excellence for our region.

Giving Hearts Day

Support JMHCC during Feb. 13 event!

Give from the heart on Giving Hearts Day Feb. 13 and help the Jacobson Memorial Hospital Foundation (JMHF) complete its \$75,000 goal for its fundraising campaign, "A Place Called Home, Phase II."

On Thursday, Feb. 13, the JMHF will participate in Giving Hearts Day, a 24-hour online fundraising event.

With your generosity, the JMHF hopes to raise funds during Giving Hearts Day to support Jacobson Memorial Hospital Care Center (JMHCC) in Elgin to complete a renovation

project and replace wall covering on the main floor of the hospital. Flooring has already been replaced on that area with funds raised earlier through the campaign. JMHCC hasn't completed these types of rehabilitations in this area since the facility was built, and these areas are badly worn and in need of updating.

"We have long-term patients/residents who call JMHCC home and we want a warm, inviting atmosphere for them, as well as all our patients," said JMHCC CEO Theo Stoller.

To make a secure online contribu-

tion to the Jacobson Memorial Hospital Foundation during Giving Hearts Day, simply go to the online site on Feb. 13 at www.givingheartsday.org.

You may also donate by sending a check dated Feb. 13 to: JMHF, PO Box 367, Elgin, ND 58533.

Donors will be recognized with a heart placed on a wall at JMHCC at these donor levels:

- Small heart - \$100-\$500
- Medium heart - \$501 to \$1,000
- Large heart - \$1,001 and above,

with special recognition also

continued on next page

Support JMHCC Feb. 13

www.givingheartsday.org

Matching funds donated by
Farmers Union Insurance


Farmers Union
INSURANCE

**Funds dedicated to
"A Place Called Home
Phase II"**

Hearts decorated by Elgin-New Leipzig Elementary School and
Glen Ulin Public School students



Giving Hearts Day


Jacobson
Memorial Hospital
Care Center & Clinics
Peace of Mind. Close to Home.
Jacobson Memorial Hospital Care Center
is an equal opportunity provider and employer.

GIVING HEARTS DAY, from page 3

This year, donors may also schedule their online gifts for Giving Hearts Day! Visit www.givingheartstoday.org, add a donation to JMHF, then check the box after the question, "Would you like to schedule your donation for Giving Hearts Day?" From there, simply complete the checkout process as usual, and your donation will be processed in the morning on Giving Hearts Day so it counts toward the Giving Hearts Day total. Scheduled gifts may be completed through Feb. 11.

Donors may also schedule a monthly recurring donation to JMHF online at the same site.

Donors are also encouraged to honor a loved one with a donation in memory of a loved one or to honor a parent or grandparent.

Families are encouraged to join together to donate to honor a loved one to have a heart placed on the wall at JMHC in their name.

Those who do not wish to participate in Giving Hearts Day, but who want to donate to this vital project, are welcome to send a check at any time to the Foundation, with a note that the donation is for the campaign. Farmers Union Insurance has donated a \$4,000 match to the Giving Hearts Day event.

"A Place Called Home, Phase II"

is a continuation of JMHF's initial fundraising campaign, "A Place Called Home," which helped fund renovation of the nurses' station in the hospital, and update flooring and wall covering in the activity room and hospital lobby at JMHC.

"Those upgrades have made a significant difference, particularly for our patients who spend quite a bit of time in the activity room," Stoller said. "These types of projects improve patient care at JMHC and create a more comfortable atmosphere."

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

Branded boards now adorn walls

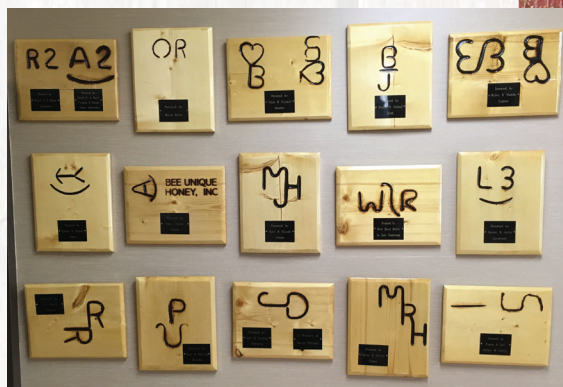
The Jacobson Memorial Hospital Foundation's "Brand a Board, Leave a Legacy" fundraising campaign helped fund improvements at JMHC. Now, the 32 brands which were burned onto pine boards are being permanently displayed in the activity room at JMHC.

Those who still wish to have a brand displayed may still participate. For a \$125 donation to the Foundation, participants may leave their permanent legacy on a board. Details on the campaign include:

- Jacobson Memorial Hospital Foundation will supply a 10-by 10-inch or 14-by 14-inch pine board.
- Brand your board and have it displayed at JMHC's branding wall for \$125 per brand.
- A family can pool their brands for a reduced price of \$100 per brand, with a minimum of three brands per family.
- Freeze brands are welcome, but will need to be drawn.
- Families without brands may participate by supplying a design or JMHF can simply imprint your name on the board.
- JMHF will then label your brand with the names as you wish stated.

"We are appreciative of those who have already participated in this campaign, and look forward to continuing to add brands to the wall," said JMHC CEO Theo Stoller.

Those who wish to brand a board may pick up a board to brand from Theo Stoller. ■



Love your heart!



Cardiology Care

First Wednesday of each month at Elgin Community Clinic

Call 701-323-5202 or 800-932-8758 to schedule an appointment
with Janel Olson, FNP, visiting from Sanford Health

Discounted lipid profile

(LDL and HDL cholesterol and triglycerides)

Fasting for eight hours is recommended for accurate results.

Water or coffee can be consumed.

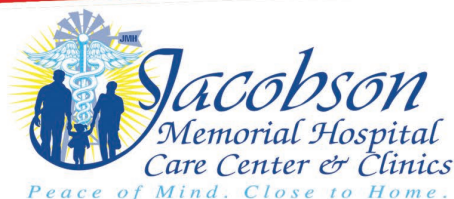
\$34 cash basis **Feb. 10-14 only!**

Elgin Community Clinic • 584-3338

Glen Ullin Family Medical Clinic • 348-9175

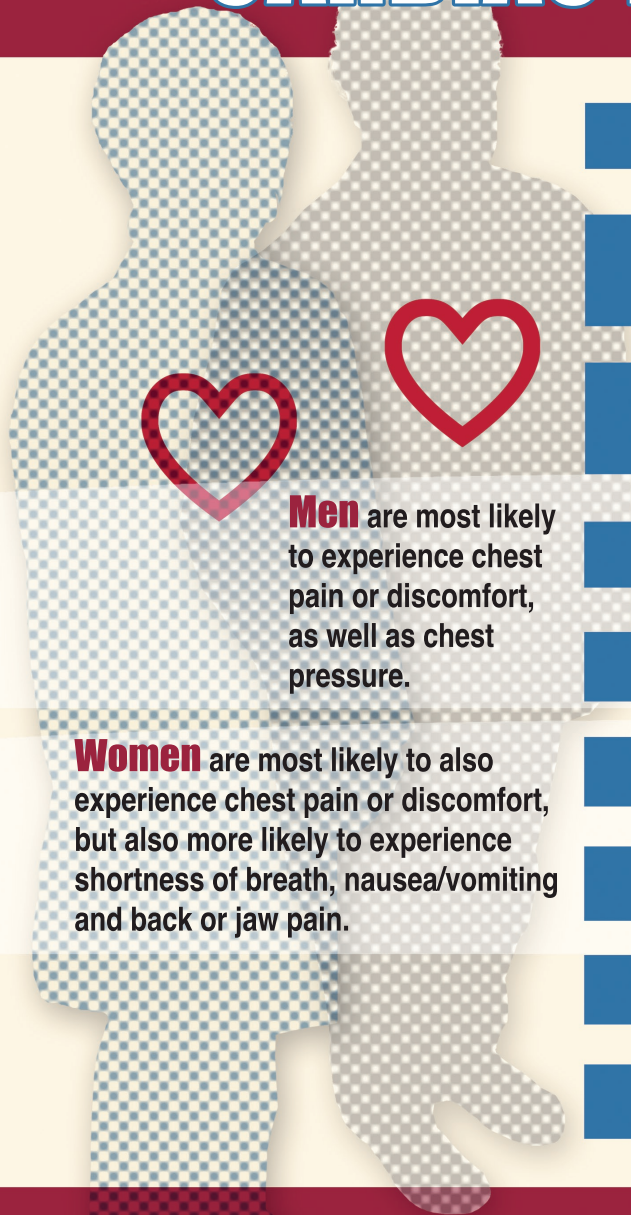
Richardton Clinic • 974-3372

Call today!



JMHCC is an equal opportunity provider and employer.

Common signs of CARDIAC EMERGENCY



Men are most likely to experience chest pain or discomfort, as well as chest pressure.

Women are most likely to also experience chest pain or discomfort, but also more likely to experience shortness of breath, nausea/vomiting and back or jaw pain.

- Pain, tightness or pressure in the chest
- Pain in the neck, jaw, shoulder, upper back or abdominal discomfort
- Shortness of breath or difficulty breathing
- Right arm pain
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue
- Cough



What to do

1. Hands-only CPR
2. Call 911

3. Find an AED
4. Quick access to care

cardiac rehabilitation

Close to Home. Peace of Mind.

live
well

Jacobson Memorial
Hospital Care Center
Elgin, ND

To learn more about the
cardiac rehabilitation program,
call JMHCC at 584-2792

JMHCC relaunches cardiac rehab program

Jacobson Memorial Hospital Care Center (JMHCC) has reinstated its cardiac rehabilitation program, allowing patients to use exercise equipment at the facility under the watchful eye of trained staff to recover following a heart attack or heart surgery.

Under the cardiac rehabilitation program, patients are closely monitored while they exercise. The program and exercises are undertaken when either Dr. Alan Lindemann or Dr. Elizabeth Sundberg are at the facility. The program also incorporates education on diet and lifestyle choices following heart surgery.

To join the program, patients need a doctor's referral. After a six- to eight-week recovery following surgery, patients then begin the rehab program, taking small steps toward full recovery over 36 visits.

What is cardiac rehab?

The cardiac rehabilitation program takes place at JMHCC in Elgin to help patients recover following heart surgery or a heart attack. Talk to your provider about how to enter the rehab program. Rehab helps patients recover under the watchful eye of trained staff.

Who needs cardiac rehab?

You may benefit from rehab if you have had:

- A heart attack
- A heart procedure or surgery

What happens at rehab?

First, you'll have a medical evaluation to establish your needs and limitations.

Then you'll follow a customized exercise program at JMHCC under the close supervision of medical staff who will continually monitor you during the exercise.

You will start slowly, following a safe physical activity program that gradually allows you to meet your goals and become stronger.

- You'll exercise using a treadmill, steps and a NuStep.
- You'll be screened for depression, which can be the result of dramatic lifestyle changes following a heart attack.
- You'll be weighed at each session and learn more about healthy diet and lifestyle choices.

What are the benefits?

- With the rehab close to home, you won't have to travel when you are still recovering.
- You'll feel secure and less fearful about exercising.
- Medicare and other insurance cover a certain number of sessions. ■

April Berger joins JMHCC as provider

April Berger, a native of the Taylor area, has joined the Jacobson Memorial Hospital Care Center staff as a certified family nurse practitioner (FNP) who will see patients at the Elgin Community Clinic, the Glen Ullin Family Medical Clinic and the Richardton Clinic.

April recently completed her master's of science degree in nursing with an FNP tract from Bradley University, after working as a nurse in southwestern North Dakota for several years.

A graduate of Richardton-Taylor High School, April attended Dickinson State University, where she obtained her licensed practical nurse (LPN) degree and played college-level basketball for two years. She later returned to college to obtain her registered nurse (RN) degree. As

"I wanted to be someone who could intervene on the preventative care side, stopping things before they start and encourage people to lead healthier lives."

April Berger

a nurse, she worked at a clinic and nursing home in Dickinson, as well as the Richardton Health Center.

For the past year, she has been working as a traveling nurse in southwestern North Dakota, including at JMHCC.

"That's what led me here," she said, also pointing to her familiar-

ity with Rhonda Schmidt, FNP-C, who works for JMHCC at the Glen Ullin Family Medical Clinic. "I thought if they can hire good people like that, it must be a good place to work."

April was drawn to a career in the medical field after helping to care for her brother, who is five years younger than her.

"I think what probably led me to it is that my brother was diabetic since he was 2 and so that caretaking role kind of started early for me," she said. "I learned a lot of empathy and compassion, so I figured that was my calling."

Her decision to pursue her career as an FNP was based on her hope to help patients with more preventative care, she said.

"I wanted to be someone who could intervene on the preventative care side, stopping things before they start and encourage people to lead healthier lives," she said.

She enjoys the medical field, due to its variety and the often fast pace in the emergency room, where she hopes to gain more experience.

"It's something different every day," she said. "I like the emergency care. I think that's why I played basketball. I'm kind of an adrenaline junkie and I have a pretty calm demeanor as well."

"When I came down here to work, I like the small town feel of it," she said of JMHCC. "That's the rural aspect of it. You get to do everything."

As a provider, April describes herself as an "old soul," who was called "grandma" by her teammates because she would crochet during bus rides to basketball games.

She translates that aspect of her personality into an interest in her patient's life stories.

"Their stories really interest me, because that's a part of history that's dying. I've gotten to meet some pretty interesting people with stories about Germany and the war and other things," she said.

April's husband, Ryan, is from Center and works in the oil industry. The two also live on a third-generation family ranch, where they raise cattle.

"In our downtime, that's what we do," April said with a laugh.

The two have three daughters, Nevaeh, 12, Calli, 11, and Kendall, 4, who attend Richardton-Taylor Public School. April enjoys sports and outdoor activities with her family, including hunting, fishing and camping.

April joins Dr. Alan Lindemann, MD; Dr. Elizabeth Sundberg, MD; Carey Rivinius, DNP, FNP-C; Carrie Gerving, FNP-C; Rhonda Schmidt, FNP-C; and Jolene Engelhart, FNP-C; at JMHCC and its clinics in Elgin, Glen Ullin and Richardton. ■

cough. *Cough!* **COUGH!?!?!!**

cough.

Yes, we would rather you NOT get sick!

cough.

So, get your pneumococcal vaccine if you are 65 years of age or older or at high risk of developing pneumonia.

cough. cough. cough.

And spend less time with us!

cough.



Jacobson Memorial Hospital Care Center
Clinics in Elgin, Glen Ullin, Richardton

Discounted sports physicals \$35

Feb. 1-March 31

Elgin Community Clinic • 584-3338

Glen Ullin Family Medical Clinic • 348-9175

Richardton Clinic • 974-3372



*Payment required
same day as physical*

Plan ahead for medication refills

It has happened. You open your medication bottle and notice you only have one or two pills left. But that's a scenario everyone would like to avoid, including your local clinic and pharmacy.

Jacobson Memorial Hospital Care Center (JMHC) and its clinics in Elgin, Glen Ullin and Richardton remind patients to pay close attention to the number of remaining pills and the availability of refills on the prescription.

If your prescription or medication bottle states that refills are still available, simply call your local pharmacy for a refill. Calling the pharmacy directly avoids confusion with the clinic, as the clinic is not the proper outlet to refill a prescription.

So remember:

Refills still available on label?

- Call pharmacy

If your prescription label states that no refills are available, you will need to make an appointment at least two weeks before your medication is gone. JMHC asks patients to pay close attention to the number of remaining pills, then call well ahead of time for a clinic appointment to obtain a refill.

Once the appointment is completed, a refill can typically be filled by the local pharmacy that day. However, providers are not always readily available, so appointments cannot always be made the same day.

"The clinics need some lead time to accommodate patients who need to see a provider to obtain a refill," explained JMHC Director of Nursing TyAwna Ackerman.

So remember:

No refills available on label?

- Get doctor appointment two weeks in advance if need



new prescription

Another scenario for prescription refills is when only a yearly visit is required. Providers often will write a prescription for six months. When that prescription is completed and the patient does not have to see the provider for another six months, the clinic can be contacted and the provider can write another prescription. However, the clinic needs at least 48 hours to respond to those requests also, again due to provider availability.

"The message we want to share with patients is to leave plenty of time to fill or refill your prescriptions," Ackerman said. ■

JMHC offers student scholarships

The Jacobson Memorial Hospital Foundation is now offering a \$500 scholarship to area students. Information has been shared with area school counselors and an application is available at www.jacobsonhospital.org.

Applicants must submit the application and short essay by March 31. The awardee will be announced on or before May 1.

The Foundation is a nonprofit organization formed to raise funds to help financially support the vital, life-saving services of the Jacobson Memorial Hospital Care Center in Elgin, with clinics in Elgin, Glen Ullin and Richardton.

"The Foundation's mission is to support the important mission of JMHC and this is another way to help educate more health care workers and encourage them to move back to the area following their education," said JMHC CEO Theo Stoller.

Jacobson Memorial Hospital Care Center is also partnering with the University of Mary to offer a \$500 scholarship to area students who attend college there to pursue a medical-related degree. Those applications are through the University of Mary.

JMHC employs approximately 80 employees in a variety of careers.

Those with questions should contact JMHC CEO Theo Stoller at 584-2792 or tstoll@jmhc.org. ■

Jacobson Memorial Hospital Care Center

Mammo Day



- Thursday, Feb. 13
- Friday, April 10

Elgin Community Clinic
603 East St. N., Elgin

Schedule your mammogram by calling:
584-3338

Know your risk



1 in **8** women will be diagnosed with breast cancer in their lifetime.

Breast cancer is the **leading** cause of cancer-related death in women.

Get screened



Breast cancer's mortality rate has been declining since **1989** due to early detection and improved treatment.

Breast cancer is detected every **2 minutes** in the United States.



Early detection is your best protection!

Women's Way may provide a way to pay for breast and cervical cancer screenings for eligible North Dakota women.

You may be eligible if you are a woman who:

- Is age 40-64
- Meets income guidelines
- Has insurance that doesn't cover mammograms or can't afford to pay her deductible or copayments or doesn't have insurance
- Is not enrolled or eligible for Medicaid or Medicare Part B
- Is 65 or older and is not eligible for Medicare or cannot afford Medicare Part B
- Is age 21-39, has symptoms or is due for a Pap test or needs breast or cervical diagnostic procedures

To enroll, call **888-667-3370**
or visit
www.ndhealth.gov/womensway



WOMEN'S WAY
A Breast & Cervical Cancer
Early Detection Program



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

**Join our team
of like-minded people!**

All full-time and part-time positions are eligible for our competitive benefits package.

Contact Kristin at 701-584-7247 or kheid@jmhcc.org to apply.

Clinic Receptionist/Unit Secretary - Elgin

Part-time float position. Starting wage \$13.65/hour. May increase based on experience.

Housekeeper - Elgin

Two full time; rotating weekends and holidays. \$3,000 sign-on bonus. Starting wage \$12.36/ hour. May increase based on experience.

Dietary Aide/Cook - Elgin

Two full time; rotating days and evenings, weekends and holidays. \$3,000 sign-on bonus. Starting wage \$12.36/hour. May increase based on experience.

Clinic Nurse RN/LPN

This role is full time and eligible for competitive wages and our full benefits package, along with a \$5,000 sign-on bonus and up to \$25,000 student loan repayment for nurses. Starting wage \$22.15/hour. May increase based on experience.

Licensed Practical Nurse (LPN) - Elgin

Enrich the lives of patients while choosing your own schedule in full-time or part-time LPN position. Eligible for \$25,000 student loan repayment and \$5,000 sign-on bonus. Starting wage \$22.66/ hour. May increase based on experience.

Registered Nurse (RN) - Elgin

Make a difference and gain valuable experience as a full-time or part-time charge nurse at JMHCC! This position is eligible for a \$5,000 sign-on bonus and \$25,000 student loan repayment program. Starting wage \$29.36/ hour. May increase based on experience.

Certified Nurse Assistant (CNA) - Elgin

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

Serving with commitment, compassion, excellence and integrity



JMHCC is an equal opportunity provider and employer