



Trisha and Delbert Weishaar share Delbert's journey with prostate cancer in an effort to encourage others to have an annual PSA screening.

‘Have you had your PSA screening?’

Since being diagnosed with prostate cancer, Delbert Weishaar is striving to increase awareness among men about the importance of PSA screenings.

“Have you had a PSA done? It’s a simple blood test, go get it done,” the Elgin resident tells others whenever the opportunity arises.

“He’s been a big advocate for it,” says Delbert’s wife, Trisha Weishaar.

“But even in the community, whenever people found out that Delbert had it and they started talking to him about it, it encouraged a lot of the men that he knew and interacted with to have their PSAs done, which led to a couple of them being positive and having treatments done and a few of them just checking for the sake of checking and knowing that everything was fine and giving them a baseline to

start from and monitor in the future.”

Delbert had his first prostate-specific antigen (PSA) screening at the age of 55 for a required physical, with the results coming back at a normal range of 2.67. He encourages men to have that important baseline screening, as recommended by their provider, so a “normal” comparison can be established for later tests. Screen-

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JMHCC Lifelines • Summer 2020

Jacobson Memorial Hospital Care Center
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We're here for YOU!
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- Childhood immunizations
- Sports physicals
- Orthopedic specialty care - COMING SOON
- Cardiac rehab and cardiology specialty care
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Discounted prices on nine different lab tests July 20-24

Jacobson Memorial Hospital Care Center and its clinics

Elgin Community Clinic 584-3338 Giles Utter Family Medical Clinic 348-9175 Richardson Clinic 974-3372

Spring with us. Summer with us. Fall with us. Winter with us.

PSA SCREENINGS: from page 1

ings are recommended to start at age 50 for men who are at average risk of prostate cancer, and at age 40 for men with more than one first-degree relative who had prostate cancer at an early age.

Thirteen months later, Delbert had another screening at a U.S. Department of Veterans Affairs clinic as a veteran, with a result of 3.88. Men with a PSA level between 4 and 10 have about a 1 in 4 chance of having prostate cancer, according to the American Cancer Society. Most men without prostate cancer have PSA levels under 4. When prostate cancer develops, the PSA level often goes above 4. Still, about 15 percent of men with a PSA below 4 will have prostate cancer if a biopsy is done.

A PSA test is a blood test used primarily to screen for prostate cancer. The test measures the amount of PSA in the blood. PSA is a protein produced by both cancerous and noncancerous tissue in the prostate, a small gland that sits below a man's bladder. Small amounts of PSA ordinarily circulate in the blood, but elevated levels may indicate the presence of prostate cancer.

While Delbert's second PSA screening wasn't out of "normal" range, the increase from his first screening was concerning.

"When it's approaching 4, it should be a concern and it was over a full point change, too," he says.

"I was kind of watching it, because he was a 'not going to the doctor' kind of person," Trish says.

Then in September 2019, Trish insisted Delbert take

advantage of the discounted PSA screenings at the Elgin Community Clinic. The result was 4.6.

"That's when I said, 'That's it, something has got to be done,'" Trish says.

"I hadn't really been paying a lot of attention to it, because everybody considers it an old man's disease and we found out it's not," Delbert says.

Prostate cancer is one of the most common types of cancer in men. Usually, prostate cancer grows slowly and is initially confined to the prostate gland, where it may not cause serious harm. While some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly, according to the Mayo Clinic website. Prostate cancer that's detected early, when it's still confined to the prostate gland, has a better chance of successful treatment.

Age and family history increase the risk of prostate cancer.

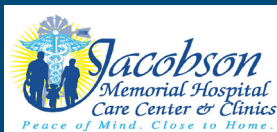
A biopsy in November 2019 revealed Delbert had an early, nonaggressive cancer. But through ensuing conversations, he also discovered he had a strong family history of prostate cancer. He lost a brother to cancer in 2015 and another brother was diagnosed in 2018. Cousins and uncles on both sides of his family had been diagnosed with prostate cancer, some succumbing to it.

"So we're talking a double whammy," Delbert says about both sides of his family having a history of prostate cancer. "I didn't know about a lot of these, because guys

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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.

We're here for YOU!

Jacobson Memorial Hospital Care Center and its clinics



JMHCC lab staff : Dennis Rivinius, Crystal Stoller and Christia Gumal

Elgin Community Clinic
584-3338

**Glen Ullin Family
Medical Clinic**
348-9175

Richardton Clinic
974-3372

Discounted prices on nine different lab tests July 20-24

Chem 14: \$27

(Must fast beforehand)

Used to check organ function and monitor certain health conditions.

Complete blood count: \$20

(Must fast beforehand)

A complete blood count checks hemoglobin, and white and red blood cells. Used to detect anemia or infections.

FIT test: \$36

This take-home kit, recommended for those ages 50-75, assists in screening for colorectal cancer.

Glycated hemoglobin (A1C): \$24

Used to detect diabetes.

Lipid panel: \$34

(Must fast beforehand)

Measures the amount of cholesterol and triglycerides in your blood to monitor heart health.

PSA: \$39

Tests for prostate cancer.

TSH (\$42) and Free T4 (\$17)

Evaluates thyroid function.

Urine microalbumin and creatinine: \$23

Monitors kidney health and detects early signs of kidney damage.

Vitamin D: \$50

Tests for Vitamin D deficiency.

All tests must be prepaid.

JMHCC continues to serve patients

Jacobson Memorial Hospital Care Center (JMHCC) completed testing of all staff and patient/residents for COVID-19 on June 8, and all tests were negative.

With no positive cases within the facility, and continued testing, JMHCC moved toward reopening to visitors on June 15, with some restrictions still in place.

The JMHCC clinics in Elgin, Glen Ullin and Richardton continue to be open to all patients for all services, with COVID-19 screening of patients at the receptionist's desk upon entrance to the clinics. Clinic patients will not be required to wear a mask unless they have respiratory issues or a provider asks them to wear a mask. Masks will still be provided at the clinic entrances for patients who wish to wear a mask during their clinic visit.

The emergency room at JMHCC will also remain open as it has been throughout the COVID-19 pandemic.

Those with general questions about billing or other concerns are asked to call.

"I want to thank everyone for their dedication and hard work throughout the COVID-19 pandemic," said JMHCC CEO Theo Stoller. "We have been diligent in our hygiene and social distancing and hope to continue to keep the coronavirus controlled within our communities through these practices."

JMHCC has adopted guidance for staff regarding masks as well. All hospital staff working on the main floor of the hospital wing will be required to wear masks, while staff in other areas and the clinics will not be required to wear masks. These guidelines were put into place following negative tests and continued negative testing of all staff within the facility.

"These decisions were based on data we've been given. All necessary precautions are still being taken," Stoller said. A resurgence in positive cases will change the current guidelines.

Virtual visits still being offered

JMHCC clinics in Elgin, Glen Ullin and Richardton also continue with telehealth services. With this service, patients can remain at home and still access providers through a virtual visit using a smartphone, tablet or computer.

Patients may schedule a virtual visit by calling their local clinic and requesting a telehealth appointment with a provider, rather than appearing at the clinic in person.

"No matter where they're sitting, they would be able to



■ Like JMHCC on Facebook

Visit JMHCC's Facebook page to view a video from June's Silver Linings Day, when Gov. Doug Burgum thanked caregivers, saying "their passion and dedication has become a 'silver lining' during challenging times."

have an appointment with a provider. It might not be the provider that would be in that area, but there will be access at all three clinics to do this," Stoller said.

Patients with COVID-19 symptoms are encouraged to use the telehealth system to access a provider remotely. Other patients with appropriate needs may also use the system to remain at home and continue social distancing.

"Not all appointments are appropriate for a telehealth visit. Obviously, if they are in need of lab or an X-ray or if it's a COVID-19 screening, we can't do that over the phone. And it's up to the provider, too, but patients can request a telehealth visit," says Family Nurse Practitioner (FNP) Carrie Gerving.

The clinics will typically use a video communications app such as Zoom to provide the telehealth visit. Patients will be contacted by phone or email by a nurse with the teleconferencing link for the visit. Any patients who have difficulties downloading the app or setting up the teleconferencing connection will be assisted over the phone by a nurse.

At the appointment time, the patient will access the link to the Zoom room, where the provider and patient will be able to see each other through video.

If the patient needs to be seen by a provider in person, they will be asked to come into the clinic or hospital. Patients who feel they need emergency treatment should continue to use the emergency room. ■

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- Childhood immunizations
- Sports physicals
- Orthopedics specialty care - **COMING SOON!**
- Cardiac rehab and cardiology specialty care
- Mammograms



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April Berger, FNP-C

Dr. Elizabeth Sundberg, MD

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Carey Rivinius, DNP, FNP-C

Serving with commitment, compassion, excellence and integrity

JMHCC introduces orthopedic care

Jacobson Memorial Hospital Care Center (JMHCC) will offer speciality orthopedic care at its Elgin Community Clinic starting Aug. 20.

Amy Keller, a family nurse practitioner specializing in orthopedics and sports medicine, will be seeing patients the third Thursday of every month, beginning Aug. 20.

Keller is affiliated with Sanford Orthopedics and Sports Medicine in Bismarck, and appointments with her at the Elgin Community Clinic will need to be made through Sanford by calling 701-323-8920.

She collaborates with orthopedic surgeons to treat a variety of orthopedic conditions, including orthopedic injuries, fractures and arthritis, with a special interest in conditions affecting the shoulder and elbow.

“We are offering orthopedic care close to home for patients who have difficulty driving distances for this type of specialty care. We encourage patients to schedule their monthly appointments at the local clinic not only for con-

venience, but also for a high level of care,” said JMHCC CEO Theo Stoller.


Keller obtained her undergraduate degree at the University of Jamestown, and her graduate degree at South Dakota State University in 2019.

“I strive to improve the quality of life of every patient I meet by providing comprehensive, evidence-based treatment solutions on an individual basis,” she said.

Keller’s professional memberships include the American Association of Nurse Practitioners, the North Dakota Nurse Practitioner Association and the American Academy of Nurse Practitioners.

Outside of work, Keller enjoys baking, gardening, fishing, sporting events, group fitness activities, and sand volleyball.

FNP Janel Olson continues to see cardiology patients at the Elgin Community Clinic the first Wednesday of each month, visiting Elgin from Sanford Health in Bismarck. ■



Jacobson Memorial Hospital Care Center announces

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University of Mary, Bismarck

Board certification: American Association of Nurse Practitioners

Areas of expertise: Cardiology, Cardiovascular Disease



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PSA SCREENINGS: *from page 2*

apparently don't like to talk about it, for some reason."

Some men do not have symptoms at all. Some symptoms include difficulty starting urination or frequent urination, according to the Centers for Disease Control and Prevention (CDC).

Delbert had an enlarged prostate, but no other symptoms, so the cancer diagnosis was shocking, he says.

"It takes a couple days to absorb that," he says.

Delbert went to the Bismarck Cancer Center for treatments, meeting with Dr. Cole Kreofsky, a radiation oncologist, to discuss the myriad of options available for treating the cancer. Delbert chose a high-dose-rate (HDR) brachytherapy, which delivers radiation to the prostate through a computerized targeted tube.

Two treatments were completed in January. Delbert was among the 8-10 percent who have complications due to his reaction to the anesthesia during the first treatment. An adjustment during the second treatment abated another adverse reaction.

"Each individual is different. Everybody has to explore their options and decide which form of treatment they want," he says.

"We caught it very early and we treated it very aggressively," Trish says.

Delbert's recovery has been complicated due to an enlarged prostate, which means his bladder retains urine, so he must self-catheter three times a day.

His most recent PSA was at 2.0. Now, he will be screened for PSA levels every three months, then every six months, then once a year.

During his recovery, Delbert turned to Dr. Elizabeth Sundberg at Jacobson Memorial Hospital Care Center (JMHCC) for questions or assistance with recovery, rather than continually travel to Bismarck.

"Dr. Sundberg has been an absolute blessing, with her background in nephrology," Trish says. "Every other day, we weren't having to try and run to the cancer center to try to get some sort of help. She is such a huge source of knowledge."

"It was tremendous, knowing just a couple blocks away was someone who knew enough," Delbert says. JMHCC's slogan, "Peace of Mind. Close to Home," proved correct during his recovery, he says.

Delbert has joined two Facebook groups which offer support for those with prostate cancer.

"They've been good. You find out what other people are going through," he says.

"They're really encouraging of one another," Trish adds.

She encourages other men to continue to have their PSA screening.

"Talk to your doctor about it," she says. "\$39 can make a huge difference in your life."

JMHCC's clinics are offering discounted PSA screenings for \$39 July 20-24. Tests must be prepaid. Call your local clinic at Elgin (584-3338), Glen Ullin (348-9175) or Richardson (974-3372) for a screening appointment. ■



EVERY KID HEALTHY

Immunizations valuable for child health

As the new school year arrives, Jacobson Memorial Hospital Care Center (JMHCC) and the N.D. Department of Health (NDDoH) remind parents to make sure their children are up-to-date on immunizations.

North Dakota state law requires students in grades kindergarten through 12 to meet a minimum number of required immunizations before they are allowed to attend school. The NDDoH is encouraging parents to get their children vaccinated now, rather than waiting until right before school starts or before COVID-19 may increase in the fall.

The Elgin Community Clinic now offers childhood immunizations and encourages parents to make an appointment for their children to have any necessary immunizations before school starts.

The clinic offers vaccinations as part of its well-child program and is working to make sure every child remains healthy.

“It will likely be months before a COVID-19 vaccine is available. In the meantime, we have safe and effective vaccines available for many preventable diseases, but they will only work if we use them,” said Jenny Galbraith, epidemiologist with the NDDoH.

“Ensuring children are up-to-date on immunizations is the best way to keep students healthy and stop the spread of infectious diseases such as measles, mumps and pertussis in our schools,” Galbraith said. “Children who are not immunized are not only at risk of becoming ill from a variety of diseases, but are also able to transmit diseases to others, including those who may not be able to be vaccinated due to various medical conditions.”

Before entering school in North Dakota, children must have:

- five doses of DTaP (diphtheria, tetanus and acellular pertussis)
 - four doses of IPV (polio)
 - three doses of HBV (hepatitis B)
 - two doses of MMR (measles, mumps and rubella)
 - two doses of varicella (chickenpox) vaccine
- In addition, students entering seventh grade will need:
- one dose of Tdap (tetanus, diphtheria and

acellular pertussis)

- one dose of MCV4 (meningococcal disease)

In addition, students entering the 11th grade will need:

- one additional dose of MCV4 (meningococcal disease)

Cost should not be a barrier to getting children up-to-date on immunizations. Children who are uninsured or whose insurance does not cover vaccines can receive vaccine at no cost through the Vaccines for Children (VFC) program. Contact your health care provider or local public health unit if you believe your child could be eligible for VFC vaccines.

Visits may be scheduled at the Elgin Community Clinic during regular hours from 8 a.m. to 4:30 p.m. MT Monday-Friday by calling 584-3338.

If you haven't done so, check with your health care provider to find out which vaccines your child needs. Once your child is up-to-date, be sure to get a copy of his or her immunization record to submit to the school. You can find more information about which vaccines are required for school at www.health.nd.gov/immunize.

Children who are not in compliance, either up-to-date or have a signed exemption form, by Oct. 1 will be excluded from school for not meeting requirements.

For more information on school immunization requirements, contact Jenny Galbraith, NDDoH, at 701-328-2378 or visit the NDDoH website at www.health.nd.gov/immunize. ■



■ Like JMHCC on Facebook

Visit JMHCC's Facebook page to view a "Doc Talk" with FNP April Berger about childhood immunizations.



Volunteers sew face masks for JMHCC

During the past few months, several volunteers stitched colorful fabric and thread into beneficial face masks for Jacobson Memorial Hospital Care Center's (JMHCC) clinic patients and visitors to use during the COVID-19 pandemic.

With JMHCC's receptionist Cynthia Swimley coordinating the efforts, Priscilla Sauer, Audrey Diehl, Elizabeth Diehl, Silvia Schoch and Gail Schatz were among those who donated masks.

"I knew there was a need and it was good to have something to do with the quiet of not working as much," said Elizabeth Diehl, Carson, about the effort. She first started sewing masks in March, when a neighbor requested some for her family.

"I just looked on YouTube for a simple, easy-to-do one," Elizabeth said. "It didn't take much time; they were easy enough to do."

Elizabeth made 50 to 60 masks for JMHCC, then found a use for them herself when she needed to visit her daughter who was having health issues in Maine.

"I was thankful I had gotten into making them and had a number on hand," she said. "Personally, they were beneficial, so I was thankful I had gotten started with it."

As Elizabeth started the project, she also enlisted her mother-in-law, Audrey Diehl. Like Elizabeth, Audrey was not a quilter or sewer typically.

"I just had a lot of material, because when my mom passed away, she had so much because she was a big sewer, so I had a lot of material on hand," Audrey said.

She bought a spool of elastic and "went to work," she said, sewing about 80 masks for JMHCC, but also making some for others.

"We've stayed home because of health reasons and sometimes you get kind of bored, so it gave me something



A visitor dons one of the face masks which was donated to JMHCC and its clinics for patients and visitors to use.

to do. It was kind of a mission," she said.

Gail Schatz in Elgin started making masks in February and March, using a pattern from the internet for different types.

"Our kids were working and Mike's family were all working, and they needed masks, so I made masks," she said. She called JMHCC CEO Theo Stoller about the hospital's need, and started donating masks there as well. She's made

more than 100 so far for JMHCC, friends and family.

"I kept track until I got to 100 and then I just kept on going," Gail said.

She makes three different types of masks, including the cone-shaped mask, a flat version with tucks, and a flat version with ties rather than elastic.

"It's been a really good project," she said.

Gail also makes the "ear savers," using ribbon and buttons. The ribbon wraps around the back of the head, with the elastic then attaching to the buttons, rather than needing to go behind the wearer's ears.

With both her children and their families working, Gail dived into her stash of quilting fabric and started sewing.

"There were many reasons why it was so important for me to make those," she said. ■

Thank you!

for your donations and support of JMHCC!

The Jacobson Memorial Hospital Foundation thanks the following, who have donated to the Foundation from April 1 through June 1. We appreciate all the support you have shown the Foundation and Jacobson Memorial Hospital Care Center with your donations of time and money.

In memory of

Hilma Kramer from Agnes Meidinger
Loretta Quanbeck from Catherine Eslinger

General donation

Elgin Lions Club
JMHCC Auxiliary
New Leipzig American Legion Auxiliary

Thank you to all those who have donated masks!

JMHCC grant to enhance care for elderly

Jacobson Memorial Hospital Care Center (JMHCC) has received grant funds for development of its “Grant County: A Community Called Home” project, which will initiate two areas of service to create a safer and more service-oriented community environment to keep older citizens in their homes for a longer period of time.

The Home and Community-Based Services Program Development Grant from the North Dakota Department of Human Services encouraged North Dakota organizations to apply for grant funding to help improve their capacity to develop, strengthen and integrate programs that allow older adults to remain in their homes and communities as long as possible.

“Many older adults need support to remain living safely in their homes, especially in rural areas,” said the department’s Medical Services Division Director Caprice Knapp. “This grant opportunity is meant to spark conversations and encourage collaborative thinking on ways both large and small communities can provide services and support to older adults, so they can maintain their independence.”

JMHCC will use grant funding to launch two programs this month:

Transportation for clinic appointments

The grant funds will assist JMHCC in creating a transportation program which will offer free transportation for Elgin Community Clinic and Glen Ullin Family Medical Clinic patients who are unable to drive themselves.

JMHCC has purchased a van equipped with a handi-capped accessibility lift. This van will be used to transport patients to JMHCC and its clinics in Elgin and Glen Ullin from communities and rural areas within its service territory. Patients who are unable to access other transportation will be transported by JMHCC to their appointments as a free service.

Patients who are unable to drive or unable to drive longer distances will then be able to make and keep appointments without worry or complications of having to arrange transportation.

“We feel this will greatly improve health care and have a significant impact for these patients by being able to keep appointments and remain living in their homes,” said JMHCC CEO Theo Stoller.

The van will be available for transportation to clinic appointments on Wednesdays. Patients may request the transportation upon making an appointment for those days at the Elgin Community Clinic at 584-3338 or the Glen Ullin

Family Medical Clinic at 348-9175.

Visiting nurse program

Through the program, JMHCC will also establish a unique visiting nurse program which will follow up with patients discharged from the hospital by visiting them at home. On certain days following a patient’s discharge, a clinic nurse will contact the patient to schedule a visit with the patient in his or her home to assist with medications, answer questions and to assess the patient’s progress. An assessment of other needed services will also be completed during the visit.

“This will help to lower the readmission rates, allow patients to continue to recover at home and help connect them with other community services they may need,” Stoller said. This service will be available to all Medicare patients upon discharge from JMHCC.

The hospital discharge visiting nurse is in addition to the regular visiting nurse program already in place.

JMHCC also has a visiting nurse program to assist those who are homebound and need nursing assistance at home even though they may not have been in the hospital.

A longtime registered nurse, Peggy Imhoff sees patients in their homes to assist with needs such as medication management; respiratory management, such as assistance with breathing treatments or education about symptoms; wound dressing; assistance with mobility after hip or knee surgery; and other services.

Patients are referred to this program by a provider, so those needing the services should contact the Elgin Community Clinic at 584-3338 for an appointment with a provider to obtain a referral. Patients need to have had an appointment with one of the providers in the past 60 days and must be residents of Grant County.

Once a patient is referred, the clinic will screen the patient to make sure he or she qualifies for the service, then Imhoff will contact the patient to arrange visits.

The criteria for the program includes being homebound or needing assistance to leave the home, and requiring nursing services of some kind, Imhoff explained.

Medicare covers visiting nurse services; private insurance coverage will depend upon the insurance carrier. Patients can be certified for up to 60 days in the visiting nurse program, when care is reassessed. If goals have not been reached during that time, the provider can recertify a patient for another 60 days. ■



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Clinic Nurse - Glen Ullin

One part-time LPN or RN in the Glen Ullin Family Medical Clinic. Starting wage \$19.57 to \$21.15/hour. May increase based on experience. This position is eligible for a \$5,000 sign-on bonus and \$25,000 student loan repayment program.

Housekeeper - Elgin

One full time; rotating weekends and holidays. \$3,000 sign-on bonus. Starting wage \$12.36/ 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.

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