



Bev Winkler, left, visits with JMHC diabetes peer educator Chris Gathright.

Coping with diabetes diagnosis

Blurry vision. Well, she hadn't been to an eye doctor for awhile. Painful leg cramps. So, Bev Winkler, Elgin, called her podiatrist to see if there were some exercises to solve that problem.

"He said, 'Get to your primary doctor ASAP,'" she says.

After a visit to the Elgin Community Clinic, Bev got the call.

"She called me and asked if I was

sitting down. I said, 'What are you going to do, tell me I'm pregnant with twins?' and she said, 'You'll probably rather hear that than what I'm going to tell you.' "

With that call two years ago, Bev was diagnosed with diabetes.

"I think it had been going on for awhile already, because I noticed the signs, like the blurred vision and

leg cramps I was getting because of dehydration," she says.

"It's not always the actual diabetes that brings them in. It's what happens because of the diabetes," says Chris Gathright, a diabetes peer educator at Jacobson Memorial Hospital Care Center in Elgin.

Bev's son had been diagnosed with

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JMHCC Lifelines • Fall 2017

JMHCC
601 East St. North
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www.jacobsonhospital.org

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diabetes when he was 13 years old, so Bev was familiar with the disease, but she was still surprised by her own diagnosis.

"I couldn't believe that it happened to me, because I'd been healthy. I never thought it would be me," she says.

Her doctor in Elgin referred her to a diabetic educator and a dietician to learn how to manage diabetes. Bev has Type 1 diabetes, which usually develops in children and teenagers, although it can develop at any age. Type 2 diabetes is more commonly found in adults. Type 1 diabetes is insulin-dependent diabetes, while Type 2 diabetics are often able to produce some of their own insulin. The treatment for Type 2 usually focuses on diet, exercise and oral medications.

"I kind of was eating like a diabetic even before I got diagnosed," Bev says. Now, she carefully monitors her carbohydrate intake and eats more fruits and vegetables. She exercises by walking every day and administers an insulin shot four times a day.

"You kind of get into the routine; you do a lot of label reading," she

says. She checks her blood sugar at least twice a day and eats six times a day, usually eating a meal or snack every three hours to maintain her blood sugar level between 100 and 150. That's compared to the 538 when she was diagnosed. A normal range is 80 to 100. Her A1C was at 13.8. A result of 6.5 or higher indicates diabetes.

After caring for her son, Bev knew what she needed to do.

"I felt more prepared when I got diagnosed than when he got diagnosed," she says. But she still attended a Diabetes Empowerment Education Program session led by Chris Gathright. The classes are part of Jacobson Memorial Hospital Care Center's (JMHCC) launch of a diabetes awareness campaign.

Following national statistics, at least 220 people in just Grant County may have diabetes. And one of four don't know they have diabetes. Those statistics from the Centers for Disease Control and Prevention are startling. But JMHCC is launching a diabetes awareness campaign to lower those statistics.

"We are reaching out to everyone, encouraging them to get screened for diabetes so they can identify and start managing their disease," says JMHCC CEO Theo Stoller. "Our next step was implementing a Diabetes Empowerment Education Program to educate those who are diagnosed."

First, JMHCC and its affiliated clinics in Elgin and Glen Ullin are helping those with unidentified diabetes to get screened through discounted lab screenings at both clinics every quarter. Patients will be given their lab results, but the results will not be forwarded to the primary care providers.

"Those who see that their lab screenings show abnormal results should make an appointment with their provider and are encouraged to enroll in the free class at JMHCC to learn how to manage diabetes," Stoller says.

The classes are held once a week for six weeks to help participants learn how to manage the disease and prevent complications.

"A few of the demonstrations were an eye-opener," Bev says. One of

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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:

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

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.



SNEAKERS* AND SALADS** SAVE LIVES!

*Regular exercise

**A healthy diet

Jacobson Memorial Hospital Care Center is helping you
PREVENT, IDENTIFY and MANAGE diabetes.

TIRED? THIRSTY? FREQUENT URINATION?

**JMHCC will be holding
discounted lab screenings
for Hgb A1C every quarter.
Watch for details!**

Schedule an appointment!
Elgin Community Clinic at
584-3338 or Glen Ullin Family
Medical Clinic at 348-9175.

**JMHCC has your
diabetes care team**

- Schedule a lab screening to identify diabetes
- Enroll in a free class to manage diabetes
- Learn more about risk factors and prevention strategies at www.jacobsonhospital.org

**Enroll in a free class session to learn how to manage diabetes.
To enroll, call Chris Gathright at JMHC at 584-2792.**

All discounted tests must be prepaid. Results will not be forwarded to your primary care provider. If you have questions regarding your results, we encourage you to schedule an appointment, particularly if your number is great than six.



“Because We Care”



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Chris' demonstrations showed how blood thickens at higher blood sugar levels, while another helped participants understand how much carbohydrates, fat and sodium are present in fast foods.

"I didn't realize there was so much fat and salt and sugar in a lot of that stuff," Bev says.

Classes are held from 5:30-7:30 p.m. MT each Wednesday in Room 105 at JMHCC In Elgin. The classes are free. Those with diabetes should pre-register with Chris at 584-2792 to enroll in the next session.

"I recommend that they go to that class. I highly recommend it. And I recommend that they see a diabetic educator and a dietician once they're diagnosed," Bev says.

Chris is taking her passion about diabetes awareness into the classroom after receiving training through the Diabetes Empowerment Education Program. "I'm very passionate about diabetes and my mom and son are diabetic, so I know how important it is," Chris says.

Chris attended a three-day training session at Trinity Health in Minot in April, where classes covered the different types of diabetes, the scope of the disease and shared hands-on activities which Chris uses in the classes at JMHCC.

Class participants meet once a week for six weeks in the evenings. Six different topics are covered, including risks, complications, how to

handle the diagnosis, meal planning and keeping your blood sugar normal, and managing medications and preventing complications.

Class sizes are limited, so participants can share ideas and network, with Chris serving as instructor and facilitator. Family members are also welcome to attend the classes.

"The huge lack of knowledge broke my heart," she says about her first session which started in July. But by the end of the six-week session, participants were appreciative of the information they gained.

"With the class, one of the most important aspects is to empower each and every participant to realize they are the most important player on their health care team. To aide and successfully enable those living with diabetes to become better advocates for themselves, we work together as a group in our classes to teach and reinforce every aspect of diabetes in a fun and friendly environment. There is no judging and everything said in each class is confidential," Chris shares

Bev also encourages people to get screened for diabetes regularly, even if they aren't aware of certain symptoms. Eating healthy, maintaining a healthy weight and being active will help prevent diabetes.

Risk factors include: being overweight, having a family history, being over age 45, and being physically inactive.

The following symptoms are typical of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

"If you've never thought about it and if you see the symptoms, get screened," Chris encourages. But, she points out that those living with diabetes often do not even know they have the disease.

"If your sugars are high and have been high for a long time, you don't even recognize the symptoms because that's the way you feel and that's your normal," she says.

"It's nothing to mess around with. You have to take care of yourself or it will take care of you," Bev says.

JMHCC's website at www.jacobsonhospital.org includes links to detailed information about diabetes. Click on the "News and Events" tab to find the links.

Anyone with questions or concerns is also encouraged to make an appointment with their provider. ■

**"We are reaching out to everyone,
encouraging them to get screened for diabetes
so they can identify and start managing their disease."**

– JMHCC CEO Theo Stoller

As part of the event, raffle tickets are now being sold at the Elgin Community Clinic or Glen Ullin Family Medical Clinic.

Prizes:

- **Up to \$599 R Family Market 3-minute shopping spree**
 - **Dakota Farms John Deere gun safe**
- **Up to \$500 R Family Market 3-minute shopping spree**
 - **\$500 cash**
- **Sanford AirMed 15-minute helicopter ride for two**

Jacobson Memorial Hospital Foundation
invites you to a

FREE Appreciation Event

Saturday, Sept. 30
Elgin Community Center

5:30 p.m. meal, followed by a short program
Live entertainment with music by C.J. Voshall



Learn about JMHF's next capital campaign to renovate the activity room, lobby and nurse's station.

DOUBLE DONBTE

YOUR CARE THIS YEAR WITH

FLU SHOT



FIT KIT

NO APPOINTMENT NECESSARY

WHAT IS FLUFIT?

- **FLU SHOTS FOR ALL AGES – \$30**
Everyone welcome for flu shots on these dates
- **FIT KITS TO SCREEN FOR COLON
CANCER FOR ADULTS AGE 50-75 – \$36**

WHEN:

ELGIN COMMUNITY CLINIC
9 A.M.-5 P.M. MT • SEPT. 27, OCT. 10 AND OCT. 13
GLEN ULLIN FAMILY MEDICAL CLINIC
8-NOON CT OCT. 12 AND OCT. 20
1-4:30 P.M. CT OCT. 27

FLUFIT COULD SAVE YOUR LIFE!

Visit the Elgin Community Clinic or Glen Ullin Family Medical Clinic for your influenza vaccination. Then, if you are 50-75, have not had a FIT test within the last year and have not had a colonoscopy within the last 10 years, receive a take-home colon cancer screening test kit.

Questions?

Call Elgin at 584-3338 or Glen Ullin at 348-9175



NEW PROVIDER, LORI HILL, JOINS JMHCC

Lori Hill, a certified family nurse practitioner, will join Jacobson Memorial Hospital Care Center in October to practice at the hospital and both affiliated clinics in Elgin and Glen Ullin.

Lori grew up in the Reeder area and graduated from Reeder High School in 1991. She then attended Dickinson State University, where she obtained her bachelor of science degree and became an RN in 1996. Her nursing experience includes medical-surgical, psychiatric and clinic nursing.

"I then decided I wanted to advance my career and take on a new challenge by going back to school at the University of Mary, where I obtained a master's degree in nursing and became a certified family nurse practitioner," she says.

Upon graduating, she accepted a position with West River Health Services in Hettinger in 2002.

"During my time at WRHS, I covered night clinic and took first call for



Lori Hill, FNP-C

the emergency room for two years, and then was moved into a clinic position. I have been in the Mott Clinic for 10 of the last 15 years, functioning as a nurse practitioner and clinic manager," she shares.

"I really love to help people and improve their quality of life. Life has so many challenges and if I can have a positive effect and help someone, I

will. I may not always have the answer right away, but will use all my resources to find one," Lori says.

"I chose to come to JMHCC after visiting with one of my co-workers, Lesley Kling, who had just accepted a position at JMHCC. She spoke very highly of the facility. I was impressed with JMHCC and the facility and services available and decided to make a change. After being with the same organization for 15 years, I'm a little nervous but very excited to make the change," she says.

Lori is married to Adam Hill, who is the high school principal and girls' basketball coach at Mott-Regent High School. They have four children. Haley is a sophomore at Bismarck State College and recently passed her LPN boards, Abby and Megan are eighth-graders at Mott-Regent High School, and Spencer just started kindergarten.

"My time involves going to lots of sporting events and keeping up with the kids. When I'm not doing that, I enjoy scrapbooking and repurposing/redoing furniture," she shares. ■

JMHCC ANNUAL MEETING TO BE HELD NOV. 9

The annual meeting of Jacobson Memorial Hospital Care Center (JMHCC) will be held on Thursday, Nov. 9, at the fair building in Carson.

The meal will begin at 5:30 p.m. MT, with the business meeting and program beginning at 6 p.m. MT.

In addition to the regular business meeting, the agenda will include the free meal sponsored by the Jacobson Memorial Hospital Care Center Auxiliary, special presentations, and a special program to recognize board

members, employees, hospital auxiliary members and volunteers for their dedication and service to JMHCC.

Both members and non-members are invited and encouraged to attend. Anyone who is at least 18 years old may become a shareholder of JMHCC by making a cash contribution of \$10 or more to JMHCC or to the Jacobson Memorial Hospital Foundation. Those who have become shareholders no less than 30 days prior to the annual meeting may vote on matters presented during the annual meeting.

During this year's annual meeting, members will be electing directors to

fill three positions.

Those currently serving on the board include Leslie Niederman, Morristown, chairperson; Kimberly Oien, Elgin, vice chairperson; Marci Koeplin, Elgin, secretary; Ann Hertz, Carson; Claire Hauge, Carson; Marcy Haase, New Leipzig; Ron Bartz, Elgin; Joel Klein, Elgin; and Gene Zimmerman, Carson.

Watch for more details as the event approaches. ■



Jacobson Memorial Hospital Care Center

PINK WEEK

Oct. 2-6



5K walk/run

Friday, Oct. 6, 9 a.m.-3:30 p.m.

Register at the Elgin Community Clinic.

Complete the walk/run.

Receive a free T-shirt promoting breast cancer awareness.

Refreshments in Elgin clinic reception area.

Schedule your mammogram today!

Early breast cancer detection saves lives!

Call for an appointment:

Elgin Community Clinic - 584-3338

Glen Ullin Family Medical Clinic - 348-9175



"Because We Care"

